



SUSS
SINGAPORE UNIVERSITY
OF SOCIAL SCIENCES


MSF | MINISTRY OF
SOCIAL AND FAMILY
DEVELOPMENT


Ministry Of Culture, Community and Youth

Effectiveness and Impact of Marriage Mentoring/Befriending Programmes in Singapore Bersamamu and Journey with You

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Landscape of Marriage & Divorce Support Initiatives in Singapore

Marriage support

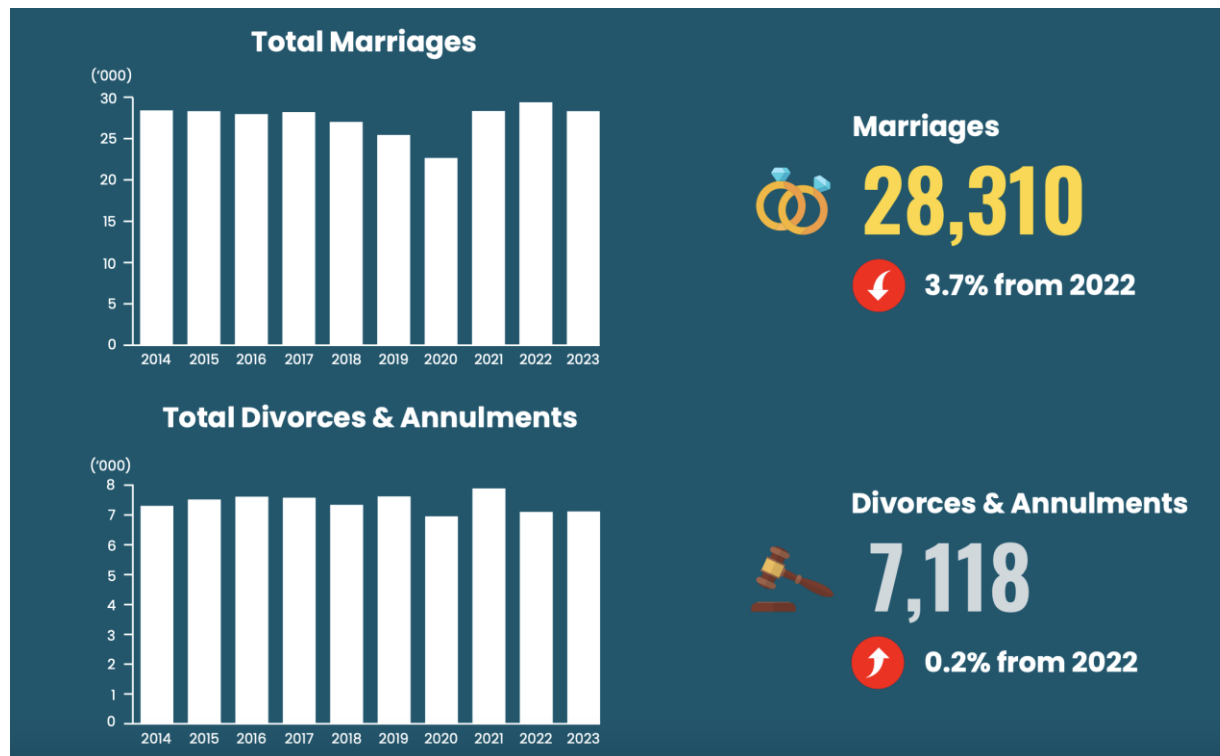
- Marriage preparation programmes
 - E.g. Prevention and Relationship Education Programme
- Marriage mentoring and befriending i.e. Journey with You, Bersamamu
- PREPARE/ENRICH Marriage Enrichment Programme
- Cinta Abadi (Eternal Love) marriage preparation and enrichment programmes

Divorce support

- Mandatory Parenting Programme
- Children-in-Between
- Children of Divorce Intervention Programme
- Supervised Exchange and Supervised Visitation
- Parenting Pact
- Marriage Counselling Programme



Marriage and Divorce Trends in Singapore



Civil divorce:

- Unreasonable behaviour of spouse
- Live apart/separated for 3 years or more

Muslim divorce:

- Infidelity/Extra-marital affair
- Domestic violence and abuses
- Financial problems

Marriage disruptions and conflicts can occur in the first few years of marriage

Pre-marital Programmes Adopt a Family Strengthening Approach

Helping couples to discover and be more aware of potential problem areas in a marriage

Equip couples with interpersonal competence and skills to better prevent or to work through the issues more effectively

Past studies have demonstrated effectiveness of such programmes in increasing marital satisfaction and marital success

"Gateway hypothesis": More cognisant with the availability of relationship interventions and positive marital adjustment

Marriage Mentoring / Befriending Empowers and Supports

Acts as a guide and role model

Shares resources and relational experiences

- “Encourage”, “guide”, “cajole”

Different types of marriage mentoring/befriending

- Pre-planned vs. incidental
- Formal vs. Informal
- Group context vs. One-on-one relationship



Pre-marital programmes
may not be a panacea but
can better prepare couples
to deal with the challenges
of marriage

Marriage Mentoring / Befriending as a Journey for Newly Wed Couples

Modelling (via mentoring): couples observe and interact with couple mentors offer positive insights

Alleviate fears that couples may face at the beginning of their marriage

Continues to offer support throughout the first few years of marriage

- Channel for couples to air frustrations and receive practical feedback, have an outside perspective, draw from mentors' experiences

Bersamamu (With You)

- Launched in July 2019
- Administered by Registry of Muslim Marriages
- To strengthen Muslim families by inspiring soon-to-wed couples and newlyweds to build strong and resilient marriages
- The first meeting prior to the solemnisation is compulsory and involves the Kadi / Naib Kadi advising the couple for marriage preparation and continuing to provide marriage support for up to 2 years.



