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THE ROLE OF MARITAL COUNSELING AMONG COUPLES OF NOT MORE THAN TEN YEARS IN MARRIAGE IN ACK PIPELINE EMBAKASI PARISH OF THE ANGLICAN CHURCH OF KENYA

JACKSON GACHIE WANJIKU

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THIS DISSERTATION IS SUBMITTED TO THE FACULTY OF THEOLOGY IN PARTIAL FULFILMENT FOR THE REQUIREMENTS OF THE AWARD OF THE DEGREE OF MASTERS IN THEOLOGY, COUNSELING SPECIALISATION AT ST. PAUL'S UNIVERSITY

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This dissertation is submitted to the Faculty of Theology in partial fulfillment for the requirements of award of the degree of Masters in Theology, Counseling Specialization at St. Paul's University

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DECLARATION

I Jackson Gachie declare that this dissertation is my original work and has not been presented anywhere else by anyone and that no part of this document should be reproduced without the authority of the author.

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DEDICATION

This work is a dedication to my family and especially my wife Susan Wachera and our children Samuel Mwangi, Stacy Wanjiku, & Levy Wachira for their patience, unending emotional and financial support during my study. Special thanks to my brother Joseph Mwangi for your continued prayer and encouragement

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ABSTRACT

Marital counseling is a helping relationship between the counsellor and client which plays a facilitative role in helping couples adopt and cope with life challenges while at the same time promoting marital stability. This research focused on the role of marital counseling among married couples of not more than ten years in marriage in ACK Pipeline Embakasi Parish, Nairobi Diocese. The guiding research objectives were to assess the role of marital counseling in promoting marital communication among married couples in ACK Pipeline Embakasi Parish, Nairobi Diocese, to determine the role of marital counseling in promoting marital relationship among married couples in ACK Pipeline Embakasi Parish, Nairobi Diocese, and to establish the role of marital counseling in promoting marital adjustment in ACK Pipeline Embakasi Parish, Nairobi Diocese. The three objective results showed that marital stability was a desire for most married couples. The study used Family System Theory and Prevention Theory which helped in developing categories to assess marital counseling among married couples. This study embraced descriptive design and purposive sampling to sample population from the larger population. The raw data was collected from couples of not more than ten years in marriage. Simple random sampling was adopted in choosing the informants. The sample size included fifty informants who were strictly members of ACK Pipeline Embakasi Parish. The sample was embraced because it was more manageable than the whole population. A developed questionnaire served as research tool for collecting data. The data was analyzed by use of statistical package for social science (SPSS) version twenty four. The findings indicated that marital counselling among couples of not more than ten years in marriage is an effective way of preventing marital distress, separation and divorce, hence promoting marital stability. This data may enrich the existing data base on marital counselling. This study recommends that married couples should undertake marital counseling together because they are both actively involved in developing their marriage life and its stability. The study also recommends that counsellors should focus on strengthening marital communication, relationships, addressing adjustment issues, enhancing life skills, and helping to foster wellness and resiliency to cope with changes in marriage. Interventions that aim to increase communication skills and relationship building should be put in place to help promote marital stability. Also counsellors should provide a working approach which helps all couples with the decision-making process, and also help couples to understand themselves. Counsellors should psycho-educate individual couples through seminars, workshops and meetings on marital adjustment on marital stability, and lastly there is need to provide marital counselling training packages to individual couples that promote marital relationship and stability tailored to the cultural context of the society.

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ABBREVIATIONS

ACK: Anglican Church of Kenya

ATR: African Traditional Religions

BST: Bowen System Theory

FIDA: Federation of Kenyan Women

KAMA: Kenyan Anglican Men Association

MU: Mothers Union

SPSS: Statistical Package for Social Science

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DEFINITION OF OPERATIONAL TERMS

Church: Assembly of believers or a congregation that meets together to worship, teaching, prayer and encouragement.

Emotional Cut-Off: A case where a person's way of dealing with unresolved emotional problems with his/her family could be by his/her parents or siblings to reduce or completely eliminate all forms of emotional contact with them.

Family Projection: The process by which parents release their emotional problems to their children.

Marriage: A lifelong union between man and woman officially recognized and respected by the community forming the basic unit that the community relies on for efficiency.

Marital Counseling: It is a helping relationship between the counsellor and client which plays a facilitative role in helping couples adopt and cope with life challenges while at the same time promoting marital stability.

Marital Satisfaction: This is defined as the degree to which an individual's needs, expectations, and desires are being satisfied in their marriages

Marital stress: A common occurrence in verbal and physical conflict, emotional or psychological trauma, and unhappiness in a marital relationship.

Marital Adjustment: A state of well-being that is characterized by joy and contentment between husband and wife.

Stability in Marriage: Being married and remaining in marriage without any form of separation.

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CHAPTER ONE

INTRODUCTION

1.1 Introduction

This chapter outlines the background of the study, statement of the problem, objectives and research questions, significant of the study, assumption of the study, the scope and delimitation and the summary.

1.2 Background of the Study

According to Achebe (2010), marital counseling is vital to marital satisfaction and stability in any culture, community and religion. He further states that marital counseling enhances great understanding, effective communication skills and ways to effectively manage challenges in marriage, leading to a satisfying marital relationship. Through marital counseling, one can get information on rebuilding relationships. It also applies to areas where domestic violence and divorce find solutions to marital problems, such as single parenthood. This is an interactive process which involves a unique relationship between the counselors and counselees leading to behavioral change for married couples. It is as old as all societies in the world that provide marital counseling services before and during marriage (Shaffer, 2012:64-9).

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According to Abra (2001), marriage as described from a biological perspective is a union between two unrelated male and female adults who bond together and seek to find rewards from such a relationship while also using it as a legitimate means to procreate.

The understanding of marriage is defined in the concepts of love, sex, mental maturity which create economic, social, educational, professional, family and personal circumstances of two opposite sexes (man and woman) to understand each other's life,

made with love for dynamism and productivity (Keshwarz, *et al,* 2013). Marriage is an institution initiated by God in the Garden of Eden (Genesis 2:24). Marriage is mysteriously important to Christians and non-Christians alike as Apostle Paul points to its deeper secrets in (Ephesians 5:32). From social perspective marriage is defined as a union and co-residence of two individuals of the opposite sex with a long term agreement to each other and their children once they are born as long as they depend on them (Akinade, 1997). Marriage is also defined by Peil (1977) as a conjugal unit that is publicly accepted and is more or less a long-term relationship between a female and male.

According to Olayinka, (2001), marriage is the social center of the union of man and woman as body and soul. Marriage is an interpersonal relationship between a husband and his wife. According to Kepler (2015), God authorized the institution of marriage for companionship, happiness and procreation (Genesis 2: 18-25). It is a place of refuge where partners could find companionship, happiness, warmth, love, and strength to cope with the world. In it God commanded humankind to reproduce and multiply (Genesis 1:28). It should be a vital source of fruitfulness, fulfillment, and protecting couples from the challenges of life, the pillar of hope and foundation on which he can become whatever God intends to be. Unfortunately many marriages are in trouble today. Some married couples lead a loveless, unhealthy, and lonely life together. There are insults and killings while the Bible says that God has set before us life and death calling us to choose life. Marriage counseling programmmes establish an intervention to promote marital satisfaction for effectiveness, development and remedies.

God established marriage to be a place of refuge where married couples find companionship, joy, love, and where they pull their strengths to face the world. It is

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through the marriage and family that God commanded mankind to "be fruitful and multiply" (Genesis 1:28). A marriage should therefore be the most important source of fruitfulness and fulfilment. It should be to a spouse protection against life's challenges, a pillar of hope and a springboard from which to become all that God intended one to be. Unfortunately, many marriages today are in crisis. As a result, married couples live a loveless, and lonely life together. At worst, they curse and kill each other. However, the scripture says God has set before us life and death and invites us to choose life. Programmmes that have been developed to intervene in order to enhance marital stability and quality such as marital counselling should therefore be evaluated for their usefulness and room for improvement identified and acted upon.

Brunn (2010) argues that the function of marital counseling is to reduce marital disputes and improving marital satisfaction. He describes marital counseling as knowledge and training based on the skills to provide people with information on how to maintain and improve relationships once married. Notably, "marriage education is usually done with the goal of building a stable and satisfying marriage and thus preventing divorce or separation" Stahmann (2000). Marriage is an important phase of growth with love, economic preferences, religious beliefs, and social acceptance as reasons why couples marry in different cultures (Cadigan, 1998). Marriage factors are exemplified by institution, roles, stage of life cycle, and partnership (Therborn, 2006). In a marriage institution one faces many challenges due to the modern process that naturally helps to create satisfaction in marriage. In Sub-Sahara Africa marriage is universal with high regard of culture reflected in early marriages and childbearing practices that last until the end of the productive age (Lecho, 1990: 475-492).

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Kepler (2015) claims that marital satisfaction is the subjective feeling of contentment and happiness experienced by a spouse when considering all aspects of a current marriage while for Hendrick & Hendrick it is "the attainment of personal pleasures and the satisfaction of marriage" (Hendrick, 1997:57). Marital satisfaction may be exemplified by sense of humor that a spouse has in relation to their marriage.

One of the purposes of marriage counseling is to help couples to break free from marital problems. Johnson says it is concerned with helping individual couples to make adjustments in their marriage (1961:2). Marital counseling helps to strengthen couples in solving or dealing with problems (Collins, 1980:193). Burke (2014) shows that the institution of marriage is currently in jeopardy hence the challenges facing the marriage institution are globally found in all cultures around the world. According to Amato (2010), it is estimated that 50% of all first marriages in the United States end up in divorce.

Leslie (2019) notes that in the United States of America divorce is a major social problem. The nation is therefore making new efforts to strengthen the institution of marriage by promoting marital counseling. While efforts have been made to enforce the law so far those efforts have been successful only in Louisiana, where divorce has been tackled from both ends. The government has enacted a marriage covenant act that requires couples who are contemplating marriage to seek counseling before getting married. Those who intend to divorce can only do so if they meet certain requirements (Leslie, 2019). In Singapore alone, the divorce rate has inreased. In 2007, only 2.02% of the 1,000 couples divorced. In 2009, this rate increased and increased to 7.7% of married couples. This is a recording of the statistics department in Singapore.

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In Sub-Sahara Africa, divorce is becoming a norm where 25% of marriages end in divorce within 20 years of union (Clark, 2015). One in every 13 marriages in South Africa ends in divorce and 35.6% of it comes from black Africans. In addition, Bogale (2008) shows that 45% of first marriages in Ethiopia end in divorce within 30 years. These figures may be lower in view of the fact that many marriages in Sub-Sahara Africa are informal and that the African details of marital breakdown are irregular and uncommon (Cark, 2012). Although divorce and marital discord are tangible consequences of marital discord, there is little research and analysis of these trends on the African Continent. However, it is in social media, newspapers, courts, academics, and public opinion that concerns marriage and divorce are increasing in African societies (Clark, 2012).

The recent study conducted in Africa shows that 45% of families continue to experience hardships as a result of increasing conflict. Men and women are constantly experiencing sour relationships (Amato, 2014). The population census done in Kenyan in 2009 shows that, 12.6% are married people and in 2016, 15% of the unions in Kenya ended up divorced (Kubania, 2016). Data from FIDA (Kenya), reports that destructive marital disputes are increasing in Kenya. Domestic violence in Kenya is on the rise. Most news items in the media report marital disputes or abuse. In 2014 divorce study in Kenya showed that 6% of women aged 20-24 had been divorced or separated, almost double the number from the past two decades. Divorce and separation are on the rise. As a result of growing cases of marital uncertainty, the Kenyan Government worked Marriage Property Bill to allow even the division of family property separately or in divorce (Matrimonial Property Act, 2013).

The census, demographic and health survey done in Kenya in 2008-2009 showed 15% divorce rate after 20 years of marriage. This is an indication that in Kenya marriage

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institution is in jeopardy or in worse situation than conventional education. Financial instability does not allow pursuant of legal divorce for many married couples as a result they to resolve issues informally. It is not uncommon for a day to go by without a murder case being reported in the Kenyan media which is an indication of how dangerous and tense the marriage institution is today. Soko and Mukinda argue that most families in Kenya are in danger of collapsing due to the gradual shifts from being a focus of love and care to hot bed of greed and violence (Daily Nation; December 24, 2013). Nairobi is one of the counties where domestic violence is rampant and the trend of reported cases is increasing according to economic research reports (Mucheru, 2014). Contentment in marriage depends on the expectations of the individuals and the value of marital life depends on one's perception of the consequences of one's actions.

