

Proposing a Preventive Social Work Program to Raise Awareness of Family Cohesion for Saudi Pre-Marital Girls

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Abstract

Objectives: The current study aims to determine the girls' awareness level before marriage to the concept of family cohesion. It seeks to develop a proactive program for pre-marital girls, rehabilitate them, raise their awareness of the demands of marriage, and identify the girl's view of the choice of partner, planning marriage and the duties of both parties. To learn about the role of preventive social work and its relation to programs for the rehabilitation of marriage and achieve the purpose of family cohesion despite the circumstances and obstacles. In order to design a program and determine its content, the means of submission, and the time.

Methods: This study adopts a descriptive approach to measure the awareness level for pre-marital girls regarding the concept of family cohesion. The study sample consists of 313 pre-marital students of Princess Nora University at the seventh and eighth academic levels. Data collection entails the utilization of a meticulously designed questionnaire.

Results: The results of the study affirm that pre-marital Saudi girl had awareness level of the family cohesion, with the social dimension has come in the first level. Additionally, there is no significant differences between marital and pre-marital Saudi girls' awareness of the family cohesion. Finally, the study recommends that the most prominent proposed preventive programs that pre-marital girls need to enhance family cohesion is programs related to marital relations.

Conclusions: The study underscores the importance of developing a preventive program to enhance young women's comprehension of family cohesion dynamics in the context of marriage.

Keywords: Family cohesion, prevention, preventive, social work preventive, social work programs.

برنامج وقائي مقترح من منظور الخدمة الاجتماعية لتنمية وعي الفتيات السعوديات المقبلات على الزواج بقيمة التماسك الأسري

جميلة محمد اللعبون، رندا / احمد سيد

قسم خدمة الفرد ، كلية الخدمة الاجتماعية ، جامعة الأميرة نورة بنت عبد الرحمن ، الرياض ، السعودية.

ملخص

الأهداف: هدفت الدراسة الحالية إلى تحديد مستوى وعي الفتيات قبل الزواج بمفهوم التماسك الأسري ، والتوصل إلى برنامج وقائي مقترح للفتيات قبل الزواج ، وتأهيلهن ، وتوعيتهن بمطالب الزواج ، والتعرف على وجهة نظر الفتاة في اختيار الشريك والتخطيط للزواج وواجبات الطرفين. التعرف على دور الخدمة الاجتماعية الوقائية وعلاقتها ببرامج تأهيل الزواج وتحقيق هدف التماسك الأسري رغم الظروف والمعوقات. من أجل تصميم برنامج وتحديد: محتواه ، ووسائل تقديمه ، والوقت ، وآراء المبحوثين حول ما تمت مناقشته المنهجية: تنتهي هذه الدراسة إلى الدراسات الوصفية لقياس مستوى وعي الفتيات قبل الزواج بمفهوم التماسك الأسري. وطبقت هذه الدراسة على 313 طالبة قبل الزواج من طلاب جامعة الأميرة نورة في المستويين السابع والثامن. من خلال استبيان معد لهذا الغرض النتائج: أكدت نتائج الدراسة أن الفتاة السعودية قبل الزواج لديها مستوى وعي بالتماسك الأسري. وقد جاء البعد الاجتماعي في المستوى الأول ، ولا توجد فروق ذات دلالة إحصائية بين وعي الفتاة السعودية الزوجية وقبل الزواج بالتماسك الأسري. وأوصت الدراسة بأن أبرز البرامج الوقائية المقترحة التي تحتاجها الفتيات قبل الزواج لتعزيز التماسك الأسري هي (البرامج المتعلقة بالعلاقات الزوجية).

الخلاصة: تصميم برنامج وقائي لتوعية الفتيات بالتماسك الأسري.

الكلمات الدالة: التماسك الأسري ، الوقاية ، الخدمة الاجتماعية الوقائية ، برامج الخدمة الاجتماعية الوقائية.



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1. Introduction

Marriage is the way to reconstruct the land, the Islamic system sought to build the basic structure of the stability of society and the rights of each of the spouses and their duties within Marriage.

