

CHAPTER FOUR

RESULTS

4.1 INTRODUCTION

The previous chapter described research methodology that is, how the research information would be obtained and what tools, designs and sample would be engaged to collect data. Techniques utilized for data collection, data analysis and interpretation was also highlighted.

This chapter will focus on the presentation of results that were obtained from the research process. In qualitative research, results are formulated as themes (De Vos, 1998). The themes provide the foundation for the development of conceptual frameworks, guideline development or practice models. In this study it provides the basis for guidelines regarding the content of a marriage enrichment programme for social workers. The analysis process discussed in the preceding chapter provided the framework to formulate themes. The themes will inform the conclusions and recommendations of the study.

4.2 DISCUSSION OF RESPONDENTS

The respondents consisted of two groups of six social workers each from the Department of Social Development and from the South African Police Service. A total of twelve respondents were interviewed through the focus groups. All social workers were involved in generic social work service delivery and are exposed to working with couples experiencing marital difficulties. The respondents were all female social workers.

4.2.1. RESPONDENTS' PRACTICAL EXPERIENCE

The sample of respondents consisted of social workers from two different organizations in Johannesburg. They had different years of experience, which altogether added to a sum total of 81 years of practical social work experience.

This is relevant as it gives value to the results that were obtained. This indicates that the respondents possessed a wealth of knowledge regarding the field of social work, and had many years of experience working with couples and families, thus producing rich and valuable data through their contributions and discussions during the focus group.

The following table outlines the number of years of social work experience that each respondent possessed at the time of this study:

No of yrs experience	2 years	3 years	4 years	5 years	6 years	10 years	12 years	14 years	21 years
No of respondents	3	1	1	2	1	1	1	1	1

Table 4.1 Presentation of respondents' practical experience as social workers

4.2.2. RESPONDENTS' CULTURAL REPRESENTATIVITY

The cultural groups represented by the respondents' who participated in this study is as follows:

Cultural group	No of respondents
Black culture	7
White culture	2
Indian culture	3

Table 4.2 Cultural representativity of respondents

With regard to the cultures represented in the study, it was unfortunate to find that the Coloured cultural group was not represented at both focus groups held.

The respondents all articulated their ideas on marriage enrichment and gave detailed accounts of their experiences. Both the focus groups generated extremely rich and detailed data, and the overall aim of the study was achieved.

4.3. ANALYSIS SCHEDULE

The researcher analysed the data by using the following procedure:

- i. Developing an Analysis Schedule;
- ii. Identifying Categories;
- iii. Coded the data;
- iv. Linked data; and
- v. Developed themes.

TABLE 4.3: ANALYSIS SCHEDULE

CATEGORY 1 The Need for Marriage Enrichment	CATEGORY 2 The Purpose of Marriage Enrichment	CATEGORY 3 Criteria for a Marriage Enrichment Programme	CATEGORY 4 Contents of a Marriage Enrichment Programme	CATEGORY 5 Elements of a Successful M.E. Programme	CATEGORY 6 Programme Leader Characteristics	CATEGORY 7 General
<p>Marriage is a long term commitment so as you grow older your needs and your desires change. People sometimes just grow apart. The communication is in place, they might have a relatively good but not very satisfying sexual relationship and emotional relationship. So sometimes, enriching it will for me mean having a good marriage but also having more than just that. Not only having the skills in place but also learning to enjoy it. They grow apart, to re-define what they want out of the marriage, what they need.</p>	<p>The re-defining comes in at this point. When you get married, initially it is very nice, “honeymoon”, which is very nice. Then certain stuff gets added to the marriage – for example, you get a lot of work stress, also there are financial stresses, then there’s children. There are different roles and tasks that you take on. Most of the time the couple is fine, they are almost in a comfort zone, but they are not really enjoying it, especially the women, because they are going home after work each day and have to do the washing, bath the kids, wash the dishes. So there’s not so much fulfilling after a while because you get stuck with the routine. So enrichment, for me, would be to find each other again. If you</p>	<p>Each cultural group will also have a set of criteria for what a good marriage entails and what roles the spouses play in that marriage according to the cultural norms and values, and the ways of problem solving, accepted types of fun activities, etc may differ. This will need to be taken into account when developing a programme for marriage enrichment. Therefore, you need to identify who your target group would be for such a programme. Who do you intend for this programme or will it focus on a specific group only.</p>	<p>Parenting is important also. In most cases when we get married we don’t have children, so we love each other in such a way that everywhere I am going my husband is next to me and everywhere he is going I am next to him. However, immediately when you have children, it is now when the problem starts. So my husband feels that I am neglecting him. So at times when maybe it is for us to have sex then the child is crying, I need to go and check on the child first and that thing for him can be seen as rejection and can create a feeling in him that he is now “nothing”. And by the time your child falls off to sleep and you come back to bed your husband may be asleep or you might not even</p>	<p>But if I were a millionaire, or very rich, and I would do something like this, I would get a conference center with sleeping over for two nights. Drive in and come after work on Friday, then have a detox where you go and lie for a back massage. Now you look at the physical care where you get a massage. After that you go back, sit opposite each other and do something like the yoga where you relax, then you talk to each other. You then take the person back with relaxation exercises to when they were dating and just started out as a couple. Then you give them a piece of paper and pen and tell them to go and</p>	<p>The presenter or facilitator must be comfortable with the group of couples selected for the programme and be in touch with your own biases, prejudices in order to be effective. For example, a presenter who has a gay couple in the group and who has unresolved emotions or strong religious objections to gay couples might not be able to hide their feelings and could end up offending the couple. This is why identifying, defining and setting a set of</p>	<p>Can I ask something? Why must it be something that is already good to make it better? Why can’t you also have something bad or something that is not working and try to enrich it?</p> <p>If you have something good, then why do you need to make it better?</p> <p>For me to have a good marriage, I believe that we need to have enrichment programmes and preparations before the marriage.</p> <p>Pre-marital counseling is another aspect from ME.</p> <p>I think that a good marriage will work because obviously there is communication,</p>

