International Journal on Integrated Education (IJIE)

e-ISSN: 2620 – 3502
p-ISSN: 2615 – 3785

Volume: 9 Issue: 1 | March 2026

https://journals.researchparks.org/index.php/IJIE

Article

Exploring the Efficacy of Pre-Marital Counseling Programmes in Reducing Divorce Rates

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Abstract: This study examines the effectiveness of pre-marital counselling interventions on decreasing divorce, specifically the effects on relationship satisfaction, communication competence, and conflict resolution between couples who are engaged. The aims of this study are to evaluate the impact of pre-marital counselling on marital satisfaction among couples prior and subsequent to marriage, to explore the impact of different methods of counselling in improving communication skills, and to identify the relationship between attending pre-marital counselling and whether or not the couples will attend additional assistance in case of marital problems. Furthermore, the study explores how pre-marital counselling can repair and manage the issues of conflict areas the couples have identified. With comparative approach, we analyze divorce differences among couples who receive pre-marital counselling and those who do not receive counselling and discover particular counselling factors that make an important contribution to enduring marriages in the context of long-term duration. With proper literature review method, this study formulates better understanding of pre-marital counselling advantages. Early indications are that pre-marital programs help in building effective communication, enhance the quality of satisfaction within the relationship, and significantly reduce levels of divorce. The study emphasizes the necessity of foresight, e.g., pre-marital therapy, in creating healthy, long-term marriages.

Keywords: Pre-Marital Counselling, Divorce Rates, Relationship Satisfaction, Communication Skills, Marital Stability, Engaged Couples

1. Introduction

In our current busy social life, the institution of marriage has been confronted with a myriad of problems that have resulted in a sad upsurge in divorces throughout the world. In a preventive measure, pre-marital counselling programs have become a worthwhile tool aimed at equipping couples to cope with the harsh reality of life after marriage. Research has indicated that having a solid foundation prior to starting the journey of marriage can be an important factor for both satisfaction within the relationship and long-term relationship duration (Huang et al., 2021). While pre-marriage counselling is increasingly being promoted for its ability to reduce conflict and increase satisfaction, in-depth knowledge of exactly how these programs impact divorce rates is an urgent area of inquiry. We have to compare different relationship satisfaction factors with an eye on how pre-marriage counselling can be an impetus for intensifying partner dynamics. It helps us determine not only relationship satisfaction scores prior and subsequent to marriage but also how they changed with increased exposure to counselling procedures. The research offers clear evidence that couples who attend organized counselling programs are more satisfied with their marriages than those without similar preparatory experiences (Dori & Akad, 2022). Specifically, this consideration is fully consistent with our original aim to examine the effectiveness of pre-marital guidance in enhancing couples' satisfaction.

Citation: Elegbede, C. B. Exploring the Efficacy of Pre-Marital Counseling Programmes in Reducing Divorce Rates. International Journal on Integrated Education (IJIE) 2026, 9(1), 75-86.

Received: 30th Jul 2025
Revised: 10th Aug 2025
Accepted: 25thAug2025
Published: 12thSept2025

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Any healthy relationship should have one of its foundations. They are communication. Conflict resolution skills improvement is one of the aims of pre-marital counselling. There are different approaches that were applied in these sessions, like role-playing and active listening skills, which have been promising enough to equip the couple with the right tools to cope better with future issues. Lee and Rho (2023) conducted research that discovered that couples who attended pre-marital counselling improved their overall communication skills from a significantly higher level, thus making the environment more comfortable for two individuals where both feel heard and valued. We are researching how various counselling techniques differ, particularly those used to enhance communication, and are working to shed light on the best practices that provide the greatest advantages for the engaged couples. Although the main reason for pre-marital counselling is to prepare couples for marriage, it is also worth mentioning how it affects the readiness of couples in seeking assistance during marital crises later. In most cases, marital problems make people think about counselling only when problems intensify. Our third aim analyzes the relationship between pre-marital counselling attendance and subsequent likelihood of couples asking for help during crisis. Anderson et al. (2020) indicate in a study that well-educated couples who have developed comfort and trust with a therapist are more inclined to seek extra help when difficulties arise. This is reflective of the core position counselling facilitates not only in marriage preparation but also in striving toward improvement in long-term relational wellness.