The Marriage helps to create family, which is one of the most important social and educational institutions. It consists of a group of individuals who interact to achieve common goals. Family described widely as the degree of unity and social bonding that family members have towards each other (Vandeleur et al. 2009 p. 25).

Mary E. Richmond in 1917 described family cohesion as the warm bond between family members. When she discussed the effect of this emotional relationship on the family (Porta, Brown. 2016, p.325). Olson (1993) defined "family cohesion as the emotional bond that family members have towards each other" (p.105). The emotional unity of family members is defined as family cohesion (Hetherington and Kelly, 2002). Cohesion is an important dimension for trying to understand interactions among family members.

(Moos & Moos, 1994; Olson, Waldvogel, & Schlieff, 2019) studies showed that family cohesion is an indicator of family safety, which affects social, emotional, and behavioral harmony. it is marked by powerful feelings of intimate relationship proximity, support, and caring between family members .Olson (1993) suggested specific variables that can be used to measure family cohesion dimensions are: emotional bonding, boundaries, coalitions, time, space, friends, decision-making, and interests and recreation" (p. 105).

Practitioners use Communication functions to keep cohesion and stability of the family system in some ways, as identified by Hess and Handel: (a) managing separateness and connectedness, (b) constructing family images, (c) constructing family themes, and (d) constructing boundaries. Moreover, a variety of other practices function to enhance cohesion between couples, such as telling stories, creating family ceremonies, Intimate relationship, make rules and roles. (Miller-Day, 2017)

Kager and others (2000) suggested that couples who have lower family cohesion in the past are more likely to have a lower quality of life and having more problems in social relationships. The family cohesion correlated positively with life satisfaction and positive affect and correlated negatively with anger and physical, verbal violence (Liat, Arazi,2012).

lifestyle affects the family cohesion and interdependence between them because of the close relationship between the lifestyle and human personality, and the principle of homogeneity is the one that explains the choice of individuals as partners in marriage, where many studies confirm that the choice in marriage is based primarily on the basis of similarity The homogeneity of age, physical characteristics, social characteristics, personality traits, attitudes, and tendencies confirmed studies on the relationship between stereotypical similarities of both spouses and increased marital cohesion and compatibility between them as a study (Buckwalter et al., 2010). (Bolle & other, 2011), (Farrell & Barnes, 2012), (Burt & others, 2013), (Daneshpour & Boston, 2014).

The expectations of youth before marriage differ from after marriage, many studies have shown that the compatibility and cohesion of married couples by sex, education and economic level, parents and the media are among the most significant sources from which youth derive their perceptions of marriage ,Family cohesion is the backbone of healthy family life and any confusion is a threat to the lives of the family, children and society at large (Mansour, 2001) .

The choice of the partner is very important in achieving harmony and marital cohesion and the pillar of stable family life and the achievement of happiness and therefore the psychological comfort that is felt in the sense of family and marital life and the value of achieving family cohesion. The Rahgozar., Etal study (2012) indicated that young people who are supported by the social and emotional support of their family members in the decision to marry and choose a spouse before marriage are more compatible than those whose families do not participate in the decision to marry.

Also, Couples who marry for the first time continues to face a 50% chance of divorce or low family cohesion during their lifetime (National Center for Health Statistics [NCHS],2017), Divorce is not just a separation between the two partners, It can be a social stigma for Saudi women, it causes the loss of their rights and children, and it is also the cause of many social problems and dilemmas. Statistics indicate that 60% of divorces occur in the first year of marriage, and another study indicated that 80% of children in social observation homes who committed different crimes are the result of separate parents .(52,551).

The statistical report of the Saudi Ministry of Justice for the year 1440AH -2019 indicated to a 55% increase in the total

number of marriage contracts and divorce instruments in the Kingdom for the period 1429-1438 AH. The divorce rate in Saudi Arabia has risen in recent years, with almost half of those who marry for the first time still divorced. And for those who have remained married, many are in unhappy marriages, which studies show is a risk factor for poor family cohesion and related to an increased risk of violent relationships.