	<p>grew apart a little bit, just to find out why did you grow apart, where do you want to be what are you willing to change.</p>		<p>feel like making love or in the mood any more as you might be physically exhausted and tired as well.</p>	<p>write ten reasons why you love this person and when you come back you have a nice feedback session. Then you go and have a good night. On Saturday you look at the emotional stuff with different exercises. Saturday afternoon I would get someone like a sexologist to come and talk to them about intimacy issues, and techniques like Tantra and Kamasutra which focuses on the chemistry and bonding of the couple as well as discovering each other on an emotional level. Then on Sunday you can have a last session, a good session preparing them for what happens if something goes wrong in life and look at issues like where are we going in our relationship, where do we want to go as couples, and so on, and then you end your programme.</p>	<p>criteria, and screening of couples before a group is very important.</p>	<p>understanding or whatever. However, in order to make the marriage work, you need pre-marital counseling. For me, that is somehow a bigger focus.</p> <p>So you believe that pre-marital counseling is more important. That is true, because couples wanting to enter a marriage should be aware of what that could mean for them. However, pre-marital stage counseling and groups are a programme separate from marriage enrichment and the objectives and the focus differs from each other.</p>
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<p>Who of you have ever used marriage enrichment in your clinical practice? No one. I've used it in my church but not in my clinical practice. So there is no one present that actually used ME in your clinical practice? It is not easy because we are always working with problematic marriages and there is no time to do anything else.</p>	<p>For me, marriage enrichment says helping people experience marriage in a positive way. How to help people to be able to deal with conflict as they come up with problems. Problem solving, conflict management and communication skills, just to help them develop positive skills and to help them enjoy their marriage.</p>	<p>I feel that you will need to screen the participants in you marriage enrichment course / programme quite well to get them at that point, where they say "We've got a good marriage, maybe even we've been through a whole lot of hiccups but we know how to handle it and now we've got a good marriage."</p>	<p>Communication is one of the most important stuff. Respect – do you respect each other? Sex and sexual issues are important. Finances – managing your finances. Parenting skills and issues relating to parenting such as disciplining of children – how, who and when, as these issues often create conflict if not properly worked out between the couple.</p>	<p>The whole approach of the programme will need to be very positive, to say, "you guys, you love each other, you enjoy each other, it is going well between you, but we are just going to help you enhance the enjoyment." You can then implement the programme but always focusing on the objective that it is to enhance what they have already got that is good.</p>	<p>I think that people will be at different ages and that could also present a challenge that will need to be addressed.</p>	<p>But take into account the differences in the group, and we're just talking about it, the cultural differences. If you have 8 or 10 couples coming together, for the one cultural group it might be significant but for the other cultural group it might not be the same. This might cause a lot of conflict because some people, even out of the same culture, some are more liberal, some are more conservative, and I think that causes conflict.</p>
<p>Most people, if they encounter difficult life circumstances or encounter a little bit of problems, then they say, "I don't know if I have made a mistake." They too quickly question whether they should remain in the marriage or whether they are in the right relationship.</p>	<p>It's teaching skills- conflict management, problem solving, communication skills, sexual intimacy: these are the things that you need for a good marriage. To keep the good thing, the good marriage going. Keeping what is good and enhancing it, and making it better.</p>	<p>Marriage enrichment, we said, is with a couple that has a good marriage, so we might not get this situation where a couple do not really want to be with each other. I think that one should ask the group whether they want to discuss that or not.</p>	<p>How to solve problems. Problem solving is important. At the moment they are still happy but problems are going to come and how the deal with it is important.</p>	<p>In groups. We've done marriage enrichment in groups. I've found that because they are not couples with problems it is so much easier for them to talk and share. They are so open to help us not to get there, to that problem phase.</p>	<p>You must also be comfortable with your own marriage. Everything in your marriage must be in good working order because you might project your own emotional baggage during the presentations.</p>	