Bersamamu



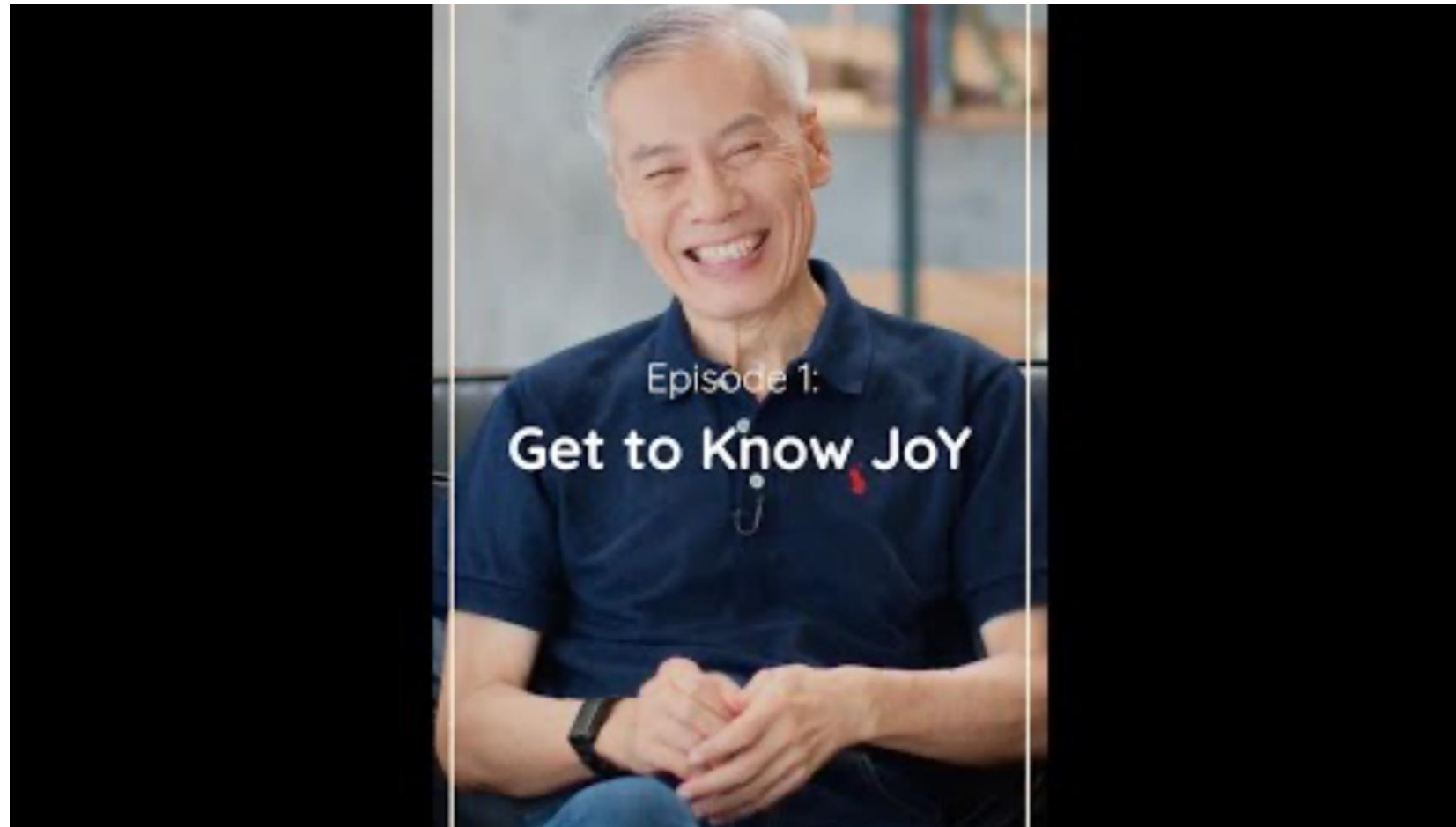
Scan the QR code for
the full video

Journey with You (JoY)

- JoY is an initiative by the Registry of Marriages in partnership with Families for Life.
- It supports soon-to-wed and newly-wed couples through their first year of marriage, by pairing them with a trained JoY mentor.
- Through 4 quarterly touchpoint sessions, mentors:
 - Provide valuable advice and tips for navigating the challenges and joys of married life.
 - Encourage open discussions on key marriage topics.
 - Facilitate connections to relevant resources for continued support throughout marriage and parenting.



JoY



Scan the QR code to
learn more about the
JoY experience

Mentors / Befrienders

- JoY marriage mentors include trained Licensed Solemnisers, as well as trained community mentors who volunteer as a husband-wife pair.
- Bersamamu (BMM) befrienders are Kadi and Naib Kadi.
- Mentors/Befrienders support by discussing and addressing important marriage topics.
- Mentors/Befrienders provide continuous guidance and facilitate connections to resources to navigate different stages of marriage and parenting.



Programme Evaluation Research Methodology

Significance of Study

- Family is the fundamental building block of Singapore's society
- Both programmes will continue to be offered to couples
- Important to assess the impact, effectiveness, and value
- Understand participants' perceptions of a thriving marriage and their marriage expectations