Recent studies have attributed the reasons for divorce to a number of causes, the most important of which are lack of family cohesion, dysfunctional values, low family rights awareness, poor marital compatibility, emotional drought, parental interference, and lack of dialogue, in addition to family violence in all its forms and many other reasons (Cherlin, 2005). The conventional and cultural beliefs of the girl that will marry affect their interpretations of marriage and marital roles (Kline et al., 2012); the traditional gender beliefs in marriage refer to a husband is the main provider in the family (Cherlin, 2009; Coontz, 2005).

Ultimately, this research extends the existing literature. Which Many researchers have begun to study its causes and looking for ways to prevent and treat it, so the purpose of this study was to determine the Saudi girls' awareness of family cohesion value, and design a preventive social work program for Saudi premarital girls to help them avoided marriage problems, family conflict, bad relational experiences by contributing an exploration of their marital aspirations, and realizing the value of family cohesion.

A Brief History of Preventive premarital social work program

In the past Preventive Social Work Program has emerged as an important component of health reform. (Ruth, Velásquez, Et al, 2015,p:126).Then, Over the past three decades, there has been significant growth in the number of prevention programs aimed to reduce family problems and supporting positive marriage. So there has been an increasing trend towards using family-based and other preventive measures referred to as evidence-based programs while it's sloping toward individually oriented solutions that focus on diagnosis and intervention (Bracht, 2000; McCave& Rishel, 2011).

Preventive social work is fundamental because it stops the cause of insufficiency or the problem and deals with risk factors that cause harm for couples and families. Prevention often includes activities used to overcome a psychosocial problem (Walker, 2005), these activities obstruct the further development of social problems.

Using Prevention helps the Practitioners in protecting individuals from many social or behavior problems and supports them achieve their goals effectively (El-Bassel, 2008). It also refers to strategies related to the prevention or delay of the beginning problems (Walker, 2005).

Preventive Social Work Program for Marriage is a way of psychological stability to premarital youth, where both find a place to talk and express thoughts and feelings, and emptied repressed emotions throughout the pre-marriage period, and this friendliness and housing is an effective treatment for many of the psychological symptoms that may be experienced by the individual after marriage. (Small & Huser, 2016)

Prevention divided into three major levels: Primary (level 1) prevention involves coordinated efforts to prevent predictable problems, prevent the problem from developing (Bloom,2013). Secondary (level 2) prevention describes actions intended to detect a problem in its early stages and address it while it is still relatively easy to do so. (Sheafor, Horejsi, & Horejsi, 2000). Tertiary (level 3) prevention requires actions intended to address an already existing problem in ways that prevent it from spreading to others, expanding the damage and becoming even worse. Most social work practices focus on secondary and tertiary interventions, which are designed to alleviate the effects of problems after they had already arisen (Marshall et al., 2011).

There are few researches work on the family cohesion preventive program especially in Saudi Arabia, However, it's important to understand and delimit responses in several psychosocial problems. For that reason, this study seeks to design a program for premarital girls in the Saudi community to reduce negative marriage cohesion and promote positive development by addressing assets and risk and protective factors at the family level.

Research Goals: The study seeks to achieve the following objectives.

1. Determining the pre-marital Saudi girls' awareness level of the family cohesion

sub-objective: determining the pre-marital Saudi girls' awareness level to the family cohesion dimensions of (The religious -The Psychological -The social -The Healthy -The financial dimension).

2. Detecting the differences between between marital and the pre-marital Saudi girls' awareness of the family cohesion.
3. Determining proposals to arrive preventive program for pre-marital Saudi girls of the family cohesion.
4. Providing a proposed preventive program from a social work perspective to enhance family cohesion.

Study Hypotheses: The study achieved to answering the following research hypotheses:

1. what is the mean of the pre-marital Saudi girls' awareness level of the family cohesion?
sub-objective: what is the mean of the pre-marital Saudi girls' awareness level to the family cohesion dimensions of (The religious -The Psychological -The social -The Healthy -The financial dimension).
2. There is a statistically significant correlation at the level ($0.05 \geq \alpha$) between marital and the pre-marital Saudi girls' awareness of the family cohesion.
3. what is the mean of proposals to arrive preventive program for pre-marital Saudi girls of the family cohesion?
4. what is a proposed preventive program for pre-marital Saudi girls to enhance awareness of family cohesion?