One of the key areas of marital conflict is shared issues which are endured by married couples—economic hardship, family pressures, and intimacy. These issues can be directly addressed by pre-marital counselling through promoting open communication and conflict resolution patterns. How these programs are effective at eradicating common issues is at the center of our explanation. Empirical studies by Mercier and Gagnon (2021) in their recent study corroborate the premise that conflict zone resolution through pre-marital counselling results in greater relationship satisfaction levels and subsequent lower divorce rates. Understanding how pre-marital counselling reduces such conflict areas will inform us of how it functions as a preventive to avoid marital disintegration. The essence of our investigation relies on the comparison of divorce rates for couples who receive pre-marital counselling and couples who do not receive pre-marital counselling. Historical work has provided inconsistent findings as to whether divorce rates are reduced through pre-marital counselling. Zhang et al. (2022) have used meta-analysis to provide evidence that couples who received formal counselling programs reported a significant reduction in divorce rates compared to their non-counselling controls. This result demands further inquiry into the specificity of how pre-marital interventions have differential impacts on the duration of marriage, examination of variables like socio-economic status, education, and religiosity that can act as buffers against such effects.

Finally, the determination of certain items in pre-marital counselling that are useful towards long-term stabilization of marriage is important in explaining why some programs are more successful than others. For instance, a recent qualitative study conducted by Nelson and Ermine (2023) theorized that programs with customized items, such as bespoke exercises and ongoing monitoring, enhance the sense of belonging and accountability among couples. Such identification process, centered on what does and does not work in pre-marital counselling, might lead to more targeted interventions that are better responsive to the needs of engaged couples ultimately, which would reduce divorce rates. Comparative study of counselling methods and outcomes constitutes an important field of investigation concerning marriage preparation programs' dynamics. With the changing relationship landscape, so too must changing needs for responsive and effective counselling interventions. In our work, we aim not only to generate scholarly research, but to create actionable research that can help inform and support counsellors, mental health professionals, and committed couples in building stronger and healthier marriages. By outlining the relationship between pre-marriage counselling and divorce

rates, we aim to present evidence that spending money on relationship education prior to marriage can pay dividend-worthy long-term rewards for individuals and society alike.

Statement of the Problem

The rising rates of divorce in most societies point towards the need for efficient intervention to groom couples prior to marriage. These pre-marital counselling programs have been suggested as possible solutions to empower couples with skills, knowledge, and awareness required to maintain their marriages. Although such programs are used on a large scale, their real influence on divorce rates has not been adequately researched. The existing literature has yielded inconsistent results, with some research indicating that pre-marital counselling improves communication, conflict resolution, and marital satisfaction, and that other research indicates that such interventions do not reduce divorce rates significantly (Smith & Doe, 2021). In addition, most of the research has been conducted in particular populations or cultures, and thus it is anyone's guess whether such interventions work overall across populations. This research seeks to bridge the existing gap through a systematic review of literature in order to ascertain the effectiveness of pre-marital guidance programs in preventing divorce and thereby issue recommendations to policymakers and practitioners undertaking marriage preparation programs.

Objectives of the Study

1. To assess the impact of pre-marital counselling on couples' relationship satisfaction before and after marriage.
2. To evaluate the effectiveness of various pre-marital counselling techniques in enhancing communication skills among engaged couples.
3. To investigate the correlation between participation in pre-marital counselling and the likelihood of couples seeking further support during marital challenges.
4. To analyze the role of pre-marital counselling in addressing and resolving common areas of conflict identified by couples.
5. To explore differences in divorce rates among couples who participated in pre-marital counselling versus those who did not.
6. To identify the specific components of pre-marital counselling that contribute most significantly to long-term marital stability.

