

## Impact of Pre-Marital Counseling to Young Girls (A Case Study of Agape Baptist Church Asaba Delta State)

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### ARTICLE INFO

#### Article history:

Received: 24 October 2019;

Received in revised form:

21 January 2020;

Accepted: 31 January 2020;

#### Keywords

Marriage,  
Counseling,  
Pre-marital sex,  
Church.

### ABSTRACT

The topic of this project is titled the impact of pre-marital counseling to young marriageable girls. Agape Baptist Church was used as a case study. The objectives of the research work is to know if pre-marital counseling has positive effects on marriage. A primary data were used for this research work and a chi-square was used for carrying out the research, test, the research work was done in 2018. The outcome of the research shows that, premarital counseling to marriage girls has positive effect. Therefore marriageable girls or couples should always be counseled before marriage so as to avoid the menace or problem caused by broken homes and divorce.

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### Introduction

Premarital counseling has become an accepted way to assist couples in creating a healthy marriage. The emphasis began on the following the rise of divorce rate as a means of decreasing marital discord and the harmful effects that divorce can have on individuals, couples and families. Some states have gone so far as to require some form of premarital counseling prior to a wedding (Akande, 2008).

Despite the support for premarital counseling within the clinical and political community, the research falls short of explaining the impact of culture for couples, such that culture has been shown to affect communication styles, customs, expectations, and roles within marriage (Ambakederemo, 2006). Marital stability is the relationship in which couples live together in marriage, enjoying the closest possible loving and fulfilling relationship without any intention of breakup (Adesanya, 2002). A peaceful relationship is achieved when married couples understand their individual roles and work together towards it. Adesanya (2002) identified certain factors that ensure marital stability such as economic wellbeing, responsiveness among others. However, the strongest factor of marital stability is considered to be economic satisfaction (Adesanya, 2002). According to Owuamanam (2007), inadequate provision of essential needs for wives and children within the family is capable of creating tension, conflict and poor marital adjustment. Similarly, Owuamanam and Osakinle (2005) observed that marital instability in homes could lead to separation and divorce by women, in this regard cannot be over emphasized. Women all over the world are known for their carrying nature and ability to broker peace in order to maintain a stable home. It is even so in the Africa culture in general and Nigeria in particular where they are brought up to revere their husbands and endure all forms of injustices in order to gain the respect of society as responsible women. To this end, many women are seen in crusade grounds and some go to the extent of using charms so as to

have a stable home. For example, Amao-Kehinde (2002) in his study found that out of 547 cases of marital conflict investigated, 206 of them were resolved and 314 disintegrated their marriages due to conflicts and infertility. Some method employed by couples in resolving marital conflicts include the traditional roundtable settlement by both family member of marriage couples and intervention by close friends. In most cases, these methods are faulty, one-sided and could make matters worse. Marital stability counseling technique was utilized as a way of eliminating wrong/negative attitude towards marital stability. Marital counseling involves series of marriage counseling sessions aimed to helping individuals to learn skills useful for resolving marital conflicts. Evidence has shown that it is beneficial for better understanding of marital roles (Ambakederemo & Guanagana, 2006).

The same social and economic circumstance that predispose young girls to engage in unprotected premarital sex ( and subsequently proceed with a pregnancy rather than abort it) and that predispose their families to marry them off at a young age are, in all like hood, critical factors in early school exit. In fact, premature school leaving among girls any be due less to early marriage or pregnancy than to other factors such as poverty, the persecuted value of education, distance to school, safety of the school or school performance.

The problem of this study therefore is that women have been observed to experience marital instability resulting from a number of factors notably economic, personality, psychological and soci-cultural (Dimkpa, 2007). Attitude developed by married women could be negative or positive depending on their individual circumstances. Most homes nowadays experience instability is a serious problem which interferes with women's output to work, emotionally, educationally and social. It could retard progress at work if women are not helped to imbibe the right attitude to marital stability.

Conversely, stability in marriage is very important in bringing about commitment on women in particular in caring for their children's upbringing and discipline about commitment on women in particular in carrying for their children's upbringing and discipline. Therefore, for women to be happy in their marriage, it is necessary to correct some of their irrational behaviours towards marital stability.

Knowledge, attitude and practice toward premarital/prenatal genetic among young people has become a matter of concern worldwide. Premarital/prenatal genetic testing is one of the ways of combating chromosomal abnormalities in our society today. It has help in reducing the rate of chromosomal abnormalities e.g. sickle cell disease and thus reducing the rate of maternal and infant mortality. Information about premarital genetic testing has been disseminated through medians, seminars, and couple counseling etc. by health personnel. Despite these advantages, benefits and importance of premarital/prenatal genetic testing, the alarming rate of genetic defect is still on the increase. Nigeria is facing a critical problem of children with genetic defects. A survey by African network for prevention and protection against child deformity and neglect, which was set up in 1988 by some African countries including Nigeria, shows that majority of children having genetic defect is due to "lack of knowledge and reliance of their parents".