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<p>We talk about marriage enrichment. Is that after you're married already?</p> <p>Yes, it is during the process of marriage, after you have married.</p>	<p>Maybe identify, if it's at all possible, identify at what phase are they. Is it possible to say that marriage has phases and then to say-you're in this phase, or because you're experiencing this and this, you are in this phase and this is what we will need to do to address what you are going through.</p>	<p>You could have a guideline programme but that guideline must be agreed upon by the relevant group participating, or the couple that you are giving the session to. They need to say whether it is an issue that they want to discuss or not.</p>	<p>Communication. Respect. Finances. Sex and sexuality. Parenting. Roles. Problem solving. Self-disclosure. I would also like to add fun. How the couple can get or add fun in their relationship.</p>	<p>People share in groups. People love to share how they enjoy each other.</p>	<p>I think all the dislikes should be discussed but you are going to be selective in your approach because you want to have a positive outcome. Because those dislikes which you have could be the destroying factor of the marriage.</p>	<p>In marriage, do you always have to look inwards? Does the marriage not need to look outward?</p>
<p>ME provides an opportunity for the couple to bring out suppressed or any issue that they might not necessarily deal with or discuss with each other on their own in order to avoid conflict in the marriage.</p>	<p>Marriage enrichment for me means that this marriage hasn't got any problems and that I just want to enrich what I've got and make it richer and more fulfilling and satisfying.</p>	<p>Marriage enrichment is to make a good marriage better, and therefore, you must already have a fairly good marriage as a criteria for marriage enrichment.</p>	<p>Sometimes we are also isolated from him after childbirth due to cultural reasons like you have to stay in another house or another bedroom for a period of time and this is can also contribute to those problems.</p>	<p>If you find any group of people that are together and who enjoy each other's togetherness like if you talk about different religions, like a group of Hindu people who love coming together or what have you, they will most probably be excited to share the good in their marriage, the joy, and other things, with one another.</p>	<p>What you need to do obviously, as a facilitator, is to identify in your group whether there's a couple who have personal things that they don't want to disclose, you have to deal with them separately. You can't address a problem with your husband in the presence of other people.</p>	<p>I also think that marriage is something where you will get what you put in, you will reap what you sow.</p>

