

EXPLORING PREMARITAL COUNSELLING AND
MARITAL QUALITY: A CASE STUDY OF MUSLIM
COMMUNITY IN SOUTH-WEST OF NIGERIA

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UNIVERSITI SAINS ISLAM MALAYSIA

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APPROVAL PAGE

I certify that I have supervised and read this study and that in my opinion, it confirms to accept standards and fully adequate in scope and quality as dissertation for the Master of Counselling (Family Counselling).

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This dissertation was submitted to the Faculty of Leadership and Management and is accepted as fulfilment of ABK8416 course requirement for the Master of Counselling (Family Counselling).

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AUTHOR DECLARATION

In the name of God, the Most Gracious, Most Compassionate

I hereby declare that the work in this dissertation is my own except for quotations and summaries which have been duly acknowledged.

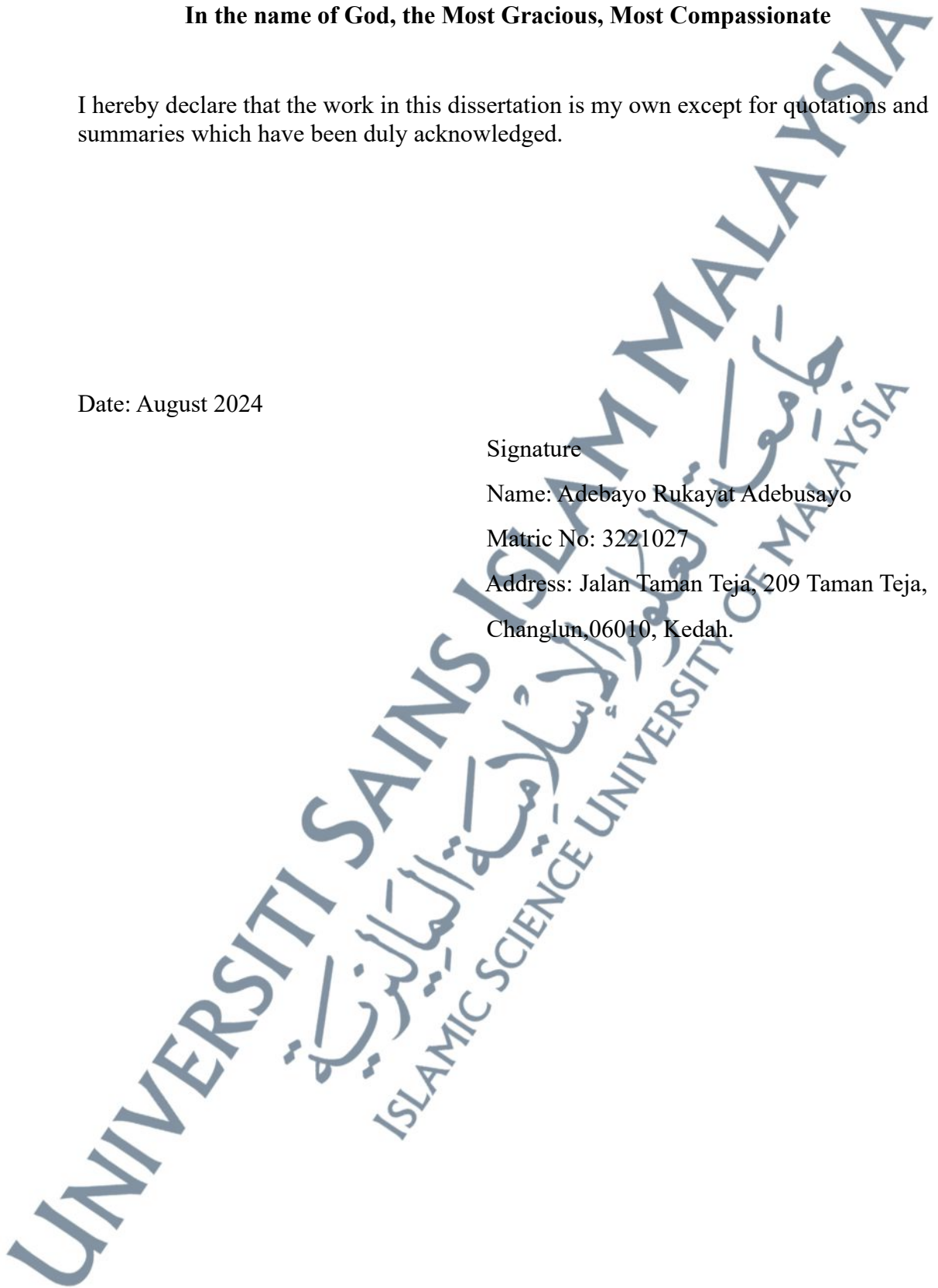
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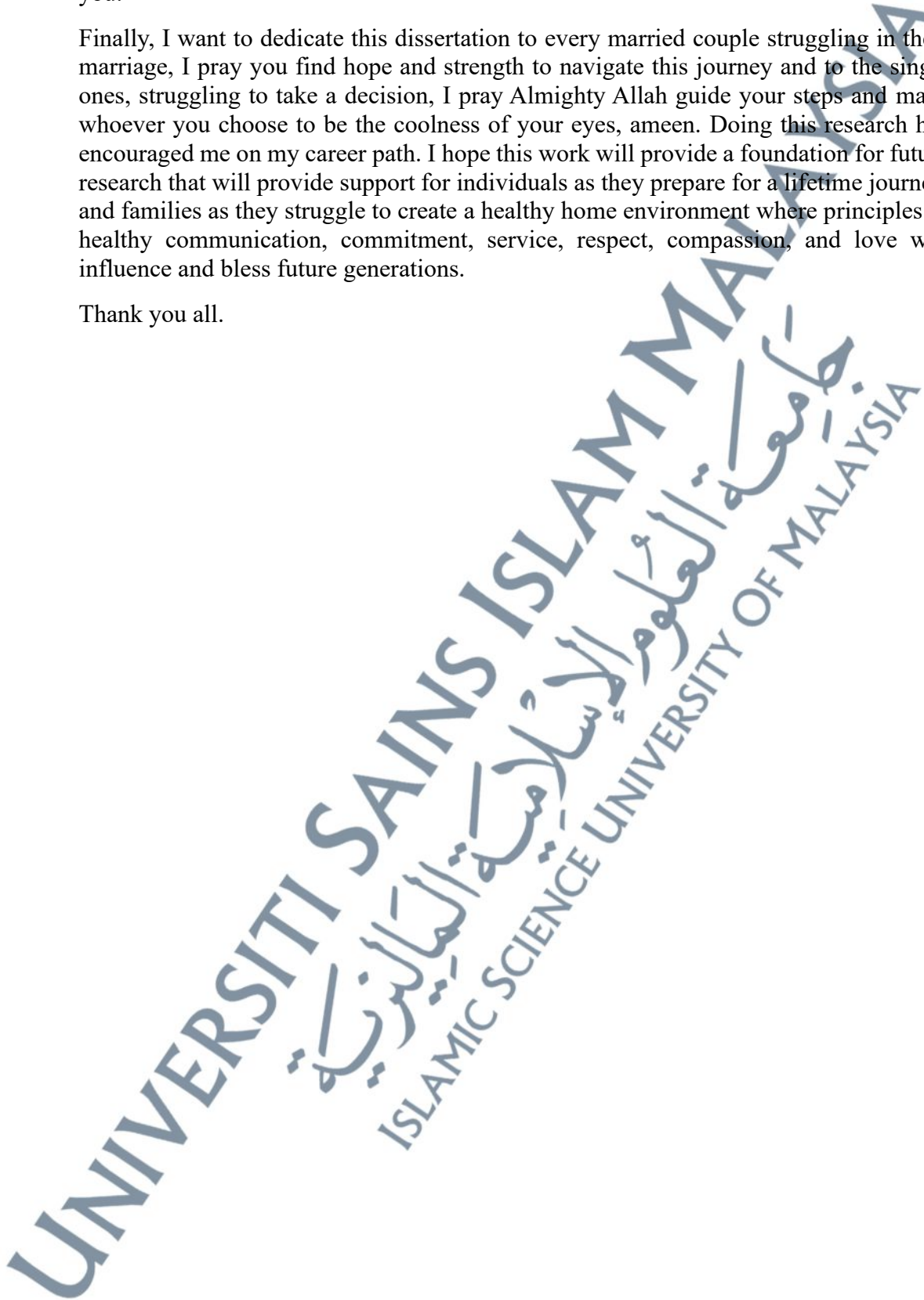
To the special one that is like a daily dose of sunshine, my own counsellor and my biggest supporter, Abdul Hafiz, your listening ear, the therapeutic solution in ensuring that my mental health is stable, your unwavering support, your tender love and encouragement throughout this journey. Your belief in me has been a source of strength and motivation, and I am deeply grateful for your sacrifices and understanding.

