

## PRE-MARRIAGE COUNSELING- AN EMERGING TREND IN INDIA

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### Introduction

*"A pre-marital session helps partners accept each other better and avoid future complications or conflict."*

The backbone of civilized society is a family which is formed by the institution of marriage. Husband, wife and their children form a nuclear family. Marriage has the social acceptance and also the acceptance from religion, though forms may vary from religion to religion. The structure of modern society had undergone quite a change because of education, employment, migration of family from one place to another and hence adjustment to marriage relations become important.

In a civilized society marriage is considered as one of the basic civil rights of man/women. It is considered as a basic unit which forms the society. Man and woman as a married unit are known as husband and wife; they are often referred to as spouse. Marriage is a relationship between two souls. Marriage therefore involves legal requirements of formality, publicity, exclusivity and all the legal consequences flow out of that relationship.

The divorce rate in our country is unexpectedly getting higher like Western countries. If we go into details, the main cause is found to be either a physical incompatibility or emotional incongruity between the partners. In 90% cases the trauma of divorce could have easily been avoided, if only the young adults had undergone pre-marital counseling.

It is easy to fall in love but it is a very difficult to stay in love, because no one is there to teach us how to have an emotionally and physically fulfilling and meaningful relationship. The initial period of any relationship is called the honeymoon period; and after that fairytale, marriage can be a rude reality check. In most of the cases, disputes over money, family and trust break a couple apart. They wanted to go into their marriage with eyes open and decided to undergo a pre-marital counseling session to

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know what to expect Pre-marital counseling is a type of therapy that helps couples prepare for marriage. Premarital counseling can help ensure that you and your partner have a strong, healthy relationship giving you a better chance for a stable and satisfying marriage.

### **Why We Need Pre-Marriage Counseling**

"The best time to prevent a divorce is before marriage. Pre-marital counselling ensures that couples have a peaceful, harmonious, happy, healthy and strong relationship -- giving them a better chance for a stable and satisfying marriage in the long run," Dr Sanjoy Mukerji.<sup>3</sup>

Dr. Sanjoy Mukharji believes that pre-marital counseling also helps to identify and correct weaknesses that could become bigger problems after marriage. For many years, he has been increasingly meeting couples, who are either unable to resolve certain issues or who have concerns before tying the knot.

The main concern that most couples have come forward with is whether getting married is the right decision for them. Other concerns include fears that their relationship may change after marriage and questions about possible lifestyle restrictions. Women may fear their husbands will suddenly stop treating them well make demands on them regarding housework or putt restrictions on them.

### **How Pre-Marriage Counseling Helps**

Pre-marital couples seek professional help to prevent or to understand and resolve relationship difficulties that may arise even before marriage. They seek assurance that they can create a long lasting intimate relationship. The goals of Pre-marital counseling are:

- It helps couples to indentify the strengths in their relationship and also the areas where growth is needed.
- It helps to increases the couple's empathy and self-disclosure skills so that the partners can put themselves in the other person's shoes and communicate more honestly and openly.
- It helps couples to discuss each partner's family-of-origin.
- It helps couples to motivate to invest time and energy needed to improve their marriage.

- It helps couples to learn how to communicate and resolve conflicts.
- It help couples how to build long lasting, satisfying, healthy and successful relationship.
- It helps couples to enter into marriage with more awareness, clarity and understanding.

Role of Marriage Counselor is to prepare the young generation to enter into matrimony with more awareness, more clarity & more understanding, and to help them develop more mutually caring, respectful and long lasting relationships.