The goal of finding contentment in marriage is vital not only for the welfare of the family but also for the community. The literature above has indicated that lack of consistency in marital counseling has led to many challenges that affect marital stability. However, there has been limited research on marital counseling programme in Kenya and especially in ACK Pipeline Embakasi Parish. This research aimed at developing a protective intervention for married couples in ACK Pipeline Embakasi Parish to reduce marital challenges. It is for this reason that this study sought to assess marital counseling between married couples at the ACK Pipeline Embakasi Parish.

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1.3 Statement of the Problem

For marriage relationships to be satisfactory and stable, adequate marital counseling is necessary before the union is formed or immediately after. However, present day marriages are no longer based on any formal or social preparation but occur by free choice of the

partners who desire to share their lives. This has escalated the level of marital distress among couples of not more than ten years of marriage (Mackintosh, 2012).

The 2009 census in Kenyan indicated that 12.6 million people were married and in 2016, 15% ended up in divorce Kubania (2016). These trends are worrying alarms in the marriage cycles. Families play an active role in a society to promote stability Gichinga (2003). In Kenya grieving marriages cannot be overemphasized. According to Onyango (2013), many marriages in Kenya are tolerable, bearable, unhappy or broken. In fact, marriage as an institution in Kenya is at stake.

The Nairobi Diocese Embakasi Parish has not been an exception to the trends of marital distress and divorce and the causes mirror those identified by Mobegi et al., (2016). A study by Kyalo (2011) in Nairobi Diocese Embakasi Parish with 210 informants identified marital distress as rampant and mainly being caused by lack of adequate marital counselling. His study correlates with what other researchers have found out that inadequate marital counselling is a prerequisite for marital distress and divorce and that marital distress is higher among couples of not more than ten years in marriages (Bogale, 2008).

Domestic violence is widespread among married couples of not more than 10 years in marriage and divorce is very common in this group. Domestic violence affects even the children in such marriages posing the need to investigate the role of marital counseling programme in promoting marital stability. For a marriage to thrive, sound advice is necessary. This study focused on the role of marital counseling in promoting marital stability. While researches have been done on marital satisfaction among married people there is need to focus on the role of marital counseling in promoting marital stability. This

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study aimed at bridging the gap between the role of marital counseling and its influence in marital stability since most couples go through unaddressed issues.

1.4 General Objective

The aim of this study was to evaluate the role of marital counseling among couples of less than 10 years in marriage at ACK Pipeline Embakasi Parish, Nairobi Diocese.

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1.5 Research Specific Objectives

(i) To assess the role of marital counseling in promoting marital communication among married couples in ACK Pipeline Embakasi Parish, Nairobi Diocese.

(ii) To determine the role of marital counseling in promoting marital relationship among married couples in ACK Pipeline Embakasi Parish, Nairobi Diocese.

(iii)To establish the role of marital counseling in promoting marital adjustment in ACK Pipeline Embakasi Parish, Nairobi Diocese.

1.6 Research Questions

(i) What is the role of marital counseling in promoting marital communication among the couples in ACK Pipeline Embakasi Parish, Nairobi Diocese?

(ii) What is the role of marital counseling in promoting marital relationships between couples in ACK Pipeline Embakasi Parish, Nairobi Diocese?

(iii) What is the role of marital counseling in promoting marital adjustment between married couples in ACK Pipeline Embakasi Parish, Nairobi Diocese?

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1.7 Significance of the Study

This study aimed at establishing reasons which will have positive impact on marriage and family therapists. It encourages marital counselors to demonstrate high understanding of the views of the programme recipients in their response to such programs and areas to improve the development of the practice. It points to the marital counselors the importance of feedbacks on the effectiveness of their plans as well as weakness that can be considered

to improve marital stability. The study may also be useful to members of the counseling staff who may use the findings as evidence of their marital counseling programmes. Some researchers who wish to expand on the concept of marital counseling may also use this dissertation as source of information and reference point. The findings of this study are of great interest to married couples in the ACK Pipeline Embakasi Parish, and other Kenyan couples in general. For marriage to be stable, sound counselling is necessary. This study focused on the role of marital counselling in promoting marital stability.

1.8 Assumption of the Study

The researcher assumed that all the informants in this research were cooperative to provide accurate and reliable information and that they all received marital counseling in some way.

1.9 Scope and Delimitation of the Study

According to Simon & Goes (2013), delimitation refers to factors that rise in defining boundaries of the study being aware exclusionary and inclusionary of the choices to be made in the process of developing the study plan. This research was conducted at ACK Pipeline Embakasi Parish on randomly selected couples who have been in marriage for 10 years and below. The findings of this research were interpreted using the qualitative analyses. This study was therefore limited in determining the role of marital counseling for marital stability for couples around ACK Pipeline Embakasi Parish in Nairobi Diocese. The research concentrated in urban areas so the results may not be transmitted to rural areas. In addition, the research was guided by two theories, namely, the prevention theory, and family system theory.

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1.10 Summary of Chapter One

This chapter has introduced the background of this study and the problem statement. It has outlined the purpose, objectives, and research questions, significance, scope and delimitation of this study.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

The chapter reviews relevant literature for marital counseling and the marital outcome to the recipients. The study aimed at finding the role of marital counseling in promoting marital stability among married couples in ACK Pipeline Embakasi Parish. This chapter provides a review of related literature from various scholars and their relevance to this research as well as specific theories that guided this research. The conceptual framework that guided this research has been pointed out too.

2.2. Theoretical Framework

The study was guided by two theories, functional family systems theory and prevention theory which describe how families adapt to changes and interventions that can make marriages more stable.

2.3 Bowen Theory

2.3.1 Family Systems Theory

During the 1950's, Murray Bowen, along with other American Psychotherapists, began exploring the importance of family to human emotional development. When Bowen talks about emotions, it is important to note that he is not referring to emotions such as happiness and fear, but instead he is referring to expressions more instinctual and even animalistic.

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Describing emotions in the Bowenian context, Gilbert (1982) states that emotions are the intense reactivities, both psychological and mental, including emotions produced in a part of the brain. Human beings share, anatomically and functionally, with the rest in entire animal kingdom. They have the most complex behaviour most needed for individual survival and the species that nature has given them an insistent quality and hard-wired them in the nervous system Gilbert (1982:128-135). Murray Bowen later realized that making a family diagnosis, unlike any other, is important in psychological pursuit. Through focusing on the functioning of a person in contrast to his or her illness, he came up with the most comprehensive theory of family systems of the time that remains the same up-to-date.

Bowen's focus was on patterns that develop in families in order to defuse anxiety. A key generator of anxiety in families is the perception of either too much closeness or too great distance in a relationship. The degree of anxiety in any one family will be determined by the current levels of external stress and the sensitivities to particular themes that have been transmitted down the generations. If family members do not have the capacity, to think through their responses to relationship dilemmas, but rather react anxiously to perceive emotional demands, a state of chronic anxiety or reactivity may be set in place.

The main goal of Bowenian Therapy (1978) is to reduce chronic anxiety by facilitating awareness of how the emotional system functions, and increasing levels of differentiation, where the focus is on making changes for the self rather than on trying to change others. Bowen viewed himself as a scientist, with the lofty aim of developing a theory that accounted for the entire range of human behavior and its origins.

The Murray Bowen`s theory has been used extensively in a variety of family therapy techniques such as Strategic Family Therapy, Narrative Family Therapy or Functional

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Family Therapy. These different types of family therapy are used as an effective treatment option for many types of problems such as dealing with a death in the family, a mental illness, depression, addiction and substance abuse or even relationship conflicts and issues. Family therapy allows individuals to discuss their problems openly and helps establish a clear channel of communication between family members.

Therapy also provides individuals with essential tools and skills they can use in the future when confronted with other conflicts. However, although family therapy can be used as part of a treatment program, it should not be used as a substitute for rehabilitation or medication.

Family therapy involves interventions that assist family members to identify and change maladaptive relationship patterns. The family unit itself is the primary unit of treatment, not the individual. Family therapy works at resolving issues within the family to help individual members to cope better. Most approaches to family therapy aim at altering the system to produce change in the individual members. Kerr and Bowen (1998) explain that a change in one part causes a change in the other parts and thus the entire system – adequate understanding of a system requires the study of the whole. Family therapy can help family members understand each other better, leading to closer family bonds. Bowen emphasized the need for a well-articulated theory as a guide in practicing family therapy.

The Bowenian theory (1978) made an immense contribution to the study. It brought understanding with regard to the behavior of persons especially those who have been and still are in marriage and how they and other factors contribute to marital instability. Through this, it was easier to understand the role that marital counseling would play to

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ensure marital stability and also the areas to be covered when conducting the marital counseling.

The key to this theory is family system. According to this theory, the whole family structure is made up of parts that are connected in some way to achieve the same purpose (Wegscheider, 1984). The parts of the system in a family are the members. The unwritten family rules connect together all members of the family. This family rules reflects family values, and these values help to set family roles in harmony with these principles. These rules determine the function of each member, the relationship between them, the goals they want to achieve, how they intend to get there, and what will be required and prohibited along the way (Wegscheider, 1984). However, lack of marital counseling may cause family members to break up family rules. The family members need to agree on how these roles and responsibilities need to be shared in order to achieve the same goal. In a balanced family system, members unite, and are willing to sacrifice some of their own interests for the benefit of all, care for one another and feel loved by the bigger system, and also have clear boundaries following the balance between belonging and separation and thus achieving marital satisfaction and stability (Bowen, 1976).

Marital counseling may possibly help married couples adjust to different tasks and to make adjustments that will lead to create a happier marriage. One of the family external resources can be therapists and this that can be delivered through the task of helping individuals to maintain balance through making the necessary changes, connecting with their internal resources and strengths, and finally bringing about beneficial change.

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2.3.2 Application of the Theory

This theory may be used effectively to improve marital stability and satisfaction for married couples. There are positive influences and practices arising from the suggestion that family system theory be used as an advisory strategy for improving marital stability. The main among such implications is that, counselors should be aware that bringing about change requires affecting family stability. This should happen before a new stability with positive changes is restored. Changes bring disruption to the family system, so families that need to undergo changes in counseling in attitudes and values since behavior can resist and remain in status quo. Counselors should therefore lead married couples to accept this change. However, this theory by not considering the effect of gender role socialization in the family system has been criticized. This theory could not be used alone to explain how marital counseling affect marital stability.

2.4 The Concept of Prevention Theory (Coie, et al., 1993)

This theory involves engaging preventive interventions with aim to stop problems before they occur in the marriage. The theory was therefore used to inform the present study as clearly indicated below.

Prevention has its origin from the public health sector especially in 1970's. The main concerns of this theory of prevention were addressing health and social issues early enough before they could develop and become deep-rooted into society as opposed to treatment or managing the consequences once the problem has occurred (Allen, 2011). The major goal of prevention theory is to assess and recognize risk factors and to strengthen protective factors for disorders through providing knowledge and development of intervention approaches in order to disrupt processes that contribute to the disorder (Coie, 1993).

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Marital counseling is a preventive strategy focused at removing factors that enhance marital unhappiness. Three stages can be applicable in preventive strategies (Coote, 2012). The primary strategies basically involve identifying the underlying risk and protective factors and intervening before problems and issues can emerge in the relationship (Harvey, Moreno, & Butchart, 2007). This harmonizes well with the goal of the present study which is to explore the role of marital counseling in the first 10 years of marriage. Secondly prevention occurs after the problem has already started. This attempts to mitigate effects of harm that has already occurred (Coote, 2012) and the loss of desirable relationship characteristics with at-risk couples who are experiencing some difficulty and dissatisfaction. Hence, secondary prevention focuses on early identification and intervention in order to avert more serious breakdown and to re-establish healthy functioning in the marriage. Lastly, tertiary prevention involves treatment of married couples already affected by marital distress and seeks to keep serious couple problems from damaging the marital relationship and marital stability (Coote, 2012). This preventive strategy addresses consistently recurring issues that threaten to drive married couples toward separation and divorce.

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2.5 Overview of Theological Significance

Marriage institution was started by God to be a place of refuge where spouses find companionship, joy, warmth, love, and laughter. In it spouses draw their strengths to face the world. Through the family God ordered humankind to "be fruitful and multiply" (Genesis 1:28). A marriage should therefore be the principal source of fruitfulness and fulfilment and where married couples are safeguarded against life challenges. Married couples find a pillar of hope and foundation from which to become all that God intended.

Unfortunately, large numbers of marriages today are in crisis. Marriage institution has become a place where couples live a loveless, lifeless, and lonely life, rather than celebrate each other. At worst, they curse and kill each other. Although the Bible says God has set before us life and death, God invites us to choose life.