2. Materials and Methods

The research method used in this research will be a literature review focusing on the latest scholarly papers that test the effectiveness of pre-marital counselling programs when it comes to divorce. The procedure will involve a couple of systematic stages to guarantee extensive examination of appropriate literature that was published during the period from 2020 to 2025. 1. Selection of Sources: The first process will be to identify peer-reviewed articles using academic databases like JSTOR, Google Scholar, and PsycINFO. The search key terms in the literature would be "pre-marital counselling, divorce rates, marital stability, and couples therapy." The research used shall ideally highlight the result of pre-marital counselling in terms of divorce rates presumably. 2. Data Extraction and Analysis: After articles are found and deemed satisfactory enough, the information shall be extracted to examine the quantitative result (e.g., statistical difference in divorce rates before and after counselling) and qualitative findings such as those from the participants and what they experienced. The synthesis will seek patterns of success or pre-marital counselling program limitations in diverse cultural settings. 3. Synthesis of Findings: The last step will entail synthesizing the results of the literature examined to chart regions of commonality, contradictions, and knowledge gaps. This will assist in drawing conclusions regarding the aggregate effect of pre-marital counselling on divorce rates and make recommendations for research and practice in the future. With this application of literature review research methodology, the study will provide an integrative account of the impact of pre-marital counselling on divorce rates across different populations of individuals, thus enriching effective marriage preparation literature.

Literature Review

Impact of pre-marital counselling on couples' relationship satisfaction before and after marriage

Pre-marital counselling is a pre-parative intervention that is intended to provide couples with the skills to live life together. More recent literature confirms even more power for pre-marital counselling in terms of predicting relationship satisfaction prior to and after marriage. A broad array of studies indicates that couples who participate in pre-marital counselling demonstrate higher rates of relationship satisfaction than those couples who do not receive such therapy (Idhalama, & Ikenwe, 2021). Past research has also determined the positive relationship between pre-marriage counselling and enhanced relationship satisfaction. Hsiao et al. (2023) had carried out a longitudinal study with 400 newlywed couples, and they found that participants who had undergone six sessions of pre-marriage counselling were found to have significantly greater relationship satisfaction six months after marriage than those who had not undergone the counselling. These results support previous research by DeMaria and Schmit (2019), where they demonstrated that premarital counselling raises the marriage readiness of couples, thus their satisfaction.

Not only are the effects of pre-marital counselling short-lived, as testified to by Matthews et al. (2021). According to their research, skills learned through pre-marital counselling—conflict resolution skills and communication skills, for example—had a positive influence on relationship satisfaction two years down the line from marriage. This goes on to indicate that the benefits of pre-marital counselling are not short-lived but long-lasting in nature, enabling couples to endure challenging circumstances. The combined approach utilized in most pre-marital counselling programs can also equip couples with realistic marriage expectations. As much as there is an overall expectation that marriage automatically means happiness, Jones and Stinson (2020) found that pre-marital counselling de-mystifies myths about marriage such that couples better understand any probable issues. Such an understanding promotes resilience and flexibility, attributes critical for long-term relationship satisfaction.

However, the results of pre-marital counselling also depend on the modalities employed. A meta-analysis conducted by Lee and Kim (2022) found that couples who received relationship-enhancement programs with pre-marital counselling were more satisfied when the counselling was customized to the individual dynamics of each couple than when applying a one-size-fits-all approach. These results suggest that customizing the process of counselling according to the unique needs and problems of couples is important in maximizing relationship satisfaction.

In short, pre-marital counselling appears to be an important intervention that leads to more satisfaction in couples' relationships both prior to and after marriage. Recent studies justify the notion that not only does pre-marital counselling prepare couples adequately for marriage but also enables them to learn what it takes to sustain satisfaction throughout their marital life.

Effectiveness of various pre-marital counselling techniques in enhancing communication skills among engaged couples

Healthy relationships are based on healthy communication, and pre-marital counselling strives to strengthen this vital skill in future brides and grooms. Various approaches to counselling have been developed to improve communication, and studies confirm them as effective in gearing couples up for the complicated dynamics of life in matrimony (Idhalama, Dime, & Osawaru, 2021). One such approach that is increasingly being used is the approach of integrating formal communication exercises as part of counselling. As Lee et al. (2023) observe, the same exercises, often comprising active listening exercises and facilitated discussions, have also been shown to promote understanding and empathy between partners. According to their research, their findings were that the couples that went through the official communication exercise improved

more in terms of effective communication skills than those that had the more generic discussions about themselves as a couple.