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If you are in a good marriage you need ME to commend yourselves also for what was done right and good in your marriage.	Adding more fun to a marriage, especially if you are older.	Can't you have a questionnaire before the group where you ask the couples what it is that they want discussed.	And this is not by choice but circumstances demand that thing must happen like that.	I want to also say that if it is a group of people who might be familiar with each other, know one another, friends, there might not be any hesitancy to share in a group.	The practicality of the groups will have to be assessed in each session.	
<p>Many people marry for economic reasons. There are people who marry only for money.</p> <p>Love is not necessarily the only reason that people marry.</p> <p>Many people are getting married these days for convenience, or for security or economic reasons. Therefore, these couples can't cope with all the pressures of married life and they need enrichment to help them survive and cope.</p>	Marriage enrichment should also help the person to develop yourself as an individual within the marriage. As we go through the individual developmental stages in life, you change, your hormones change, and everything changes. This has an impact on the marital relationship because the other spouse needs to accommodate the changes in one spouse and this means adjustments within the marriage to accommodate changes in the individual.	I will put out a general questionnaire before I take a group out and ask questions to assess what type of people they are, what do they do for fun, how many children do they have, etc. This is because you cannot put a couple that cannot have children in a group with everybody else that have children and who are moaning about being parents when this couple cannot have children and want to be parents.	The parenting role creates conflict. That is why in our culture we may find that with most of our men – you may find that if my child is still very young most of the men they want extramarital affairs. They feel that really, they don't belong in their own homes anymore because now I'm looking after my child and I can't take care of his needs anymore. So he looks for somebody who he can sit down with, talk, laugh with and do whatever because I don't have that time for him anymore.	<p>The four groups that I have had in the last six months through the church all met each other at the venue and did not know one another.</p> <p>Are they in the same church?</p> <p>No, not from the same church. They are Christians but not from the same church. But then there was one common denominator, that is, their Christianity, which bonds them. But still, they never knew each other before which means that groups can work well.</p>	Certain stuff, where you have to respect people's religions, but also how far they are willing to disclose themselves. Certain stuff I will not discuss.	
There is pre-marital counseling but how many people actually attend pre-marital courses.	To equip the couple with more skills.		And it affects the marriage in many ways.			

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I think there is a need for ME because marriages are being destroyed.	To expand the boundaries of the marriage. Once you have been married for a while you get used to certain routines and you don't open up to say to the other that there may be other things to do.	There must be a criteria developed by the person doing the programme. Have a set of criteria, certain things must be in place such as trust, communication.	So basically you have to look at roles – your role as a wife, your role as a mother, and then your role as a housekeeper, and as a working woman.			
Marriages are getting destroyed because they need help but they cannot get the assistance anywhere.	Marriage enrichment enables the couple to gain perspective and discover any existing problems early. It calls for prevention and enhancing of strengths. It is helping people before they reach the stage of needing marital therapy for their problems.	But you can take the religion out of it altogether where you can just have the group coming together that are all married, happily married.	Self-disclosure is also important, disclosing your feelings about each other, what do I like about you, what do I not like about you or my marriage, what would I like to change if I could or if it were possible.	The ideal would also be if they don't know each other at all before they go on a programme like this, because if it's friends it can become, not always, but it can become like, 'we have this, you have that' or 'we have this now', in a sense it is comparing and listening to each other.		
Another thing is that if you look at our society you will find that many kids were brought up by the single parents. And most kids, for instance I was brought up by a single parent,	When you work with a couple who is quite happy and you find out what is their individual needs and what is the couple's needs, and you do a mid- to medium term, long term plan, they	So there should be a set of criteria and a questionnaire that must be filled in by every couple wanting to attend a marriage enrichment programme. The questionnaire should include their	I think that a marriage is a combination about self-disclosure, your partner needs to know where he stands with you and what you want and everything, but there also has to be a	So it's better to come in from different backgrounds because otherwise you still have to see the people afterwards whereas here you have a choice, you're going home		

<p>because of the fact that I witnessed how my mother struggled in raising me up, so I told myself that I don't want to get married because I don't want to experience the same thing which was experienced by my mother. So these kinds of programmes can really inspire children who are actually brought up by single parents.</p>	<p>get an idea of what they want but also get the space/opportunity to introduce new stuff in order to enjoy the marriage more.</p> <p>-To gain more insights and discover each other more.</p>	<p>personal details such as religion, home language, etc in order to have an idea of who they are already.</p>	<p>little mystery in a marriage because if he knows you 100%, then there's no secrets, no surprises, and it can be dull.</p>	<p>just with your partner and you don't see the others again, which can even be a good thing.</p>		
<p>For me, to have a good marriage, I believe that we need to have enrichment</p>	<p>But also being very realistic because if you have a couple and they are in a good place and they come in for enrichment, for them to realize that life is going to hand them a few "lemonades" along the way. It's for them to realise what they are going to with those. What will they do if there happens something like they can't have children, or one of them loses their job, or someone wants to have an extra-marital affair?</p> <hr/> <p>I think it also simply means what do you do best and how can you do more than that</p>	<p>If you focus on a problematic marriage then you will be doing therapy which is to try and repair or build what is broken. This is not enrichment but therapy.</p>	<p>Self-disclosure is more like what ten things about your husband you love, or what ten things you do not like about him and vice versa. This gives the spouse things to work on or improve and things that, if the spouse likes it, he will do more often, etc. It focuses on behaviours specifically and is supposed to motivate change of undesirable behaviours that could lead to tension or conflict in the relationship, and maybe even inspire an increase of behaviours that the spouse finds good or</p>	<p>Unless, you could have breakaway groups – like, those three couples that want to discuss this issue go into that hall, and the other guys who want to discuss that topic, go to that venue, and so on.</p>		