### Hypothesis

The following hypotheses are formulated for the study;

Ho<sub>1</sub>: The level of knowledge of premarital counseling among young couples is not effective.

Ho<sub>2</sub>: The level of knowledge of premarital counseling among young couple is effective.

Marriage, also matrimony or wedlock, is a socially or ritually recognized union or legal contract between spouse that establishes rights and obligations between them and their children and between them and their in-laws. (Haviland, Prins, Bunny and Dana, 2011), the definition of marriage varies according to different cultures but it is principally on institutions in which interpersonal relationships, usually (sexual) are acknowledge. In some cultures, marriage is recommended or considered to be compulsory before broadly, marriage is considered a cultural universal. Individuals may marry for several reasons, including legal, social, libidinal, emotional, financial, spiritual and religious purposes who they marry may be influenced by socially determined rules of incest, prescriptive marriage rules, parental choice and individual desire. In some area of the world, arranged marriage, child marriage, polygamy and sometimes forced marriage may be practiced as a cultural tradition. Conversely, such practices may be outlawed and penalize in parts of the world out of concerns for women's right and because of international laws (country report on human rights practices, 2008). It appears that in developed parts of the world, there has been a general trend towards ensuring equal rights within marriage for women and legally recognizing the marriage of interracial, interfaith and same gender couples. Oftentimes, these trends have been motivated by a desire to establish quality and uphold human rights.

Marriage can be recognized by a state, an organization, a religious authority, a tribal group, a local community or peers. It is often viewed as a contract. Civil marriage, which does not exist in some counties, is marriage without religious content carried out by a government institution in accordance with marriage laws of the jurisdiction and recognized as

creating the right and obligations intrinsic to matrimony. Marriages can be performed in a secular civil ceremony or in a religious setting visa a wedding ceremony. The act of marriage usually creates normative or legal obligations between the individuals involved, and any offspring they may produce. In terms of legal recognition, most sovereign states and other jurisdiction limit marriage to opposite sex couples and a diminishing number of these permit polygamy, child marriages and forced marriages. Over the twentieth century, a growing number of countries and other jurisdictions have lifted bans on and have established legal recognition for interracial marriage, interfaith and most recently, same sex-marriage.

Despite the sanctify of marriage and its recognition in society today, divorce rates are on the ascending. Many studies on divorce such as the one conducted by Amoateng and Heaton (2009) and cited by Abra (2011) show a trend of increase in divorce rate in Nigeria. The authors stated thus; "overall, we find prevalence of high rate of divorce in Nigeria.

### Concept of Premarital Counseling

Premarital interventions include counseling and education of would be couples. The terms counseling and education will be used interchangeable throughout this paper. Premarital counseling or education is a therapeutic intervention that occurs with couples who plans to marry. Premarital education according to Senediak (2010) is a skills training procedure which aims at providing couples with information on ways to improve their relationship once they are married. It appears that couples often approach premarital counseling with mated feeling while many recognize its potential value. There also is the feeling that our love is unique, we do not need this especially now when we are so busy" others may come with trepidation and defensiveness, afraid that the counselor will suggest that the marriage is universe.

### The Usefulness of Premarital Counseling

A 1997 paper by Suvillivan and Bradbury entitled "Are premarital dysfunction" in the journal of consulting and clinical psychology show that "whole couples who experience premarital counseling claim to more satisfied in their marriage than couples who did not in the end there is no difference in marital outcomes between those couples who have had extensive premarital counseling and those who have not". In another study by Brardbury (2009), it came out that premarital counseling does not not work. Their study found that two years after marriage, 25% of couples were worse off than they were at the start of their marriage and after four years up to 38% had divorced. Many counseling strategies used today, live teaching people to listen and communicate better and to have in more positive ways can help couples for up to a year, say social scientists who have analyzed the effectiveness of different treatments but they are insufficient to get couples through the squalls of conflict that inevitably recur in the long term, at the same time , experts say, many Therapists lack the skills to work with couples who are in serious trouble. In another study Sullivan and Brandbuing (2007), it was found that approximately 90 percent of couples who undertook premarital training would choose to do so again though there were no differences between those who had premarital counseling and those who did not premarital counseling on marital outcomes.

