Bibliography Plan

“Marriage Enrichment”
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I. Introduction

Topic and Scope

I began with the topic of “marriage” and decided to focus on things couples can do to strengthen their marriage. In 1999 demographers estimated that two-thirds of all first marriages will end in divorce.¹(Cole and Anna L. Cole July 1999, 273-275) With the divorce rate so high, I wondered how couples who remain married maintained their relationships. I wanted to find resources that married couples could easily read and apply to strengthen their marriages. I also wanted to find materials backed up with research.

I decided to limit my search to material within the last decade. Citations only include those in English.

Audience

My intended audience for this bibliography plan is married couples. However, family or marriage therapists and pastors may find the resources appropriate for use in the counseling setting.

Style Manual

The citation style used for this Bibliography Plan is Turabian Citation and Format Style Guide.(Turabian 1996)²
**Browsing the Stacks**

Having an assignment to do at the Hawaii State Library, I roamed around and ended up in the Social Science & Philosophy section (300). There were signs on the shelves and I came across Marriage and Family. Scanning several shelves and eliminating those sections which seemed irrelevant to my search, I found myself browsing among the Dewey Classification Call Numbers (DCCN) 301 – 362 (Social sciences).

I pulled several books off the shelf based on their titles. I read the book jacket, flipped through the pages, and checked for a Table of Contents or Index. Systematically, I selected and deselected books. Within a few minutes I was able to find at least five titles relevant to my topic. Titles found while browsing are *The Proper Care and Feeding of Husbands*³, *48 Hours to a Stronger Marriage*⁴, *The Don’t Sweat Guide for Newlyweds*⁵, *Loving in Flow*⁶, and *The 7 Best Things (Happy) Couples Do.*⁷

Although browsing may not be the most efficient way to find highly relevant items quickly, I enjoyed poring over the pages. I would recommend this method for those who are not hurried.

**II. Search Strategy**

**Subject Headings**

I began to search for subject headings in the Library of Congress Subject Headings (LCSH).⁸ This are the LCSH terms I chose to use for my search strategies.
MARRIAGE

COMMUNICATION IN MARRIAGE

MARRIAGE COUNSELING

MARITAL PSYCHOTHERAPY

Library of Congress Call Numbers (LCCN) applicable for this topic are: HQ10, HQ503, HQ728, HQ734, HQ801, BF637, BV4596. The most relevant call numbers were found in HQ734. This number specifically pertains to “marriage”. This is where I found items such as Nita Tucker’s book, How Not to Screw it Up: 10 Steps to an Extraordinary Relationship.9 Other call numbers are broader but include marriage. For example, HQ728 tends to have more psychology/counseling related materials and HQ801 focuses more on the communication and/or sexual aspects. Sample titles from these two classifications are Understanding Marriage: Developments in the Study of Couple Interactions10 and Couple Talk: How to Talk Your Way to a Great Relationship.11

These are LCSH Call Number descriptors: BF Psychology and HQ The Family. Marriage. Woman.

I also began a search using the Hawaii State Public Library’s (HSPLS) iPac.12 I wanted to find appropriate subjects so I entered: Subject Browse for the search and “marriage” for the term. I received an enormous amount of pages to comb through. I did just that. I pulled out these relevant subject terms.

MARRIAGE
I refined the search three times. First, I modified the string to read: Subject Browse “marriage strengthening”. When I searched with this phrase, I got lots of results and most looked similar to the items from my first search of “marriage.” I realized the catalog simply retrieved everything which included “marriage” in its subject. When I check several records, indeed, the word “strengthening” was not listed.

I decided to narrow down the search by using the Boolean operator, “AND”. Modification #2: SU Browse: marriage AND strengthening = zero results. This reminded me that “strengthening” is not controlled vocabulary (CV), so I switched to natural language (NL) search mode. Modification #3: General Keyword: marriage AND strengthening resulted in three items. From these, I found only one title to be relevant, Getting it right the first time: creating a healthy marriage.¹³ The other two titles focused on religious aspects and childlessness.
Looking at the record, I found the following subjects.

MARRIAGE
INTERPERSONAL RELATIONS
INTIMACY (Psychology)

Using the HSPLS iPac, I entered a string using natural language (NL) in the General Keyword search. I started with “how to have a strong marriage” and ended up with zero. So I modified it to “strong marriage” and got 5 results. Looking at the results I found that this was not a good search strategy, but the results did provide me with a few more subject leads and call numbers to browse. Irrelevant items in the result list did not pertain to marriage or strong marriages. Instead, they included the word “marriage” or “strong” somewhere in the description. Relevant titles from this search are: *The Marriage and Family Experience*\(^{14}\) and *The Power of Two: Secrets to a Strong & Loving Marriage*\(^{15}\). Both titles were classified in the (DCC) 306 area.