	in your marriage relationship.		desirable in the marriage.			
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	Yes, its about how they are going to handle those problems that come along in a marriage like temptations to have extramarital affairs, or any other problems that could occur.	ME is not something that every couple will seek to attain because every couple will have different goals. A couple will need to make ME their goal in order to seek participation in a ME programme.	Also, I think the issues around in-laws, how you relate to my parents, my sisters, how often should they visit or not to visit, these are important aspects for a marriage.	We in our church ME programme use three categories: providing individual couples with private time, finding themselves, but we use different techniques.		
	Most people that comes to you may have seen danger signs but are still happy in the marriage. They say to themselves that things are going to get better but they forget the reason why they are married and what they loved about that person. So this programme takes them back to the basics, reminding them and giving them a chance to focus on why they are married and to focus on the positives.	The issue of marriage, and what is defined by marriage must also be clear in order to avoid problems during the sessions. The programme should be designed for a specific target group, eg. it must define what is a marriage.	And the other thing is that if you lose a parent or both parents, elderly parents come and live with you, there's a total mind shift in what your role and responsibility is now. If people are living under your roof there's a different relationship and it has a direct impact on your marriage and your personal space.	Then there is the entertainment and the fun aspects where we must go and play games and all that. There is also the learning and the teaching part – teaching problem solving where they share their own experiences, and how they deal with problems. Then the religious part of it is a teaching about what the bible teaches about marriage.		

	At present we focus on solving problems and not doing prevention and helping people to cope with problems that may arise.		Your dislikes about your partner must be discussed with him/her but in a constructive manner.			
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	I once attended a group like that with eight couples and they were all talking about loving each other, they were talking about fun things that they do together. It was nice being there and they shared most of the things and they learnt most of the things from each other. They spoke about how their lifestyles are and how it is for them, and everything. They were taught coping skills like if they are noting problems along the way, how are they going to deal with them. Because at times, we don't know, as time goes on, things of that nature may come. So even though we love each other, but emotionally we might		It is true what she is saying because when I got married, it's like, I don't know them and they don't know me. They start by thinking that they love me, and then trying to impress me, even compromising somewhere. But as time goes on then they say: 'Aha, sissy, No.' Then you start to feel: 'No, this old lady really doesn't love me.' It is now that you ask yourself, 'How am I going to handle this kind of people?' You understand? Somewhere, if you are having a small problem, instead of looking at the problem itself, as the in-laws or elders, they look at you as though you are the one that was	One has to do planning first. Obviously, firstly, that will be determined by the outcomes that you have to achieve. And secondly, I would recommend that it must be done in group settings. We know all about the advantages of working with groups rather than individuals. You can always get more ideas and more challenges that one can deal with. Then work with it as that is always going to save time. It will save time and energy and you will be covering more couples at the same time.		

	<p>not be prepared for certain challenges and it might happen that I get very angry and I forget that this is the person that I love, and everything, and I act inappropriately somehow, and then your partner is going to take it as a grudge, thinking, "I didn't know that you are this type of person". So, learning coping skills then at the end of the day you know very well what to do when things of that nature comes in.</p> <hr/> <p>To me marriage enrichment means what you can do to enrich your marriage. You're already in a marriage, so what it mean to be married, is one aspect. What is the concept of being married and then thereafter, what you need to do to actually enrich the marriage. I think I must first understand what does it mean to be married and what does marriage mean.</p>		<p>wrong. So you feel like really asking yourself now, 'where do I make a boundary? How can I make a boundary?' Because there are some things that I will not tell them because I know very well that I am going to be blamed, so there is no use for me to go and tell them if I am having any concerns or worries. On the visiting side, like Keke was saying, maybe your parents they are visiting once in a year. However, your in-laws are always there, every month-end. They will phone you any time of the night or any time of the month saying, 'We need R500, so we will come and fetch it tomorrow.' So they don't want to know whether you have it or you don't have it. This creates conflict especially because your parents don't ask at all.</p>	<p>That will also promote the way we interpret things, the way we understand activities between the partners. It will bring the parties much closer as they meet each other half way and they reach a mutual understanding. That is going to maintain the marriage for a long time.</p>		
	<p>ME is all about how you maintain your marriage. Obviously then you have to start on how you</p>		<p>I think the other aspect is individual goals. As individuals you have your own goals,</p>	<p>Even in groups, the dynamics of the group is going to rule. Maybe those who even want a</p>		