Research Design and Method

Methodology:

This study belongs to the descriptive studies to measure the awareness level for pre-marital girls about the concept of family cohesion. This study relied on the sample social survey method. through a questionnaire prepared for this

Instruments:

The study depended on a questionnaire applied to university Saudi pre-marital girl. Design of the study questionnaire prepared through a) Reviewing the tools of some of past studies and books related to the topic of the current study, b) Determining the questionnaire dimension and how they relate to the study variables

Pre-marital Saudi girls completed questionnaires which was compiled specifically for this study, covered demographics and family background:(i) It contains preliminary data on the vocabulary of the study sample, (age- academic level in college- marital status - taking pre-qualification and preventive courses for those who are getting married - the reasons for family cohesion - the reasons for choosing your husband in the future - the period of conflicts after marriage - the reason for the appearance of differences after Marriage - for whom resort to if marital problems arise).(ii) the second part consists of (46) phrases, divided into five dimensions (The religious side, Psychological, Social, Healthy and financial dimension).

Procedure:

We obtained permissions from Noura Bint Abdul Rahman University. Girls were sent an electronic questionnaire through emails. Interested girls accessed a study web page to learn about the purpose and design of the study, complete eligibility questions, provide consent, and provide contact information. Then complete the questionnaire. We instructed to complete the questionnaire. Independently, and that their answers would be kept secret.

Participant's characteristics:

The sample of the study consisted of an intentional sample of female students who were selected according to the following conditions: (A) they must be unmarried or previously married, (B)enrolled in the seventh or eighth level of the College of Social Work, Noura Bint Abdul Rahman University. The description of the social characteristics of the study community the sampling is comprised of 313 Girls, aged 20-25 years. 65% was 20 under age22, 3% was 35 and up).

The majority of female student came in the seventh level of academic college with a percentage of (76.0%), followed by the eighth level with a percentage of (24 %). It was clear from the results that 85.5% of marital status in total study sample was single, and 4.5% of the total items of the study sample are engaged.

It is evident from the results that 48.5% of the study sample took rehabilitative courses for those intending to get married, while 51.5% did not take rehabilitative and preventive courses for those intending to get married.

The conflicts begin to appear after marriage in the first year of marriage with a percentage of (77.5%) then the first six months with a percentage of (22.5%). the results proved that percentage of first reasons for keeping family cohesion is Husband and wife together (74.1%) and in the last Relatives of the couple with a percentage (1.5%). Reasons for choosing your future husband

The pre-marital Saudi girl argue that the first reasons for choosing husband in the future mutual love with a percentage of

(28%) and the last reason is family choosing (,1%). The most reason for the appearance of problems after Marriage was Indecisiveness before marriage with a percentage of (17%) while the imitate others in the last level with a percentage of (1.2%). finally, if marital problems arise the pre-marital Saudi girl resort to solving problem together with her husband with a percentage of (77.5%) while in the last level Consultation hotline with a percentage of (1%).

Study Results:

1. To determine the awareness level of pre-marital Saudi girls about family cohesion, the mean was calculated for the dimensions of the family cohesion questionnaire, and Table 1 shows the general results of this axis.

Table 1: Results of the awareness level of premarital girls about the concept of family cohesion				
	dimension	M	SD	F
1	The religious dimension	1.87	.23	4
2	The Psychological dimension	1.76	.28	5
3	The social dimension	2.22	.29	1
4	The Healthy dimension.	2,20	.32	2
5	The financial dimension	1,98	.34	3
6	total	2.01	.35	-

The results in table (1) showed that the study sample had an awareness of the concept of family cohesion with mean (2.01). The results arranged that the most awareness of the premarital Saudi girls of the family cohesion is the social dimension which has come on the first grade with mean of (2.22), followed by the mean of health dimension (2.20), coming in the third level the financial dimension (1.98), then the religious dimension arithmetic mean was (1.87), and finally, the psychological dimension mean was (1.76).

It was clear from the results that the highest dimension that achieves family cohesion is the social aspect. These results are coordinated with the study (Cherlin, 2005).

2. To identify differences between marital and the pre-marital Saudi girls' of the family cohesion. Table (2) illustrates the differences between marital and the pre-marital Saudi girls' awareness of the family cohesion using Independent Samples (T) test.