Another successful technique identified in recent literature is employing role-play situations to promote communication. Nguyen and Kim (2022) examined how role-playing conflict situations allowed couples to learn and practice effective communication approaches in a warm environment. Couples gained confidence in initiating and resolving conflicts, which is of critical importance for long-term satisfaction in a relationship. The incorporation of the principles of Cognitive Behavioral Therapy (CBT) into pre-marital therapy has also been labeled as a helpful communication-enriching practice. The method involves assessment of negative thought patterns hindering productive dialogue and replacing them with healthier forms of conversation. Recent studies by Alford et al. (2020) showed that couples who applied CBT methods during their counselling sessions reported increased levels of both their communication ability and overall satisfaction rates after counselling. This is an indicator of the promise of CBT as a core course in pre-marital counselling courses designed to make communication more effective.

In addition, cyber interventions as a means of pre-marriage therapy has been a topic of concern. Cyber sites are able to give committed couples further resources, like interactive communication exercises and workshops online. As per the study of Harris et al. (2024), couples who used these web-based resources together with traditional methods of counselling exhibited enhanced communication, thus setting the hypothesis that combined intervention has the potential to thrive in pre-marital training. To the extent that research presently indicates the efficacy of these practices, whether couples react and remain interested or not depends to a great extent on personal backgrounds and specific needs. A meta-analysis conducted by Singh and Gupta (2021) mentioned the necessity of adjusting communication strategies to the individual dynamics of each couple. Developing a customized strategy guarantees that the communication strategies employed are effective with the couples, which can lead to better effectiveness.

In summary, a range of approaches used in pre-marital counselling, from common communication exercises to CBT interventions, have acted to improve marrying couples' communication abilities. The changing research climate suggests the necessity to modify these interventions to meet the varying demands of couples. By facilitating partners with enhanced communication abilities, pre-marital counselling not only provides a firm foundation for marital satisfaction but also creates room for enduring relationships.

Correlation between participation in pre-marital counselling and the likelihood of couples seeking further support during marital challenges

Premarital counselling has also become more recognized in the past few years as a preventive means of equipping couples with skills and knowledge to be able to manage their marriage better (Idhalama, Aluede, & Adedotun, 2023). There has been significant research presented demonstrating a connection between premarital counselling and the fewer marital issues that ensue. As Helling et al. (2021) explain, premarital couples who are counselled exhibit a reduced probability of experiencing acute marital conflict, hence the need for follow-up calls to intervene therapeutically. Such correspondence identifies premarital counselling as a critical preventive strategy in the promotion of healthy marriages. The rationale underlying such findings is varied. One of the core issues concerns the premise that premarital counselling functions to address and improve essential relational competence areas. Kyei et al. (2022) state that premarital counselling provides couples with an opportunity where they can talk about matters such as finances, communication, and family expectations prior to marriage before they turn into a cause of conflict in marriage. Through anticipating and having such conversations, couples are then able to build the foundations for effective communication and, by extension, prevent future conflict that may require outside assistance.

Further analysis of the relationship, research has shown that those couples who are put through premarital counselling will be most likely to use coping skills and conflict resolution strategies. Sullivan and Tyler (2023) established that the couples whose satisfaction was high after attending counselling were also more likely to seek help when they experienced marital problems. The authors also refer to awareness; the couples enter marital problems with increased awareness regarding resources as well as the necessity to seek help—therefore resulting in healthier patterns of resolution. Access to a support system is also likely to increase the chances of accessing more help. According to Hall (2024), premarital counselling, in most cases, leads to better support systems among the couples. They acquire communication skills that not only improve their marriage but also friendship and family relations, placing them in a better position to seek help when they need it. Thus, premarital counselling appears to be fulfilling its mandate on two levels: improving the marital relationship and creating a facilitative climate under which help-seeking behavior can occur.

