

# Strengthening Marriage and Marriage Prospects

## SPECIFIC AIM

Morehouse College is committed to helping couples in underserved communities in metropolitan Atlanta, Georgia and rural Cordele, Georgia gain greater access to relationship education services enabling them to acquire the knowledge and the skills to form, develop and sustain stronger and healthier relationships and mar-

- To show that healthy relationship education capacity could be created and provided in community-based program settings serving underserved communities.

### SMMP Objectives

- To increase couples relationship satisfaction.

### SMMP Community Partners

Zaban Couples Center— Atlanta, GA

Residential Shelter for Homeless Couples

Choice Housing, Inc. — Atlanta, GA

Residential and supportive services to homeless individuals who suffer from chronic or long term homelessness and chemical dependency

Family Development Taskforce — Cordele, GA.

Provides an array of services for socially disadvantaged and socially distressed families in rural Southwest Georgia

Morehouse and Spelman Colleges — Atlanta, GA

Morehouse is an all male college of about 3000 students  
Spelman is an all female college of about 2000 students

The National Lighthouse Foundation — Atlanta, GA

Non-profit organization that exists as a structure to provide a continuous and intermittent path for our nation's youth

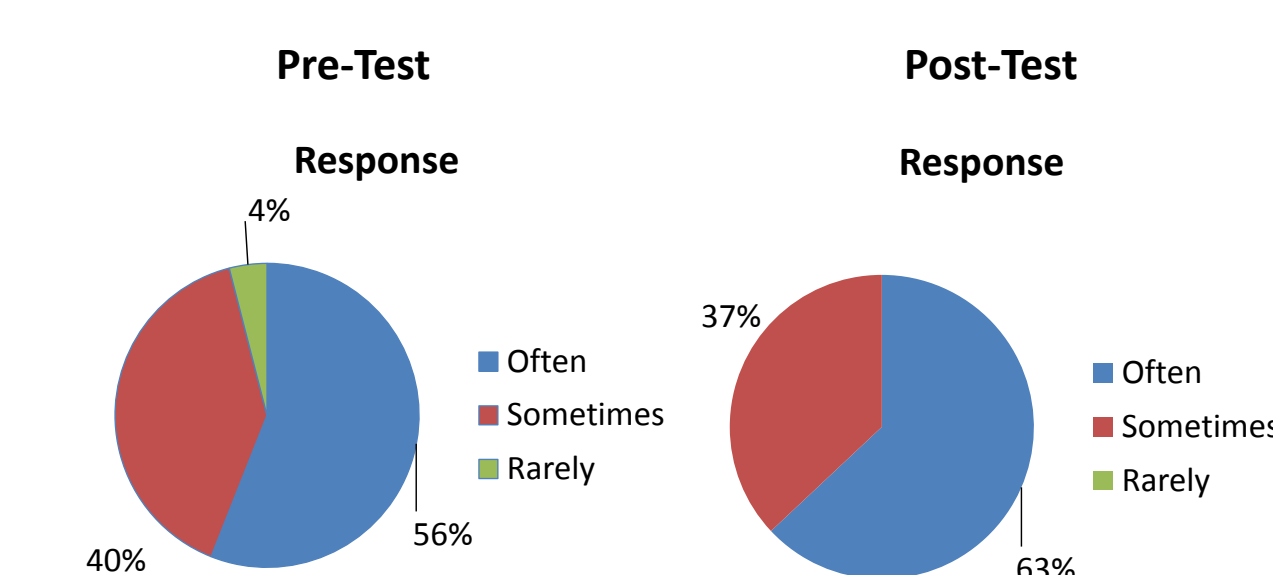
- One group pre-test, post-test assessments, and 9-month follow-up.
- The Relationship Assessment instrument has 18 questions and was developed by NPCL for its Healthy Marriage and Family Formation project in Florida.
- Instrument was design to assess and explore knowledge gain and attitude change across the following dimensions:
  - Affective affirmation - the caring behaviors by their spouses/partners.
  - Disclosure style - communications within relationships, openness and honesty.

- Sharing - the sharing of household responsibilities and the caring of children.
- Conflict resolution - decision making, destructive or constructive approaches to managing anger and reducing conflict.
- Focus groups were conducted with program participants to gain a clear perspective of their perceptions of the appropriateness of the service delivery model and the qualitative context of the conduct of the classes.