Other Dewey Classification Call Numbers (DCCN) applicable to my topic are: 248 (Religion) and 646 (Technology / Applied sciences). Gardner’s book, *Sacred Sex: A Spiritual Celebration of Oneness in Marriage*, was found at 248.844 Ga.\(^{16}\) Another relevant title, found at DCC 646.78, is McCarthy’s book, *Getting it Right the First Time: Creating a Healthy Marriage*.\(^{17}\)

**UH Voyager Catalog**\(^{18}\)

I began my search using subject headings that I had found in LCSH. I did a subject search with the word “marriage.” Of the results, approximately one-fourth were relevant, but most were
located at a library other than Hamilton. I was particularly interested in titles by Jacobs, Larson, and Gottman. These books would have to be obtained through inter-library loan. Fortunately, several sources were available at Hamilton. These include works by Brown, Stahmann, and Wallerstein.

An extremely handy feature in Voyager is the pull down menu where you can “Select Library Department.” I selected Social Sciences and found on the list of subject guides, “Family Resources.” I discovered a tremendous amount of resources, including Internet Links By Topic. This link directed me to portals to more sites pertaining to families. Generally, the content was aimed at parents and children, but I was able to find a few valuable resources pertaining to marriage. One in particular was a link called “Smart Marriages: The Coalition for Marriage, Family and Couples Education” available at www.smartmarriages.com.

**OPAC (Online Public Access Catalog)**

The Hawaii State Public Library System (HSPLS) was a valuable resource for this bibliography plan. I used the HSPLS iPac and found terrific subject headings and resources. The resources have already been mentioned in the section: Subject Headings. Most of all the relevant book sources came from HSPLS, as noted by the DCC instead of an LCCN in the References.

**UH-Manoa Databases**

Academic Search Premier provides scholarly publications covering a wide range of fields and topics. I expected to find information easily and in great quantities because the topic, marriage, can apply to many fields of study. For example, in this database the academic areas include
social sciences, humanities, and education. I was correct in my expectation about the quantity. I searched using the LCSH “marriage” and modified my string with keywords (KW) “intimacy” or “strengthening.” No one search string / command resulted in a highly relevant set. I had to comb through page, after page, after page to find relevant titles. Overall, this database provided consistently useful resources. I selected Dr. Phil’s Love Formula\textsuperscript{28} as an example of a general reader’s interest, A Study of Two Marital Enrichment Programs\textsuperscript{29} as an example of something geared toward the reader who is looking for something more scholarly, and Increasing Marital Intimacy\textsuperscript{30} for those in the counseling profession. As you can see, Academic Search Premier provides a range of materials for a range of users.

**MasterFILE Premier**\textsuperscript{31} is very broad, like Academic Search Premier, with special attention to general periodicals. I expected to find only a few scholarly resources and I did. Many sources were magazines you would see in the supermarket or would read in a doctor’s office. For example, The Marriage Savers\textsuperscript{32} was located in Time Magazine. There were a lot of titles from Ladies Home Journal. I believe the quantity and readability of results would meet the intended audience’s expectations. For those faith-based searchers, Counseling Clues?\textsuperscript{33} might be informative. Those who desire a little bit of scholarly journalism would easily find A Study of Two Marital Enrichment Programs\textsuperscript{34}, also available through Academic Search Premier and other EBSCO databases. An excellent article providing several pages of titles that have enriched others’ lives is Books Every Couple Should Read\textsuperscript{35}. I tried several combinations of search terms and strings. Most of the relevant titles were located by searching with MARRIAGE COUNSELING. MasterFILE Premier would appeal to almost anyone.
PsycINFO\textsuperscript{36} is a database provided by CSA which means it has a terrific thesaurus to help find the controlled vocabulary. I searched for marriage counseling and was directed to CONJOINT THERAPY. The topics contained in the results included spouse abuse, alcohol use, psychic entanglements, and earthquake trauma. I used CONJOINT THERAPY and MARITAL SATISFACTION only to find information about domestic violence, alcohol use, PMS, psychiatric disorders and agoraphobia. MARRIAGE COUNSELING was the best string. I share two titles with you: \textit{The "A's and H's" of Healthy and Unhealthy Relationships: Three Relationship Renewal Activities}\textsuperscript{37} and \textit{Effective Couples Therapy and Psych 101: You Can't Have One Without the Other}\textsuperscript{38}. Both articles provide the reader ways to make their relationship better.