World Health Organization (WHO, 2008), during their 59<sup>th</sup> would Health Assembly, adopted the following rec

solution on production on prevention of hemoglobin disorders. They include: creating awareness, genetic counseling and premarital sickle cell screening Awareness – Awareness needs to be created among people on the global our den of the disease, the existence of the disease, mode of inheritance and dangers associated with the disease. This can be done through health care providers to leaders and nongovernmental organizations. This will help in disseminating the information to the grassroots especially to people in the community. It can also be prevented by putting instructions about sickle cell disease in the curriculum of schools and also sustained outreach programs on SCD should be shown on electronic media. This would ensure early education of people in both rural and urban communications and help to enhance positive attitude towards the disease. Genetic counseling. This is another way of preventing the disease because through genetic counseling intending couples will be educated and enabled to make informed decisions, the need to go for the test before going into marriage, the benefits associated with going for the test and the dangers that may await anybody that fails to go for the test and their family. A counselor can explain the risk (likelihood) of having a child who has the disease. This enables intending couples to make informed decision.

#### **Concept of Premarital Sickle Cell Screening**

Lockock and Joe (2009) defined premarital sickle cell screening as a science career that enables couples to seek the service of a genetic scientist in order to check inheritable disorders and its trait. It is an ability of couples (intending couple) to screen themselves and know their hemoglobin genotypes before marriage. Anionwu (2009), is of the opinion that genetic screening be used to reduce the risk of serious illness caused by inherited abnormal hemoglobin. The screening does not only help them to know their genotype by differentiate those who have the trait from non-carrier. Sickle cell screening according to Littleton and Engebretson (2010) consists of one or more encounters with the laboratory scientist by couples with the objective of providing information about their genetic diseases, it also includes an assessment of psychological family dynamic of the couples which is an integral part of a genetic disease and can exploration of feeling and perceptions often elicited by the newly obtained know often ledge. It involved a one –time test to detect flaws in the underlying genetic makeup of an individual. Sickle cell screening according to Littleton and Engebretson (2010), also include assessment of psychology social family dynamics of all adults which is an integral part of a genetic disease and an exploration of feeling and perceptions often elicited by the newly obtained knowledge. It involves a one-time test to detect flaws in the underlying genetic make-up of an individual.

Genetic screening allows the genetic diagnosis of vulnerabilities to inherited disease, and can also be used to determine a child's percentage or a person ancestry. In addition most of the result of genetic testing identify changes in chromosomes and most a times testing is used to find changes that are associated with inherited disorders. The result of genetic disorder can be used to determine a person's chance of developing or passing on a genetic disorder. This types of testing will help will help to provide information about an increased risk of specific genetic condition if both parents are tested, the test can provide information about a couple's risk of having a child with a genetic condition like sickle cell disorder.

#### **Communication**

The next important issue that relationship counseling should cover is communication. During the blissful, phenylethamine state of a relationship, it is quite natural for couple to “read each other's minds” even finish each others sentences. How many times have you heard young couples say, “we just think alike” she knows me so well” “I feel whole in his presence” once again, we find this feeling aided by the couple's brain chemistry. No wonder so many premarital couples think they don't need counseling to aid in communication. It's all too shocking when these mystical mind-reading processes come to a halt and this often occurs incidentally at our four-year critical mark. Then, couples really have to learn to communicate. Good pre-marital counseling teaches couples tool to do just that communication techniques that promotes understanding foster empathy, bring about insight and facilitate forgiveness are essential parts of a solid program.

In addition to providing all of these helps for young couples, pre-marital counseling can help you with any unresolved individual baggage you may knowingly or unknowingly carry into your marriage. Issues such as how self-eastern, unresolved issues in your family of origin, unresolved guilt and others can rear their ugly heads and wreak havoc on a new marriage move than anything pre-marital gives couples the confidence that they can beat the odds and become the soul mates God intended them to be.

#### **Early Marriage and Premarital Sex**

One consequence of a decline in early marriage is widely assumed to be an increase in the occurrence of premarital sex if for no other reason than that the periods during which girls are sexually mature and unmarried will have lengthened (Adeyemo, 2009). As the authors of a review of friends in the last few decades of the twentieth century assert, “in every society, an important consequence of prolonging the periods between puberty and marriage is an increase likelihood that young women will become involved in sexual relationships before marriage”.

Numerous researchers have made this observation, whether writing about the developed or the developing, whether writing about the developed or the developing would-yet, to the best of our knowledge, no demographers have analyzed the association between changing patterns of marriage and the changing age and context of sexual initiation Zaba and her colleague's (2004) recent examination of trends image at first sex in sex sub-saharan African countries describes the amount of time spent in an unmarried sexually active state and whether it has changed overtime. Their analysis is an epidemiological assessment of the risk of HIV transmission rather than a demographic investigation of the premarital of a delay in marriage on sexual initiation. Other studies have examined sexual activity among young people, typically modeling the determinants of sexual initiation (Akpabio, 2010). An extensive literature also exists on trends and differentials in age at first marriage with a particular focus on early marriage some studies have even investigated the timing of marriage and first sex (Ajazen, 2010), but aside from speculative comments linking the two circumstance discussed above or description of trends, in early marriage and sexual initiation and some observation of relationship the trends no studies have modeled the association. Although studies analyzing the association between changes in marriage age and sexual debut have not been conducted some discussion in the sociological literature