	<p>understand the concept of marriage itself.</p> <hr/> <p>This type of programme can really motivate people</p>		<p>whether it is to do with your own professional goals, or what have you. Than there's got to be a separateness but also a linkage at a certain stage. There are certain linkages when it comes to certain aspects of your individuality. But there should be an individuality.</p>	<p>certain subject discussed will sort of be suppressed and not be able to say that they want to discuss that topic. They will go with what the group is saying and be influenced in that way.</p>		
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	<p>ME is a process of making a good marriage better and it is a preventative approach of assisting couples who are trying to make their marriages better. So it is about enhancing and enriching what you already have.</p>		<p>I think many times we lose ourselves in marriage. We tend to forget who we are. We start looking at 'us' only instead of 'me' and 'you'. We only look at the 'us' and neglect our own individuality.</p>			
	<p>It's about preventing breakdown. Sometimes we might have a good marriage but not know much about how to sustain that good marriage. So, I think that getting to know each other more and learning new skills can help to equip us to cope when more</p>		<p>Communication, because that is normally the cause of breakdown in marriages. Financial aspects. Children. Other people such as friends, social activities that one should embark on during marriage. Sexual issues.</p>			

	serious problems surface at a later stage.		Problem solving skills and decision-making. Something related to themselves – like introspection.			
	The purpose for me is the sustainability of the marriage. Sustaining the relationship, sustaining what is good and picking up if there's anything bad. Through the enrichment programme or process, we may be able to identify that what we may see or consider good now may even lead to something bad later on. It is about identifying and naming what we have and also examining the sustainability of what we have in order to strengthen that.		I agree that you need your personal space. Now if they are staying with you full time you can't do anything. The roles change. At the end of the day if it is my mother in law, I just can't kiss my husband any time I want in front of her. Yes, you can. It is your husband. Not in our culture, we can't do that. I think that the topic of relationships with in-laws should be included because it is especially experienced after marriage.			
	We focus on the positives and see how to enhance these.		Focus on topics without bringing in religious or spiritual aspects.			
	I see the purpose as improving what they have and building on what they already have.		A general programme including topics of communication, problem-solving, etc can be adapted to different groups. Only the content might differ slightly to accommodate the couple's values, norms and beliefs.			

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	This session will provide a platform for the sharing of feelings and disclose what they are actually thinking about the marriage relationship.		Addressing the negatives in the marriage will be good for the couple as the spouses are going to be confronted with the dislikes or concerns of the spouse and become aware of their behaviour. This awareness is a positive step towards bringing change in their behaviour.			
	I love my husband would never have chosen otherwise. But if I were ever given a platform to attend a ME programme I will most definitely bring out a few things that I would not necessarily bring out with him in our normal daily communication. But this will be an opportunity for me to tell him what I would otherwise not bring up.		To me, I will look at marriage. There are different cycles in marriage. I think we will then have to break it up. For me it will be when I first got married, the first year. I think that's a very trying time. Then when you have children – how will you deal with aspects of parenting.			

CATEGORY 1 The Need for Marriage Enrichment	CATEGORY 2 The Purpose of Marriage Enrichment	CATEGORY 3 Criteria for a Marriage Enrichment Programme	CATEGORY 4 Contents of a Marriage Enrichment Programme	CATEGORY 5 Elements of a Successful M.E. Programme	CATEGORY 6 Programme Leader Characteristics	CATEGORY 7 General
	Enrichment means making something that's good even better. It is proactive and preventative.		I think your finances – how will you deal with that. I will also break it down in terms in respect of families, in-laws because I think families can cause a major problem from both sides.			
	It gives a chance to focus on their marriage and look after their couple identity and couple relationship. To work on the good things.		I can't think of anything that cannot be covered because whatever that you think cannot be covered could turn out to be the cause of a problem in a marriage. That is why these days we are promoting even the partners to talk about their sex and sexual intimacy.			
	ME allows the opportunity for discussion of certain issues that you will not otherwise talk about or discuss. It allows the opportunity for the couple to communicate regarding sensitive issues.		I have a problem with discussing the negatives about your marriage or spouse in a group or in an individual setting. Discussing the negatives can negatively affect your marriage or destroy the marriage.			

