



## **Final Report**

# **Troubled Marriages in the Sikh Community in Canada**

**Region of Peel**

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By:

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## **ACKNOWLEDGEMENTS**

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We are thankful to Mr. Baldev Mutta who conceived this project and created conditions for it to be implemented. He made sure that the study was scientifically sound and would prove useful information to persons and organizations working for and with women.

We are also thankful to Ms. Amandeep Kaur under whose supervision this report was completed. Her timely suggestions, critique, and helpful hints contributed immensely towards the completion of this report.

We are thankful to our volunteers who assisted in a variety of capacities to have this research project completed.

We are thankful to all women and men who participated in this research study.

## **Executive Summary**

The research study titled “Troubled Marriages in Sikh Community in Canada” was an attempt towards the development of a comprehensive service delivery system for this minority group to tackle discrimination in their marriages. This internet based research is an exploratory study taken with the objectives of determining the complex issues covering the marriage complications in Sikh couples; study indicates many different issues and values for trouble marriages. Research study was developed to identify the supportive recommendation, to discuss about the different issues and to generate a momentum to talk about the issues in the community.

## **Methodology**

The broad aims of the study are to gather and assess the availability of the evidence for the community awareness

- The first part of the research approach was to look at the informational pattern regarding the culture and the community.
- The research study involved Sikh community residing in Canada. The study comprised participant who accepted to share their personal feelings about their relationship.
- In-depth analysis encrypted to understand the issues and the problems related in dissatisfaction of being married.
- Definite patterns are seemed to involve in the broken marriages.

## **Major Findings**

The discrete analysis of the survey brings out the amazing results that are the major concern for the married couples. The study analyse the fact, that majority of the participant were dissatisfied

in their marriages and indentifies of being “abuse” in their relationship. Majority of participant indicates “too much of in-law interference” as the biggest reason for the separation or divorce in the marriages. Issues such as social and psychological abuse are also the major concern.

The detailed findings are compiled in the report.

### **Major Recommendations**

The study suggests the following actions to be implemented in the relationship:

- Stop interference of the “in-laws” in the marriage life.
- Formal counselling by the Social Worker within the community i.e. Sikh Counsellor. (i.e. due to language and culture barrier)
- Time share, honesty and mutual understanding between the couples.
- Educating and spreading awareness about the “abuse relations”.
- Open mind to discuss the “issues” with opposite partner.

### **Outcome**

The research study helped to identify the need to develop supportive mechanisms for Sikh couples who experience difficulties in their married life.

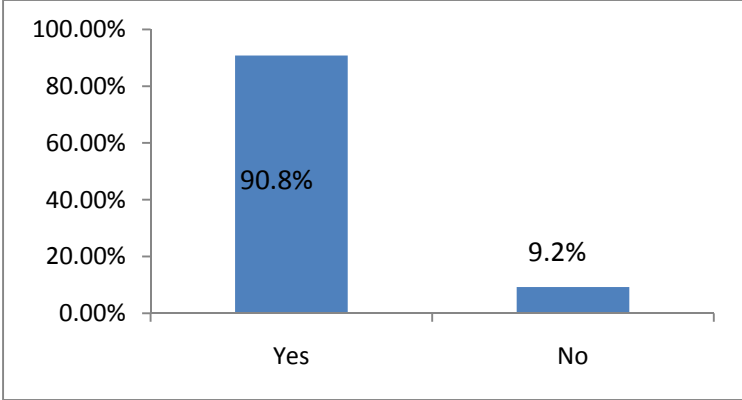
## **Survey Analysis:**

- Total of 120 people were participant in the survey. Out of which 62 were female and 58 were male.
- 68 respondents were between ages of 31 to 50.
- The majority of the respondents were from Canada.
- The majority of the respondents were belonging to Sikh Religion.
- The majority of the respondents were married.
- The majority of the marriages were no inter-faith, inter-racial or same sex marriage.
- 55.6% of respondent were having problems in their married life.
- 54.5% were seeking informal counselling from priests, friends, relatives or elders. 45.5% were under formal counselling.
- Majority of 54.3% respondents were seeking problems dues to, too much of in-laws interferences and their spouse listening to their own family.
- 34.8% of the respondents experiencing physical violence in their relations.
- 37% of the respondents identify having too much of values differences in their relations.
- 30.4% of the respondents agree that their partner does not stand beside when ‘accusations’ are levelled against them.
- 67.6% of the respondents are separated and 65.1% seek informal counselling.
- 73.5% gets informal counselling by Parents, 64.7% by Relatives, 32.4% from Elders, 47.1% from Friends and 23.5% from Work Colleagues.
- 77.8% demand to get counselling from Social Workers, 44.4% from Marriage counsellor and only 16.7% from Psychologists.

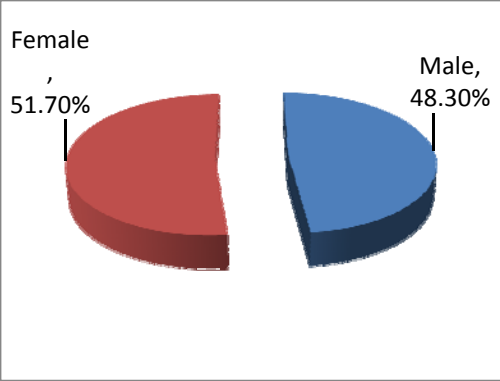
- 67.6% identifies that their spouse listening to own relatives as the major reason for their separation.
- 61.8% the violent abuse and 44.1% due to non- compatibility in the relation are the major issues in their unsuccessful marriage.
- 95.2% identifies that the Sikh religion is the one among every religion were marriages fall apart.
- 83.8% identifies “too much interference from the in-laws” as the major reason for their marriage failure.
- 73.7% agrees that Physical abuse also failed their marriages. It is follow by 56.6% due to external affair, 61.65 due to addictions (alcohol or drugs) , 53.5% was marriage of convince (i.e. married to come Canada)
- 76% of Sikh couples seek informal counselling. 83.1% from relatives, 62.7% from friends, 44.6% from elders and 16.9% from family Physician
- 82.1% agrees to get formal counselling from Marriage counsellor, 60.7% by Social Worker.
- 87.1% prefers Sikh Counsellors over Mainstream counsellors.
- 92.2% suggest that spending time with spouses save marriages.