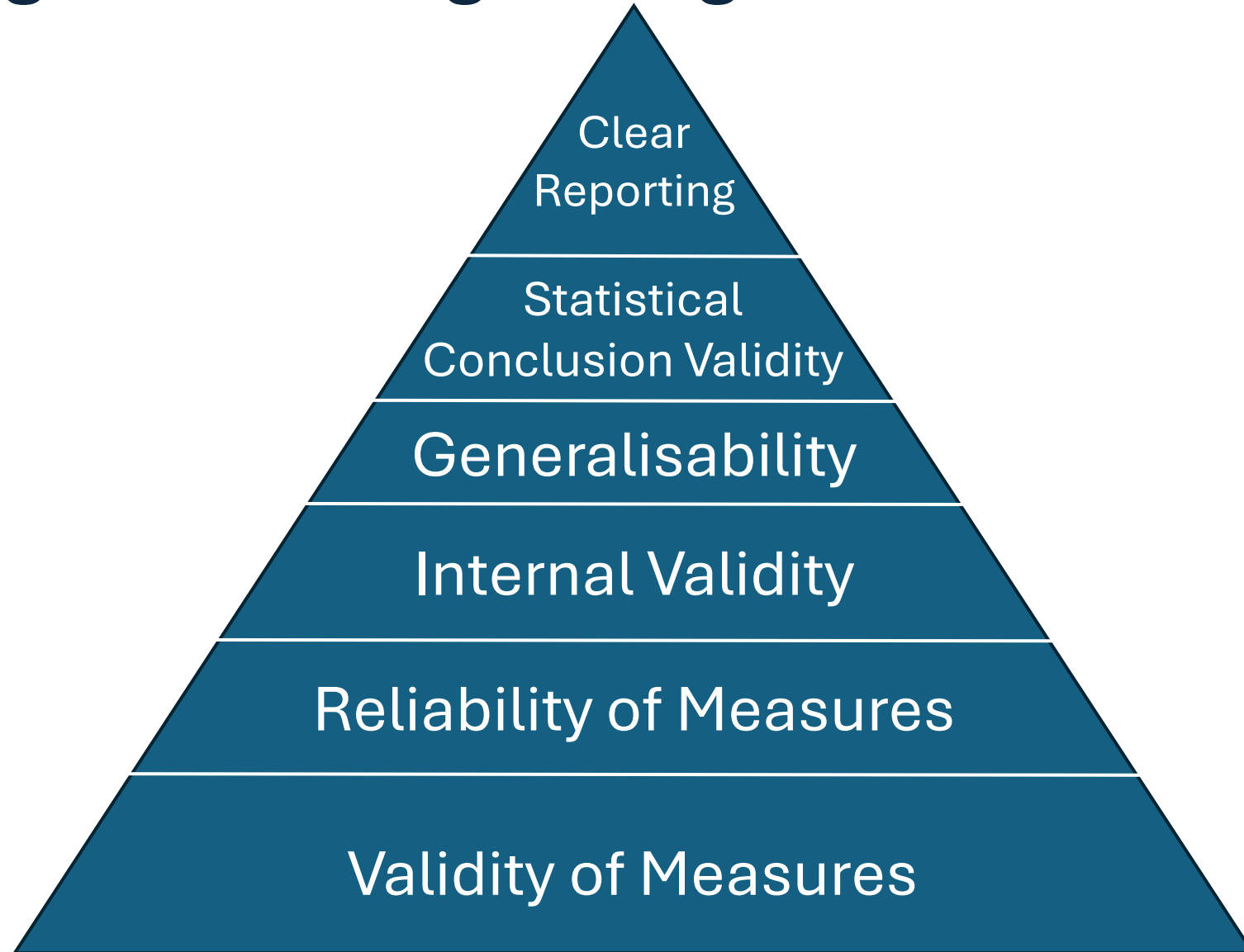
Key Research Questions & Approach

S/N	Research Questions	Research Approach
1	What are the short-term outcomes of the pre-marriage mentoring/befriending programme for couples?	Quantitative
2	What are the intermediate outcomes of the pre-marriage mentoring/befriending programme for couples at the end of the one-year engagement?	Quantitative Qualitative
3	How does religion affect the delivery and efficacy of Bersamamu befriending programme?	Quantitative
4	How do couples define a 'good' marriage'?	Qualitative
5	What are the perceived facilitators and barriers to marital satisfaction?	Quantitative Qualitative
6	What were the couples' perceptions of their mentor (JoY)/befriender (Bersamamu) and their mentoring/befriending experience?	Quantitative Qualitative
7	What is the perceived efficacy of the training programme for JoY mentors/BMM befrienders?	Quantitative