4.4. INTERPRETATION OF THE ANALYSIS SCHEDULE

The data was analyzed according to the following categories, as depicted in the analysis schedule:

- Category 1: The Need for Marriage Enrichment
- Category 2: The Purpose of Marriage Enrichment
- Category 3: Criteria for a Marriage Enrichment Programme
- Category 4: Contents of a Marriage Enrichment Programme
- Category 5: Elements of a Successful Marriage Enrichment Programme
- Category 6: Programme Leader Qualities
- Category 7: General

Various themes emerged from the data outlined in the analysis schedule and these will be discussed below:

4.4.1. THEME 1: THE NEED FOR MARRIAGE ENRICHMENT INTERVENTION

Feedback from the participants in Category 1 and Category 7 seem linked to the realization that insufficient focus seems to exist on the need for marital preparation by couples who enter marriage. Participants acknowledged the fact that marriage preparation seems to be occurring in certain religious groups only whilst the majority of people entering marriage are not exposed to such programmes.

Several statements from Category 1 seem to point to the consideration of the reasons why couples marry and, it was specifically noted by the participants that there are many different reasons why couples marry, and that “love” is not always the reason for marriage. Participants felt that since the reasons for couples marrying differ and are often based on “poor” motives, that the availability of

support for marriages is important. It was felt that marriage enrichment would be able to provide the support needed by married couples to sustain marriages and prevent marital breakdown.

Category 1 also showed concern for the high divorce rate and the realization that “marriages are being destroyed” and that a resource is therefore needed to help couples avoid marital breakdown.

Category 2 is also linked to this theme with regard to the focus on enhancing and making a good marriage better and making it more enjoyable. Category 2 also mentions the need for a platform or forum such as that provided by a ME group where spouses can safely share and open up about negative feelings and negative aspects of the marriage which they would not ordinarily discuss in their daily lives for fear of conflict or anger by the other spouse.

The conclusion seems to be that all participants agreed that there is a definite need for marriage enrichment programmes to be provided as a resource to help couples to maintain and sustain their marriages, in a healthy and satisfying relationship.

4.4.2. THEME 2: MENTORING AND SUPPORT THROUGH MARRIAGE ENRICHMENT GROUPS

This theme reflects in category 1 where mention is made of a certain group of people in society who are brought up in single parent households and therefore grow up with negative feelings and emotions toward the concept of marriage, and are also often not exposed to positive modeling of marital roles. It was felt that these individuals would be able to be inspired and mentored in their own marriages through the marriage enrichment group and that such a group will provide an important resource for young married people who grew up in such single-parent households.

The category can also be linked to Category 2: The Purpose of Marriage Enrichment, as well as with Category 5: Elements of a Successful Marriage Enrichment Programme. The link is apparent in that participants saw the need for doing marriage enrichment in groups and that the group process facilitated discussions of problems presented and provided the opportunity for sharing and providing support among the couples that encourages growth within marriages. The group experience was seen by participants as an ideal way to allow couples to learn from the experiences of others.

4.4.3 THEME 3: PREVENTIVE NATURE OF MARRIAGE ENRICHMENT

The participants felt quite strongly that marriage enrichment is a prevention programme that seeks to equip and empower couples with skills and techniques that help towards preventing the breakdown of their marriage. The programme is seen as focusing on strengthening the marriage relationship in Category 2 and links well to providing various skills and techniques in Category 4 and Category 5 that is then utilised by the couple to enhance and enrich the marital relationship. This theme thus links categories 2, 4 and 5 together with regard to the focus on the preventive nature of marriage enrichment.

4.4.4 THEME 4: EDUCATIONAL NATURE OF MARRIAGE ENRICHMENT

The participants all agreed that education and skills development is crucial to a marriage enrichment programme. They highlighted the importance of teaching, sharing and building skills that will equip couples with skills and information to help them resolve and handle problems when they do occur in the marriage.

This theme links with Category 2 where marriage enrichment is seen as teaching skills and equipping couples with more skills as well as with Category 4 where the

various skills are mentioned such as communication, managing of finances, problem-solving, conflict management and parenting skills. These skills are considered by the participants to be essential in sustaining the marriage. The theme also links Category 2 and Category 5 where participants mention the value of the group process in the sharing of ideas and experiences, which enhances the learning experience of the couples attending.