Troubled Marriage in the Sikh Community in Canada

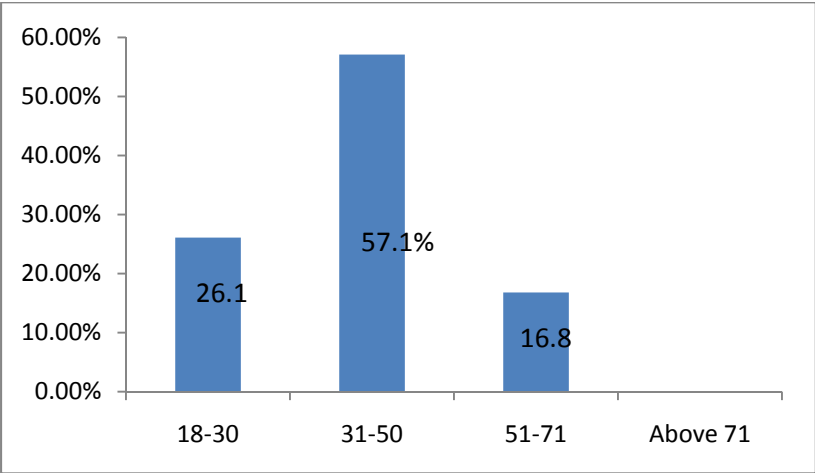
1. Are you a Sikh?



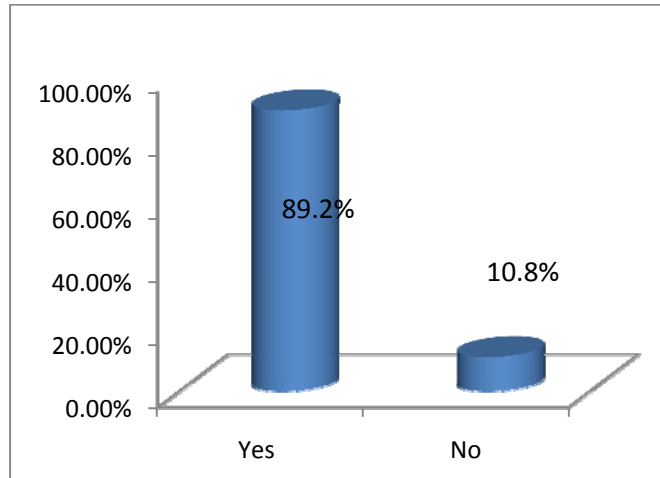
2. Are you Male or Female?



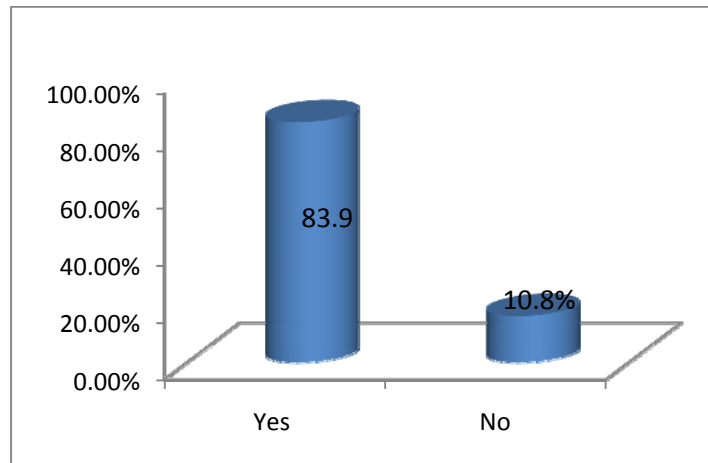
3. Are you between the ages?



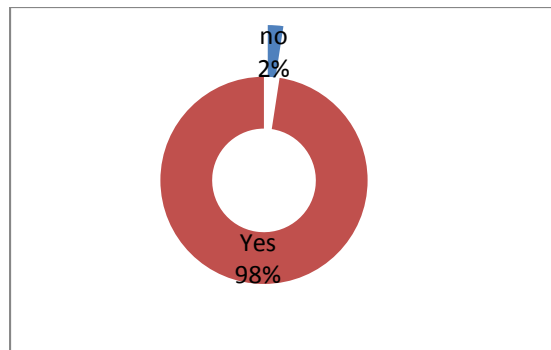
4. Are you residing in Canada?



