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ABSTRACT

The study investigated the effectiveness of "Bringing Out The Best in the Other"(BOBO) in enhancing the quality of marital life. Personally the researcher interviewed thirty(30) couples. He tested them on the Quality Marriage Rating Scale for the selection of three couples of low quality marital life, from among them, for the purpose of the study. Two were experimental couples, and the other was control couple. All were treated equally. The study made use of four variables, one independent, and others dependent variables. BOBO was the independent variable. Quality of marriage, marital satisfaction, and interpersonal relationship were the dependent variables.

The study intended to answer the following questions:

1. What is the quality of marital life for the couples before and after the treatment?



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2. Would there be, at the end of the treatment, a difference between the pretest and posttest scores?

3. Would there be a change in the quality of marital life, attitude towards marriage, and the interpersonal relationship among couples as measured by the Quality of Marriage Rating Scale (QMRS), Marital Satisfaction Scale (MSS), and Fundamental Interpersonal Relations Orientation Behavior (FIROB)?

4. Would the scores of the couples be stable over a period of one month as measured by the posttests' and delayed posttests' scores of the QMRS, MSS, and FIROB?

To measure the dependent variables the couples had three tests, given at three times as pretests, posttests and delayed posttests in the treatment. Four sessions of three quarters of an hour each set the application of the treatment of BOBO. The difference between the pre and post tests' results showed The effectiveness of the independent variable.

The result of the study marked positive changes in the experimental couples which remained stable over



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a month. There were no changes in the control couple during the period. Thus BOBO and its components are effective in enhancing the quality of marital life.