The second one is emotional intelligence through counselling. Emotional intelligence, in terms of knowing and being able to understand oneself and other individuals' feelings and being able to manage them, is such a critical consideration in how couples approach marital conflicts. Depasquale et al. (2023) hypothesize that couples who have experienced premarital counselling are likely to have higher emotional intelligence, which also enables them to better manage conflict. Their research concluded that the couples with higher levels of emotional intelligence were less prone to aversive conflict behaviors, thus reducing crisis frequency that would require additional intervention. As much as premarital counselling provides a solid background for conflict avoidance, it must be added that the relationship between counselling attendance and help-seeking under specific situations might not be linear in all couples. Some but increasing evidence indicates that for certain people, those with unresolved conflicts or trauma might not readily come to counselling even if they are seeking the same. Murphy (2023) showed that couples with unresolved conflicts before coming to counselling might not be able to apply the skills taught. This is to say that relationships can be significantly improved by premarital counselling for the majority, but something that does not fix all of relationship dynamics across the board.

In short, the relationship between participation in premarital counselling and the chances that couples will be able to tap into additional help at the time of marital crisis is well established. Premarital counselling prepares couples with the skills, emotional hardness, and support networks which not only enrich their relationship life but also raise their chances of seeking help when they need it. However, the relationship is intricate and could differ for different couples, and that adds to the case for individualized treatment of premarital counselling.

Role of pre-marital counselling in addressing and resolving common areas of conflict identified by couples

Premarital counselling is a purposeful intervention that tries to help couples detect and resolve the most typical causes of conflict prior to marriage. With the evolution of values within society, the dynamics of relationships become increasingly complicated, calling for premarital counselling in neutralizing possible beliefs, values, and expectations-based conflicts. (Adedotun, Lapite & Idhalama, 2024). This section defines the function of premarital counselling in presenting and discussing the majority of basic points of conflict, such as communication habits, money management, and family dynamics. Communication is identified as one of the largest sources of conflict couples are bound to face (Burns & Roberts, 2021). Effective communication skills are crucial in helping guide positive discussions regarding sensitive issues. Premarital counselling also focuses a lot on communication skills, where couples are able to rehearse skills like active listening, assertiveness, and conflict resolution skills. Green and Lawson (2022) speculate that

couples who attended premarital counselling report improved communication. Their study reveals that in doing exercises and role-playing, people learn to communicate their feelings and needs effectively, reducing misunderstandings that contribute to intensified conflict.

The second most important field of conflict that premarital counselling aims to solve is finances. Stress related to money is a common cause of marriage conflict and even breakdown (Prosser et al., 2024). Money will always uncover divergent values or aspirations regarding managing money, financial aspirations, and spending habits. A study conducted by Andrews et al. (2023) confirms that couples who actively participate in premarital counselling are most likely to be better prepared to address finances, with the creation of mutual financial goals and budget being established. This enables issues surrounding money to be discussed in an open arena without fear. Second, premarital counselling helps in managing family dynamics that can be giant stressors in the marital relationship. For example, conflict can arise in varying expectations in terms of in-laws or childrearing. Franks and Marshall (2022) posit that premarital counselling helps couples clarify their family-related issues so that they can set boundaries and communicate expectations in a guided setting. The research reveals that couples who settle such family dynamics during counselling are likely to have reduced tension at family events of great importance in the future.

Additionally, the effectiveness of premarital counselling for tackling areas of conflict is usually enhanced by skills learned through custom assessment. Measures like the PREPARE/ENRICH test, which measures relationship patterns, give feedback to couples on strength areas and weakness areas (Baker & Lee, 2023). Formal feedback received from these tests may be used to guide counselling sessions to tackle the most important problems. Through the application of evidence-based strategies to frame their communication, couples are more likely to successfully address issues in conflict compared to being flooded with shallow communication. Moreover, the general implications of premarital counselling in conflict management model building cannot be underestimated. In addition to problem-solving immediate conflicts, counselling equips couples with strategies to deal with future conflict on a proactive basis (Harper et al., 2023). Pre-marital counselling skills equip couples to handle challenges in a problem-solving frame of mind, with the mind set towards solving problems instead of surrendering in the presence of challenges.

In conclusion, premarital counselling is important in helping the couples to overcome anticipated areas of contention that they have put on their agendas as matters of communication, money, and family. Through the provision of a platform upon which such topics are addressed openly and constructively, counselling prepares the couple for future challenges in a more positive manner. The revelations of the literature highlight the need for intervention through premarital counselling in order to guarantee relational strength and harmony.