5. Are you married, living in common-law, or living together?

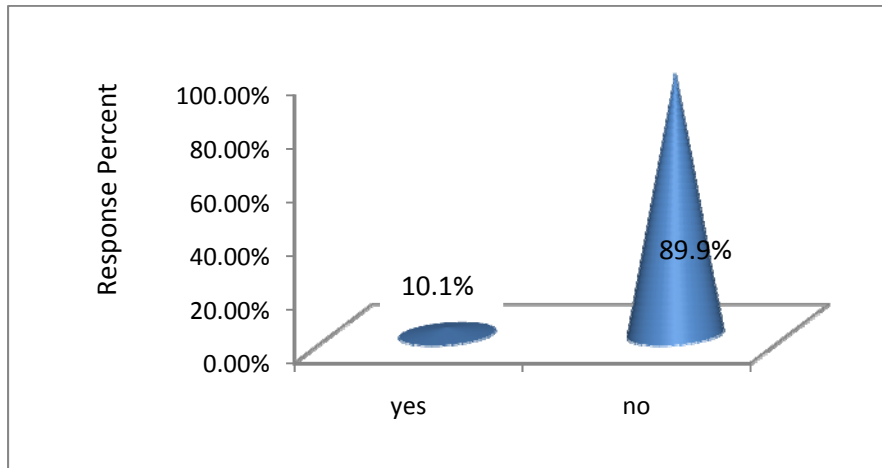


6. Was this an arrange marriage?

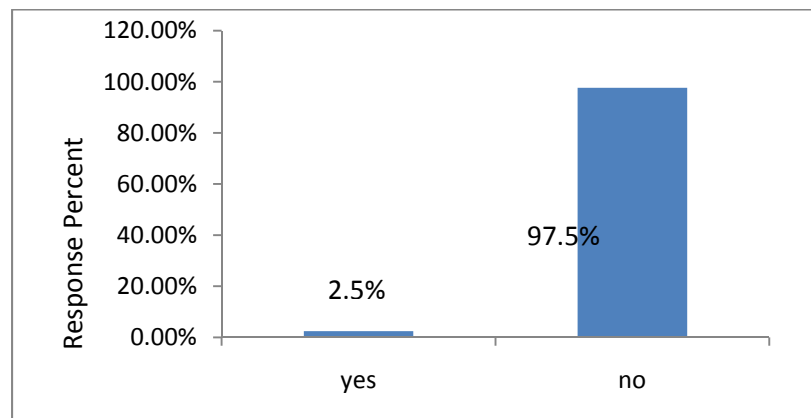




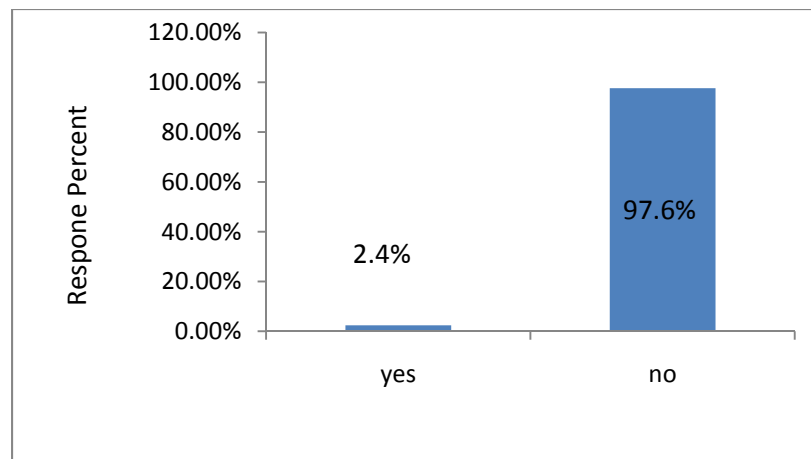
7. Is this an Inter-faith marriage? ( between two religion)



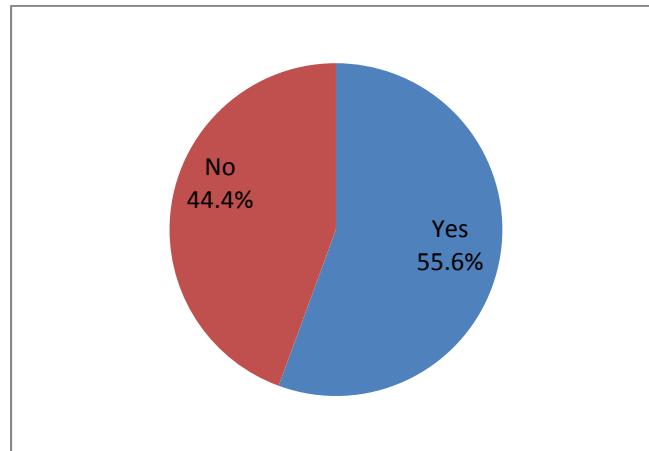
8. Is this an inter-racial marriage? ( between two races)



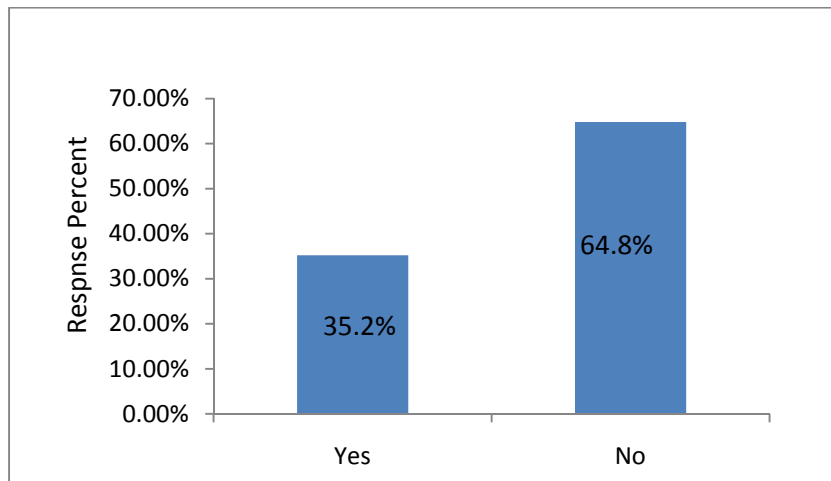
9. Is this a same sex marriage?



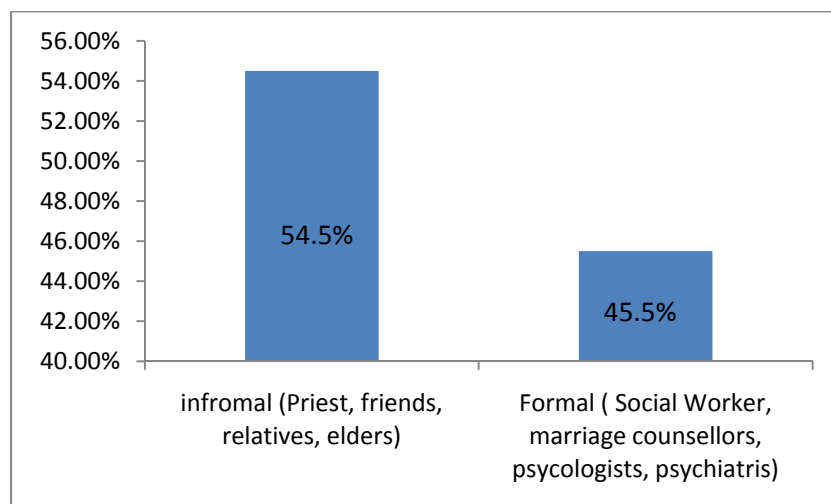
10. Are you experiencing marriage problem?



