



The Effectiveness of “PREP” Pre-marriage Program among the Relationship of Undergraduate Couples

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Pre-marital counselling is a process, designed to enhance premarital relationships leading to more satisfactory and stable marriages with the intended consequence of preventing divorce. Pre-marital education programs are knowledge and skills-based training applications to improve relationships. The Prevention and Relationship Enhancement program (PREP) is an empirical based intervention program to support for the prevention of marital distress and divorce. It also helps to overcome marital distress and divorce with short- and long-term effectiveness. PPEP is the one of intervention program pave the path to measure pre-marriage counselling. The literature review has shown that little is known about pre-marital counselling and no prior research in Sri Lanka has evaluated the effectiveness of PREP on the relationship of undergraduate couples. The data were collected using the mix method approach comprising of pre and post-test quantitative questionnaire and semi-structured interviews. This research selected 15 undergraduate heterosexual couples (15females and 15males) from the University of Peradeniya for the quantitative analysis and 3 couples were selected for the qualitative analysis. The T-Test and thematic analysis were adopted as the data analysis method. The research findings indicated that the T-Test was statically significant at <0.05 levels indicating the program was successful. Moreover, there was a significant difference between before and after PREP ($t=15.040$, $p<0.00025$) in lessening vulnerability and risk in marriage by strengthening protective factors among the couples. The 15 university undergraduate couples mean score for the test was 146.13 (SD=14.738) before the PREP program and it increased to a mean of 176.47(SD=6.892) after they had participated in the PREP program. Couples stated that premarital programs are necessary for their lives and they recommended the PREP program for both married and unmarried couples.

Keywords: Pre-marital counselling; PREP program; Pre-marital programs; Effectiveness; Pre-marital couples; Marriage