Psychology & Behavioral Sciences Collection\textsuperscript{39} is a collection for specialists. I found many articles about premarital counseling, statistical data from longitudinal studies, and other forms of specialized reports. I used the LCSH terms MARRIAGE and MARRIAGE COUNSELING for starters. As I scanned abstracts, I found the terms MARITAL SATISFACTION and MARITAL ADJUSTMENT. The best string for my purpose was MARRIAGE COUNSELING. \textit{Stopping Spats}\textsuperscript{40} included “how to” directions for couples and \textit{A New Model for Premarital Counseling Within the Church}\textsuperscript{41} included resources for couples to further investigate. I only found a handful of relevant titles. This database would be more appropriate for the family therapist, counselors, pastors, or other professionals.

Social Work Abstracts\textsuperscript{42} is another database collection for the scholarly audience. It covers a broad range of topics pertaining to society such as HIV, retirement, and prostrate cancer. It is not limited to America, as I found items about Israel, Africa and Lithuania. This database was
depressing. The result list when MARRIAGE was used as the search term included articles about low income rural mothers, welfare mothers, parents with special needs children, and fertility issues. I guess that is a glimpse of what society is like. (Kind of made my topic seem frivolous.) Most of the articles are summaries of studies or research. There weren’t too many intended for the general reader. For my topic and interest, this database was not a good choice. I struggled to find anything hopeful and related to the lighter topic of enhancing your marriage. One of the best I found was “Why is Marriage So Difficult? A Psychoanalyst’s Perspective”\(^{43}\). In the abstract, eight competencies required for successful marriages are mentioned. I presume that someone searching for material on enriching their marriage would want to know what those competencies are.

**Sociological Abstracts\(^{44}\)** is another broad database specializing in social concerns world wide. The information found in this database would be applicable for students in the field or professionals. Items retrieved had no relevance. I searched using the thesaurus as well as typing in my own KW strings. Limiting results to the last decade greatly reduced the number of titles. Still, as I searched phrases like MARITAL SATISFACTION, MARITAL COUNSELING, MARRIAGE COUNSELING, MARITAL ADJUSTMENT + COUNSELING, and KW=marriage enrichment, I found information about cross cultural practices, interracial marriages, violence in marriage, working women and rural wives. But nothing to help me learn how to enrich or improve my marriage. An example of a non-relevant retrieval is *Developing and Implementing a Christian Marriage Enrichment Program for Chinese Immigrants*\(^{45}\). This database is too specialized for my purposes.
Women's Resources International is not accessible online. A CD-ROM would have to be borrowed from the Reference Desk at Hamilton. Due to the flood on October 30, 2004, the library is closed and I was not able to access this database.

Newspaper Abstracts should have provided me access to more than 30 U.S. and regional newspapers. The service is provided by OCLC First Search. When I clicked on Newspaper Abstracts and ended up with a page that was clearly OCLC and I was delighted. It was an appealing page. The layout was clean, not cluttered. It looked easy to use. So I used it. I immediately clicked on the tab for Advanced Search and then onto a little button called Subjects. Here was the thesaurus. I searched for marriage and was given LCSH links. I found MARRIED PEOPLE and LIFE SKILLS GUIDES and MARRIAGE COUNSELING. I discovered how to limit the search to English, rank by date, and more. When I got the results I was pleased but confused. In front of me was a fabulous list of resources (books, web sites, audio material) for me to devour. The confusion set in: this is supposed to be Newspaper Abstracts. It wasn’t. I realized that somehow I ended up in WorldCat. I printed my results and headed back to the Voyager Electronic Resources page. When I tried to access Newspaper Abstracts (again) I received an error message: Newspaper Abstracts database is not available.

Newspaper Source is exactly what it says it is: a source for newspapers. Marriage has been in the news a lot recently and this made it difficult to weed through all the articles on gay marriages and the issues surrounding that topic. I used the terms MARRIAGE COUNSELING, MARRIAGE + strength*, and MARRIAGE + advice and found two Wall Street Journal articles, 

Tips From the Domestic Trenches and Sweet Surrender plus one from the New York Times,
Men: Say ‘I do,’ then obey⁴⁹. I selected these three as samples because the first one provides advice to the couple – focusing on teamwork. The second and third articles provide advice for specifically the wife and then the husband. I thought the three articles create a sense of balance.