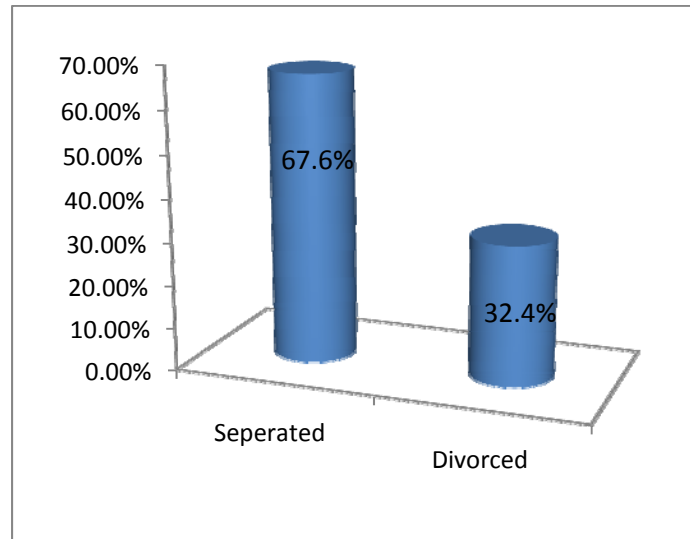
11. If yes, are you seeking marriage counselling?



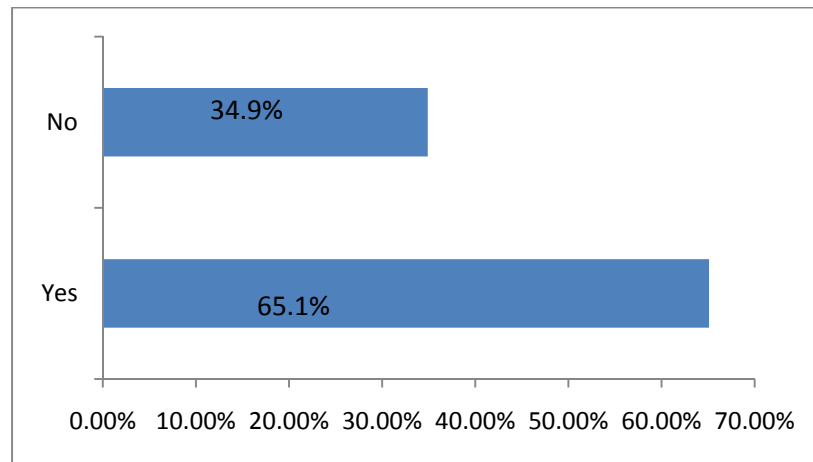
12. If yes, are you seeking informal or formal counselling?



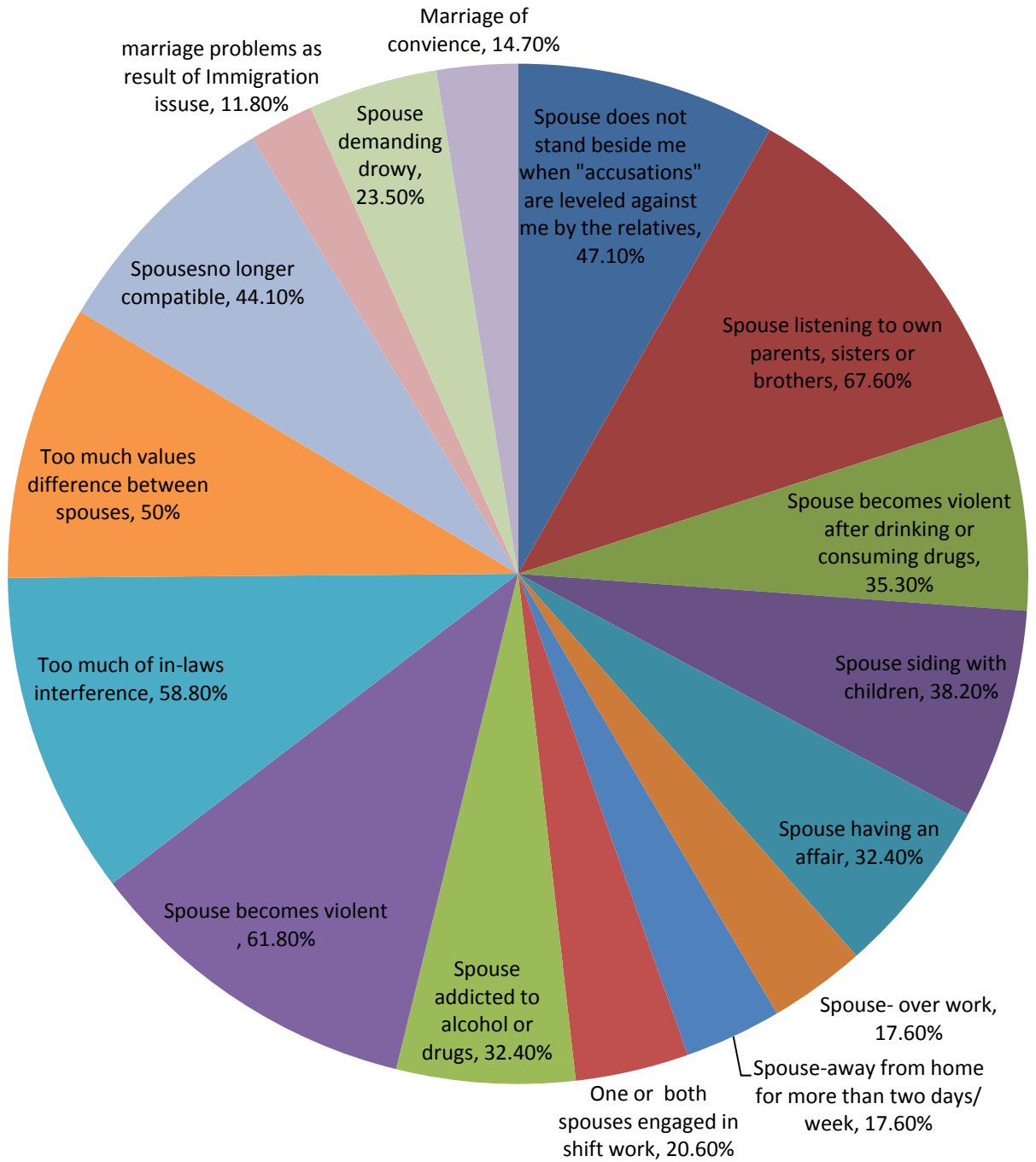
13. Are you.....



