

PREPARE ENRICH

• *building strong marriages* •

Commitment in Marriage

With the Customized Version of PREPARE/ENRICH, a new section of questions was created addressing the Commitment levels for both partners. We recently began analyzing some of the data gathered from married couples. We combined their commitment scores and created cutoffs for high, moderate, and low commitment levels. When we looked at the Couple Typology, which is calculated independently from commitment scores, the results were striking!

- We looked at a sample of 1,249 Vitalized married couples. In 95% of these couples, they scored high in Commitment and not a single Vitalized couple (0%) scored in the low range.
- In looking at a sample of 2,146 Devitalized married couples, only 23% scored high in Commitment, while 26% scored in the low range.

This begs the question: Does high marriage commitment lead to a more Vitalized relationships? Or, is it easier to be committed to a Vitalized marriage? . . . perhaps both are true.