**LexisNexis Academic**⁵⁰ provides information sources for general news, business and financial, medical and health, and government and legal materials. I searched using the words MARRIAGE, MARRIAGE enrichment, and MARRIAGE COUNSELING. Like Newspaper Source, many titles pertained to same sex marriages, hearings, court proceedings, amendments, and more. Once I found (my) marriage-related titles, I discovered that most contained information about a workshop or seminar in their area. I did locate a very relevant article, ‘Five Guys’ Join Forces⁵¹. The article provides the Web site URL the ‘five guys’ started, a checklist of indicators of a healthy, functioning relationship, contact information for Columbus Marriage Coalition, and information about a free quarterly newsletter.

**IngentaConnect**⁵² claims to be the most comprehensive academic and professional collection. I was able to find materials very quickly which were relevant, when I used MARRIAGE ENRICHMENT. All three items were relevant. I selected the one connecting empirical research to the topic for my sample article: *A Review of Empirically Supported Marital Enrichment Programs*⁵³. However, it was more of a challenge looking for my topic among the scientific titles pertaining to salmon, star formation, tropical cyclones, and canine and feline mediastinal masses when I used the phrase RELATIONSHIP ENHANCEMENT. The term MARRIAGE yielded a huge return with little relevancy. Again, the list was filled with scientific, political, and
sociological content. Finding an article about marriage enrichment was literally like finding a needle in the haystack.

**JSTOR Arts and Sciences I Collection** provides information from a variety of (very specific) disciplines, in scholarly format. It was a challenge to select disciplines that I thought would be useful. It was easy to rule out Finance, Botany, Mathematics and Statistics from the list of disciplines/journals. Other choices were not as clear. Actually, none of the descriptions made me feel confident but I ended up choosing: Education, General Science, Population Studies, and Sociology. I tried the following search strings: MARRIAGE, MARRIAGE ENRICHMENT, MARRIAGE and ENRICHMENT, and MARRIAGE or ENRICHMENT (searching the abstracts). Nothing fit my topic. Nothing even came close. I have to say, this database is way too specialized for my bibliography plan.

**Social Services Abstracts** is a database of research about social work, human services, welfare, and social policy. Because it is provided by CSA, I knew how to use the thesaurus and took advantage of it. I searched for MARRIAGE and found other descriptors to use such as MARITAL ADJUSTMENT, MARITAL RELATIONS, and MARITAL SATISFACTION. When searching for COUNSELING, I found CONJOINT THERAPY. My favorite article is *Ha, Ha, Ha: Improving Couple and Family Healthy Humor*.

**America: History & Life Database Online** was a unique database to use. First of all, it was hard to figure out. Second, it covered historical sources. I was able to find my way around (whew!) and pulled up one entry that “may” be relevant. My “success” occurred when I
searched using KW marriage and SU advice books. From the three results, *Kiss Without Shame, For She Desires It*: Sexual Foreplay in American Marital Advice Literature, 1900-1925, and *Commitment for a Lifetime: The Long Island Long-Term Marriage Survey* were really the most relevant. Most of the entries pertained to international information, historical marriages as recorded in diaries and letters, and biographical sketches, not contemporary marital advice.

**World Wide Web**

**Google.com**

My search on google.com provided lots of information and links to Web sites. There were many resources for a couple to go to for help, advice, and information. One site of particular significance was MarriageBuilders.com where I found an article called *The Most Important Emotional Needs*. I searched within the site and also found valuable exercises, materials to purchase, and links to help me locate a counselor. Google.com provided relevant materials when I searched with marriage and marriage enrichment. There were less valuable resources found when searching for marriage enhancement. No matter what the search string, it takes time to search each result, each site to find jewels.

**Amazon.com**

Amazon.com is a fun place to look for resources. It has many user friendly features, the pictures are helpful, and they try to predict other titles you might like based on your search. I found relevant materials when I search with the word marriage. Two books of interest are: *Fighting for Your Marriage: Positive Steps for Preventing Divorce and Preserving a Lasting Love* and *How One of You Can Bring the Two of You Together: Breakthrough Strategies to Resolve your*
Conflicts and Reignite your Love. Searching for marriage enrichment resulted in useful titles, but nothing really outstanding. Using the phrase marriage enhancement resulted in some titles focusing on the sexual act in marriage. Overall, using Amazon.com was a worthwhile experience.

III. Conclusion (Value of this assignment)

This assignment truly allowed me to go deep into my topic. I searched in places I would not have thought of. I used databases that were right on target and way off target. This experience taught me more about those “off topic” databases. If I need specialized information, I may go to one of those that were not relevant for my hunt on Marriage Enrichment.

I learned about using a variety of search commands depending on the database. I have come to respect the LC subject headings even more than I did before. When in doubt, I used subject terms to link me to potential areas. Sometimes it worked, providing me highly relevant items, and sometimes it didn’t match my need. But, the experience of knowing to look for other terms and use the vocabulary specific to each database was tremendously valuable.