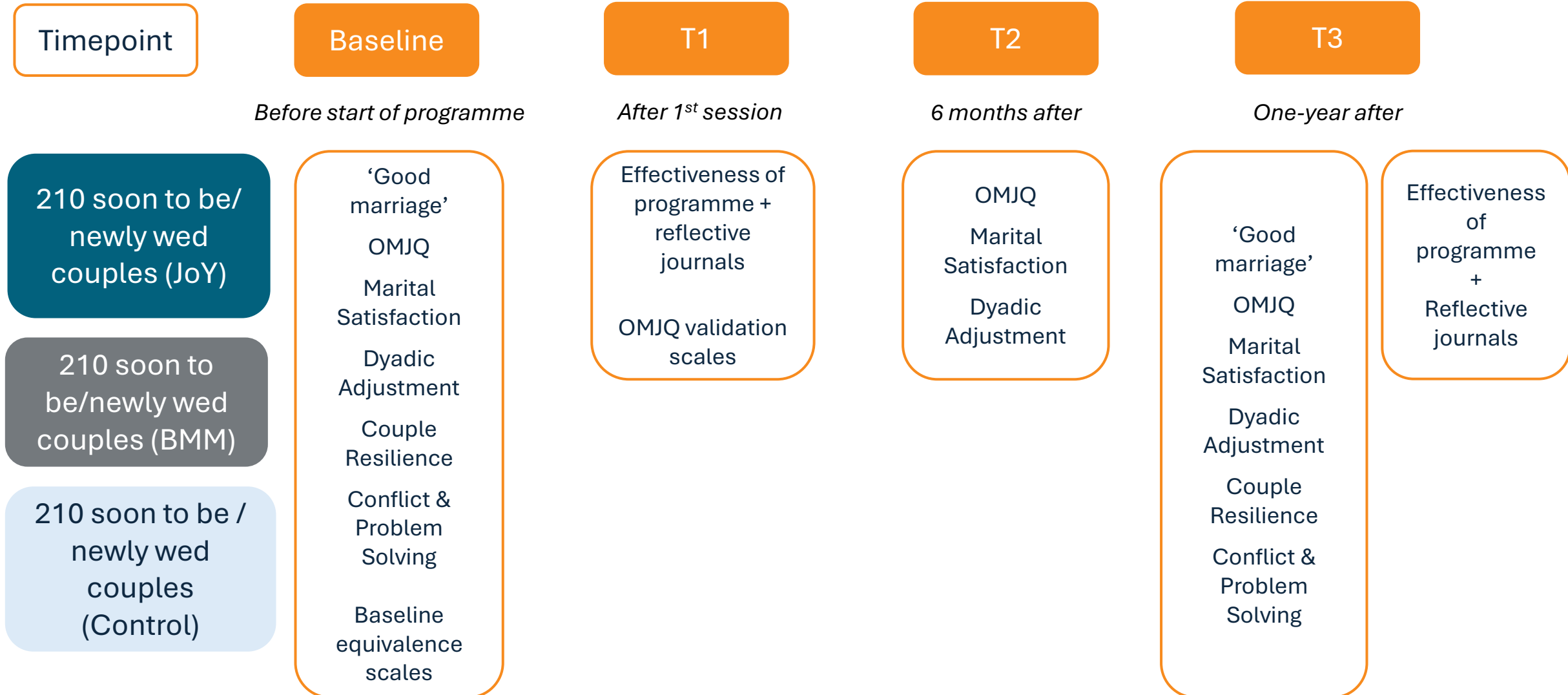
Marriage Mentoring / Befriending Logic Model

	Resources	Strategies	Outputs	Short-Term Outcomes	Intermediate Outcomes	Long-Term Outcomes
Soon to be / newlywed couples	Time volunteered by mentors/ befrienders	Direct touchpoint with couples to seed messages on marriage and family life Structure to befriend, advice, and refer couples to relevant resources	Number of couples who participated Number of couples who completed the programme	Increased knowledge of roles in marriage and marital topics Increased awareness of marriage support resources Perceived usefulness of programme Overall satisfaction with mentoring/ befriending experience	Positive influence on couples' relationship health and marital satisfaction Recommend programmes to others Participation in relevant marriage support resources	Reduce marriage dissolution rates
JoY Mentors/ BMM befrienders	Trainings for mentors/ befrienders	Equipping mentors/ befrienders with the relevant skills and build capacity	Number of trainings conducted Number of mentors/ befrienders trained	Increased knowledge of marital topics Increased skills in engaging soon to be / newly wed couples	Enhanced mentoring/ befriending competency	