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ABSTRACT

The continuous increase in the rate of divorce is high in Nigeria and other African countries. This high rate of divorce affects the Muslim community more than the Christians even though, they are religious. Some of the reasons for the increased divorce rate is due in part to a lack of orientation, high expectations prior to marriage, poor communication, a lack of love, a lack of happiness, financial difficulties, and infidelity. Therefore, it is a matter of urgency to help savage these causes by helping the would-be couples to know what marriage entails before going into it. This calls for the need of the premarital counselling services. Pre-marital counselling is a form of counselling used to prepare individuals for marriage. It is used as an aid to strengthen would-be couples' relationship, and equip them with marriage skills to enable them to face any possible challenges in their marriage, especially in the early years of the relationship. Thus, this study aimed to explore premarital counselling and marital quality among the Muslim couples of South-West of Nigeria. This study was conducted by using qualitative method through in-depth interview. A total number of four respondents comprised of two males and two females. The data was analysed by using thematic analysis approach. As a result, three main themes have been extracted which are: (i) Identification of the practice of premarital counselling (ii) Benefits of Premarital counselling (iii) Influence of premarital counselling on marital quality. Overall, premarital counselling is a necessity for all. It highlights the importance of counselling in preparing couples for the challenges of married life and fostering stronger, healthier relationships and address critical issues such as communication, conflict resolution, and shared expectations, which are essential for a successful marriage.