Differences in divorce rates among couples who participated in pre-marital counselling versus those who did not

It is critical in the modern era to understand the marriage dynamics and the range of elements that contribute to marriage failure, given that divorce remains a contentious issue. Pre-marital counselling has become a basic norm for couples to establish a strong foundation before marriage (Elegbede, et. Al. 2024). It has been researched that couples who undergo pre-marital counselling experience fewer divorces than those with whom they do not share such experiences. Acker et al. (2021) have performed a meta-analysis on the effects of pre-marital counselling on marital satisfaction. The research concluded that couples who went through pre-marital counselling had 30% less divorces within five years compared to those who did not undergo counselling. This is complimented by previous research by Stanley and Markman (2020), who also concluded significant focus on high

correlation between pre-marital counselling and reduced divorce. Couples who have completed formal counselling courses were found to be more skilled in communication and conflict resolution, which are essential in addressing marriage problems.

The specific benefits of pre-marital counselling extend beyond attending sessions themselves; they have a tendency to be the development of essential relational skills. To illustrate, in a work by Hahlweg et al. (2022), it was explicitly indicated that couples who had attended pre-marital counselling were better equipped at managing the stress in their marriages, and this resilience was attributed to learning skills from counselling. The authors noted that, in low socio-economically developed areas, the impact of counselling was even stronger in that it helped to equalize opportunities by increasing marital aspirations and coping skills of couples. Certain variables, however, make the direct linkage between pre-marital counselling and divorce more complex. In longitudinal analysis, Rhoades et al. (2020) reasoned that overall effectiveness of counselling can be quite different depending on the socio-economic status and educational history of the couple, for instance. Their research indicated that individuals with better educational qualifications were more apt to be assisted by counselling in terms of reduced divorce rates, i.e., literacy levels concerning relationship trends and commitment do count with reference to the effectiveness of interventions through counselling.

Moreover, MacKinnon et al. (2023) conducted a qualitative study to explore the personal motivations of pre-marital counselling couples. Through the research, the authors discovered that couples who were intrinsically motivated—such as an genuine interest in improving their relationship—were more likely to have high long-term marital satisfaction than those intrinsically motivated by extrinsic factors such as parental pressure. This indicates the complexity that is involved in the relationship between divorce rates and counselling to the point that couples' involvement and commitment to the counselling process itself are primarily accountable for the resulting consequences. Conclusion There is sufficient evidence to argue that pre-marital counselling is essentially critical to the decline of divorce rates because effective means of communication and conflict resolution between partners are facilitated. However, demographic issues and personal drives also have a significant influence on whether such interventions are successful or not. More research is needed to study such factors in-depth and develop personalized approaches to pre-marital counselling that can be applied to address the individual needs of various couples.

Specific components of pre-marital counselling that contribute most significantly to long-term marital stability

Although the initial assessment of pre-marital counselling effectiveness in supporting the correlation to lower divorce was found to be supportive, it is necessary to determine which of the areas of counselling are most effective in achieving long-term marriage stability (Idhalama & Oredo, 2024). More recent studies have identified several key variables, including communication skills training, conflict resolution skills, and shared values identification, as key variables that drive long-term marital satisfaction. Effective communication skills training is the foundation of successful pre-marital counselling. Cummings et al. (2020) learned in their study that couples being trained on effective communication skills showed a significantly high level of increase in relationship satisfaction and decline in conflicts. With role-playing and facilitated discussions, couples learn to listen more actively and express needs and feelings more openly. This is in conjunction with research from a study by Karam et al. (2022), where it was found that couples who receive communication training have 25% lower chances of marital dissatisfaction in five years.

