

**EFFECTS OF PREMARITAL COUNSELING ON  
CHRISTIAN HOMES: A CASE STUDY OF OGBOMOSO  
SOUTHWEST BAPTIST ASSOCIATION, OGBOMOSO**

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## ABSTRACT

This research work, *Effects of Premarital Counseling on Christian Homes: A case study of Ogbomoso South West Baptist Association, Ogbomoso*, brings to limelight various positive impacts that premarital counseling had had and is still having on couples' marriages that underwent this before entering into marriage.

Chapter one introduces the work, the statement of problem, purpose of study and the motivation for the research work are found here. Also method of research and definition of terms were included. The motivation arose because of the positive contributions that premarital counseling had on the researcher's marriage.

Chapter two focuses on the concepts of premarital counseling in traditional and Christian marriages. This gives insight to beliefs and perspective of premarital counseling in the two patterns of marriages. Benefits of premarital counseling such as helping an intending couple to evaluate their relationship before marriage, enlightening them to things that make for a happy and stable home and others were discussed.

The pastor's role and church's role in premarital counseling were then examined.

Chapter three dealt deeply into the case study. Questionnaire and interview were two instruments used to gather data from people that had premarital counselling before their marriages and whose marriages range between one to ten years and above. The findings showed that premarital

counselling has contributed greatly to the cordial relationship between spouses, made sexual adjustment less difficult, and communication between spouses was greatly enhanced. The effects of premarital counseling on homes were positively overwhelming.

Chapter four gives a planned premarital counseling that intending couples can go through and can be a positive tool for pastor conducting premarital counseling.

Lastly, chapter five dealt with conclusion, and recommendation.

## Conclusion

The effects of premarital counseling on Christian homes are multidimensional. Its effects covered every aspect of marriage and family life which include, the duties of husband and wife, sex in marriage money management, in-law issues, spirituality in marriage, conflict resolution, childrearing, family planning.

This research has shown that premarital counseling has contributed in no small way to family stability and happiness as indicated by several respondents. This is so because many of the hitherto problematic areas of marriage such as finance, sex, in-law issues, and communication have been explained during premarital counseling. The couples were well alerted on what to expect in these areas and how to handle them. Consequently, these areas instead of becoming threats to marriage and family, they turned to become success and happiness promoting factors through the knowledge gained during the premarital counseling.

Self-understanding is very essential for success in marital life, premarital counseling not only does this, it also affords one to gain fair understanding of one's spouse. The result of this research showed that when couples had a fair knowledge of each other's personality traits, they are able to *build together*. *Premarital counseling helps them to harness positive values and how to handle weaknesses so that homes stability are not threatened.* In the area

of child rearing and discipline, the results revealed that both spouses cooperated in child training and as a result their homes enjoy peace and joy expected in Christian homes. The premarital counseling received greatly helped couples to handle children issues in a balanced way, given love and discipline correctly.

Premarital counseling although not seen as “cure-all medicine” for family problems, it was strongly affirmed by every respondent both from questionnaire and the interview to be an indispensable tool in eradicating many of the marital problems or in reducing them to the barest minimum. The research showed that many marriages that would have been doomed to failure right from the start are saved because premarital counseling exposed them to reality of what to expect, what not to expect and how to handle exigencies.

The result of this research further showed that premarital counseling not only help in tackling marital problems but promotes and strengthens cordial relationships between couples. This becomes possible and easy as a result of insight gained during premarital counseling about how spouses should relate in cooperation, supporting and encouraging each other.

This is quite revealing because 94.6% of the respondents described their marriages to be very happy and also recommended same to any intending couple. They all agreed that premarital counseling is necessary for happiness in marriage. One of the people interviewed said that knowledge is very essential. Once the couples knew what to expect, they are on the road to success. It was further said that once you know where you are going and how to get there, the

journey is half made. All these showed the importance of premarital counseling as being considered by both counselors and counselees. Prevention is better than cure is a popular saying that still holds true. Premarital counseling as a preventive therapy against poor marriages, maladjustment, unhappiness and divorce in marriages should be taken very seriously by all.

At the beginning of this research, it is discovered that this area of study is relatively new. Not much work has been done on it so it is anticipated that others will take up where this research stops.

Finally, an author is quoted as thus about premarital counseling, "premarital counseling is very essential. Many intending couples that refuse to avail themselves of the benefits of pre-marital counseling are in a lot of pains and troubles today that would have been avoided otherwise."<sup>34</sup>

This is a bitter truth, let all intending couples heed the clarion call of God's Spirit, don't wed until you have had adequate premarital counseling.

## **Recommendations**

Based on the findings in this research, the following are recommended: Premarital counseling should be given the priority it deserves as a foundation or bedrock for a good home. This should be emphasized and re-emphasized to all who aspire to have families of their own in the near future. If it is possible, no intending Christian couple should be joined in marriage who had not undergone premarital counseling program.

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<sup>34</sup> B.O. Akinrinola. *The Lost Rib. Process of Getting Married*. (Lagos: Heavenly bound Publications, 1997), p. 67.