The first, marriage institution is divine. In the Garden of Eden, God established marriage and as a first marital union where Adam and Eve were brought together (Gen. 2:22). God's blessing upon marriage is both before and after the first couple's spiritual failure (Gen. 1:28). God's pattern for marriage is clearly expressed in the book of (Gen. 2:24), "For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh". For marriage to be successful God also provided divine guidelines. The marital relationship is seen as a covenant expressed in Prov. 2:17 and Mal. 2:14. God is a witness to the covenant as seen in Mal. 2:14, "The Lord is acting as a witness between you and the wife of your youth, because you have broken faith with her, though she is your partner, the wife of your marriage covenant". The supernatural presence of God as a witness in a relationship uplifts it from merely human task to one with godly initiative and participation. According to both the Old Testament and the New Testaments marriage was declared by God to be permanent (Gen. 2:24-25; Matt. 19:1-12). The Almighty God endorsed marriage and declared it permanent as a union between two persons but one flesh.

Marriage in the Bible demonstrates the individual dimensions of the covenant of God's love to Israel. It is well demonstrated in the Book of Jeremiah 2:2 "I remember the devotion of your youth how as bride you loved me and followed me through the desert". In this case the use of the marital relationship is to put emphasis on the divine relationship between God and His people as is addressed in Hosea 2:2. Mbunga (2010) states that God, the

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Husband, denied His marital relationship with His wife, Israel (Hos. 2:2). When Israel deserts her sinful ways God will betroth her to Himself and in a deeply personal way she will know the Lord God.

Paul in the New Testament illustrates such a relationship between the believer and Jesus Christ in second Corinthians 11:2 by stating "I promised you to one husband, to Christ so that I might present you as a pure virgin to Him". Here Apostle Paul sketched a comparison between Biblical relationships in marriage between husband and wife: "Submit to one another out of reverence for Christ. Wives submit to your husbands as to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Saviour. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave Himself up for her". (Eph. 5:21-25). This passage demonstrated that the relationship between a man and a woman in the marital relationship is remarkable and serious as compared to the relationship between Christ and his church. The lamb (Jesus Christ) inviting his bride to the final wedding is the imagery applied on the marriage relationship.

Marriage and family emphasis in the Bible points at strong dedication and commitment on the part of those who do marital counseling in the church such as clergy and counselors. It is the will of God that church ministers should prepare prospective couples through counseling so that they understand the nature and responsibility of such a sacred covenant. God would hold church ministers responsible for marital covenants entered into ignorance. The purpose and plan of God for marriage expressed in the Holy Scriptures should enlighten the church ministers about their role in counseling in this important area of the ministry. The counselling programmes that have been developed to intervene in order to

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improve marital stability like premarital counseling should therefore be evaluated for their role in promoting marital stability.

2.6 Marital Counseling

Marriage in a traditional African family is not only between the two who have married, but also between the families from which those people come (Mbunga, 2010). Parents could not take the new family without showing honor to their newly married couple and helping them to see the need to make their marriage successful. The parents agreed that a new family has been established but which remained as part of the larger family, the community (Karina, 2011). This new families become sub-programs within the extended family and were expected to conform to the boundaries of the traditional family and the larger community, called extended family. The responsibilities of both husband and wife to each other as a subsystem were clearly defined. The families had to maintain the boundary of respect and friendship that would exist between them. Young couples and their parents were expected to pursue the satisfaction, happiness, and success of their families. The counseling instructions given by a traditional African marriage counselor remained as a guide for the life of the new family (Ng'ang'a & Wasanga, 2010:301-14).

Marital counseling through traditional African Model or Christian Model is a good way of equipping people on how to deal with problems of faith, problem-solving skills and racial diversity (Mbunga, 2010).

According to Ikenye (2013), marriage was seen as something that everyone had to undergo traditional custom. It was i.e rite of passage for both men and women. It was even more significant that the more children and wives there were, the greater the social situation. The ability to maintain a large family was a sign of good leadership. Division of labour was

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central to marital familial functioning. Women's roles included acceptance of leadership and respect for men's direction and leadership. They worked from home and took care of household appliances at home. Male's roles were internal and external. Their importance has been reported as basis for relationship performance. Their community focused role included being protectors of society and sitting on council of elders. The council was powerful in many aspects of health, human, and social. They were used for all aspects that required consultation. They were clearly involved in spiritual leadership in the home and community (Ikenye, 2013).

Ikenye (2014) states that entering into another person's world of experience requires closeness, warmth, hospitality, and distance at the same time. Dealing with a person's journey and experience is like entering a cloud and staying there to observe and listen. A counselor must have active listening skills. One must unearth the underlying issues and be able to read between the lines. This would help him or her to understand the problem and identify where and how to interject and give support. This is the motivation for the current study to be able to identify more effective ways to curb marital conflicts (Ikenye, 2014:59). Ikenye also states that a marital counselor must not engage in passing judgment to any of the spouses who seeks help. One must be ready to show love and care and also demonstrate the expertise through caring, kindness, goodness, and mercy. The counselor and his or her clients should have a shared worldview to enhance their working relationship. It is also important for the marital counselors to let both spouses understand that they share in one Lord Christ to whom they belong and this is a sign of unity which would shape the counseling process (Ikenye, 2014:60).

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In Africa, marriage has many facets reflecting the diversity of their meanings (Hendrix, 1996). The characteristics of common behavioral patterns are part of their traits in many cultures while rituals indicated their origin. Most communities expect permanent residency, coexistence, division of labor, resource allocation, child bearing, sexual relationships and support in the upbringing and training of children (Hendrix, 1996:173). Marriage is the way in which people of the opposite sex come together to form a close bond for the purpose of reproduction, as stated by (Ayisi, 1997). Some African marriages are affected by this reason and as a result childless marriage has no purpose. Certain traditional ceremonies announce certain requirements which must be met for marriages to be legalized (Ayisi, 1997:7).

According to Magesa (1998), Africans point that through their marriage, their families and clans are united in such a way that what one member does for them is done for all. The "communities involved shared their lives in that reality and became one people" (Magesa, 1998). This means that the marital obligations are not binding on the individual but rather on their application.

Ikenye (2008:48), argues that effective marital counselling in the African context cuts across ethic and cultural lines. It must be cut beyond gender, age, and through traditions, rituals and rites. Similarly, Waruta (2013:2) supports this argument stating that it is in the contemporary Africa where marital counseling has not yet been established although counseling goes on informally through family relationship, friends, peers, neighbors and elders. In traditional African society, this role is filled by the medicine men, seers and religious specialists.

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Marital counseling helps any couple to identify and resolve conflicts in order to improve their relationship. It is often offered to support couples which may be thinking about separation or pursuing intimacy and understanding. In marital counseling, relationships are the most important but each partner should also expect to focus on self-improvement and awareness (Foote, 2014). By the time a couple reaches out to a marriage counselor, they are already under stress because of emotional, behavioral, and cognitive traits that predict marital instability, and eventually divorce (Gottman & Notarius, 2002). In 1929, Hannah and Abram started the first marital counseling center in New York City. Unlike individual therapies, marital counseling was initially regarded as a temporary attempt to repair damaged relationships, and it dealt with existing problems as in the past. The introduction of standard system theory and family research has led to marital counseling focusing on structure as a moral framework (Gagliardi *et al.*, 2001).

Marital counseling mainly emphasis on spirituality, Christian life, service, rites, and vows; it gives limited attention and concern to relational dimensions (Mbunga, 2010). According to Wilmoth, and Smyser, (2012), clergies indicate that marital topics covered substantively are the wedding ceremony, relationship to God, and communication respectively.

Some denominations have laid down instructions for marital counseling without detailed steps to follow in implementing the program (Mbunga, 2010). There are claims that churches lack formal programs specifically designed to educate couples on risk and protective factors. In fact, little is known about the content and other requirements of marriage preparation provided by the clergy (Vail, 2012). Marital counseling model is devoid of a standardized curriculum resulting in inconsistent, inadequate and ineffective marital counselling (Mbunga, 2010; Poley, 2011). Besides, many of the church ministers

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have overwhelming responsibilities as church managers they lack sufficient time to prepare or walk with the married couple comprehensively.

2.6.1 Goals of Marital Counselling

Marital counseling programs come in many forms, but they all have the same goal of resolving disagreements, increasing intimacy and respect, eliminating barriers that create a constant feeling of conflict and creating strong sense of satisfaction, empathy and understanding within the relationship framework (Foote, 2014). The idea of setting goals is often put in place although complex and time-consuming. It is not something that can be done simultaneously, unless the couples have been involved in marital counseling beforehand and knows what they want to do. Foote (2014) believes that a practical goal is one that forces everyone to express themselves and deal with them. These goals should be personal and not dependent on what the other person says or does (Foote, 2014).

Looking at the impact of marital counseling and divorce rates Gottman (1999) points out that his long-term research has revealed a positive link between being in marital therapy and getting divorced. The variety of methods used as means of increasing marital contentment has different effects on different couples. Therefore, not all couples are helped in the same way. He concludes that emotions capture the essence of the conversation and that the purpose of marital counseling programs is to improve marital stability and its quality (Gottman, 2007:8).

The study has shown that a wide range of clients' achievements ranges from improved understanding of their status through emotional stimulation to improved communication with their partners. This suggests that marital counseling is a tool for couples dealing with marital instability (Brown, & Manela, 1977). A study that examined changes in marital

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satisfaction after marital counseling showed that about 48% of couples showed increased or complete renewal in marital satisfaction over five years. It was determined that the decline in relationships was due to 38% of couples and 14% remained the same (Foote, 2014). There is limited research on the level on stability of couples' counseling between partners who have participated in some form of counseling prevention. According to a survey of client satisfaction through marital counseling, 75% of participating clients found it helpful (Brown, & Manela, 1977).

2.7 Marital Stability

Hinde (1997), says that marital satisfaction refers to a global assessment of marital relationships and is associated with the quality of marital cooperation, as well as the well-being of individuals. It also refers to marital happiness, who is or not happy in marriage (Markman, Blumberg, and Scott, 2001).

Satisfaction and happiness in marriage can be observed at the same time. According to Regan (2008), marital satisfaction appears to change over time and is influenced by factors such as circumstances, and personality traits that can affect marital satisfaction for both spouses. Regan (2008) suggests that satisfaction in marriage occurs when a couple feels more satisfied with each other. Marital satisfaction is a multi-faceted and multi-dimensional experience (Mosmann *et al.*, 2007), and it is widely researched by various scholars (Berger & Keller, 1970; Gottmann, 1993). Satisfaction in marriage is a psychological state that involves the process of assessing how well a person's needs, expectations and desires are met in marriage (Li & Fung, 2011).

According to Bird and Melville (1994), marriage is defined as the union between a man and a woman, which takes place within a set of designated rights and duties. Marriage is both a

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personal and a social institution with a system of obligations, duties, rights and privileges. It means connecting and making a loved and loyal one happy through emotional and sexual intimacy. "Marriage is not just a personal commitment between partners; it is a social and legal commitment to a larger society" (Bird & Melville, 1994:196).

Marriage can be better understood in terms of need to belong and participate as powerful motivators that lead people to connect with the community and to build and maintain lasting relationships between them. Having a close and long-term relationship often produces positive emotions (Davis K, 1985). However, the loss of attachment often causes pain and frustration even if there is no good reason to keep it or even if keeping it is too expensive. On the other hand the need to belong can only be met in a pleasant or satisfying relationship. Belongingness has positive effects on health and well-being. Physical and psychological problems are often seen in the context of dissatisfaction with the need for membership. Happy marriages are an important part of a person's life. Happiness in marriage is linked to physical and mental health. In addition, the benefits associated with marriage are far greater for women than for men, (Bird & Melville, 1994:61).

Although constructive associations associated with happy marriages have been shown, there is still confusion in terms of contentment in marriage. Many related terms, such as marital happiness, marital adjustment, marital stability and marital quality are often used in literature instead of the word marriage satisfaction (Bird & Melville, 1994). This study applies Rho's (1989) definition of marital satisfaction as an independent assessment of the level of happiness, or satisfaction found in a marital relationship between spouses (Rho, 1989:5). Aside from the confusion of the word satisfaction in marriage, the theories of marital satisfaction do not reflect the same structure. Warren (2000), states that there is no

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unique and consistent belief in marital satisfaction. He expresses inconsistencies by pointing to the breadth, humility, and difficulty of contentment in marriage.

According to Bradbury (1995), marriage often begins as a source of satisfaction but it often ends with disappointment. To change the positive outcomes of marriage mentioned above, marital dissatisfaction has many negative effects on the life of each individual and his offspring. He suggests that marriage incorporates different personal habits, values, and attitudes. The interaction of these different traits is bound to create difficulties or conflicts. Parental disputes may have a negative effect on children because they threaten their sense of security and self-esteem.

Furthermore, it is possible for parents to be aggressive with each other and to display aggressive behavior to their children. In view of these negatives related to marital dissatisfaction, it is clear that adopting satisfactory marriages and preventing unsatisfactory marriages is very important Bradbury (1995:1). The conclusion is as Bird and Melville (1994) suggests that if the elements of a successful, satisfying, and happy marriage can be achieved, it is possible to change the unhappy marriage For this reason, personal and relational factors affecting contentment in marriage should be dealt with.