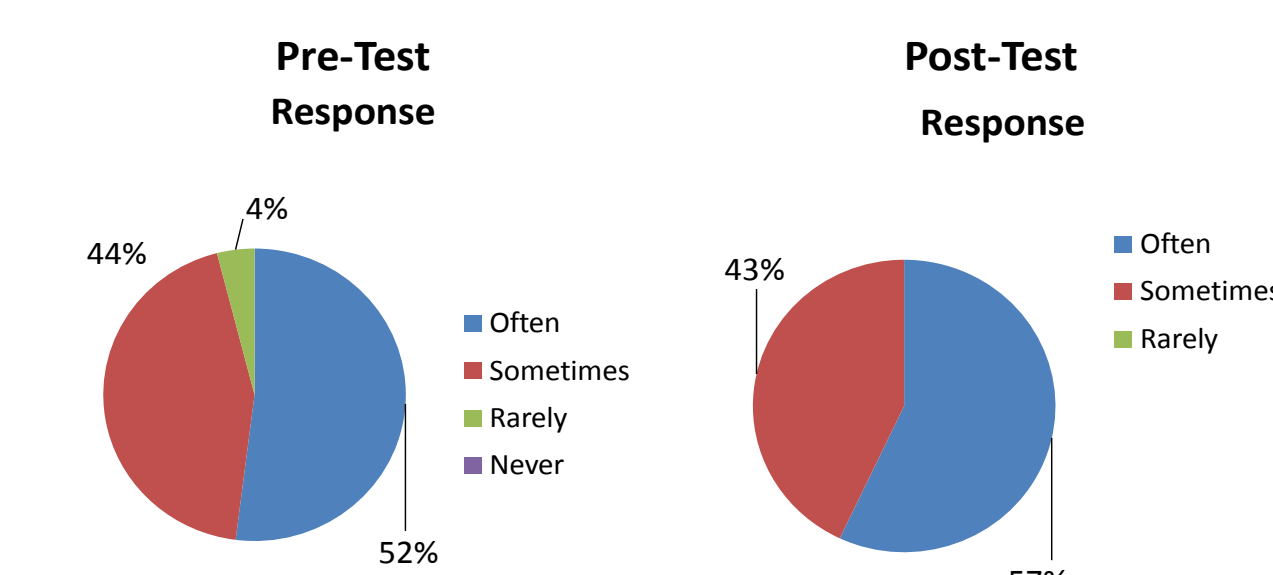
- To date, 377 couples, 259 married and 118 unmarried, 116 married individuals and 92 unmarried singles have completed at least 8 hours of couples relationship education training through SMMP.
- Analysis of the data collected from the assessment instrument and the focus groups suggest significant gains are being made by participants across the four program dimensions

### Affective Affirmation

During the past month, how often did you feel that your spouse/partner felt especially caring towards you?