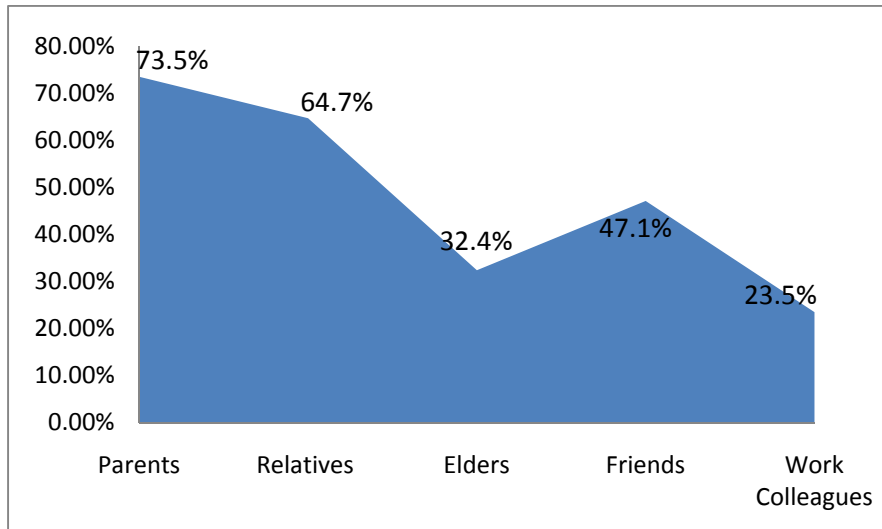
14. Did you seek informal counselling?



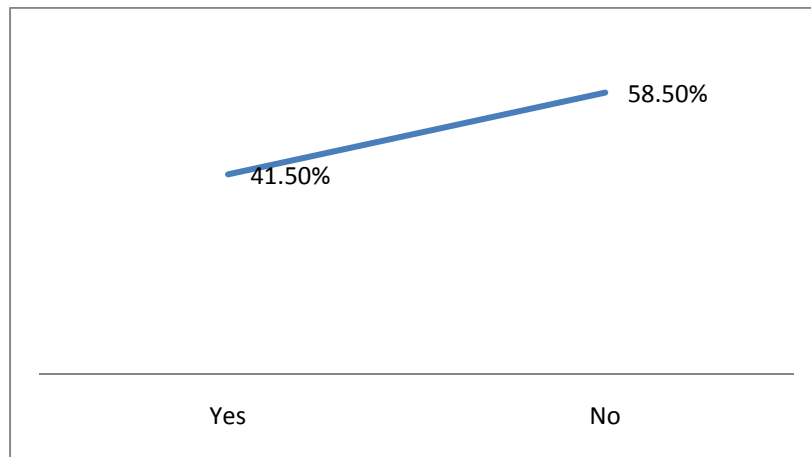
15. What are the reasons of your marriage problems?



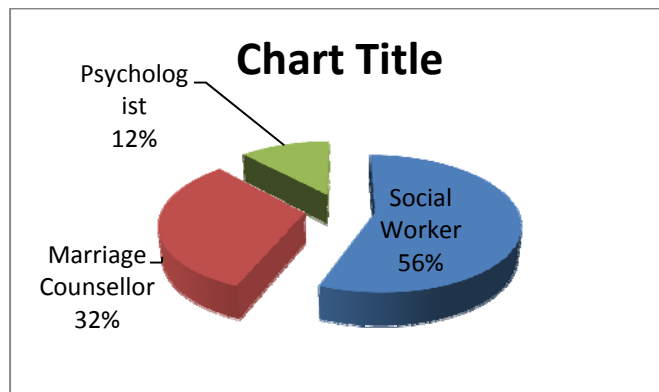
16. Who counselled you informally initially?