According to Bergcross (2001), marital relationships are often disrupted by thinking. In this way the relationship between cognitive variables and marital satisfaction also plays a major role in marital research especially in recent decades. Negative emotions and symptoms are closely related to marital problems. In addition, depressed couples in the family create vicious circle. Bradbury (1995), views negative events as global and contradictions as incidental. According to Miller & Bradbury (1995), couples report relationships between marital commitment and marital satisfaction with illicit traits related to high levels of

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negative and low levels of inclusive behavior and high levels of hostility and rejection between individuals. The relationship among these variables is strong for women and mostly with unbalanced marital traits that characterize less positive and negative behaviors (Bergcross, 2001:10-2).

These findings show that there is a correlation between understanding flexibility and relationship satisfaction. In addition, the role of self-confidence and perceived control as a diversity of personality is also investigated for their effects on marital stability. Stability in marriage is related to self-esteem and control of conflict. It is very helpful to check those marriages with instruments made for particular custom. In similar way, Hunler and Gencoz (2003) states that cultural differences must be taken into account in the study of marital stability. It should be noted that social and economic changes can reflect knowledge of family relationships.

According to Parsons (2007), when a couple decides to marry they mostly begin the process of negotiating or re-negotiating potential issues such as child rearing, jobs, housing, holidays and religious programmes among others. During negotiation process before and during the marriage each person examines his or her own values and conducts to determine which ones are most important to be involved in the relationship. This process is not always easy and may lead to misunderstandings, conflicts and dissatisfaction in marriage. According to Ikenye, (2013), initiation ceremonies were also another method used to prepare people for marriage. The ceremonies gave men and women the right to marry because it provided the final training needed to make people marry. The event involved rituals of several boys and girls for some physical circumcision exercises, several tests on

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physical endurance skills, teachings on how an older man is expected to take good care of his wife and family and performing various rituals and ceremonies.

Girls are taught how to manage and obey their husbands and to take care of their homes. They are enlightened about what to do in the face of conflicts and disagreements with their husbands and new parents and relatives. Parents, grandparents, aunts and uncles took on the role of mentors and peacemakers because Africans look for good relations. They believe that good relationships are needed for the young people who got married plus their families. Waiten (1986) argues that marriage involves a union recognized in a community of adults living together sexually. Sarpong (1974) adds that marriage is a popular phenomenon among people who are already in love where the genealogy of contract parties is of great interest. Marriage gives men partners who can fully express themselves both body and soul. If a partner feels confident, his or her partner is his or her own and his or her own life, therefore, he or she can trust him or her with his or her personal feelings. One cannot trust a person to whom relationship has a possibility of impermanence. Ofosu (2001) quotes Dicks (1967) stating that marriage is a social relationship, a voluntary agreement between two people to enter into an agreement to play certain roles, satisfies each other's emotional and social needs, and also achieves or complies with the tolerant standard and requirements and practices. According to Knox (1988), marriage in the US is a contract in which adults of the opposite sex have emotional relationship and legal commitment to each other according to the laws of the state where they live.

Dynamics of culture, religion, law, education, origin, among others help to create standards of what is considered necessary to build emotional closeness and especially in marriage. In developed countries, satisfaction levels are linked to personal preferences or satisfaction

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standards established in relationships. On the other hand, cultures with more common backgrounds like in Eastern Countries, the levels of satisfaction are linked to the way they are treated by members of the spouses' family (Tatla, 2004). Religion plays a vital role in the lives of many people. Religion is said to improve one's life and marital satisfaction, to help and to guide one in the face of crisis and chronic illnesses, in providing an outlet of support in the face of stress, and creating happiness (Weaver *et al*., 2002). Couples' decisions about their religion may among other things, cause controversy however Parsons *et al*, (2007) shows that religion is defined as the development of personal satisfaction in marriage.

Satisfaction in marriage and religion has linkages. It is said that interfaith marriages are associated with lower marital satisfaction (Parsons et al, 2007). Heaton & Pratt (1990) claims that same-faith marriages increase the satisfaction of each other and the stability of the marriage because both spouses have the same religious beliefs that lead to less conflict between them. Oliver (2008) agrees with Heaton & Pratt (1990) that "people with similar religious beliefs tend to enjoy greater contentment and stable marital relationships while engaging in various religious ceremonies can result in higher levels of marital satisfaction and stability" (Oliver, 2008:71).

Marital satisfaction is individual's happiness in marriage based on his or her own inner thoughts. Religion often serves as a major source of marital satisfaction for Mahoney (2010). Wilmoth (2010) argues that marriage counseling improves marital satisfaction by increasing a person's commitment to his/her partner lowering the divorce rate. Kepler (2015) agrees with this argument claiming that marital dissatisfaction can lead to divorce and can affect people of all ages, races and cultures. Marital counseling often reduces

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marital instability. According to Farnam (2011), many states in the US offer marriage counseling programmes for couples who wish to be assisted but services are not available while the consumers are available. One of the reasons for not using services is that these programme facilitators do not trust that couples involved will meet their needs. Satisfaction in marriage also requires that married couples enjoy satisfying sexual relations.

The sexually explicit topics discussed during marriage counseling are particularly helpful because some intimacy in any marriage is very important. According to Farnam (2011), sex provides intimacy, closeness and bonding when couples are busy making love for a long time hence may not feel the intricate distance of a relationship. Since the topic of sex is often non-African it is often overlooked however this topic in the context of marriage is accepted for it provides couples with a platform to discuss practical issues such as sex and birth control. Many young couples are blinded when they first fall in love. A sense of trust and acceptance, follow-up and longing are important factors in ensuring marital satisfaction. According to Kepler (2015), factors that contribute to marital failure include, lack of communication, disagreements over child-rearing styles, infidelity, differing expectations, lack of commitment, employment issues and financial management among others. The ability to communicate effectively is important in any relationship because it ensures that couples understand each other. Futris *et al*, (2011) noted that couples who engage in marital counseling are more likely to have marital stability and are less likely to be divorced. They also tend to have fewer negative relationships and have a higher level of happiness in their marriage and less negative communication.

Finally, while some couples successfully resolve their differences, others find it impossible leading to divorce. Dew and Huston (2012) suggests that disagreements and negative

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communication styles are both common contributors to divorce. This is especially true when couples disagree about money. In addition, financial matters have been the focus of research investigation compared to the impact that daily money has on family life. Research has shown that financial issues are important predictors of divorce (Dew & Huston, 2012). When partners are unable to resolve differences, money demands or has conflicting intentions to use or save, disagreements often arise. Men and women report that their financial disputes are more complex, longer lasting and more important to them than other types of disputes. There is evidence that financial disputes between spouses are accompanied by a decrease in marital satisfaction (Dew & Huston, 2012). Therefore, marital counseling or marital therapy is crucial to marital success and stability (Li, *et al*., 2015).

2.8 The Role of Marital Counseling in Marital Communication

Communication in marriage is defined by Bievenu (1960) as an exchange of feelings and meaning as husband and wives try to understand each other and see their problems and differences from the perspective of man and woman. Communication is not limited to words, "it occurs through obedience, peace, facial expression, and body touch" (Bievenu, 1960:1). Communication skil ls have been identified as the key to a successful and satisfying marital relationship (Gottmann, 1982). With effective communication skills, married couples spend more time sharing their feelings and less time in conflict. According to research, key factors associated with good communication include self-disclosure, active listening, and conflict resolution.

One of the aspects of marital communication is self-disclosure. Most people who consider themselves happy are satisfied with the way they communicate with their partners. One of

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the most obvious and powerful ways for couples to communicate is self-disclosure (Hendrick & Hendrick, 1992). Hendrick and Hendrick, 1992 concurs with Berg & Derlega, (1987) that self-disclosure has three basic elements, personality traits, playing a role in developing relationships and dissolution and is associated with psychological stress. According to Morton (1978), self-disclosure is related to marital discontent and marital discord. Self-disclosure is an important part of a relationship as it contributes to the development and maintenance of marital satisfaction. The level of self-disclosure can predict happiness in marriage over time with couples who are able to share their feelings with their partners, talk about their difficulties and are more satisfied with their relationship (Rogers, 1999). While moderate levels of self-disclosure are associated with higher levels of marital satisfaction, both low and high levels of self-disclosure are associated with higher levels of marital satisfaction.

Another aspect of communication is active listening. Active listening is a form of listening and responding that involves paying attention to the content and feelings expressed by another person (Morton, 1978). It is the process of hearing, understanding and expressing that is audible and understood (Amato, 1999). During active listening, the partner actively responds to the other while keeping his or her attention fully focused on the speaker (Amato, 1999). Active listening is also a common and useful method recommended for conflict resolution. The benefits to the audience include greater emotional maturity, greater self-defense, and greater democracy. Active listening builds deep, positive relationships and positively alters the attitudes of the listener (Amato & Rogers, 1999).

Another factor related to good communication is conflict resolution. Amato (1999) defines conflict as a situation in which two or more parties have conflicting goals that cause the

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intentions of one partner to interfere with the other in order to achieve their goals. Gottmann (1999) has found that the level of communication between couples when trying to resolve disputes like financial, is accompanied by changes in marital satisfaction and divorce. However, a sense of marital satisfaction can be linked to the ability to effectively manage conflicts than many other dynamic relationships (Gottman, 1999).

In the field of communication, Ogumbe (2018) argues that free and honest communication creates an atmosphere that allows family members to express their differences with love and understanding. It is through communication that family members are able to solve the inevitable problems that arise from all families. He retaliates by saying that effective communication is always available to working or healthy families. While unfamiliar communication is found in dysfunctional or unhealthy family relationships. There is a strong link between communication patterns and satisfaction with family relationships. Marriage and family therapists often report that improper communication is a common complaint of troubled families. Wrong communication is vague and inaccurate. It can lead to many family problems, including excessive family conflicts, unsuccessful problem solving, strained relationships, and weak emotional bonds. People who measure their communication are more satisfied with their relationship for five and a half years of marriage (Markman, 1981).

For marriage to thrive, good communication within the family is essential. According to Kiuna and Kiuna (2010), communication is the key to solving marital problems. For a couple to have a happy and successful relationship with each other, they need to communicate well so that they can express their deepest feelings and their basic needs. One of the hallmarks of a satisfying marriage and family is good communication according to

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(Kiuna & Kiuna 2020). Communication in a healthy marriage or family benefits all its members resulting in good listening skills. Improper communication is seen in a marriage that is unhealthy and ineffective in a family relationship. Effective communication is reflected in healthy and active relationships. Negative communication is often vague and indirect that can lead to a number of family problems including common domestic violence, conflict, unresolved issues, binding weak feelings and lack of intimacy. Mistrust in relationships can also be caused by poor or ineffective communication.

From this perspective, it is clear that people may need to have effective communication and problem-solving skills to resolve differences between them and the qualities of their partners to make marital disputes more useful. Marital life has many distinct stages. Different periods of life and different stages of the family life cycle contribute to marital satisfaction (Bird & Melville, 1994). The extent of extraordinary potency of sex and the high expectations a woman holds may not be very satisfactory. The perceived value of agreement between the couple's expectations and the values of the marital roles has a strong, positive and satisfying relationship in the marriage. The role of social support in marital satisfaction can be investigated. Studies on older couples showed that the perceptions of social support in marriage that accompany both partners are marital satisfaction and their well-being rather than that of husbands (Bird & Melville, 1994).

Fielder (2001) reported that married women when they are very depressed about their husbands, they experience increasing disagreements and unreasonable social support in their marriage. On the other hand the apparent social support of these women relates to their marital stability. The level of social support for married couples predicts marital adjustment for couples when their children are ill (Fielder, 2001). This study aimed to look

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at the role played by marital counseling in promoting marital communication and as a result promotes marital stability in ACK Pipeline Embakasi Parish, Nairobi Diocese.

2.9 The Role of Marital Counseling on Marital Relationship

Marital relationships are important as they are given so many values in society. Clark (2012) argues that marriage binds a married couple into a way that is not available to others in a relationship. Commitment to a marital relationship can improve the stability of marriage. Studies have shown that the power of commitment affects marital relationships (Mable, 2014). Relationships built on commitment are satisfying and married couples enjoy it. Married couples who are committed to their relationship are happy with their marriage. Li and Fung (2011) reports on positive results when couples spend time talking or eating and enjoying marital stability but not the time spent together caring for children, doing homework, watching television, or engaging in organizational activities. This means that spending time regularly together contributes to a successful marriage. The time spent together plays a vital role in building marital relationships.