suggests that value and norms regarding premarital sexual activity have changed with delayed marriage” Referring to the United states, one sociologist asserted sexual freedom among that “cycle increased sexual freedom among adolescents and young adults is likely to be related to the delay in marriage” (Alkinde, 2012). A report published by the Akan Guiltmacher institute declared that “in the developed countries as the age at first marriage has risen as value have changed over the last several decades so has the likelihood that a women will begin to have premarital sexual relationships during her adolescence”.

Other studies have investigated how marriage and sexual behavior have simultaneously been altered by a third set of factors. One study conducted by economists in the US, has investigated how changes in state as regarding access to oral contraceptives affected both marriage and sexual behavior. The researchers found that the diffusion of oral contraceptives in the 1960’s led to a delay in age at first marriage were delayed considerably beginning with the birth cohorts of the late 1940, precisely those affected by the pill and the age at first sexual relations among the never married also decreased, again in line with the cohort affected by the availability of the pill” (Onwuasoanya, 2006). Few studies have qualified how erogenous shocks such as the introduction of modern contraceptives or broader social and economic change many simultaneously have altered marriage and sexual behavior in sub-Sahara Africa, although some discussion of this subject appears in the literature. In Reviewing ways in which the western experience with regard to adolescent reproductive behavior may have implications for the developing world, Amao-Kehinder (2002) argues that “economic development provides a hospitable context for premarital sexual behavior, especially in societies with traditions of early marriage that have tolerated sexual relation as a part of the courtship process”. his reasoning is that with development, educational attain increase and young people become more autonomous. With reduced parental authority amnd greater contact with peers, age at marriage increase and premarital sexual activity arises. A review of marriage pattern conducted by the national research council as part of its ststudy on population dynamics in Africa is more specific about the mechanism at work in the region. The authors, point both to the increase in education and to the changing nature of bride wealth as forces behind the delay in marriage and the alteration of sexual behavior, Cash payments are replacing bride payments in kind.

Moreover, young men rather than their families increasingly are bearing the burden of bride wealth. Not only is this practice undermining families control over the marriage but also it is said to give young men “independent access” to sexual partners (Akande, 2008).

#### Changes in the Rate of Premarital Sex

In the countries where the proportion of woman reporting experience of premarital sex by age 18 increased

whether the rate of premarital sex increased or the exposure to the risk of premarital sex increased as the rate of marriage as a virgin decline is not clear. The rate of premarital sex and marriage as a virgin per hundred person years from ages 14 to 18, comparing the reports of women aged 20-14 and 40-44 years old. We selected age 14 because most sexual activities prior to that age is reported to occur at the time of marriage; only at age 14 do women begin to report nontrivial amounts of premarital sex by calculating the rate from ages 14 to 18, we hope to capture the period when young women are able to engage in the decision for many or to begin premarital sexual relations.

#### Theory of Reasoned Action and Behaviour

Ajzen and Fishbein in 1980 formulated one theory of reasoned action and planned behavior. This resulted from attitude research form the expectancy value models. Ajzen and Fishbein formulated the theory of reasoned action after trying to estimate the discrepancy between attitude and behavior later on behavior appeared not to be 100% voluntary and under control, this resulted in the addition of perceived behavioural control with this addition the theory was called theory of planned behavior because behavior can be deliberate behavior and planned theory of reasoned action suggests that a person’s behavior by his/her intention to perform the behavior and that this intention is in turn, a function of his/his attitude toward the behavior and his or her subjective norm. the best predictor of behavior is intention . intention is the cognitive representat5ion of a person’s readiness to perform a given behavior and is considered to be the immediate antecedent of behavior. This intention is determined by three things; their attitude toward the specific behavior, their subjective norms and their perceived behaviours control. The theory of planned behavior holds that only specific altitudes toward the behavior in question can be expected to predict that behavior, we also need to measure people’s subjective norms their beliefs about how people they care about someone’s intentions, knowing these beliefs can be as important as knowing the person’s attitudes. Finally, perceived behavioural control influences intentions.

Perceived behavioural control refers to peoples’ perceptions of their ability to perform a given behavior. These predictors favorable the attitude, a general rule, the more favorable the attitude and subjective norm, the greater the perceived control and the stronger should the person’s intention to perform the behavior.