Ensuring Methodological Rigour



Quantitative: Couples' Survey



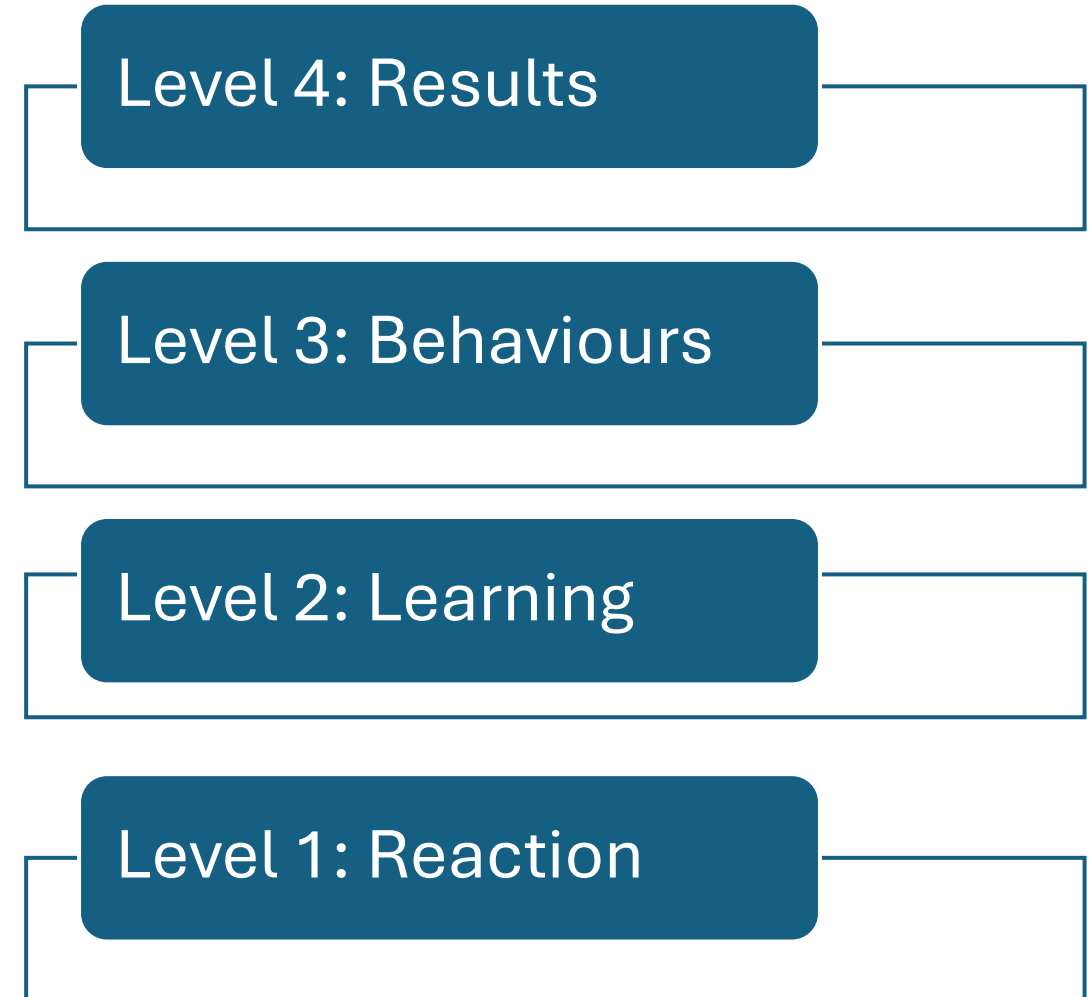
Qualitative: Interviews

- 20 couples from BMM, 20 couples from JoY
 - Couples will be interviewed individually
- In-depth lived experiences of couples
 - Perceived facilitators and barriers to marital satisfaction
 - Overall experiences participating in the programmes
 - Motivation for participating in the programmes
 - Influence of the programmes on their perceptions, emotions, and behaviours
 - Impact of the programme on their marriage
 - Marital issues they faced during their one-year marriage
 - Additional support they hope to receive from their mentors
 - Programmes that they find beneficial / not beneficial to them
 - Suggestions to improve the programmes