According to Driver and Gottman (2004), married couples who were satisfied in their marital relationships often engaged in behaviours such as kissing, hugging and chatting with partners daily. Common involvement in these forms of communication leads to the notion of intimacy and connection that gives a shared value when it is repetitive, patterned, and important, taking on a strong and powerful meaning of association (Phillips et al, 2009). Marital counseling is very effective in reducing marital discord. For Blanchard (2008) marital counseling programs have two major implications. It focuses on helping married couples develop better communication skills and problem-solving skills among others. Counselor directs couples to use these skills. Secondly, it is a code of conduct in

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which information on the quality of marriage is presented. Here is how married couples learn about these issues and try to come up with specific strategies to deal with them.

Bowen (2005) argues that marital counseling programmes are effective in building marital relationships and communication skills. While considering the importance of marital enrichment programs in marital satisfaction, Gottman (2007) expresses his deep concern over the importance of the ideas he says are supported by "talented theorists" and suggests that many have long been despised. Gottman (2007) states "Perhaps the biggest myth is that communication and more importantly, learning to resolve your disputes is a royal path to romance and a lasting and happy marriage." Of greater concern is that even after marriage treatment and counseling on recovery rates are important.

Conclusively, marital counseling plays a key role in helping the married couple to grow and develop a positive self-esteem that foster marital relationships. Marital counseling has been shown to make married couples fully aware of and responsive to the impact of the environment. However, a number of studies have been conducted in the west where marital counseling is well developed with many counselors trained to deal with various issues but very little has been done in the ACK Pipeline Embakasi Parish to show interventions used by married couples to promote marital stability and satisfaction. This study aimed at looking at the roles played by marital counseling in enhancing marital relationships and as a result enhances marital stability in the ACK Pipeline Embakasi Parish, Nairobi Diocese.

2.10 The Role of Marital Counseling on the Marital Adjustment

Marriage adjustment is an attempt by married couples to achieve a common ground for the same purpose and balance in certain marital situations. Married couples who do not work together but can agree on marital and family problems and solve their problems well are

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described as compatible marriages (Erbek, 2005). According to Bali (2010), marital union is hidden when the wife and her husband are dissolved in all aspects of life both materially and spiritually. It is essential for a marriage to thrive when it comes to growth and maturity. If these improvements are not fully realized, the end of a marital relationship is inevitable. Marriage preparation requires a satisfying relationship between couples which is characterized by interest, engagement, understanding and acceptance (Foote, 2014). Being important in the early days of marriage, the preparation for marriage is something that should last a lifetime. Sexual intimacy and entertainment are among the most important factors of achieving a successful marriage. It is important that the definition attached to marriage is finding the right person in a marriage (Goel & Narang, 2012). There was also a need to look at this in ACK Pipeline Church and to investigate how married people do adjustments to the many problems they face.

2.11 The Influence of Social Factors on Marital Stability

Robinson and Blanton (1993) states that the key social factors identified by most married couples include, level of education, social interaction, gender, the presence of children, age, and commitment. They aspects are discussed below.

2.11.1 Level of Education

Jose and Alfons (2007) found that there were many unstable marriages among highly educated women. This means that these women are dissatisfied with their marriages. The findings are consistent with Sorokowska et al., (2017) arguments that highly educated women are less satisfied in their marriages. Jose and Alfonso (2007) also pointed out that increasing level of education of a couple can lead to better understanding of marriage partners, which can increase their marital stability. Thus, a higher level of education can

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lead to improved communication and conflict resolution in relationships. It can also increase the economic status of families and in this case pressure from economic issues decreases. The end result is improved marital stability (Bakhshiet, et al, 2014). According to Annita (2016), marital stability seems to be the basis of understanding that involves the interaction of human circumstances to a certain degree. Stability in marriage differs from formal education which is a higher level of education for spouses that enables them to better understand each other to enhance their marital stability. This study investigated these determinant factors and how they play a role in marital stability.

2.11.2 Social Networks

Hansen and Novotny (1991) examined the relationship between social network structure and marital stability and found that marital stability was closely related to network integration (couples share social network) and size (number of contacts) but not size (size in which network members interact) then with the independence of the person you are focusing on. Hansen found that marital stability was greater when spouses had large networks and when there was a strong connection between their networks. Julien and Markman (1991) found that partners' support especially for men was a critical flexibility in relationship satisfaction. They argued that it took more pressure for men to seek support from their wives than to oppose them. Furthermore, when men need support, they do not seem to improve the quality of their relationship. Burda and Schill (1984) claimed that men had a very difficult time seeking help from their wives.

2.11.3 Sex

Gottmann (2004) argues that with long-term married couples, their sexual intimacy improves as they got to know each other well. Couples knew what they liked and disliked

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because of their close relationship. Gottman (2004) examined the relationship between sexual intercourse, sexual satisfaction and marital adjustment finding that sexual satisfaction was closely linked and certainly sexual satisfaction with marital adjustment, satisfaction, unity and expression of affection. It seems that being able to communicate with your partner helps in many different areas of the relationship. As an additional factor affecting marital stability is menstrual disease in women satisfaction. Marital stability and menstrual cramps are closely related. The behavior of parents in marriage and their marital stability seen by their children can affect the quality of the children's marriage when they are older and married. The quality of marriage is passed on from parents to offspring. Married couples who are experiencing marital discord between their parents point out many problems. From a learning perspective, children see and learn from their parents' bad behavior and yet they do not have a list of positive social interactions that allow for marital satisfaction.

2.11.4 The Presence of Children

The presence of children in the family can also affect the contentment of marriage. The importance of children in marital stability does not end as reviewed in the literature. There are studies that suggest that having children increases marital stability. Foster (2003) claims that the presence of children increases marital stability and satisfaction. However, there are studies that suggest that having children reduce a couple's level of marital stability for example Newman's (2004). In Africa where children were considered as property, there was need to determine whether the number of children affected marital satisfaction. In Murray Bowen's view (1978), the development of anxiety levels is now focused on children. When parents focus on the child, the child also focuses on them. The child is more

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sensitive to the needs, expectations and attitudes of the parent compared to his or her siblings. The whole process puts a child at risk of mimicking or even incorporating into a growing family conflict. This can lead to a child's disability that will affect his or her performance and social interactions.

Hackel and Ruble (1992) identified the changes in marital relationships after the birth of the first child. When expectations for 'sharing the responsibilities of caring for children and maintaining a home are met, marital satisfaction diminishes.' Lee (1999) studied Korean-American marital stability and noted couples reported factors contribute to marital stability and satisfaction were children, love, sexual satisfaction, sexual fidelity and shared responsibilities. A similar study of couples in such community reported that the length of the marriage and the presence of children were not related to marital stability (Fielder, 2001).

2.11.5 Age

Another factor affecting contentment in marriage is age. The decision to marry shows that the present and future benefits of marriage are believed to be far higher than the worst. Married couples are often found to be better off in many aspects of their marriage than all other categories of single people (Waite, 1995). Early marriage was common in many African and Asian societies, and it was a pre-1950s practice in many countries on both continents (Garrene, 2004). However, recent marriages and especially over twenty five years seem to have become acceptable symbols of western culture and Japan in the late twentieth century including other rare South African countries such as South Africa, Namibia and Botswana. Some developing countries and middle-class societies appear to have prominent age pattern of twenty to twenty four years with varying degrees at each

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level (Singh & Samara, 1996). Christianity and Islam are both determining factors that prioritize marriage and the purity of women before marriage and therefore affect the age at the time of marriage (Garrene, 2004:57-77).

Expectations and demands from married couples change as the attraction of both increases as they grow older. On the other hand Neda (2016) noticed that as a couples grow older they have better understanding of each other and have better feelings about their marital life. While marital satisfaction seems to increase with age, both sexes do not express the same levels of satisfaction (Garrene, 2004:57-77). Bradbury (2000) establishes the relationships between the age and marital stability claiming that the benefits to both the couple and community, and the community were that when couples formed strong marriage unions, such unions often limit the individual's involvement in criminal activities. The findings of the study suggested that the continued decline in divorce rates could be linked to a dramatic increase in traditional African marriage.

2.11.6 Commitment

The role of commitment in marriage has emphasis from many scholars. Bird and Melville (1994) defines commitment as partners' willingness to stay together for a long time because they see their partner as potential and beneficial and states that committed partners resist the efforts of others to undermine or destroy their relationship. They act as supporters of each other and constantly remind themselves of their privilege of being together. They both point out that any unhappy marriages do not lead to divorce or separation. Many couples find a place to live that may be the result of their commitment to their marriage (Bird & Melville, 1994:77). Adams and Jones (1997) focuses on commitment as found by married people by examining three basic principles of commitment to marriage as an attraction

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based on contentment, dedication, and love. The moral component, based on the concept of personal obligation, personal and social responsibility, and the liability component based on fear of social, emotional, financial or legal consequences of the termination of the relationship. They suggest that personal commitment, dedication, contentment, and love are more closely related to contentment in marriage than in any other aspect.

While the review of literature showed that marital counselling was effective, however there was lack of adequate research in ACK Pipeline Embakasi Parish that explored the role of marital counselling in promoting marital communication, marital relationship and marital adjustment for married couples of not more than ten years in marriage. Therefore, this research aimed at looking at the role played by marital counselling in promoting marital stability for married couples of not more than ten years in marriage in ACK Pipeline Embakasi Parish.

2.12 Research Gaps

The literature review above has clearly indicated that researches done on marital counseling mainly focuses on marital satisfaction not on promoting marital stability. This gap that the researcher has identified is the motivation of doing this research since for a marriage to thrive, sound guidance is paramount. This study focused on the role of marital counseling in promoting marital stability. According to Onyango (2013), many marriages in Kenya are tolerable, bearable, unhappy or broken. Domestic violence is widespread among married couples before their twelve years in marriage and divorce is common in this group. It affects even the children in such marriages hence there is need to investigate the role of marital counseling programs that promotes marital stability. Problems in marriage are associated with lack of adequate counseling in areas such as social, sexual, educational,

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economic management, communication, and personal relationships. Hence, there was need for clearly outlined marital counseling programs for the married couples. The 2009 census in Kenya indicated that 12.6 million people were married and in 2016, 15% had ended up in divorce (Kubania, 2016).

A research gap was also identified in Strong and De Vault's (1997) study which acknowledged communication breakdown but did not provide ways of improving the communication breakdown and its impact on marital conflicts among married couples in the church. This study also focused on communication improvement skills such as listening and giving back feedback. This study investigated the ways of empowering marital counselors to be able to learn new ways of interventions. Financial matters being sensitive issue and major contributor towards disconnected relationships was highlighted as Riedmann (2002:168) in his study pointed out that effective ways of helping the married couple to resolve such issues have not been provided. While some research has been done mainly on marital satisfaction among married couples there is need to focus on marital counseling. This study aimed at bridging the gap between marital counseling and how it promotes marital stability between spouses especially in the ACK Pipeline Embakasi Parish since most married couples go through unaddressed issues due to lack of pre and post marital counseling.

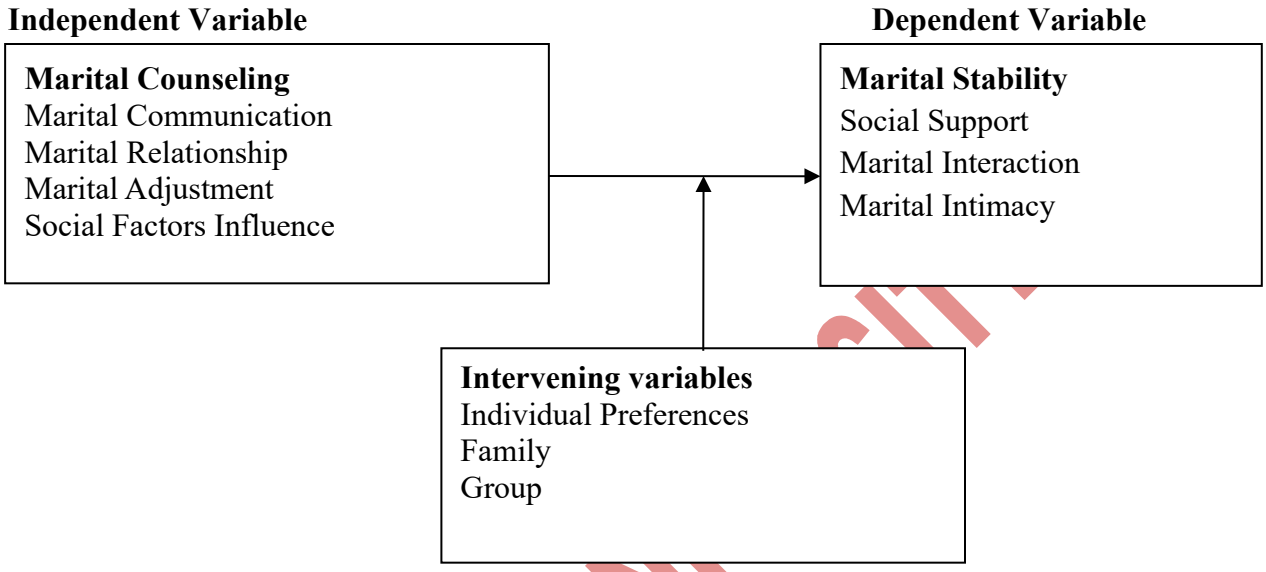
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2.13 Conceptual Framework

The conceptual framework below outlines the role of marital counseling in promoting marital stability among married people in ACK Pipeline Embakasi Parish. This conceptual framework shows marital stability as a dependent variable while marital counseling is an

independent variable, then individual preferences, family, and group as the intervening variables.

