Religious Counsel Can Motivate Men to Cede Power Voluntarily


“After ‘Becoming One’ Program, we now can sit together and talk without disrespecting each other; we now know how to save together and share about our finances as a couple...for sex...we talk about it and even ask for consent...in case I don’t want he understands me.”

- ‘Becoming One’ Wife

“Before ‘Becoming One’, I would use my money the way I want and would end spending it on unnecessary things but these days I sit and discuss with my wife on how to spend my money rightly. We have even now started building a house and bought a piece of land.”

- ‘Becoming One’ Husband

‘Becoming One’ Program (B1)

**Program:**
Pastors teach communication, shared control over finances, sexual consent and pleasure using the bible to reinforce and exemplify positive relationships.
Couples attend group sessions over 12 weeks.

**Study:**
Using a pair-matched randomized control trial (n=1680 couples), we evaluate the impact of B1 on intimate partner violence (IPV) and power dynamics between couples.

B1 Women More Involved in Decision-Making (DM) about Men’s Finances

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<thead>
<tr>
<th></th>
<th>Percentage of Treatment (B1)</th>
<th>Control (No B1)</th>
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</thead>
<tbody>
<tr>
<td>Man reports Net Income</td>
<td>61%</td>
<td>65%</td>
</tr>
<tr>
<td>Woman Involved in DM Man’s Earnings (W)</td>
<td>39%</td>
<td>46%</td>
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<tr>
<td>Woman Involved in DM Man’s Earnings (M)</td>
<td>41%</td>
<td>49%</td>
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B1 Men Cede Control & Decision-Making (DM) to Women

- 26% Decrease in Freq. of Physical Violence
- 16% Decrease in Freq. of Sexual Violence
- 13% Decrease in Freq. of Emotional Violence

Couples who attended B1
- Use positive conflict resolution strategies more
- Spend more quality time together
- Trust each other more
- Communicate better

Contact presenter on nevatiatvisha@gmail.com