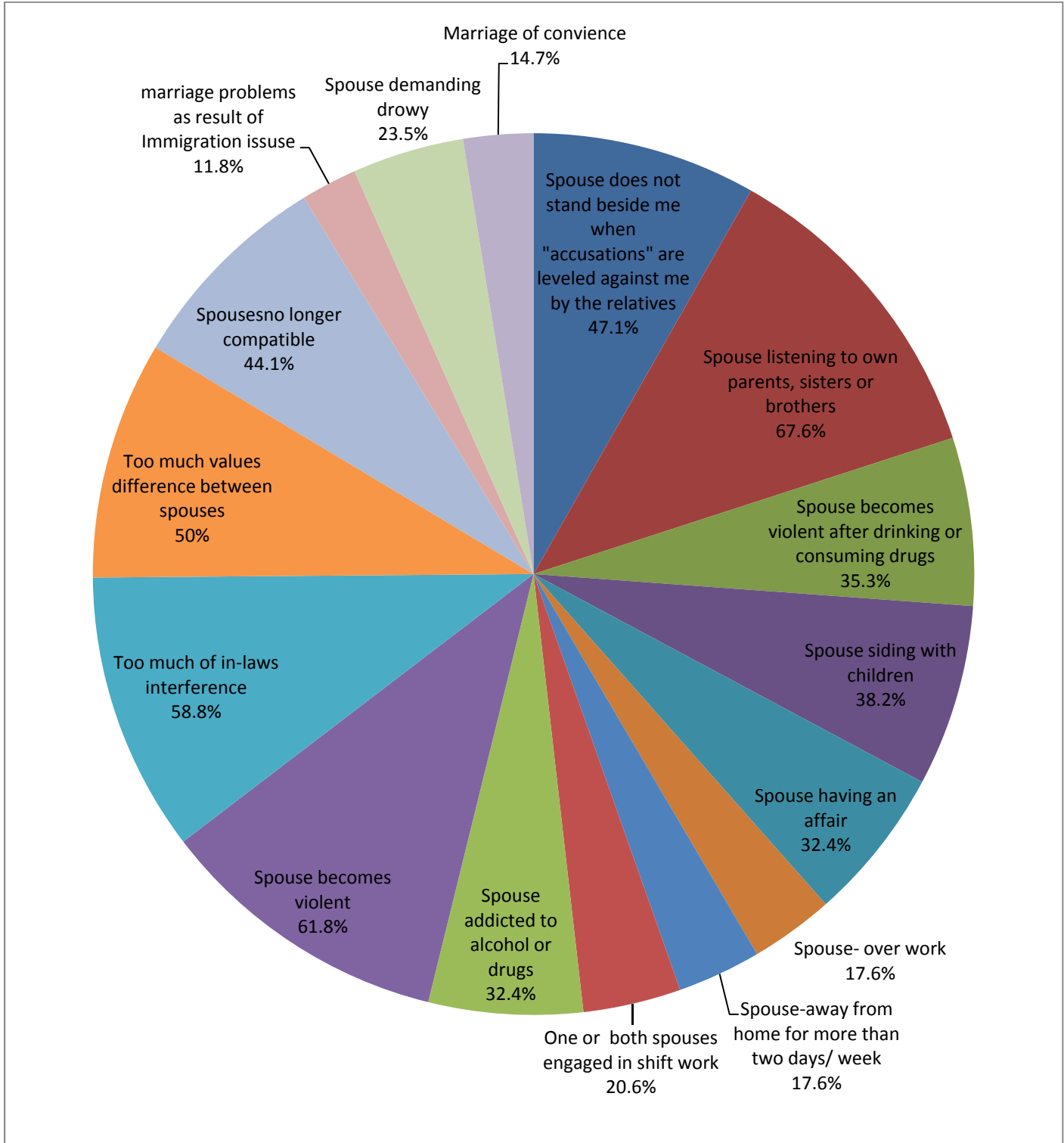
17. Did you seek formal (Professional) counselling?



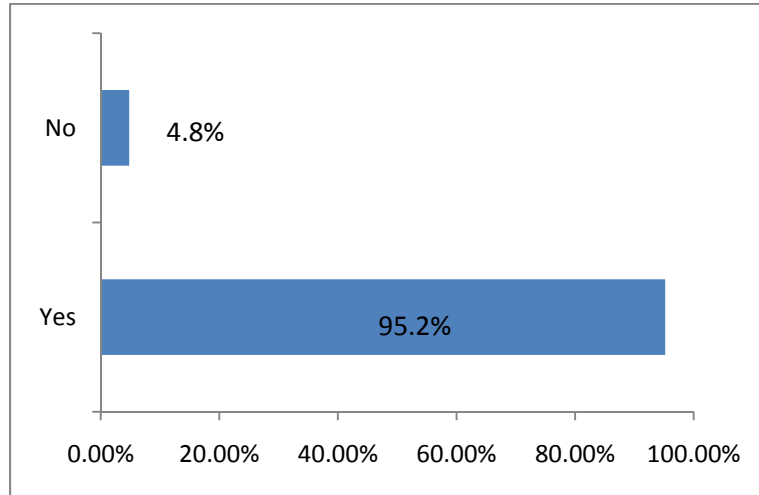
18. Did you seek formal counselling from.....?



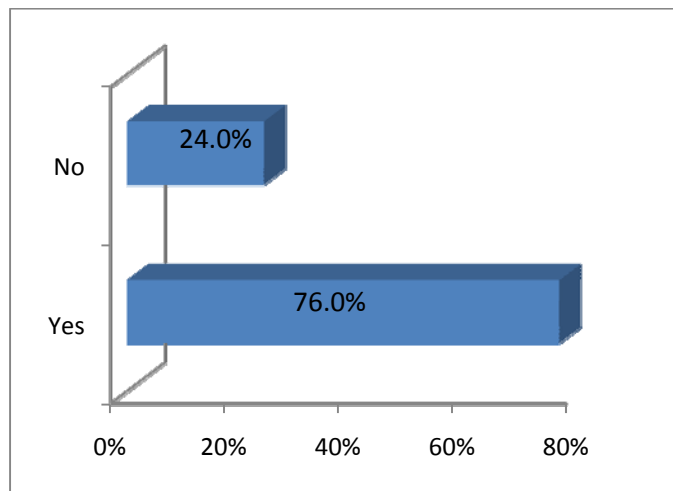
19. What were the reasons for you separation/ divorce?



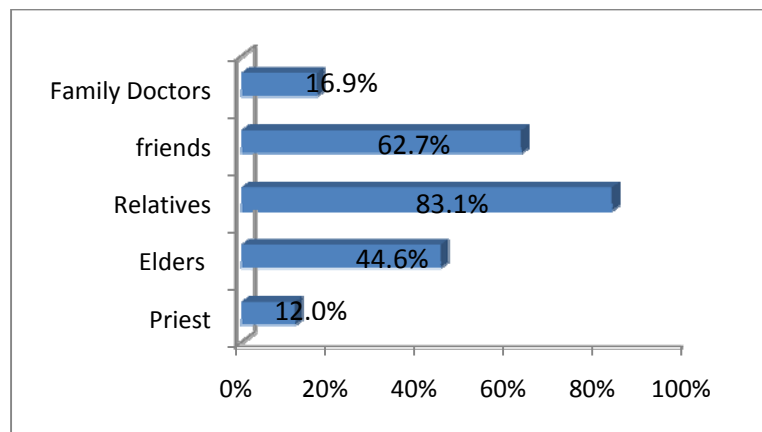
20. In every religion marriage fall apart, is this true for the Sikh religion in Canada?