Figure 2.1: Conceptual Framework



2.14 Summary of Chapter Two

The researcher found that different scholars had conducted various studies on marital counseling and marital satisfaction among spouses coming up with different findings. This chapter has looked at the theoretical framework with a focus on the concept of family system theory and prevention theory.

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CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

The focus of this study was to investigate the role of marital counseling in promoting marital stability at ACK Pipeline Embakasi Parish, in Nairobi Diocese. This chapter describes the research methodology applied focusing on the research design, target

population, sampling procedure, data collection instruments used, data collection methods, data analysis and presentation.

3.1 Research Design

This study used a descriptive research design that uses both qualitative and quantitative methods. This was considered the most suitable for this study as more information can be obtained from most people. According to Ali (2006), descriptive research involves interpreting events as they really are without manipulation about what caused the event or what is perceived. In descriptive design, ideas, facts, among others are collected, analyzed and used to answer research questions. The descriptive design also enabled the researcher to be flexible and quick responses were available to informants.

3.2 Target Population

The number of people used was a complete combination of all items, topics or members associated with a particular set (Mugenda & Mugenda, 2003). The subject in this study was married people who had been married from 1 year and not more than 10 years. The target population for this study was 498 married couples who are the congregants of ACK Pipeline Embakasi Parish. A sample of 50 married people was excluded from 498, (approximately 10%), this small number being better treated for analysis purposes.

3.3. Sampling Procedure and Sample Size

A non-probability sampling technique was adopted in identifying the informants to be interviewed in this study because of its qualitative nature. The study used the purposive sampling process to identify the estates and the fifty informants. Purposive sampling involves the deliberate inclusion of sites or people who will assist in better reading and understanding of the material (Creswell, 2012). The fifty informants who were chosen to

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participate in the study had marriage experiences from one year and not more than ten years.

Out of the accessible population in ACK Pipeline Embakasi Parish which is 498 married couples, a sample population of 50 informants (married couples) who had marriage experience from 1 year and not more than 10 years were purposefully selected to participate in the study. The study confirmed representation as follows: 18 people who were married for up to six years. 16 people who had been married for up to 3 years and 16 people who had been married for up to 10 years. This sample is divided into two categories those who seeks marital counseling frequently and those who do or do not seek marital counseling. The sample size of fifty people were randomly selected for the purpose of this study. This policy was committed to ensuring equitable representation of the target population.

Table 3.1 Sample Size Distribution

NO	CATEGORY	SAMPLE
1	People married for up to 6 years	18
2	People married up to 3 years	16
3	People married up to 10 years	16
4	**Total**	**50**

3.4 Data Collection Instruments

The study adopted a questionnaire for quantitative data collection. This research tool is important for collecting data from the primary source. The questionnaire items focused mainly on communication in marriage, marital relationships, marital adjustment and the social factors of those who were married.

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3.5 Reliability and Validity

3.5.1 Reliability

The greater the degree of consistency and stability of an instrument, the greater is its reliability. Therefore, a test is reliable if repeated measurements made by it under the same conditions gave similar results (Moser & Kalton, 1989). The researcher used test retest process by administering the questionnaire to ten informants twice under same conditions using the same instrument to ascertain whether it will give constant results with equivalent values. This helped ascertain the reliability of the instrument.

3.5.2 Validity

Content validity and pre-testing was used to validate research instruments. The instruments used covered the content and all the research areas to be investigated. Although the topic under investigation involves married couples, during the data collection process they were provided with a separate research tool to ensure that the data collected is not biased. Preliminary tests were performed to determine which data collection instruments measure what was taken and what was measured.

3.6 Data Collection

The researcher used the questionnaire as a tool for this study to collect data touching on all the variables that contributed to marital dissatisfaction in any marriage and highlighted as an effective way of doing investigations. Answers received from all informants in this study were treated as confidential. The materials for this study were handled in person and permission was specified for informants. All informants were assured confidentially. Research of this nature as categorized by Peter (1994) deals with collecting and analyzing quality primary and secondary data and drawing inferences from them. It applies

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techniques of word association tests, sentences completion tests, story completion tests, and similar projective techniques for discoveries. This research collected data that explained deeply and exhaustively through a logical process and interpretative mode of inquiry through an evaluation that is typically qualitative study.

3.7 Data Analysis and Presentation

Data was summarized using descriptive statistics techniques to explain the significance of the scores obtained. The Statistical Package for the Social Sciences (SPSS) version 24 was used to analyze data. The strength of the relationship between the diversity and the independence depended on the test using the Pearson Product Moment combination. **3.8 Ethical Consideration**

The researcher obtained clearance to collect data from the university. The researcher then applied for a permit from the National Commission for Science, Technology and Innovation (NACOSTI) in order to undertake the study in the county.

For the questionnaires, the informants were given a chance to read through. Confidentiality was assured, and detail was provided on how the research findings would be used. Participants were assured that the information would be solely used for the purpose of the study. To ensure anonymity, the couples were not required to write their names on the questionnaires.

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3.9 Summary of Chapter Three

This study was on the role of marital counseling for promoting marital stability. 50 instruments were considered for randomly selected individuals among those who had been married for ten years or less. Dependent variables were marital stability while independent variable were marital counseling.

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CHAPTER FOUR
DATA ANALYSIS, PRESENTATION, AND INTERPRESENTATION

4.1 Introduction

This chapter discusses the findings and interpretations derived from the data collected and analyzed for the study based on the study objectives. The study sought to investigate the marital counselling and its impact on marital stability among the ACK Pipeline Church. The data has been presented in tabular form as well as charts. Statistical Package for Social Sciences (SPSS) was used to analyze the findings.

4.2 Questionnaire Response Rate

Figure 4.1 below shows the response rate. All the 50 questionnaires given out to the informants were returned. The figure shows that very high response rate of 100% was achieved. Hence this was an outstanding rate. The response rate indicates that the research informants were very responsive to the study and interested on the subject under investigation. All the duly filled questionnaires from the informants were carefully examined and analyzed for the purpose of this study.

Figure 4.1

Sample	Respondent	Response Rate
50	50	100%

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4.3 Demographic Information of the Informants

This part presents the background information of the informants who participated in this study. In this study, the demographics of the study population were taken into account. The focus was made on ensuring fair gender representation of the informants. All informants were above the age of eighteen years old. Demographic characteristics represented were for

individual married couples. The information taken from the informants included their age, gender, level of education, and the number of years the informants had been in marriage.

4.3.1 Age of the Informants

To find out the age of the informants within ACK Pipeline Embakasi Parish, they were asked to indicate the range within which they fall. The results are presented in Table 4.2. Most of the informants, 52% (26) were aged between 25 to 35 years. On the other hand 20% (10) were of the age group of 35 to 45 years. Additionally 18% (9) of the informants reported to be aged between 45 to 55 years. The 6% (3) of the informants aged 55 years and above and lastly 4% (2) aged less than 24 years. The informants in the brackets of 25 to 35 years and 35 to 45 years of age respectively were the majority informants because the instrument of the study addressed areas of issues that was a reality in their own marriage and they were therefore able to identify themselves with the reality of the study.

Table 4.2 Age of the Informants

Age	Frequency	Percent (%)
Less than 24	2	4
25- 35	26	52
35-45	10	20
45-55	9	18
55 year and above	3	6
Total	**50**	**100**

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4.3.2 Gender of the Informants

Table 4.3: Gender of Informants

Gender	Frequency	Percentage
Female	32	64%
Male	18	36%
Total	**50**	**100%**

Table 4.3 shows the proportions of gender and percentages of the informants. The findings show that 36% (18) of informants were male, where 64 (32) of the informants were female. The members of the male gender were more reserved in giving out information concerning the study. The members of the female gender were willing to give information pertaining to this study. Therefore this meant that female informants were the majority.

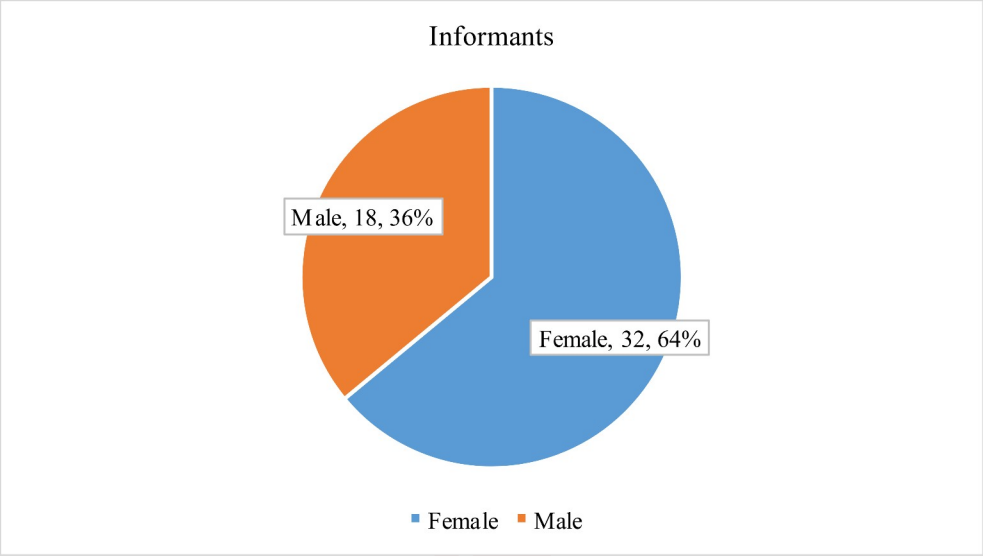


Figure 4.2: Gender of informants. The above chart shows the gender of informants who participated in the study. Females (32) comprised the majority while the males were 18 in total.

4.3.3 Years in Marriage

The findings of Table 4.4 shows that the informants' years spent in marriage. Most of the informants, that is, 28% (14) reported that they had been in marriage for 0 up to 3 years and at least 10 years. The 26% (13) of the informants indicated that they had been in marriage for 4 up to 6 years. The least 18 of the informants had been in marriage for 7 to 9 years. Another 28% (14) informants had been in marriage for not more than 10 years.

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Table 4.4: Period in Marriage

Period in Marriage	Frequency	Percentage
0-3	14	28%
4-6	13	26%
7-9	9	18%
10 years and above	14	28%
Total	**50**	**100%**

4.3.4 Education Level

The findings from the table 4.5 indicates the distribution of church members by academic qualifications. From the analysis, 40% of the informants had a Secondary level of education. Those who had Diploma level of education were 30%, for those who had Primary level of education were 22%, and 8% represented informants with a bachelors' Degree education. Hence those with Secondary education were the majority and influenced the information given.

Table 4.5: Education Level

Education Level	Frequency	Percentage (%)
Bachelor	4	8
Diploma	15	30
Secondary	20	40
Primary	11	22
Total	**50**	**100%**

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4.3.5 Number of Children in the Family

Children in a family demand a minimum of quality in terms of lifestyle, with adequate stable income to take on the frequent cost incurred by children and the years thereafter, this includes offering an environment which is suitable for their children`s physical and spiritual development.

Table 4.6: Number of Children in the Family

The above table 4.6 indicates the feedback about the number of children desired. The 40% (20) of the informants said they desire to have three children, Another group of 34% (17), to have more than 3 children and the last category 26% (13) said that they would like to have 2 children.

No of Children	Frequency	Percent (%)
Above three	17	34.0
Three children	20	40.0
Two children	13	26.0
	50	100

4.3.6 Marital Counselling Services

The findings of Table 4.7 show that the descriptive statistics of the informants who engaged themselves with marital counselling. Most of the informants 52% reported that they sought marital counselling. 48% of the informants did not seek marital counselling. For the ones who sought marital counselling, 80% had sought marital counsellor twice and 20 thrice had visited counsellor. 24 informants are the ones who did not seek marital counsellor shown in table 4.7 below.

Table 4.7: Involved in Marital Counselling

Response	Frequency	Percentage (%)
Agree	24	48
Disagree	26	52
Total	**50**	**100**

Table 4.8: Marital Counselling Sessions Attended

Where the informants were asked whether they had sought a marital counsellor, 90% (27) answered they had done it twice and 10 (3) had visited counselling thrice. 20 informants had not sought a counsellor as shown in table 4.8.

