

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY**  
**PSY 166 - PSYCHOLOGY OF MARRIAGE (3 CR.)**

**Course Description**

Analyzes personality interactions in marriage and other intimate relationships. Examines theories of personal development and types of relationships resulting from interactions. Lecture 3 hours per week

**General Course Purpose**

Introduces the essential ingredients for forming and maintaining intimate relationships, successful marriages, and families. Course will focus on strategies for forming and strengthening marriages as well as overcoming obstacles related to relationships, marriage and family. The course targets students of psychology, child development, childhood education, teacher education, the day care industry, practicing teachers, therapeutic practitioners, parents, and the general lay public interested in understanding issues related to intimate relationships, marriage and family.

**Course Prerequisites/Corequisites**

Prerequisites: PSY 200 and satisfactory placement score for ENG 111.

**Course Objectives**

Upon completion of this course the student will be able to:

- Articulate the basic theories, principles, and recommended strategies that comprise the body of knowledge about intimate relationships in marriages and families
- Describe current research and guidelines about marriage and family psychology
- Apply theories, concepts, and principles from marriage and family psychology to everyday life
- Describe the complexities and subtleties of marriage and family life, including individual differences and cultural variations

**Major Topics to be Included**

- Domestic and global perspectives on marriage and family
- Diversity in families: strengths and challenges
- Stages of intimate relationships
- Communication and conflict resolution
- Sexual intimacy
- Parenting
- Managing economic resources
- Defining roles in marriage/family
- Marriage across the lifespan
- Dealing with family crises
- Divorce, blended families, and remarriage
- Strengthening marriage and families

**Optional Topics**

- The origin, history, and future of marriage
- Being single
- Abusive relationships and domestic violence
- Relationships with extended family
- Same-gender marriage