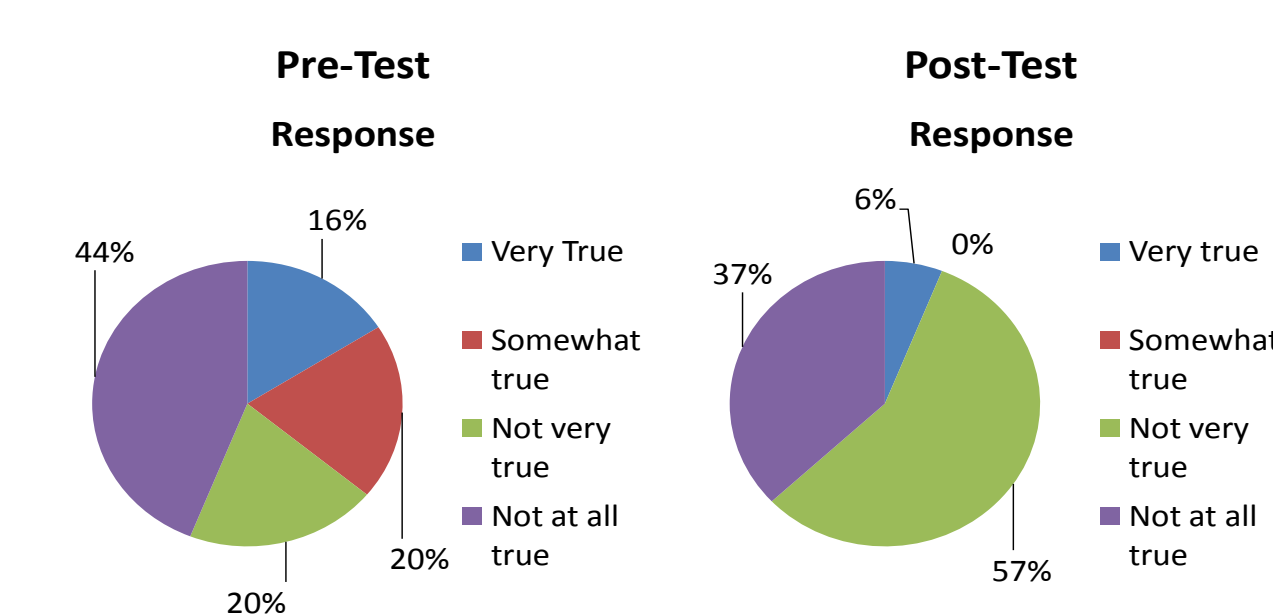


During the past month, how often did you feel that your spouse/partner made you feel good about the kind of person you are?

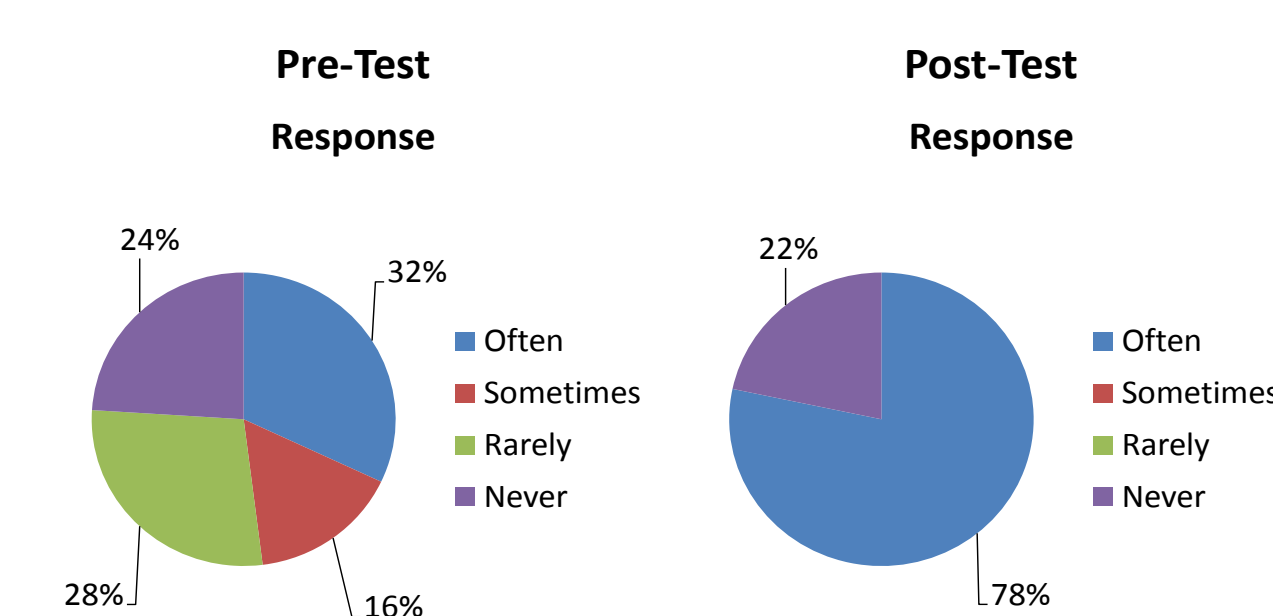


### Sharing of Household Responsibilities

During the past month, I insulted my spouse/partner and called him/her names.