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Attendance	Frequency	Percentage (%)
Twice (2)	27	90
Thrice (3)	3	10
Total Attendance	30	100
Missing	20	-
Total	**50**	**100**

4.4 Marital Counselling on Marital Communication

4.4.1: What made you want to marry your spouse?

Items 8-11 in the instrument used for the purpose of this study referred to marital communication by the spouses in their marriage.

For the question above the responses were categorized into love, organized, money, education level and beauty or handsomeness. The frequency tables for these categorical variables are as follows.

The findings in Table 4.9 shows that 56% (28) of the informants agreed that love played a big role in one wanting to marry his or her spouse.

Table 4.9: Spouse in Love

Category	Frequency	Percentage (%)
Strongly agree	28	56.0
Agree	12	24.0
Less agree	8	16.0
Fair	2	4.0
Total	**50**	**100**

Table 4.10: Spouse with Money

The findings in Table 4.10 shows that 50% of the informants accepted that money played a big role in one wanting to marry his/her spouse while 26% said otherwise. An indication of a strenuous relationship in a marriage when financial expectations of a spouse are not met

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was also highlighted. This came about because money was the major factor such a spouse considered in planning to get married.

Category	Frequency	Percentage
Strongly Agreed	25	50
Agreed	13	26
Less agreed	12	24
Total	**50**	**100**

Table 4.11: Higher Level of Education Level

The findings of Table 4.11 shows that 36% of the informants agreed higher education was considered and was a key role to one planning to marry his or her spouse while 30% said otherwise. Therefore, lack of education and academic background are also risk factors. Marital conflict is more frequent among low qualified people compared to well-educated people.

Education Level	Frequency	Percentage (%)
Strongly agree	15	30
Agree	18	36
Less agree	14	28
Fair	3	6
Total	**50**	**100**

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4.4.2 Figure: Application of Discipline of Children in a Family?

The findings of Table 4.12 shows that the descriptive statistics of the informants who engaged themselves in disciplining their children. Most of the informants 60% reported that they engaged themselves in talking and giving advices to their children as a way of

reshaping and correcting their behaviors. The other 40% of the informants engaged themselves by using a cane as a way of disciplining their children.

Table 4.12: Application of Discipline of Children in a Family

Method	Frequency	Percentage (%)
Advisory talk to children	30	60
Beating them	20	40
Total	**50**	**100**

4.4.3 Cause of Family Breakdown?

The above table 4.13 indicate what mostly caused family breakdown. The 50% (25) of the informants said it was domestic violence. Another group of 26% (13) said it was infidelity and the last category 24% (12) said that it's all infertility.

Table 4.13: Caused of Family Breakdown

Category	Frequency	Percentage
a) Domestic violence	25	50
b) Infidelity	13	26
c) Unable to bear children	12	24
Total	**50**	**100**

4.5 Marital Relationship

Items 12-19 in the instrument used for the purpose of this study referred to marital counselling on marital relationship by the spouses in their marriage.

Table 4.14 this shows that family and marriage relationship matters are never overlooked. 80% (40) of informants agreed that marital counseling on marital relationship was necessary for the success of any marriage. The key thing was spouses being honest about their marriage relationship. 20% (10) of the informants never agreed on the matter and said that marital relationship was a skill that any couple was required to have. Hence they noted that issues like communication and responsibility on the part of each spouse were necessary for marriage to be successful.

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Table 4.14: Marital Relationship

Response	Frequency	Percentage
Agreed	40	80.0
Disagreed	10	20.0
Total	**50**	**100.0**

4.5.1 Our relationship is better than any other relationship.

The table 4.15 indicates that majority 54% (27), of married couples agreed that their relationship is better one while 46% (23) of the informants were never satisfied.

Table 4.15: Relationship on marriage

Response	Frequency	Percentage
Satisfied	27	54
Dissatisfied	23	46
Neutral	0	0
Total	**50**	**100**

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4.5.2 I really love my spouse.

On whether one really loves his or her spouse majority 62% (31) indicated that they really loved their spouse, while 38% (19) of the informants were not satisfied.

Table 4.16: Really love my spouse

Response	Frequency	Percentage
Satisfied	31	62
Dissatisfied	19	38
Neutral	0	0
Total	**50**	**100**

4.5.3 Completely satisfied with my spouse

The findings from the table above show 52% (26) of the informants are completely satisfied with their spouse, and 48% (24) of the informants are not satisfied.

Table 4.17: Satisfied with my spouse

Response	Frequency	Percentage
Satisfied	26	52
Dissatisfied	24	48
Neutral	0	0
Total	**50**	**100**

4.5.4 Satisfied with their relationship.

On this part of couple being satisfied with their relationship the table 4.18 shows majority 40% (20), indicated they were satisfied, 22% (11), of the informants showed not satisfied and 38% (19) of the informants decided to remain neutral. This revealed that many people were generally satisfied with their marital relationship and that they strive to meet the needs of their spouses.

Table 4.18: Satisfied with their relationship

Response	Frequency	Percentage
Satisfied	20	40
Not satisfied	11	22
Neutral	19	38
Total	**50**	**100.0**

4.5.5 Whether their spouse achieved a lot of what they hoped for.

The informants were also asked their opinion on whether their spouse achieved a lot of what they hoped for. The majority were satisfied 56% (28) and was followed by those dissatisfied with the statement 40% (20). A few informants were neutral 4% (2). It is

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important that married couples feel that their needs are being met. For those whose needs are not being met they can be helped through counseling to evaluate what needs in their relationship are not met and how it can be changed so as to enable the individual to live a more fully satisfying life**.**

Table 4.19: Spouse achieved a lot of what they hoped for their needs

Response	Frequency	Percentage
Satisfied	28	56
Dissatisfied	20	40
Neutral	2	4
Total	**50**	**100**

4.5.6 Whether the spouse does not like me

The question on whether the spouse does not like me majority of the informants 70% (35) were dissatisfied and only 30% (15), were satisfied with the statement.

Table 4.20: Whether the spouse does not like me

Response	Frequency	Percentage
Satisfied	15	30
Dissatisfied	35	70
Neutral	0	0
Total	**50**	**100**

4.5.7 Whether I can do anything to help my spouse

The question on whether I can do anything to help my spouse the table 4.21 below indicated that majority 56% (28) of the informants were satisfied, 30% (18) of the informants were dissatisfied by the statement and only few 8% (4) were neutral.

Table 4.21: Whether I can do anything to help my spouse

Response	Frequency	Percentage
Satisfied	28	56
Dissatisfied	18	36

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Neutral	4	8
Total	**50**	**100**

4.5.8 Our relationship is often strained

The table 4.22 below also revealed that the majority of the informants disagreed with the statement that 'Our relationship is often strained' with a 62% (31). This means a few informants were not satisfied with their relationship, and that is why they regret having entered into the relationship. This meant that many couples are committed to their relationship and hence are satisfied with it despite the many responsibilities and challenges. Hence, for marital success to be achieved, marital communication, trust, love, respect and happiness are required. These virtues help couples to address any issues arising within marriage and communication help to promoting marital stability.

Table 4.22: Our relationship is often strained

Response	Frequency	Percentage
Agreed	19	38
Disagreed	31	62
Neutral	0	0
Total	**50**	**100**

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4.6 Marital Counselling on Marital Adjustment

Items 20-26 in the instrument used for this study referred to marital counselling on marital adjustment by the couples in their marriage.

Table 4.23 this shows that family and marriage adjustment matters are never overlooked. 70% (35) of informants agreed that marital counseling on marital adjustment was necessary for the success of any marriage and stability. The key thing was couples being honest about their marriage adjustment. 30% (15) of the informants never agreed on the matter and said that marital relationship was a skill that any couple was required to have. Hence they noted that issues like communication and responsibility on the part of each partner were necessary for any marriage to be successful and stable.

Table 4.23: Marital Counseling on Marital Adjustment

Response	Frequency	Percentage
Agreed	35	70
Disagreed	15	30
Total	**50**	**100**

4.6.1 My partner co-operates with me in maintaining a relationship with my parents

On the question of maintaining relationship with the parents the result indicated that majority 70% (35), and 30 (15) of the informants who rarely does the same. Couple should always adjust in several ways to ensure there is a smooth relationship between them and their parents.

Table 4.24: Spouse maintaining relationship with the parents

Response	Frequency	Percentage
Always	35	70
Disagreed	15	30
Never	0	0
Total	**50**	**100**

4.6.2 My partner's views as mine

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The table 4.25 below shows that on whether my partner views weigh as mine majority 52% (26) said not always, 28% (14) of the informants indicated always and the last category 20% (10).

Table 4.25: My partner's views as mine

Response	Frequency	Percentage
Always	26	52
Sometimes	14	28
Never	10	20
Total	**50**	**100**

4.6.3 My partner decides where we are going, what we are going to do, and when we are going out.

On whether my partner decides where we are going, what we are going to do, and when we are going out, the table 4.26 shows that the majority of the informants 80% (40) indicated never, 16% (8) of the informants said sometimes, and 4% (2) of the informants indicated always.

Table 4.26: Whether my partner is the one who decides

Response	Frequency	Percentage
Always	2	4
Sometimes	8	16
Never	40	80
Total	**50**	**100**

4.6.4 My partner does not care about my parents

The results in the table 4.27 shows that on the issue of 'My partner does not care about my parents,' majority (62%) disagreed by accepting their partners do take care of their parents only a few 38% cited sometimes their spouses does not care.

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Table 4.27: My partner does not care about my parents

Response	Frequency	Percentage
Agreed	0	0
Sometimes	19	38
Disagreed	31	62
Total	**50**	**100**

4.6.5 I appreciate the sacrifices my partner makes

The result reveals that majority of the informants 78% (39) indicated they always appreciate their partner, and 22% (11), of the informants indicated sometimes they do appreciate their partner.

Table 4.28: I appreciate the sacrifices my partner makes

Response	Frequency	Percentage
Always	39	78
Sometimes	11	22
Disagreed	0	0
Total	**50**	**100**

4.6.6 My partner criticizes me more than saying thank you

On the issue of criticizing the other spouse majority of the informants never agreed 58% (29), and 42% (21) of the informants indicated sometimes they do criticize their spouse.

Table 4.29: My partner criticizes me more than saying thank you

Response	Frequency	Percentage
Always	0	0
Sometimes	21	42
Disagreed	29	58
Total	**50**	**100**

4.6.7 My partner contends with me in front of others

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Lastly the results in table 4.30 shows that 100% (100), of the informants agreed their partners do not contend with them in front of other people.

Table 4.30: My partner contends with me in front of others

Response	Frequency	Percentage
Always	0	0
Sometimes	0	0
Disagreed	100	100
Total	**50**	**100**

The findings on marital counseling on marital adjustment show the statement with the highest percentage is in decision making (80%) which is closely followed by 78% matters of sacrifices that one partner makes to the other. Married couples have to make decisions together and sacrifices to one another so as to be able to feel the need and value of the other. Decision making together and sacrifices towards another gives married couples freedom to be independent and enjoy their life and also helps to strengthen their identity as a married couple. Although married couples may not always make decisions together, it is well to create a little time for planning for their marriage together. The role of marital counselling is to facilitate growth and positive adjustment which enables the couples to deal effectively with the needs of the family. This can also be used to strengthen the individual's relationship by encouraging couples to spend more time together. From the literature review it's a clear prove that marital counseling plays a significant role in marital adjustment. Hence marital counseling could be used to help couples address marital adjustment issues by facilitating self-awareness in an individual and the ways to respond to the influences of their environment which promote marital stability. According to Kepler (2015), marital counseling could help couples to be flexible, maintain open dialogues, and frequently renegotiate the division of household duties depending upon current role and

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marital factors. According to Kepler (2015), factors that contribute to marital failure include, lack of communication, disagreements over child-rearing styles, infidelity, differing expectations, lack of commitment, employment issues and financial management among others. The major goal of prevention theory is to assess and recognize risk factors and to strengthen protective factors for disorders through providing knowledge and development of intervention approaches in order to disrupt processes that contribute to the disorder (Coie, 1993).

Marital counseling is a preventive strategy focused on removing factors that enhance marital unhappiness. The ability to communicate effectively is important in any relationship because it ensures that couples understand each other. Futris et al., (2011) noted that couples who seek marital counseling are more likely to have marital stability and are less likely to be divorced.

4.7 Marital Stability

Items 28-35 in the instrument used for the purpose of this study referred to marital counselling for marital stability by the couples in their marriage.

4.7.1 I really understand my spouse

The couples pointed out that they really understand their spouse by 72% (36) while 28% (14) of the informants disagreed with the statement and that means they do not understand their partner**.** The table 4.31 below shows the findings.