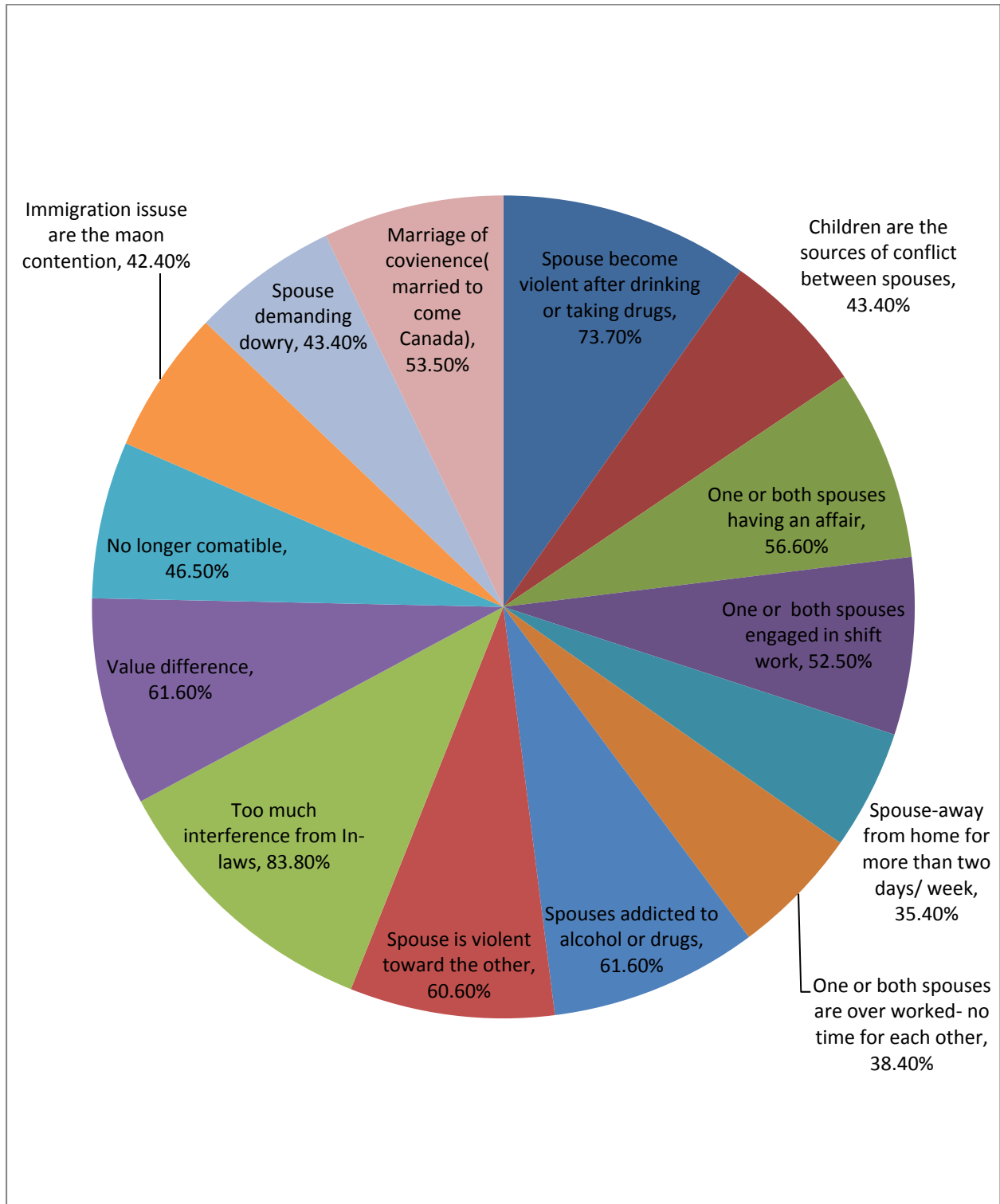
21. Do you think Sikh couples seek informal counselling?