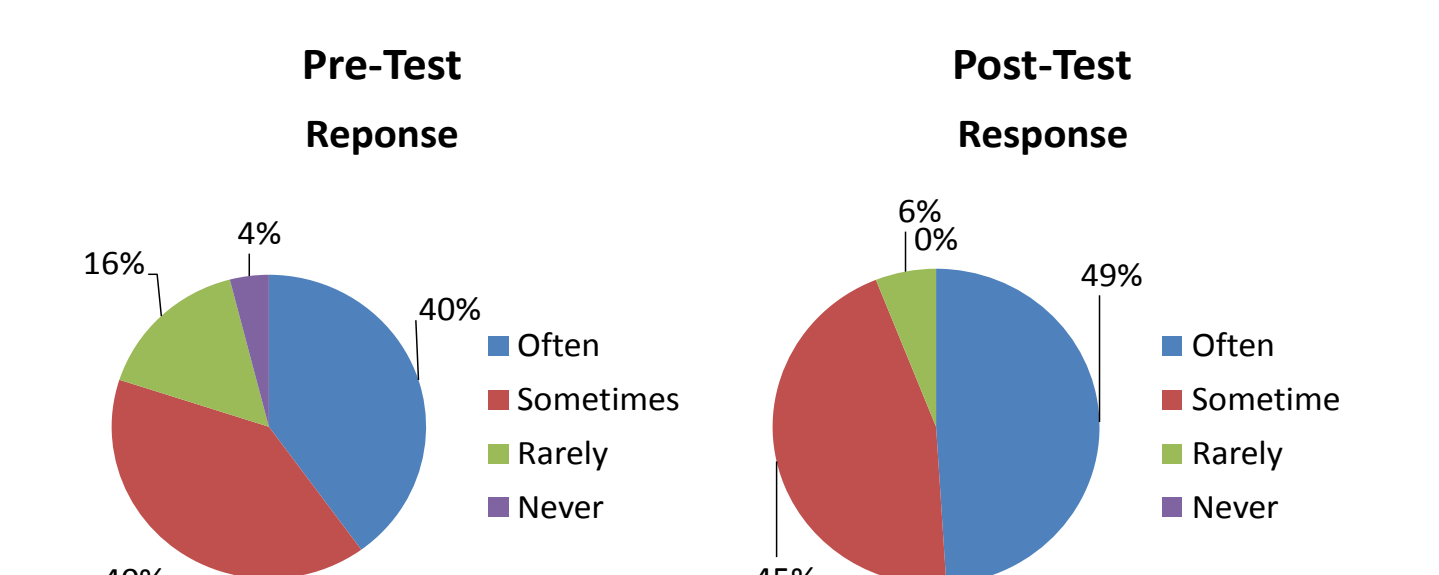


To what degree do you and your spouse/partner share child care?