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ABSTRAK

Peningkatan berterusan dalam kadar perceraian adalah tinggi di Nigeria dan negara-negara Afrika yang lain. Kadar perceraian yang tinggi ini memberi kesan kepada masyarakat Islam lebih daripada orang Kristian walaupun, mereka beragama. Beberapa sebab peningkatan kadar perceraian sebahagiannya disebabkan oleh kekurangan orientasi, jangkaan yang tinggi sebelum berkahwin, komunikasi yang lemah, kekurangan cinta, kekurangan kebahagiaan, masalah kewangan, dan perselingkuhan. Oleh itu, adalah perkara yang mendesak untuk membantu mengatasi sebab-sebab ini dengan membantu bakal pasangan mengetahui apa yang diperlukan oleh perkahwinan sebelum memasukinya. Ini memerlukan keperluan perkhidmatan kaunseling praperkahwinan. Kaunseling pra-perkahwinan adalah satu bentuk kaunseling yang digunakan untuk menyediakan individu untuk berkahwin. Ia digunakan sebagai bantuan untuk mengukuhkan hubungan bakal pasangan, dan melengkapkan mereka dengan kemahiran perkahwinan untuk membolehkan mereka menghadapi sebarang cabaran yang mungkin dalam perkahwinan mereka, terutamanya pada tahun-tahun awal hubungan. Oleh itu, kajian ini bertujuan untuk meneroka kaunseling praperkahwinan dan kualiti perkahwinan di kalangan pasangan Muslim di Barat Daya Nigeria. Kajian ini dijalankan dengan menggunakan kaedah kualitatif melalui temu bual mendalam. Seramai empat responden terdiri daripada dua lelaki dan dua perempuan. Data telah dianalisis dengan menggunakan pendekatan analisis tematik. Hasilnya, tiga tema utama telah diekstrak iaitu: (i) Pengenalpastian amalan kaunseling praperkahwinan (ii) Manfaat kaunseling praperkahwinan (iii) Pengaruh kaunseling praperkahwinan terhadap kualiti perkahwinan. Secara keseluruhannya, kaunseling praperkahwinan adalah keperluan untuk semua. Ia menyerlahkan kepentingan kaunseling dalam menyediakan pasangan untuk cabaran kehidupan perkahwinan dan memupuk hubungan yang lebih kukuh dan sihat serta menangani isu kritikal seperti komunikasi, penyelesaian konflik dan jangkaan bersama, yang penting untuk perkahwinan yang berjaya.

تجريدي

الزيادة المستمرة في معدل الطلاق مرتفعة في نيجيريا ودول أفريقية أخرى. هذا المعدل المرتفع من الطلاق يؤثر على المجتمع الإسلامي أكثر من المسيحيين على الرغم من أنهم متدينون. ترجع بعض أسباب زيادة معدل الطلاق جزئياً إلى الافتقار إلى التوجيه، والتوقعات العالية قبل الزواج، وضعف التواصل، ونقص الحب، ونقص السعادة، والصعوبات المالية، والخيانة الزوجية. لذلك، من الملح المساعدة في وحشية هذه الأسباب من خلال مساعدة الأزواج المحتملين على معرفة ما يستلزمه الزواج قبل الدخول فيه. وهذا يستدعي الحاجة إلى خدمات المشورة قبل الزواج. المشورة قبل الزواج هي شكل من أشكال المشورة المستخدمة لإعداد الأفراد للزواج. يتم استخدامه كوسيلة مساعدة لتقوية علاقة الأزواج المحتملين، وتزويدهم بمهارات الزواج لتمكينهم من مواجهة أي تحديات محتملة في زواجهم، خاصة في السنوات الأولى من العلاقة. وبالتالي، تهدف هذه الدراسة إلى استكشاف المشورة قبل الزواج والجودة الزوجية بين الأزواج المسلمين في جنوب غرب نيجيريا. أجريت هذه الدراسة باستخدام الأسلوب النوعي من خلال المقابلة المتعمقة. وبلغ مجموع عدد المجيبين أربعة مجيبين منهم رجلين وامرأتين. تم تحليل البيانات باستخدام نهج التحليل المواضيعي. ونتيجة لذلك، تم استخلاص ثلاثة مواضيع رئيسية هي: (أ) تحديد ممارسة المشورة قبل الزواج (ب) فوائد المشورة قبل الزواج (ج) تأثير المشورة قبل الزواج على نوعية الزواج. وعموماً، فإن المشورة قبل الزواج ضرورية للجميع. ويسلط الضوء على أهمية تقديم المشورة في إعداد الأزواج لمواجهة تحديات الحياة الزوجية وتعزيز علاقات أقوى وأكثر صحة ومعالجة القضايا الحرجة مثل التواصل وحل النزاعات والتوقعات المشتركة، والتي تعتبر ضرورية لزوج ناجح.

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