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EFFECTIVE COMMUNICATION:
A NECESSITY FOR
GOOD MARRIAGE

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by
Peter Ibukun Adekanola
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CONCLUSION

SUMMARY AND RECOMMENDATIONS

Communication is not talking. We can talk all day and never communicate to each other. Talking of course puts too much emphasis on words, but communication focuses on transmission of ideas and feelings towards the other as well as revealing one's feelings. So in communication, it is the art of keeping intimacy alive in marriage with the ability of one person getting through the other mate. There can never be marital success without communication, and without communication intimacy fades when couples drift apart and the walls of hurts and misunderstanding build up.

Communication shows the level of intimacy. Intimacy is not sex, but the sense of openness in which two people (couple) can be themselves, their deeper selves, in a sense of being able to 'share souls'. Being able to share one's deepest hopes, fears, resentment, being able to give and receive love without reservation.¹ A common word used to describe

¹Rich Smith, "Developing Intimacy in Communication," Home Life, July 1991, p. 6.

sharing of feelings is communication. When we talk of communication in marriage, we are talking of intimacy. Communication is to the family what the immune system is to the body. It protects the family from influences that weaken and destroy the home. Good communication equips families to set attainable goals, and it allows the family to function effectively.

The writer therefore sees a need for couples to promote intimacy by creating time to talk over some pressing issues in a most conducive atmosphere of trust and acceptance. Such atmosphere transforms an obstacle in opportunities for growth where both will be highly esteemed and valued.

Although language is one of the greatest gifts God has given to mankind, language is a bond that holds a family together. It is the means by which we communicate our needs, express our feelings and emotions and satisfy the need for our sociability. Lack of communication in the family is the greatest threat to family happiness.

It is pertinent to say here that pastoral counsellors should make efforts to alert couples during pre-marital counselling of what they should expect in the course of their marriage relationships. There should be open communication on major troubled areas such as: sex, money and in-laws. How best they can

effectively cope and manage their lives depends on how effectively they can communicate. Pastors should also make sure that communication problems are included in their sermon delivery to keep couples informed about what lies ahead. Seminars and lectures should be organised in the church to discuss communication problems.

Finally, a family that communicates together communicates with God, and a family that communicates with God stays together in harmony. The quality and quantity of communication that goes on between the husband and wife is the deciding factor that determines what a healthy home is.

Denton, Wallace. Family Problems and What to Do About Them. Philadelphia: The Westminster Press, 1971.