Mentors' Experience

- Quantitative: measurement of effectiveness of trainings
 - Based on Kirkpatrick Evaluation Model, specifically Level 1 (Reaction) and Level 2 (Learning)

- Qualitative: measurement of application of trainings
 - Measure Level 3 (Behaviour) of Kirkpatrick Evaluation Model
 - Reflect on their experience after each engagement with the couples

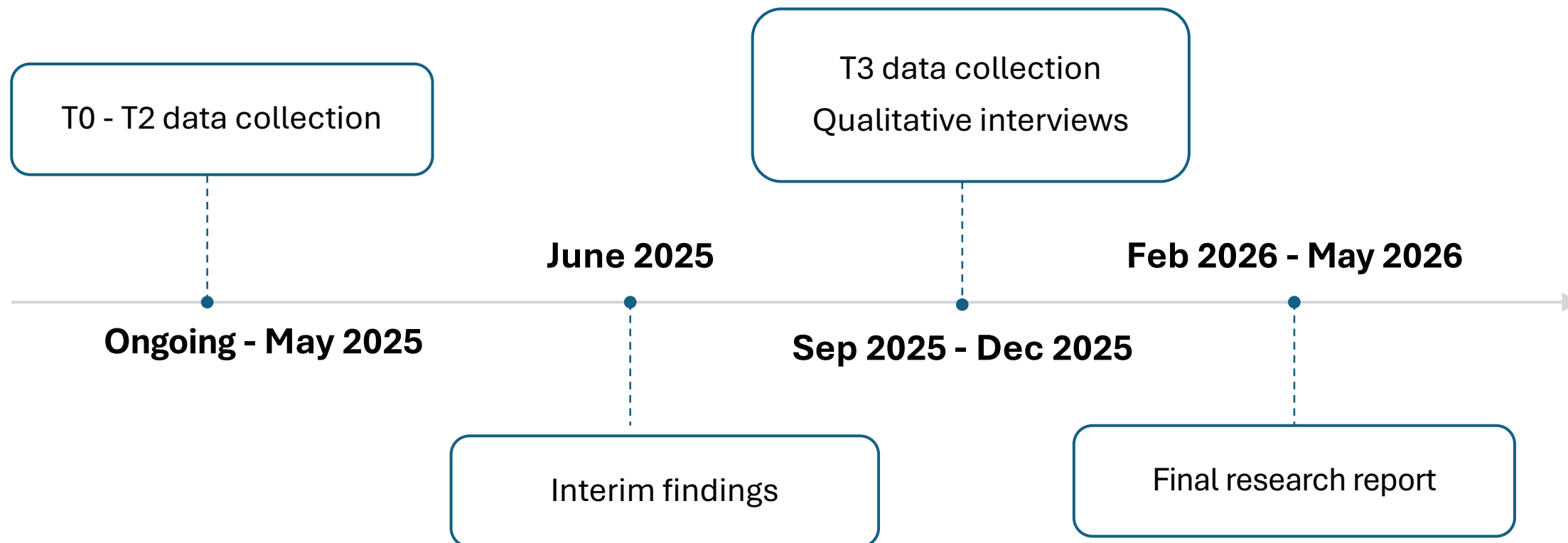


Kirkpatrick Evaluation Model

Caveats

- Treatment and control groups may already differ
- Unable to draw conclusions if mentoring/befriending programmes would have a **significant** or **lasting** influence on marital satisfaction, as the evaluation time period does not include post-programme timepoints
- Results of the evaluation would not be able to tell us that marriage mentoring programmes are **solutions** to reducing divorce

Next Steps



Preserving Family Units Start with Supporting Marriages



Thank
You!



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