

NEWSLETTER

May 2024 Issue



The impact of a healthy marriage on building strong and sustainable family relationships

1- Executive Director, Dr. Sharifa Noaman AL – Emadi’s Message

Dear Readers,

Marital relationships are the cornerstone of family building and formation, representing the axis where love, respect, and understanding intertwine to achieve an emotional and psychological balance between partners. A healthy and sound marriage serves as a reflection of successful marital relationships, contributing to the creation of an environment of stability and trust within the home, and providing space for personal and professional growth for both partners.



By providing an environment filled with understanding and tolerance, healthy marriage fosters effective communication between partners, facilitating the process of problem-solving and facing challenges that may arise. Furthermore, a healthy marriage encourages the building of strong and sustainable family relationships, promoting mutual respect and cooperation among family members.

One of the most important challenges facing the Qatari society is the significant increase in the divorce rate, especially in the first five years of marriage. Divorce statistics in Qatar for the year 2022, was staggering 58.7% in comparison to the divorce rates of non-Qataris, at 41.3%, which led the Doha International Family Institute (DIFI) to investigate divorce rates in Qatar further, leading to identifying that 42.1% of divorces occur before completing the first year of marriage and that 22.1% of divorces occur before consummation.

The study conducted by DIFI on "Marital Relationship Assessment in the First Five Years of Marriage in the Arab World", included a survey of a sample of 1,184 respondents (from 19 Arab countries) who varied in terms of age, educational level, professional and residential status, and residence found that the first reason for divorce is incompatibility with the partner, and psychological and intellectual incompatibility at a rate of 19%, followed by problems in discovering personality at a rate of 14.5%, followed by the causes of infidelity issues at a rate of 12.8%, economic problems at a rate of 12.4%, and family interference in the spouses' affairs by 8%.

Moreover, when comparing divorce rates across Arab countries, we find that the divorce rate in Egypt, for example, was 14.7% in 2022, according to figures from the Central Agency for Public Mobilization and Statistics in Egypt, while in Kuwait, according to statistics published by the Kuwaiti Ministry of Justice in 2022, the rate increased reaching 48% of the total number of marriages, while in Lebanon, according to figures from the "Information International" center, the divorce rate reached 20% in 2019.

In this context, and with the aim of trying to reduce the high rates of divorce in Qatari society, the Doha International Family Institute (DIFI) launched a campaign titled "Plan and Prepare," to develop and implement special programs for those about to get married.

A healthy marriage helps provide a suitable environment for raising children, as parents are positive role models influencing children's personality development and building their social and emotional capacities. Therefore, a healthy and strong marriage is the true foundation for building a healthy and stable family, contributing to spreading happiness and well-being in society, and strengthening family bonds.

Many steps can be taken to improve the lives of families living with children with autism, such as raising awareness of Autism through accurate and detailed information about it and its characteristics. Workshops and educational seminars can be organized for the local community to provide knowledge and a better understanding of Autism and how to interact with these individuals.

Additionally, emotional, and practical support should be offered to parents raising children with autism, such as assistance in accessing available services, as well as counseling and psychological support to cope with daily challenges and develop effective strategies to improve the quality of life for affected individuals and their families.

In conclusion, families play a crucial role in supporting people with Autism, which is why families need to be provided with the necessary tools to continue being the cradle for all.

Dr. Sharifa Noaman Al-Emadi
Executive Director
Doha International Family Institute

2- Related Studies

"The State of Marriage in the Arab World" Book

The book "The State of Marriage in the Arab World" presents an integrated analysis to understand all the dimensions related to marriage in twenty-two Arab countries.

In seven chapters, the book discusses all the contextual and holistic factors surrounding marriage and influencing it, such as the multiple patterns of marriage, whether traditional or new, the dialectic of marriage and age and the related delays in the age of marriage, singleness, early marriage, age differences between spouses, and the costs associated with marriage. In addition to marital relations and its many sub-topics related to marital and emotional satisfaction and violence.

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An exploratory study on "Evaluating marital relations during the first five years of marriage in the Arab world"

The Doha International Family Institute (DIFI), in partnership with the Social Affairs Sector of the League of Arab States, pursued a scientific initiative based on a prospective study of "Marital Relationship Assessment in the First Five Years of Marriage in the Arab World."