4.4.5 THEME 5: MARITAL SATISFACTION

The participants all agreed that the focus of marriage enrichment is on making a good marriage better and on bringing in new experiences and more fun and enjoyment toward making the marriage more fulfilling and satisfying. Marital satisfaction is an important topic of focus in a marriage enrichment programme and the participants agreed that couples would need to define for themselves what would make their marriage more satisfying.

This theme links together Category 1, Category 2, Category 5 and Category 7. The participants related marital satisfaction to the enhancing of positive aspects and adding more to them in order to create a more satisfying marriage. Category 2 suggests that a possible re-assessment and expanding of the marriage boundaries be looked at in order for the couple to gain marital satisfaction.

4.4.6. THEME 6: SELF DISCLOSURE

The participants agreed that a marriage enrichment programme should allow for couples to redefine their expectations and feelings regarding what each spouse would want out of the marriage relationship. The participants also discussed that the positive and negative aspects of the marriage should be discussed during the programme, by the spouses. Most importantly, also, was the mention that the

marriage enrichment programme can be an important and neutral platform or forum where specifically negative feelings can be shared in a safe, professional environment, that otherwise is often repressed by the spouses.

This theme is evident in discussions reflected in Category 1, Category 2, Category 4, Category 5 and Category 6, thus linking these five categories to this theme of self-disclosure. An important link to self-disclosure is also the mention of trust in Category 3.

In order for self-disclosure to occur there needs to be trust in the relationship, and in one's partner. Self-disclosure will not be possible if spouses do not feel safe and secure in the relationship.

4.4.7. THEME 7: SEXUAL ENRICHMENT

Participants agreed together that an important aspect of a marriage enrichment programme should be to focus on sexual intimacy and sexual enrichment of the marriage. They all agreed that sexual fulfillment is needed to ensure marital satisfaction and therefore felt that sex and sexual issues must be included as a topic in the marriage enrichment programme.

Category 4 and Category 5 are linked together on this theme of sexual enrichment. Mention was also made of the possibility of the use of a professional sexologist to do the topic of sex and sexual fulfillment with the couples and that couples should be exposed to different techniques that enhances bonding and intimacy on a physical and emotional level that results in sexual enrichment and marital satisfaction, thus making the link between marital satisfaction (theme 5) and sexual enrichment (theme 7).

Participants acknowledged that they perceived a link between low levels of sexual satisfaction in the marriage with the incidence of spouses' involvement in extra-marital relationships.

4.4.8. THEME 8: INDIVIDUAL GROWTH AND DEVELOPMENT IN RELATION TO THE GROWTH OF THE MARITAL RELATIONSHIP

Participants showed concern for the subject of individual or personal goals that often become sacrificed whilst pursuing growth in the marital relationship. Category 2 and Category 4 are linked on this theme as participants felt that marriage enrichment programmes should address the need for spouses to maintain their individuality and not lose focus of their own personal or professional goals whilst pursuing couple relational goals. They felt that a degree of separateness should be maintained by the spouses, whilst they continue to share a connectedness on another level in the marital relationship.

Participants also mentioned the life-cycle changes of individuals in relation to the life cycle changes of the marriage relationship, and that the impact of these changes on the individual also impacts on the marriage and vice versa.

4.4.9. THEME 9: CONSIDERATION OF CULTURAL DIVERSITY

Participants' feedback in Category 3 highlighted that different cultural groups will have different criteria for defining the different roles of spouses in a marriage and also have different definitions of marital satisfaction. The acknowledgement of different norms, values and cultural practices, and the impact that these may have on a marriage enrichment group will need to be considered. This also links to category 7 in relation to consideration being given to cultural differences in the group.

Category 5 also links to category 3 where mention was made that specific cultural groups who meet together in a marriage enrichment exercise and who understand each other's culture will enjoy the experience of marriage enrichment. Category 6 specifically discusses the cultural competence of the group leader or therapist to deal with culturally diverse groups. Respect for different cultures was seen as an important aspect.

This theme thus links together categories 3, 5, 6 and 7 on the topic of cultural diversity and cultural considerations to be made when conducting marriage enrichment.

4.5. SUMMARY

In this chapter the results were analyzed and themes were formulated. The development of an analysis schedule guided the researcher in effectively analyzing and coding of the data into appropriate themes relevant for this study.

The data was analysed according to seven categories. This translated through further analysis into the development of nine identified themes. These themes will form the foundation of guidelines for the development of a marriage enrichment programme.