The objective norms regarding that action will equally make the adult students to either adhere or not to adhere. This includes whether they were motivated to comply and whether the motivation will influence him to comply. Then the adult student before they comply will consider whether the

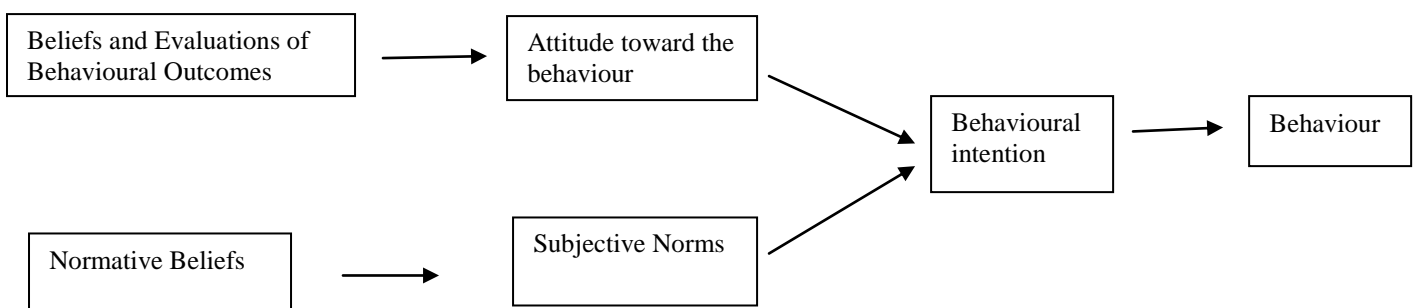


Figure 1. Diagrammatic representation of the theory to reasoned action and planned behavior by Ajzen and Fishbein.

motivation will influence him to engage in a particular behavior and why she should use that motivation to comply. Therefore, the more favourable the attitude and the subjective norm, the greater the perceived control, the stronger the persons intention to perform the behavior

This section presents the analysis of responses collected from hundred respondents (100)

**Table 1. Sex Of The Respondents**

SEX	FREQUENCY	PERCENTAGE (%)
Male	65	65
Female	35	35
Total	100	100%

Source: Field Survey, 2018.

From the above analysis, 65 percent of the respondents are male youths while 35 percent of the respondent are female.

**Table 2. External Qualification**

SEX	FREQUENCY	PERCENTAGE (%)
OND/NCE	25	25
HND/B.Sc	55	55
M.Sc/PGD	18	18
Ph.D	2	2
Total	100	100%

Source: Field Survey, 2018.

The above that 25 percent of the respondents had OND/NCD certificate, 35, percent of the respondent had HND/B.Sc degrees, 18 percent of the respondent had M.Sc/PGD degrees while 2 percent of the respondents had Ph.D.

**Table 3. Have you have any knowledge of pre-marital counseling?**

OPTION	FREQUENCY	PERCENTAGE (%)
Yes	80	80
No	20	20
Total	100	100%

Source: Field Survey, 2018.

From the above analysis, 80 percent of the respondents said they have the knowledge of pre-marital while 20 percent of the respondents said they do not have the knowledge of pre-marital counseling.

**Table 4. Have You Been Given Any Counseling On Marriage By Your Parents?**

OPTION	FREQUENCY	PERCENTAGE (%)
Yes	60	60
No	40	40
Total	100	100%

Source: Field Survey, 2018.

From the table above, 60 percent o the respondents said they have given counseling on marriage while 40 percent of the respondents said they have not been given counseling on marriage.

**Table 5. Have You Ever Recorded Counseling Information On Marriage From The Friends.**

OPTION	FREQUENCY	PERCENTAGE (%)
Yes	30	30
No	70	70
Total	100	100%

Source: Field Survey, 2018.

From the table above, 30 percent of the respondents said they have recorded counseling information on marriage from their friends while 70 percent of the respondents said they have not recorded counseling information on marriage from their friends.

**Table 6. Do you friends (peer) give you counseling information on marriage?**

OPTION	FREQUENCY	PERCENTAGE (%)
Yes	40	40
No	60	60
Total	100	100%

Source: Field Survey, 2018.

From the table above, 40 percent of the respondents said their friends (peer) do you them counseling information on marriage while 60 percent of the respondents said their friends (peer) do not give them counseling information on marriage.

**Table 7. Among The Following Sources Which Provide You With Marriage Counseling Most**

OPTION	FREQUENCY	PERCENTAGE (%)
Peers	8	8
Friends	12	12
Counselors	35	35
Parents	45	45
Total	100	100

Source: Field Survey, 2018.100

From the table, 8 percent of the respondents said their peers provide them with marriage counseling most, 12 percent of the respondents said their friends provide them with marriage counseling most while 45 percent of the respondents said their parents provide them with marriage counseling most.

**Table 8. One Can Marry For The Sake Of Marriage**

OPTION	FREQUENCY	PERCENTAGE (%)
Strongly Agree	60	60
Agreed	20	20
Disagreed	15	15
Strongly Disagreed	5	5
Total	100	100

Source: Field Survey, 2018.