22. If yes, from whom;

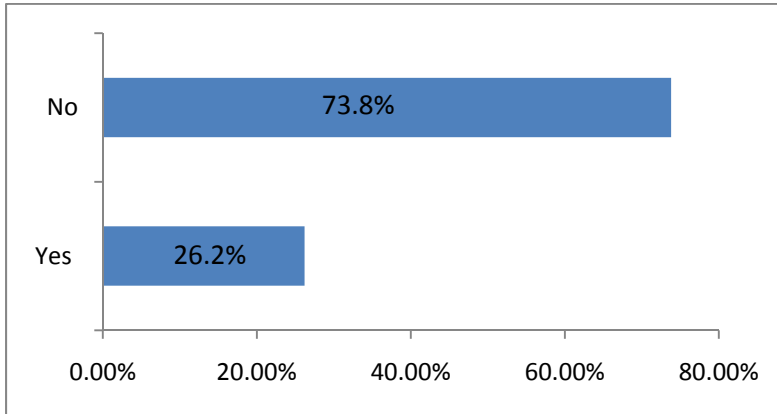


### 23. What are the reasons for the “Failed” marriages?

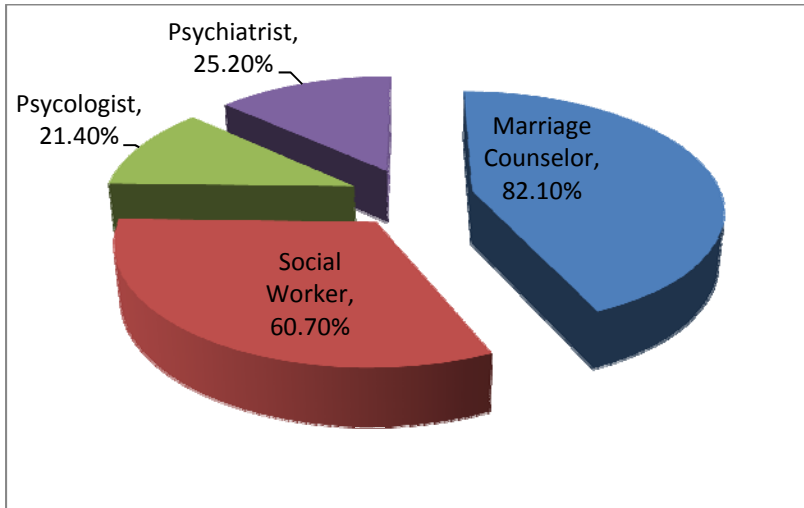




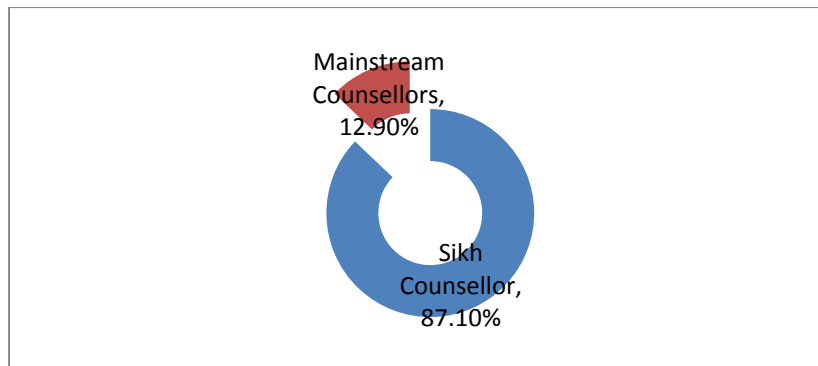
24. Do you think Sikh couples seek formal counselling?



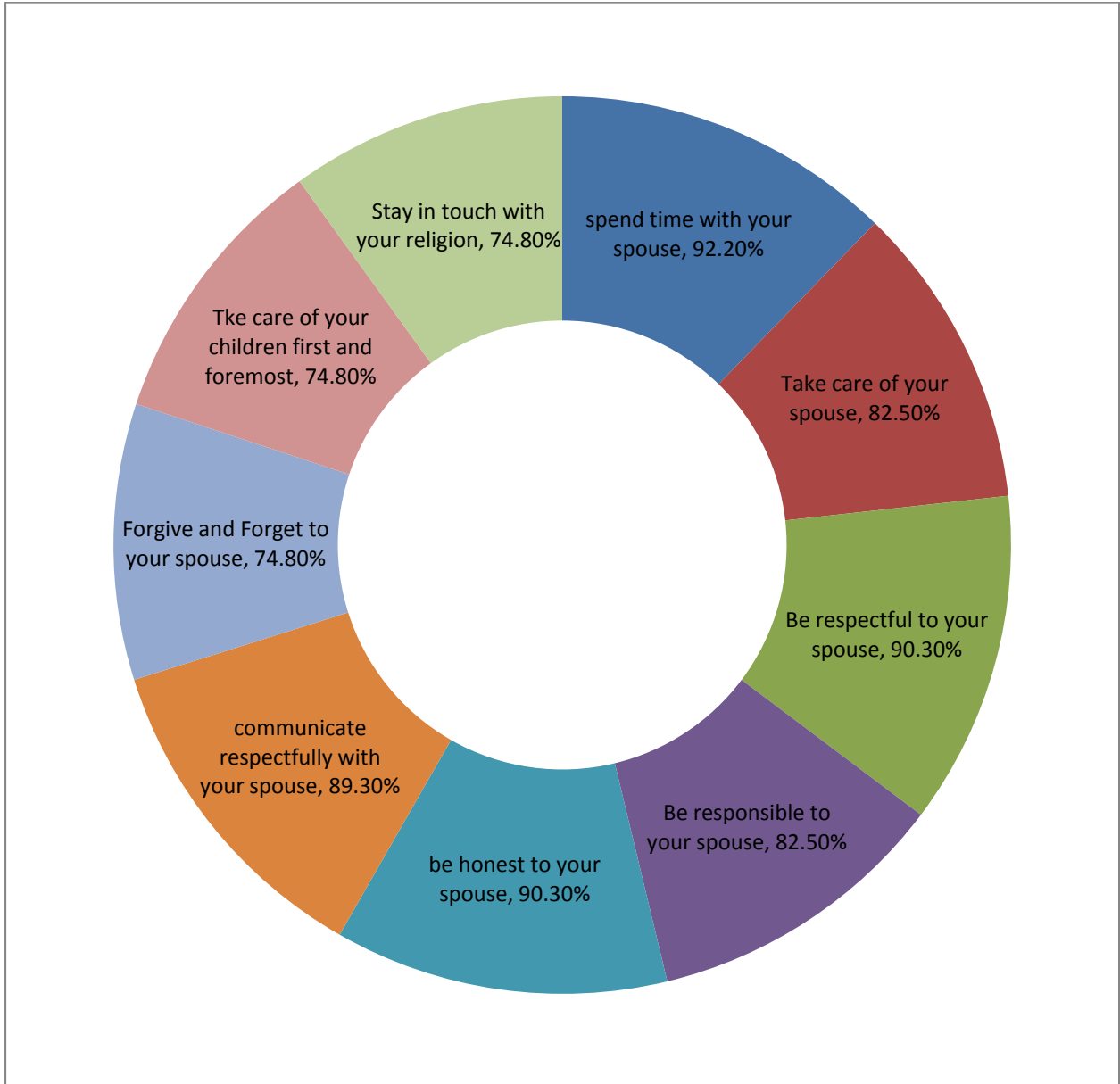
25. If yes, from whom?



26. Would Sikh couples prefer a Sikh marriage counsellor from another mainstream community?



27. What are your suggestions for a strong marriage?



## **Conclusion**

On the basis of the study analysis following conclusion emerged

1. Developed the formal marriage counselling programs for Sikh couples.
2. Education and awareness programs
  - a. Understanding the legal system
  - b. Understanding the social work system
  - c. Understanding the family involvement in the martial disputes.
  - d. Understanding the importance of time-share as a vital code for healthy relationship.