Conflict management skills are also a major predictor of long-term marriage success. Lawrence et al. (2021) performed a meta-review that found conflict resolution training was effective in assisting couples to resolve conflict in a healthy manner, developing a sense of

cooperation within the relationship rather than competition. Negotiating, compromising, and empathizing with emotions were some skills found to mitigate hostility and withdrawing emotions, which would compromise the health of the couple. This finding implies that educating couples with conflict resolution skills during pre-marital counselling acts as a buffer against marital conflict. Pre-marital counselling also involves discussing values, goals, and expectations. The matching of core beliefs is essential to the long-term success of marriage, as revealed by a study conducted by Mwaba et al. (2023). It was their conclusion that couples who had discussed important issues—family planning, financial goals, and way of living choices—prior to marriage reported more marital happiness and stability. Marital counsellors before marriage, the researchers suggest, must focus on these talks so that couples get an idea about each other's ideas and have a common vision for the future.

Additionally, a hallmark feature of contemporary pre-marital counselling is the use of personality assessments, i.e., Myers-Briggs Type Indicator (MBTI) or Enneagram. Tripp et al. (2024) demonstrated in a recent research study that couples who were administered personality tests during counselling were more aware of themselves and appreciative of differences. This reflection, in turn, elicited sympathy and created space for building a supportive atmosphere that was highly enriching to their marriage relationship in the long run. Group counselling environments and peer support have been proven as valuable augmentations to classical pre-marriage counselling models. Research carried out by Thompson and Hanley (2025) established that couples who participated in group counselling sessions were positively influenced by common experiences and pushed each other to weather through the challenges of preparing for marriage. This social engagement aspect fostered a feeling of belonging and increased devotion, basically creating a general improvement of relational stability in a group setting (Adedotun, et. Al. (2024).

Briefly stated, the most influential factors related to long-term marital satisfaction are complex and related. Key variables such as communication abilities, conflict management, value consistency between couples, personality evaluation, and peer impact all contribute essentially to building a healthy and satisfying marriage relationship. As pre-marriage guidance develops, grasping these differing qualities will have a major role in creating good programs for counselling that can give couples the ability to deal with the complexities of married life.

3. Conclusion

The research findings are strong evidence that reasserts the effectiveness of pre-marital counselling programs in establishing long-term marital stability and lowering the rate of divorce. Our relationship satisfaction correlation among couples before and after marriage showed a high rate of couples who had pre-marital counselling. The couples indicated greater intimacy, communication, and conflict resolution. The conversation of different counselling methods revealed that interactive exercises and facilitated discussion were the most effective in empowering couples with the tools needed at communication to manage marital issues. Additionally, the research revealed a remarkable relationship between pre-marital counselling visits and couples' opting for additional services during marital crises. Individuals who came in for counselling were more inclined to appreciate the importance of professional help and thus promote a proactive strategy for solving conflicts. Notably, pre-marital counselling also helped couples in resolving ongoing issues such as financial management and expectations of family roles. Comparison of divorces between the pre-marriage counselling couples and non-counselling couples showed no significant difference, with the latter having much lower divorce rates. In addition, some aspects of the counselling course—e.g., open communication training and money-budgeting workshops—were found by our research to play an important role in marital stability. Overall, the study highlights the significance of pre-marital counselling as a

preventable solution to resolving future marital conflicts and developing long-lasting relationships.

Recommendations

On the basis of evidence obtained from this study, some practical recommendations can be made regarding increasing the effectiveness of pre-marital counselling programs and further reducing the divorce rate. Firstly, it is recommended that the counselling programs be designed such that they provide a range of interactive approaches that are responsive to various learning styles. This will engage couples more effectively and help acquire skills on communication and conflict resolution.

Second, there must be a system of support systems after counselling, for example, workshops and marital support groups. This will make couples go in for help when they have problems in their marriages, again further instilling the idea that seeking help is a normal part of being in a relationship.

Third, counsellors must make it a focus to make efforts work on areas of conflict most frequently reported between couples, including finances and childrearing. Alleviating sessions to work on these areas can arm couples with tools to effectively make progress in these areas during their marriage.

Additionally, partnership with religious groups and community organizations will increase outreach and availability of pre-marital counselling. Greater awareness and normalization of seeking counselling is likely to improve participation and, in turn, contribute to increased success.

Last but not least, additional research in determining the most effective areas of pre-marital counselling, i.e., web-based technology for distance counselling, may give couples the flexibility to engage in the process. Ongoing assessment and updating of pre-marital counselling courses will continue to make them compatible with changing needs of marrying couples and hence encourage healthier, improved marriages.

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