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Counselling helped couples rebuild marriages

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KUALA LUMPUR: More couples successfully reconciled after seeking counselling, with 31 of 236 couples, or 13.1%, managing to repair their marriages, says Datuk Seri Nancy Shukri (*pic*).

The Women, Family and Community Development Minister said these couples had, between October 2024 and August last year, sought help from the Marriage Conciliation Body,

established in collaboration with the National Registration Department.

Another 24% had chosen to continue counselling sessions with the National Population and Family Development Board (LPPKN).

"These figures show that when couples are given the space to be heard, guided and make rational considerations, there is still room to improve



their relationships," she said at the Marital Happiness Forum, held in conjunction with National Counselling Month.

Nancy said the need to strengthen family relationships was increasingly important, with 60,457 divorce cases recorded in 2024, a 4.1% increase from the previous year.

Domestic violence cases reported to the police also rose from

5,507 in 2023 to 7,391 in 2025, she said.

The minister said family conflicts could also affect children.

"When anger is not controlled, it can affect the physical and emotional well-being of a family."

Nancy pointed to work pressures, financial problems, fatigue, feeling unappreciated or pent-up emotions to be among the triggers of anger.

"Therefore, we must learn to manage it in a mature and safe manner," she said.