From the above analysis, 60 percent of the respondents said they strongly agree that one can marry from the sake of marriage, 20 percent of the respondent said they agree that one can marry for the sake of marriage, 15 percent of respondent said they strongly disagree that one can that pre-marital sex is dangerous to their lives, 12 percent of the respond said they strongly disagree that pre-marital sex is dangerous to their lives while 13 percent of the respondents said they disagree that pre-marital sex is dangerous to their lives.

**Table 9. Unwanted Pregnancy Is A Result Of Lack Of Pre-Marital Counseling**

OPTION	FREQUENCY	PERCENTAGE (%)
Strongly Agree	40	40
Agreed	52	52
Disagreed	5	5
Strongly Disagreed	3	3
Total	100	100

Source: Field Survey, 2018.

From the above analysis, 40 percent of the respondents said they strongly agree that unwanted pregnancy is a result of lack of pre-marital counseling, 52 percent of the respondents said they agree that unwanted pregnancy is a result of lack of pre-marital counseling, 5 percent of the respondents said they strongly disagree that unwanted pregnancy is a result of lack of pre-marital counseling while 3 percent of the respondents said they disagree that unwanted pregnancy is a result of lack pre-marital counseling.

**Table 10. It is a shame to be pregnant before marriage**

OPTION	FREQUENCY	PERCENTAGE (%)
Strongly Agree	23	23
Agreed	52	52
Disagreed	21	21
Strongly Disagreed	4	4
<b>Total</b>	<b>100</b>	<b>100</b>

Source: Field Survey, 2018.

From the above analysis, 23 percent of the respondents said they strongly agree that it is a shame to be pregnant before marriage, 52 percent of the respondent said they agree that it is a shame to be pregnant before marriage, 21 percent of the respondents said they strongly disagree that it is a shame to be pregnant before marriage while 4 percent of the respondents said they disagree that it is a shame to be pregnant before marriage.

**Table 11. Marriage should not be a priority at my present level of education**

OPTION	FREQUENCY	PERCENTAGE (%)
Strongly Agree	30	30
Agreed	47	47
Disagreed	15	15
Strongly Disagreed	4	4
<b>Total</b>	<b>100</b>	<b>100</b>

Source: Field Survey, 2018.

From the above analysis, 30 percent of the respondents said they strongly agreed that marriage should not be a priority at my present level of education, 47 percent of the respondents said they agree that marriage should not be a priority at my present level education, a percent of the respondents said they strongly disagree that marriage should not be a percent at my present level of education while 4 percent of the respondents said they disagree that marriage should not be a priority at my present level of education.

**Table 12. Keeping To Virginity Until Marriage Is A Result Of Not Being Socially Exposed**

OPTION	FREQUENCY	PERCENTAGE (%)
Strongly Agree	5	5
Agreed	6	6
Disagreed	69	69
Strongly Disagreed	20	20
<b>Total</b>	<b>100</b>	<b>100</b>

Source: Field Survey, 2018.

From the above analysis, 5 percent of the respondents said they strongly agree that keeping to virginity unit marriage is a result of not being socially exposed, 6 percent of the respondents said they agree that keeping to virginity until marriage is a result of not being socially exposed, 69 percent of the respondents said they strongly disagree that keeping to virginity until marriage is a result of not being socially exposed while 20 percent of the respondents said they disagree that keeping to virginity until marriage is a result of not being socially exposed.

**Table 13. Night Parties Are Not Meant For Responsible Youth**

OPTION	FREQUENCY	PERCENTAGE (%)
Strongly Agree	50	50
Agreed	47	47
Disagreed	2	2
Strongly Disagreed	1	1
<b>Total</b>	<b>100</b>	<b>100</b>

Source: Field Survey, 2018.

From the above analysis, 50 percent of the respondents said they strongly agreed that Night parties one not meant for responsible youths, 47 percent of the respondents said they agree that Night parties are not meant for responsible youth, 2 percent of the respondents said they strongly disagree that night parties are not meant for responsible youths while 1 percent of the respondents said they disagree that Night parties are not meant for responsible youths.

**Table 14. The Level Of Knowledge Counseling Among Young Couples Is Effective**

OPTION	FREQUENCY	PERCENTAGE (%)
Yes	67	67
No	33	33
<b>Total</b>	<b>100</b>	<b>100%</b>

Source: Field Survey, 2018.

From the above analysis, 67 percent of the respondents said the level of knowledge of premarital counseling among young couples is effective while 33 percent of the respondents, the level of knowledge of premarital counseling among young couples are not effective.

**Table .15. What Effect Does Pre-Marital Counseling Has On Social Adjustment**

OPTION	FREQUENCY	PERCENTAGE (%)
Positive	80	80
Negative	20	20
<b>Total</b>	<b>100</b>	<b>100%</b>

Source: Field Survey, 2018.