I learned so much about the topic! I have a stack of books I borrowed (thinking I could read them) and already returned a dozen. Just knowing there is so much information to support marriages and couple who want to enrich theirs was a fulfilling thing.
This assignment cost me a lot of time, a lot of ink and paper, and a Costco sized bag of Hershey Nuggets with Almonds… but it was worth the journey. I am looking forward to reading some of the material I obtained and plan to visit a few Web sites for more information. Marriage Enrichment… it’s work worthy of the effort!
### IV. Appendix: Subject Headings Relevancy Ratings

Note: Search commands are arranged according to relevancy: least to most; not the order in which I used them.

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(SU) MARRIAGE COUNSELING  
(SU) MARRIAGE and (KW) advice |
| PsycINFO                                    | (SU) MARRIAGE  
(NR)  
(SU) MARITAL SATISFACTION  
(NR)  
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(NR)  
(SU) MARRIAGE COUNSELING  
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| Social Services Abstracts                   | (SU) CONJOINT THERAPY  
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(SU) CONJOINT THERAPY and (SU) MARITAL SATISFACTION  
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(U) |
| Thesaurus: marriage counseling =  
DE= conjoint therapy |
| Social Work Abstracts                       | (KW) marital therapy  
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(KW) marriage  
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(KW) marriage counseling  
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| Sociological Abstracts                      | (SU) MARITAL SATISFACTION  
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(SU) MARRIAGE COUNSELING  
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| Women’s Resources International             | Database not accessible online. CD-ROM available at the Reference Desk. |
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marriage enhancement  
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| Amazon.com                                  | marriage  
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V. Sample Annotated Bibliography

Self Help


Examines ten areas of possible conflict common in young marriages. Filled with helpful vignettes, exercises, and strategies. A down-to-earth book that teaches skills needed to sustain an intimate relationship. Written in the context of Christian faith. Includes suggestions for further reading.


Internationally renowned marital researchers present effective strategies from PREP (Prevention and Relationship Enhancement Program) to develop and protect love. Includes simple skills, self-tests, innovative exercises, and real-life stories. Program components demonstrate how couples can develop long-term, healthy, loving marriages.


Honest confrontation of marriage myths – no perfect people, no perfect marriages. Provides information, guidelines, and strategies based on scientific and clinical studies of successful marriages. Attention to developing and maintaining bonds of respect, trust,
and intimacy for a stable, satisfying marriage. Practical, sensitive wisdom most helpful for couples married two years or less.


Challenges seven marriage myths and other outdated traditions while offering realistic suggestions for dealing with twenty-first century relationship struggles. Offers explanations of the forces that weaken marriages and provides a blueprint to help understand and preserve marriages. Exposes the vulnerability of relationships while encouraging couples to strengthen their marriages by learning and using new skills.


Presents realistic advice on how to make marriage work. Defines one of the biggest warning signs and compels couples to make intimacy a priority with two starting points.

Good general resource to begin your research.

**Research and Practice**


Targeting increased marital intimacy, this article examines two adventure-based marriage enrichment programs and implications for use in therapy. Presents substantial findings
obtained through solid research design. Excellent resource for marriage and family therapists.


Presents research on the decrease in marital quality within the first four years of marriage and examines two enrichment programs aimed at preventing marital distress. Compares the Hope-Focused and Forgiveness & Reconciliation through Experiencing Empathy (FREE) programs, their impacts on couples’ quality of life, and implications for application in therapeutic settings. Highly relevant for churches and counselors interested in providing skills training through these programs.
VI. REFERENCES:


Google.com [home page on-line]; available from http://www.google.com; Internet; accessed.


VII. Endnotes


7 John C. Friel, *The 7 Best Things (Happy) Couples Do* (Deerfield Beach, Fla: Health Communications, 2002).


17 McCarthy and Emily J. McCarthy, *Getting It Right the First Time: Creating a Healthy Marriage.*

18 Libraries of the University of Hawaii System, "Hawaii Voyager."


26 Hawaii State Public Library System, "Hawaii State Public Library System Catalog Ipac 2.0."


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"Jstor Arts and Sciences I Collection," (JSTOR, 2004).


Peter Laipson, "Kiss without Shame, for She Desires It": Sexual Foreplay in American Marital Advice Literature, 1900-1925, 29, no. 3 (1996): 507-525 (accessed 1 December 2004); available from America: History & Life Database Online.


"Google.Com."


"Amazon.Com."