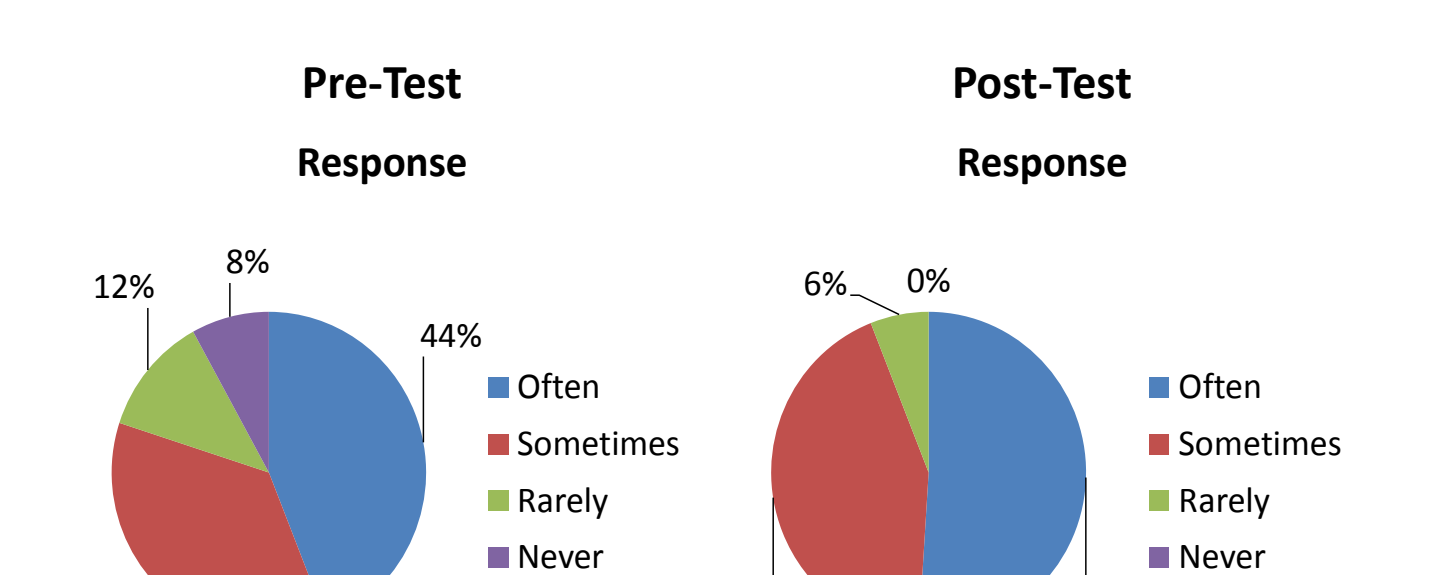


### Communication

During the past month, how often did you reveal very intimate things about yourself or your personal feelings to your spouse/partner?

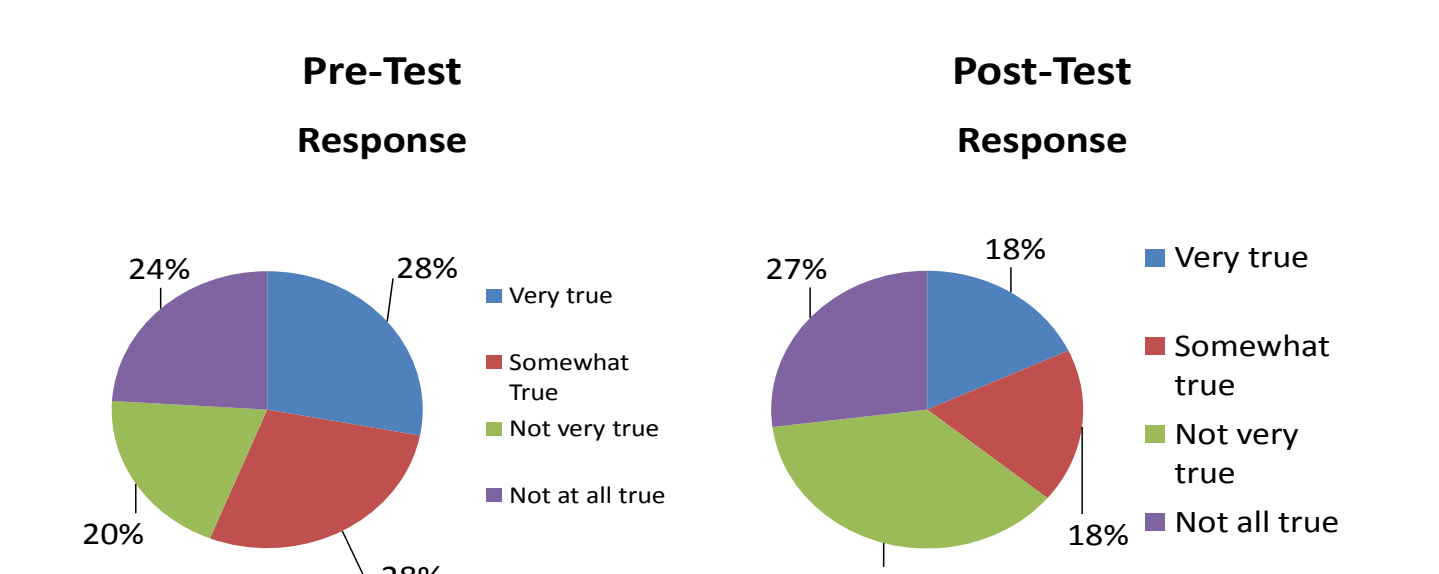


During the past month, how often did you talk about the quality of your relationship; for example, how good it is, how satisfying it is or how to improve it with your spouse or partner?



### Conflict Resolution

During the past month, I yelled and shouted at my spouse/partner.



To what degree do you and your spouse/partner share housecleaning?

