

## ABSTRACT

The divorce rate in society today seems to be reaching alarming proportions. Every individual has experienced the effects of divorce in some way or another, either through relatives, friends, parents or through their own marriages ending in divorce. Social workers and other social service professionals need to find new and creative ways to address the problem of maintaining and sustaining marriages. Marriages need support in order to survive. This support is essential and necessary as healthy marriages form the basis of healthy families and healthy families help to create a healthy society. The implication thus is a need for a proactive and preventative approach to assist married couples.

Marriage enrichment (ME) provides a solution to helping couples maintain marital happiness and satisfaction. ME focuses on sustaining, nurturing, strengthening and enriching marriage relationships. It is an approach that generally refers to weekend retreat programmes and other group settings in which married couples with reasonably healthy marriages learn how to improve their marriage and increase pleasure and success. Marriage enrichment uses an educational and skills training perspective that encourages and enhances good communication and interpersonal relations between spouses.

The aim of this study is to identify and describe the content of a marriage enrichment programme. The objectives of the study are as follows: to explore the need for a marriage enrichment programme by means of the perusal of available literature and an empirical study; to explore the elements that will comprise the content of an enrichment programme by means of qualitative research using different focus groups; to provide themes and guidelines for the development of an enrichment programme; to formulate conclusions and recommendations based on the results obtained from the study.

The study was conducted with 12 social workers from two different government organisations in the Johannesburg area. The research findings provided positive results. Themes and guidelines on the content for a marriage enrichment programme were identified.

## OPSOMMING

Egskeidingsyfers in ons hedendaagse samelewing blyk kommerwekkende afmetings aan te neem. Elke individu het alreeds op een of ander manier, die nagevolge van egskeiding ervaar hetsy deur familie, ouers, vriende of hul eie huwelik wat in `n egskeiding ge-eindig het.

Maatskaplikewerke en ander maatskaplike dienste personeel sal nuwe en innoverende maniere moet skep om die problematiek rondom die behoud en instandhouding van huwelike aan te spreek. Huwelike het ondersteuning nodig om te oorleef. Hierdie ondersteuning is noodsaaklik en onontbeerlik omdat gesonde huwelike die fondament is van gesonde families en gesonde families dra by tot die skep van `n gesonde samelewing. Die afleiding is derhalwe dat `n pro-aktiewe en voorkomende benadering noodsaaklik is vir die ondersteuning van huwelike.

Huweliksverryking bied `n oplossing om paartjies te help om hul huweliksgeluk en huweliksbevrediging te behou. Huweliksverryking fokus op die instandhouding, versorging, versterking en verryking van huweliksverhoudinge. Hierdie benadering maak in die algemeen gebruik van wegbreek-naweek programme en ander groepsverbande waardeur getroude pare met redelike gesonde huwelike kan leer hoe om hulle huweliksverhoudinge te verbeter en om die vreugde en sukses in en van hulle huwelik te verhoog. Huweliksverryking gebruik beide `n opvoedkundige en `n vaardigheidontwikkelingsperspektief wat goeie kommunikasie en interpersoonlike verhoudinge tussen egliede aanwakker.

Die doel van hierdie studie is om die inhoudelike van `n huweliksverrykings program te identifiseer en te beskrywe. Die doelwitte van die studie is as volg:

- Om die behoefte vir `n huweliksverrykings program te bepaal by wyse van beide die bestudering van beskikbare literatuur sowel as `n empiriese studie;
- Om, deur middel van kwalitatiewe navorsing in verskillende fokusgroepe, die elemente wat deel sal vorm van die inhoudelike van so `n verrykingsprogram te bestudeer;

- Om riglyne en hoof temas vir die ontwikkeling van so 'n program daar te stel;
- Om, gegrond op die resultate van die studie, gevolgtrekkings en aanbevelings te formuleer.

Hierdie studie is gedoen met 12 maatskaplike werkers van twee verskillende Staats departemente in die Johannesburg Munisipale gebied. Die navorsing het positiewe resultate opgelewer. Temas en riglyne vir die inhoudelike van 'n huweliks verrykingsprogram is daargestel.