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3- International Studies

Marriage and Divorce Decline during the COVID-19 Pandemic: A Case Study of Five US States

The decline in marriage and divorce was evident prior to the coronavirus disease 2019 pandemic, but it remains unknown whether these patterns have persisted during the pandemic. The authors compared monthly marriage and divorce counts for two years before the pandemic (2018 and 2019) and during the pandemic for the five states that published monthly vital statistics data for 2020 (Arizona, Florida, Missouri, New Hampshire, and Oregon). These data forms the fast and widespread changes and discuss some of the main drivers behind the divorce rate in

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4- Regional Studies

The role of pre-marital education programs in raising awareness about marriage and starting a family:"descriptive and analytical study of the programs as well as marriage and their beneficiaries in the city of Jeddah."

The objectives of the study are to identify the role of pre-marital education programs in raising awareness about marriage and family building, by identifying: their content, the means of presenting them, the length of time they are provided, the point of view of their beneficiaries about what was provided, and some of their social characteristics.

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Factors affecting the reluctance of Jordanian youth to marry

This study aimed to identify the economic, social, and cultural determinants that stand behind the reluctance of young people to marry in Jordanian society. The most important social determinants were the family's interference in choosing a wife, the custom of extravagance about the requirements and costs of marriage, the difference in the thinking style of others, in addition to viewing marriage as restricting an individual's freedom and imposing obligations.

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5- Local News

Marriage and divorce in the State of Qatar: numbers and facts

This report is the result of cooperation between the Planning and Statistics Authority and the Supreme Judicial Council. With the aim of identifying the development of marriage and divorce cases in the State of Qatar for the year 2022, this report, which deals in its first section with the subject of marriage, includes data and indicators such as the average age at first marriage, the general marriage rate, and data on the characteristics of marriage in Qatari society, through indicators of first marriage, and age groups of spouses. As for its second section, it deals with the issue of divorce, as it includes an analysis of data on divorce, such as the general divorce rate per thousand people, and divorce certificates according to the type of divorce, and according to the age group of the husband and wife, as well as according to the length of marital life and kinship.

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6- DIFI News

DIFI calls for mandatory parenting programs

Dr. Sharifa Noman Al-Emadi, Executive Director of the Doha International Family Institute, called for making parental education programs mandatory for new parents in the State of Qatar, based on studies carried out by the Institute in this regard, the results of which showed the importance of providing parents with basic skills for raising children.

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DIFI organized a discussion with Dr. Hanan Al Qattan on "As They Raised Me from Childhood: Specialized Programs To Better Parenting"



In commemoration of the 30th anniversary of the International Year of the Family (IYF+30) and in celebration of the Qatar Family Day, the Doha International Family Institute (DIFI) held a dialogue session on "As They Raised Me from Childhood: Specialized Programs To Better Parenting," with Dr. Hanan Al-Qattan, Founder and Director of the "Etzan" Center for Psychological and Educational Consultation and Training in Kuwait.

The session highlighted the importance of parenting education programs in providing parents with the necessary skills to nurture values, and it was moderated by Dr. Sharifa Noaman Al-Emadi.

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DIFI and Qatar Debates organize Debating Championships, leading up to the 30th Anniversary of the International Year of the Family Conference



DIFI, expressed gratitude to Qatar Debate for hosting the event, emphasizing DIFI's unwavering dedication to amplifying youth voices on pertinent issues, and encouraging youth to participate in the upcoming conference commemorating the 30th anniversary of the International Year of the Family (IYF+30), organized by DIFI, scheduled for 29-31 of October 2024, the conference will feature a designated 'Youth Summit' on its inaugural day, in collaboration with Qatar Debate.

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7- Video

A dialogue interview conducted by the Doha International Family Institute (DIFI) with Dr. Ayesha Al-Qahtani, an Islamic preacher and family and psychological counselor, about "The Role of The Father in Instilling Language, Values, and Religion in children."



8- Spotlight

DIFI invites you to take part in shaping the discussion on building new frameworks for "Family and Contemporary Megatrends", in Doha, Qatar from October 29-31st, 2024.

Register your interest [here](#)