



Marriage Coaching as a More Viable Solution to Combat Abusive Marriages

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Introduction

Successful marriages in our culture have been proven recently to positively influence our economy, our cultural climate, and our mental health. However, divorce rates are getting higher, the average length of marriages are getting shorter, and broken families with single parents or dysfunctional relationships are becoming more abundant. Additionally, abuse in relationships is rising at an equally alarming rate. The status quo for dealing with unhealthy relationships and abuse in the past has been enrollment in psychotherapy, but seeing how widespread unhealthy relationships are, a new approach, marriage coaching, was developed to make treatment more accessible, more affordable, and less daunting. It is possible that coaching, in contrast with counseling, will reach a much wider audience and benefit many more couples through a crash course in marriage. The purpose of this survey was to conclude the effectiveness of coaching on a sample of couples, and specifically access how abuse affects their satisfaction and relationship rate post-coaching.

Materials & Methods

-A sample was taken of 71 couples that either dropped or completed coaching.

-The couple's drop reason, relationship satisfaction rate pre and post coaching, and HRQ score were compared.

-An HRQ Score is derived through a survey (Figure 1) that attempts to quantify the level of abuse in their relationship.

-Any overall score that is above 50 indicates a relationship with abusive qualities.

Figure 1

Results

- Out of the 71 sampled couples, 54 had experimentally defined functional relationships and 17 had experimentally defined abusive relationships
- In the abusive relationship group, 10 completed Marriage coaching, and 7 dropped
- In the functional relationship group, 32 completed coaching and 22 dropped
- This means both groups had a 59% completion rate
- The average HRQ score for completed couples below the 50 point threshold was 16.3 points, 5.1 points lower than the average score for dropped couples in the same category (Figure 2)
- For Couples above the 50 point threshold, the average score for completed couples was actually 9.4 points higher than the average for dropped couples. Those scores being 99.5 and 90.1 respectively (Figure 3)

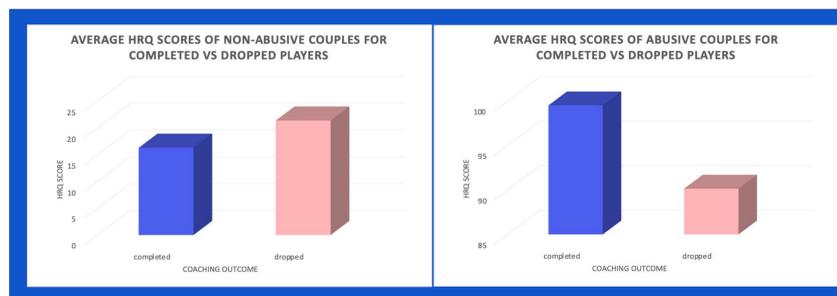


Figure 2

Figure 3

Survey collected satisfaction rates went up by an average of 3.85 points for the abusive group and 3.88 points for the functional group

-A scatterplot comparing HRQ score to Satisfaction rate shows that all had a slight negative correlation, except "His Relationship Rate Post Coaching (Figure 4)

-These graphs had respective r values, listed left to right, of 0.0116, 0.0108, 0.0208, and 0.0133

-50% of the functional group And 72% of the abusive group dropped coaching to pursue therapy or they separated -6 couples divorced, only one with an HRQ score above 50

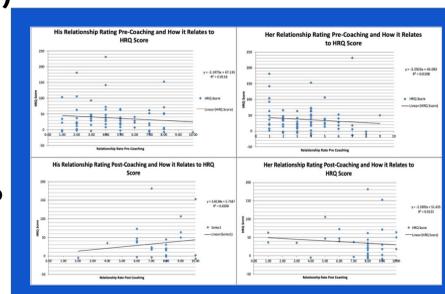


Figure 4

Discussion

- Because the completion rate for both the abusive group and the functional group was the exact same, it can be deduced that MarriageTeam is capable of coaching couples with abuse present in their relationship
- The r values given in the regression analysis of HRQ score versus relationship rate are not reliable enough to be considered significant, so therefore there is not a trustworthy relationship between HRQ score and satisfaction rates
- However, because this sample size was so small, these trends can not holistically represent all coaching practices
- There is also room for bias, as the survey collecting HRQ score does not account for human error or a possible deception
- The conclusion that marriage coaching is suitable for abusive couples contradicts other sources that say it should only be reserved for the mentally stable
- At a local level, these results can help those who are thinking of enrolling or are currently enrolled with MarriageTeam that this curriculum can help them

Conclusion

Marriage coaching is a cheaper, more accessible, and more time efficient method to remedy marriages, and our data suggests that marriage coaching is suitable for the majority of couples. This notion opens many doors for the marital psychology domain. In the future, if more studies are conducted confirming the effectiveness and legitimacy of marriage coaching, then even more couples will be granted treatment. Thus, encouraging a culture where people get married and stay married. Thereby improving the lives of our future generations and our own lives.

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