From the interview analysis, 80 percent of the respondents said pre-marital counseling has a positive effect on social adjustment while 20 percent of the respondents said pre-marital counseling has a negative effect on social and adjustment.

**Table 16. Does pre-marital counseling help youths to make the right choice of life partner?**

OPTION	FREQUENCY	PERCENTAGE (%)
Yes	70	70
No	30	30
<b>Total</b>	<b>100</b>	<b>100%</b>

Source: Field Survey, 2018.

From the interview analysis, 70 percent of the respondents said pre-marital counseling helps youths to make the right choice of life partner while 30 percent of the respondents said premarital counseling does not help youths to make the right choice of a life partner.

**Table .17. Does Pre-Marital Counseling Help Youths To Set Their Priority Right?**

OPTION	FREQUENCY	PERCENTAGE (%)
Yes	65	65
No	35	35
<b>Total</b>	<b>100</b>	<b>100%</b>

Source: Field Survey, 2018.

From the above interview, 65 percent of the respondents said pre-marital counseling helps youths to set their priority right while 36 percent of the respondents said pre-marital counseling does not help youths to set their priority right.

**Table .18. It is good a good thing to avoid pre-marital sex**

OPTION	FREQUENCY	PERCENTAGE (%)
Strongly Agree	40	40
Agreed	50	50
Disagreed	6	6
Strongly Disagreed	4	4
<b>Total</b>	<b>100</b>	<b>100</b>

Source: Field Survey, 2018.

From the above analysis, 40 percent of the respondents said they strongly agree that it is a good thing to avoid pre-marital sex, 50 percent of the respondents said they agree that it is a good thing to avoid pre-marital sex, 6 percent of the respondents said they strongly disagree that it is a good thing to avoid pre-marital sex while 4 percent of the respondents said they disagree that it is a good thing to avoid pre-marital sex.

From the above analysis, 40 percent of the respondents said they strongly agree that it is a good thing to avoid pre-marital sex, 50 percent of the respondents said they agree that it is a good thing to avoid pre-marital sex, 6 percent of the respondents said they strongly disagree that it is a good thing to avoid pre-marital sex while 4 percent of the respondents said they disagree that it is a good thing to avoid pre-marital sex.

**Table 19. pre-marital sex is dangerous to our lives**

OPTION	FREQUENCY	PERCENTAGE (%)
Strongly Agree	15	15
Agreed	60	60
Disagreed	12	12
Strongly Disagreed	13	13
<b>Total</b>	<b>100</b>	<b>100</b>

**Source: Field Survey, 2018.**

From the above analysis, 15 percent of the respondents said they strongly agree that pre-marital sex is dangerous to their lives, 60 percent of the respondents said they agree.

OPTION	FREQUENCY	PERCENTAGE (%)
Yes	72	72
No	28	28
<b>Total</b>	<b>100</b>	<b>100%</b>

**Source: Field Survey, 2018.**

From the above interview, 72 percent of the respondents said pre-marital counseling helps individuals in their marriage while 28 percent of the respondents said pre-marital counseling does not help individuals in their marriages.

We have many cases of divorced men and women because of lack of pre-marital education in Asaba, Delta State.

OPTION	FREQUENCY	PERCENTAGE (%)
Yes	52	52
No	48	48
<b>Total</b>	<b>100</b>	<b>100%</b>

**Source: Field Survey, 2018.**

From the above interview, 52 percent of the respondents said lack of pre-marital education in secondary schools lead to divorce in marriage while 48 percent of the respondents said lack of pre-marital education in Asaba, Delta State does not lead to divorce in marriage.

**Table 20. There are many cases of raping and unwanted pregnancies due to lack of pre-marital counseling education?**

OPTION	FREQUENCY	PERCENTAGE (%)
Yes	89	89
No	11	11
<b>Total</b>	<b>100</b>	<b>100%</b>

**Source: Field Survey, 2018.**

From the above interview analysis, 89 percent of the respondents said cases of raping and unwanted pregnancies is due to lack of pre-marital counseling education while 11 percent of the respondents said cases of raping and unwanted pregnancies is not due to lack of pre-marital counseling education.

**Table 21. Lack of Pre-Marital Counseling Education among the Youths in Nigeria Is a Clear Reason of Many to Have Sexual Intercourse outside Their Marriage**

OPTION	FREQUENCY	PERCENTAGE (%)
Yes	85	85
No	15	15
<b>Total</b>	<b>100</b>	<b>100%</b>

**Source: Field Survey, 2018.**

From above interview analysis shows that 85 percent of the respondents said lack of pre-marital counseling education among the youths in Nigeria is a clear reason of marry to have sexual intercourse outside their marriage while 15 percent of the respondents said lack of pre-marital counseling education among the youths in Nigeria is not a clear reason of many to have sexual intercourse outside their marriage.