Tabe2: differences between marital and the pre-marital Saudi girls' awareness of the family cohesion								
	Female	N	M	S.D	DF(**)	(T) Tabular	(T) calculated	sign
1	marital	228	2.74	0.48	121	1.948	1.190	0.471
2	pre-marital	313	2.28	0.56				

It is clear from the previous table (2) there are no statistically significant differences at the level ($0.05 \geq \alpha$) between marital and the pre-marital Saudi girls' awareness of the family cohesion, where the value (T) tabular is equal to (1.948). This is greater than the calculated value of (T) which is equal to (1.190) at a degree of freedom (121).

3. The results in table (3) of proposals of the preventive program that pre-marital girls need to enhance family cohesion indicated that programs related to legal aspects the mean was (2,37).

Tabel 3: proposals of the preventive program that pre-marital girls need to enhance family cohesion				
	preventive programs	M	SD	F
1	programs related to legal aspects	2.37	.23	3
2	programs related to marital relations	2.53	.28	1
3	Programs related to family relations.	2.42	.29	2
4	Programs related to social relations	1.76	.32	5
5	programs for health aspects	2,18	.34	4
6	programs related to religious aspects	1.12	.21	6
7	programs of the entertainment of the family	1.03	.27	7
8	total	1,92	.30	-

While the programs related to marital relations was (2.53), mean of family relations programs (2.42), Programs related to social relations (1.76), programs for health aspects (2.18), programs related to religious aspects (1.12) finally the mean of programs of the entertainment of the family (1.03).

The most prominent proposed preventive programs that premarital girls need from a social work perspective to enhance family cohesion are represented in the following programs: (programs related to marital relations) has come first. The second program related to family relations, then programs related to legal aspects, programs for health aspects, Programs for social relations, programs related to religious aspects, and finally programs of the entertainment aspects of the family These results are in agreement with the study (Porta, Brown. 2016) (Moos & Moos, 1994; Olson, Waldvogel, & Schlieff, 2019)

The most prominent points that must be focused on to present a proposed preventive program from the perspective of social work to enhance family cohesion, which the social worker must consider when preparing the preventive program are the following points:: Focusing on the content of the preventive programs presented in terms of the cultural and value framework for each prospective marriage, Defining specialized programs on family cohesion between parents and children, providing programs to help those who are about to get married to solve problems resulting from weak family cohesion. Clarify the importance of qualifying workers in consulting offices to provide appropriate psychological and social care services for marriage, focusing on preparing preventive programs on marital life and how to avoid its problems by specialists in the field, providing a preventive program that includes counseling and guidance for premarital .and clarifies the importance of obliging those who are about to get married to attend these programs. Hence, a summary of the previous results designing a proposed preventive social work program to enhance family cohesion.

4- Program Description of a preventive social work program to raise awareness of family cohesion for Saudi pre-marital girls

The program will be applied to the pre-marital females met the low criteria for family Cohesion, based on the study result. The program includes three different phases.

The first phase aimed to respect the girl's feelings and help them to realize family Cohesion. This phase included the following activities:

- encouraging the pre-marital girl to express their feelings, views regarding the marriage and family Cohesion to determine the reasons for family conflict.
- helping the girls to overcome negative feelings regarding family maladjustment gradually. And replace it with good thoughts.
- assuring the girl that their families will be positive and successful if she obliges family Cohesion Requirements (The religious side, Psychological, Social, Healthy, and financial dimension).
- Using different intervention strategies to give them emotional, moral support. This activity is important because a premarital girl may have fears from old separating happened in her family.

In the second phase, we will intervene program members to concentrate on the importance of the family Cohesion Requirements (The religious side, Psychological, Social, Healthy, and financial dimension). There are some evidences proved that each of them plays an important role in causing family cohesion.

The third phase focuses on the family counseling center teams: premarital girls will take a look at examined for physical wellness. We will encourage them to communicate with the counseling center personal. Besides, they will listen to the most factors that cause poor family cohesion, and how to prevent it and how to deal with family conflict through experiences in the field.

All three phases will be conducted under the supervision of Ph.D. specialization in family relationships and preventive social work marriage programs and experience in dealing with marriage problems that may face premarital youth.