#### Analysis of Research Question

The research questions stated in the study were analyzed below;

✚Majority of the youths said that the young couples in Asaba, Delta State are not provided with the pre-marital counseling which denotes that the guidance and counseling friends should emphasis on the area of pre-marital counseling.

✚The analysis shows that majority of the youths said their parents and counseling affect senior secondary student's behaviors.

✚The analysis shows that majority of the youths said pre-marital counseling have affect both male and female senior secondary school students' social behavior.

Testing of Hypothesis and Interpretation of;

**Table 22. The questionnaire: the level of knowledge of pre-marital counseling among young couples is not effective?**

	MALE	FEMALE	
Positive	50	17	67
Negative	15	18	33
Total	65	35	100

**Table 23.**

Observe	Expected	O.E	(O-E) <sup>2</sup>	(O-E) <sup>2</sup> /E
50	43.55	6.45	41.63	0.9559
17	33.45	-6.45	41.63	1.7753
15	21.45	-6.45	41.63	1.9408
18	11.55	6.45	4.63	3.6043
				8.2763

$$X^2 = 8.2763$$

The hypothesis formulated is tested by means of the Chi-square

The chi-square is 8.2763, which shows that the chi-square calculated is greater than the chi-square calculated (3.84)

As a decision rule, the computed value of chi-square is less than the critical value of  $X^2$  at 5% level of significance, the null hypothesis ( $H_0$ ) is accepted, while the alternative hypothesis ( $H_1$ ) is rejected. The reverser is however, the case if the computed value of  $X^2$  is greater than the critical value at the chosen level of significance.

Conclusion: Since the computed value of chi-square (8.2763) is greater than the critical value (8.83), therefore the alternative hypothesis ( $H_1$ ) "the level of knowledge of premarital counseling among young couples is effective is accepted.

#### Discussion of Findings

From the analysis, it was discovered that the level of knowledge of premarital counseling among young couples is

effective. About 65 percent of the respondents said pre-marital counseling helps youth to set their priority right while 35 percent of the respondents said pre-marital counseling does not help youths to set their priority right.

From the interview analysis, 80 percent of the respondents and pre-marital counseling has a positive effect on social adjustment while 20 percent of the respondents said pre-marital counseling has a negative effect on social adjustment.

From the above analysis, 43 percent of the respondents said they strongly agree that sexually transmitted disease is a result of lack of pre-marital counseling, 47 percent of the respondents said they agree that sexually transmitted disease is a result of lack of pre-marital counseling, 7 percent of the respondents said they strongly disagree that sexually transmitted disease is a result of lack of pre-marital counseling while 3 percent of the respondents said they disagree that sexually transmitted disease is a result of lack of pre-marital counseling.

### Conclusion

Premarital interventions include counseling and education of would-be couples. The terms counseling and education will be used interchangeably throughout this paper-premarital counseling or education is a therapeutic intervention that occurs with couples who plan to marry.

Good premarital counseling couples tools to do just that. Communication techniques that promote understanding, foster empathy, bring about insight and facilitate forgiveness are essential parts of a solid program. There is therefore a need to reach the youths with sexuality and reproductive health information as part of efforts for their development and to resolve these reproductive health problems. Finally, youths are discussed more fully in section three below are vulnerable section of the population that needs more protection, guidance and counseling. Sexuality is expressed variously through mannerism, mode of dress, and exchange of gifts. Men are more loud, assertive and domineering in mannerism, while women tend to be more gentle, soft-spoken and less gesticulated. Respondents understand that mode of dressing sends messages and would therefore choose their outline carefully on the message to be sent. Attires are described variously as enticing, seductive and step in general, girls wear makeup and ornaments as well as dress to reveal their physical features; which boys wear boots and big shirts, which are usually left unbuttoned to show the muscles.

Each peer educator was required to share information with clubs and associating, in the Hostels as well as in the classrooms, they were required to keep dairies of their activities who they spoke with the nature of interaction, response and issues that emerged. Participants identified the

crucial roles of family; school and religious organizations play in sexual relative. It was suggested that the family's lack of incorporation of sexual matters in the socialization process leaves the youth little alternative than to learn from their colleagues. Some families were also said to pamper their children or raise expectations that may not be fulfilled, while others are economically incapable of meeting the needs of their children; all these factors may lead to particular type of sexual relations.

### Recommendations

Based on the descriptive and empirical analysis, the recommendations of the study are stated below:

- ❖ It is recommended that premarital counseling should not be limited to only the Christian churches, but also Muslim Mosques.

- ❖ There should also be a lot of trained counselors to help in this direction.

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