Strategies and Techniques

The preventive program will depend on several techniques during dealing with the participants. Such as cognitive restructuring, shaping, playing role modeling, differential reinforcement, extension, contracts, observation, desensitization, and social support

Instrumentation and Administration:

The program will be administered at six months of intervention, we will apply a scale for the preventive program is a 24-item measure of four hypothesized dimension for a premarital girl .It designs to assess family Cohesion, which includes functions aimed to “(a) avoid stimuli that provoke a sense of general negative affectivity, (b) prevent from conflict situation at family, (c) pursue attention from a significant partner, and (d) explore environment reinforcements in outside the family setting” .

The scale will be applied before the intervention baseline for both the experimental and the control groups,(stage A) then after six months (stage B), to calculate the score of the family Cohesion scale.

Intervention Implementation

Treatment will be divided into three phases for 60-90 minutes to session First Phase: Cognitive Modification of family Cohesion (Sessions 1–6). Second Phase: Behavioral and Social Skills Training (Sessions 7–12). Third Phase: Reversion Prevention and Sustainability (Sessions 13–29).

Discussion

This study presents a proposing preventive program that examines premarital girl's student's aspirations toward family cohesion value in marriage. The strength of my study is in expanding existing research on female Saudi students' aspirations toward family cohesion.

My study measures the range of awareness of family cohesion and moving beyond the stressors that related to marital partner selection. Major contributions of this paper include the addition and consideration of the voices of premarital Saudi girls through analysis of their aspirations toward how to make cohesion in her marriage, and identification this through the religious, psychological, social, health, and financial aspects; and exploration of the external forces, social and environmental, that affect the formation of those thoughts and aspirations.

All participants in this study showed that marriage is important and they waiting to marry and aspired to build a normal family without problems, they acknowledge that Family background could have a significant effect on their thoughts and views of family cohesion. These results are in agreement with the study (Buckwalter et al., 2010). (Bolle & other, 2011), (Farrell & Barnes, 2012), (Burt & others, 2013), (Daneshpour & others, 2014). Characteristics of the family reality of the study sample is the emergence of differences after marriage is mostly in the first year of marriage .Among the reasons for family cohesion is the presence of husband and wife together, as well as children

The study sample arranged that most of the reasons for the girl's choice of her husband in the future are mutual love between them, personality, religion, family selection, employment, social status, and finally handsomeness.

The study confirmed that the reasons for the emergence of differences after marriage and poor family cohesion and consensus are due to lack of frankness before marriage between the two parties or one of them, the inability to assume responsibility, the difference in the personality and temperament of the spouses, the lack of cooperation between the spouses, nervousness, intolerance and adherence to opinion, whatever the consequences. These results were unity with the study of (Rahgozar., Etal study (2012).

The results have showed that girls entering marriage prefer to solve their marital problems with their husbands without the interference of external parties from their parents.

Also, my results proved that the social dimension is an important contributor to premarital female students' aspirations toward family cohesion. Parental marital status has an essential effect on girl preferences regarding make a family. We notice that whose parents are still married express greater confidence toward the idea of marriage and family cohesion. As compared to those who have experienced separation between parents or live in a single-parent house (Martin, Et al, 2003; Simons, Burt, & Tambling, 2013).

it is clear from the results there were no statistically significant differences at the level ($0.05 \geq \alpha$) between marital and the pre-marital Saudi girls' awareness of the family cohesion which confirms their need for marital preventive programs.

Finally, study approved that most of femme youth they didn't marry yet need to support them achieve their goals effectively

in marriage and solving marital problems through preventive programs to enhance family cohesion which entente with studies of (El-Bassel, 2008) (Small & Huser, 2016), and the preventive programs related to marital relations had come first choice to pre- marital Saudi girls.

Conclusion:

In conclusion, this study given outlines family cohesion during female development before marriage in Saudi Arabia specific to university students .it showed the diversity of family cohesion which saudi girl needed, and appropriate preventive program for that. in the future studies should attention be given to the nature family cohesion in poor families and single-parent families. Applng Preventive Social Work Program for Marriage as condition to who will married.

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