Table 4.31: I really understand my spouse

Response	Frequency	Percentage
Agree	36	72
Disagree	14	28
Neutral	0	0
Total	**50**	**100**

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4.7.2 I am not satisfied with my spouse

Majority of the informants 78% (39) are satisfied with their partner. Thus only 22% (11) of the informants are not satisfied.

Table 4.32: I am not satisfied with my spouse

Response	Frequency	Percentage
Agree	11	22
Disagree	39	78
Neutral	0	0
Total	**50**	**100**

4.7.3 I take good care of my spouse

The majority of the couples 58% (29) pointed out that they take good care of their partners. 32% (16) of the informants were dissatisfied by the statement. 10% (5) opted to remain neutral. This is indicated in the table below.

Table 4.33: I take good care of my spouse

Response	Frequency	Percentage
Agree	29	58
Disagree	16	32
Neutral	5	10
Total	**50**	**100**

4.7.4 I am satisfied with my spouse

The results indicated that 78% (39) of the informants are satisfied with their spouse and only 22% (11) of the informants are dissatisfied.

Table 4.34: I am satisfied with my spouse

Response	Frequency	Percentage
Agree	39	78
Dissatisfied	11	22

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Neutral	0	0
Total	**50**	**100**

4.7.5 My spouse does not understand me

82% (41) of the informants disagree with the statement while 14% (7) of the informants agreed. The results are indicated in the table below.

Table 4.35: My spouse does not understand me

Response	Frequency	Percentage
Agree	7	14
Dissatisfied	41	82
Neutral	2	4
Total	**50**	**100**

4.7.6 No one understands my spouse than I do

The informants to this statement also pointed out that hundred percent (hundred) compared to others they do understand their partners.

4.7.7 I can do anything in the world to help my spouse

The couples said that 80% (40) can do anything to help their partner, while 20% (10) of the couples disagreed.

Table 4.36: I can do anything in the world to help my spouse

Response	Frequency	Percentage
Agree	40	80
Disagree	10	20
Neutral	0	0
Total	**50**	**100**

4.7.8 My spouse loves me

The table 4.37 below indicates that 78% (39) of the majority of informants agree that their partner loves them only, while 22% (11) of the informants pointed otherwise.

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Table 4.37: My spouse loves me

Response	Frequency	Percentage
Agree	39	78
Disagree	11	22
Neutral	0	0
Total	**50**	**100**

The couples were also asked to rate their marriage in terms of marital stability. Most of them said that it was satisfactory and that they cared for one another. However, some of them said that they were not satisfied due to a lack of understanding and had to manage. Majority of the informants said that marital stability among couples tended to lean more to the positive side. Marital counselors offering services to married couples may want to enhance their effectiveness by understanding the nature of the demands, expectations and stress experienced by married couples that could hinder in their attaining marital stability.

The role of marital counseling is to improve the married couple's ability to function effectively social situations, to portray skills. It can be done by offering individual counseling to help couples resolve personal or interpersonal problems. They may also offer small or cell group counseling to help spouses improve communication, listening and conflict-resolution skills, learn to empathize with the partner, and improve social support from spouse, colleagues and friends. Marital counselors could help married couples to identify and build support services they need in order to achieve their highest potential.

4.8 Data Analysis

The existing literature indicates that the church is the highest contributor to marital counseling in many countries (Halford, 2011). The most covered topics in the marital counseling for ACK Pipeline Embakasi Parish, included communication, conflict

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resolution, financial management, prayer, and marital relationship. This is similar to what Wilmoth (2012) found from the church ministers as the major covered topics in marital counselling. Marital counseling employed in ACK Pipeline Embakasi Parish, is based on the moral principles and ideals of the word of God as suggested by Mbunga (2010). When the church ministers are preparing couples for marriage, they tend to capitalize the fact that religion exerts a positive influence on marital quality and stability Mahoney (2010). By promoting relationship-related values, norms and social support which on the other hand enhances investment in the marriage and discourages behaviors that harm marriage (Mullins, 2016). In the present study it came out profoundly clear that there is more commitment and satisfaction in a marital relationship when both spouses share a common religious faith as opposed to when they confess different faiths practices. Mahoney (2010) agrees with this outcome by stating that married couples with similar religious faith practice have low levels of divorce and separation. Mbunga (2010), also pointed out that married couples with same religious faith practice share similar worldviews and commitment to their undertakings and hence have minimal conflicts which helps them to maintain a higher level of satisfactory relationship.

When the Christian beliefs and church practices of the married couple is increased, this significantly promotes their psychological well-being, trust, and consequently creates marriage enhancing behavior such as sexual fidelity and temperance (Fincham *et al.,* 2011). Informants in this study identified their increased common faith as a significant factor in their bonding. Philip (2012) confirms this in his argument that couples who have had long lasting marriages identify their faith as a major contributing factor to their marital stability and satisfaction.

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Nevertheless, the marital counseling model in ACK Pipeline Embakasi Parish was described by many informants as lacking formality in its design. Due to this, the content provided was never consistent, and the duration and number of sessions differed for different informants rendering it inadequate. What the informants are reporting as deficiency in content was also highlighted by Poley (2011) and Coleman (2012) as insufficient marital counselling. Besides, Kyalo (2011) in his study identifies with what these informants were saying because he indicated inadequate marital counseling as the major contributing factor of marital distress in the ACK Diocese of Nairobi in which ACK Pipeline Embakasi Parish is part of.

As an example, the period for preparation ranged from two weeks for some couples to two months for others, with an average of three sessions of forty five minutes each. This however, is not an exceptional omission for ACK Pipeline Embakasi Parish, as Wilmoth (2012) found out that church ministers provide, on average, approximately for one hour session of marital counseling. On the contrary, research suggests that for any meaningful behavioral change to be achieved, the length and intensity of marriage preparation should be given considerable attention Wilmoth (2012). Married couples who happen to receive a moderate attention (four up to seven sessions) of instructional time are rated as having sufficient counseling and claim to enjoy strong marital relationships (Hawkins *et al*., 2008). This study confirms this because married couples who had four sessions claimed to have gained more skills which enabled them to participate in positive interactions and hence improved their marriage relationship. The United States Conference of Catholic Bishops (2008) set six months as the sufficient duration required for sufficient marital counseling. This duration is adequate to do any required assessment and offer enough sessions as

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compared to the shorter period of time where the married couples will be putting together their time, energy and other resources on the wedding day and less time on learning any substantial material that can enable them to stay away from marital relationship problems.

4.9 Conclusion

Chapter four has dealt with data analysis, presentation and interpretation. The presentation is organized according to the kind of information gathered. This chapter connects to chapter five which deals with the summary, conclusion and recommendations.

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CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter provides a summary of the research findings, the discussions, the conclusions drawn and the recommendations of the research based on the study objectives. The main focus of this study was to examine the marital counseling among married couples in ACK Pipeline Embakasi Parish, Nairobi Diocese.

5.2 Summary of Findings

The main objective of this study was to explore the role marital counseling among married couples in ACK Pipeline Embakasi Parish, Nairobi Diocese. Marital stability being a desire for majority of married people, the key aspects were marital communication, marital relationship, marital adjustment and social demographic factors while in marriage. For all the above to be achieved, the study revealed that fundamental issues had to be dealt with through marital counseling. The research revealed that critical issues had to be dealt with through marital counselling for the above to be achieved.

5.2.1 Marital counseling on marital communication. The majority of the married couples applied marital communication as a practice of sharing or passing information. This also comprises listening and talking. They were free to each other. In the view of the majority of the informants said that communication was an active involvement with one another, reasoning and making decision together. Communication is said to have taken place when, the couples talked and received response from their partner. This kind of communication involves both positive and negative communication like criticising one another or even quarrelling at times.

5.2.2 Marital counseling on marital relationship. Objective two was to evaluate the role of marital counseling in promoting marital relationship among married couples in ACK Pipeline Embakasi Parish. Poor marital relationship of married couples in ACK Pipeline Embakasi Parish, is one of the leading causes of conflicts in marriages. Some people dedicated most of their time in pursuit of wealth and in the process end up neglecting their families. Though majority of the informants were of the opinion that their partners meet their needs and that in general were satisfied with their marital relationship. The majority of the informants agreed that marriage and marital counselling had helped them to balance

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family and their work. Marital counselling provides married couples with a platform to ask questions about situations in their lives that could be making them be dissatisfied without any fear since marital counselling provides a conducive environment where married couples can sort out their issues. It also emerged that marital counselling played a key role in helping married couples address marital relationship issues. Hence it can be used to promote marital satisfaction. Also marital counselling plays a key role in promoting the marital relationship of married couples.

5.2.3 Marital counseling on marital adjustment. On marital adjustment the results from the study revealed that most of the informants showed that they were satisfied with their marital adjustment. Marital counselling could be used to facilitate growth and positive adjustments which enable couples to deal properly with the demands of the family. The role of marital counseling in marital adjustment was pointed as to address adjustment issues, facilitating self-awareness in married couples and how to respond to the influences of their environment. Also to help married couples understand themselves, their world, and family. And lastly was used to help married couples cope with changes in their lives like parenting. The contribution of the socio-demographic factors on marital satisfaction was significant. Marital counselling could be used to provide awareness on the contribution of socio-demographic factors on marital satisfaction. This awareness would help married couples to understand how some socio-demographic factors could be causing dissatisfaction in their marriage and how those issues could be addressed.

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5.3 Conclusion of the study

On basis of the findings of this study following conclusions were made: Marital counseling in the first ten years of marriage brings about stable and a strong marital relationship. The desire for quality in marriage was high among married couples in ACK Pipeline Embakasi Parish. Majority of the married couples experienced marital quality characterized by high marital satisfaction and stability. However, marital adjustment was moderately low. There was also a significant relationship between marital counseling and marital communication, marital relationship and marital adjustment. Hence marital counseling was thus a significant indicator of marital stability. If married couples lived in stable relationships devoid of divorce and separation, the marriages could last. This could also create a stable environment for children to grow in. Growing in stable families could also impact the future marriage lives of children. This could strengthen future marriage quality in ACK Pipeline Embakasi Parish. The assessment of married couples needs forms the basis for marital counselling. Integrated marital counselling program would go a long way in restoring the quality of marriage.

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5.4 Recommendations

After this study, the researcher arrived at the recommendations outlined below.

- Counsellors should focus on strengthening marital communication, relationships, addressing adjustment issues, enhancing life skills, and helping to foster wellness and resiliency to cope with changes in marriage. Interventions that aim to increase communication skills and relationship building should be put in place to help promote marital stability.
- Counsellors should take an educator role in relationships, adjustment issues and the role of marital counselling. Counsellors should provide a working approach which

helps all couples with the decision-making process, and also help couples to understand themselves.

- Counsellors should psycho-educate individual couples through seminars, workshops and meetings on marital adjustment on marital stability.
- There is need to provide marital counselling training packages to individual couples that promote marital relationship and stability tailored to the cultural context of the society.
- Government and policymakers should formulate policies that will improve the work-family relationship as they consider the important role of social support in marital stability.

5.5 Suggestions for Further Studies

The study was done through a qualitative research method. Though there exists many researches done on marriage and family life, there is still a big gap to be filled when it comes to investigating about the success on stability of marriages that embraces marital counselling and its implication on their married life. This study suggests a further thorough research to be carried out so as to fill the existing gap.

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APPENDIX II: ORIGINALITY REPORT

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APPENDIX III: QUESTIONNAIRE FOR COUPLES

Part A: Personal Details

Kindly do not include your name in the questionnaire, the information provided will be considered confidential.

1. Gender (tick one): Male ☐ Female ☐

2. Age

No.	Age Bracket	Tick
1	Less than 24 years	
2	25-35 years	
3	35-45 years	
4	45-55 years	
5	Over 55 years	

3. Number of years in marriage

No.	Year in Marriage	Tick
1	0-9 years	
2	10-19 years	
3	20-29 years	
4	30-39 years	
5	40-49 years	
6	More than 50 years	

4. Highest education level attained: Diploma ( ) Degree ( ) Certificate ( ) Masters ( ) PhD ( )

5. Number of children: 1-3 ( ) 4-6 ( ) more than 7 children ( )

6. How often do you seek marital counseling services? Sometimes ( ) Never ( )

Part B: Marital Communication

7. What factors did you consider when choosing a marriage partner? Please answer by ticking the appropriate box

Traits ( ) Love ( ) Finances ( ) Education ( ) Physical appearance ( )

8. How long had you known each other before deciding to marry?

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1-2 years ( ) More than two years ( )

9. How do you apply discipline to your child or children?

……

……

10. In your understanding, which of the following mostly causes family breakdown?

No	Cause	Satisfied	Dissatisfied	Neutral
A	Domestic violence			
B	Infidelity			
C	Infertility			

Part C: Marital Relationships

Please respond by ticking the appropriate box.

No	Traits	Satisfied	Dissatisfied	Neutral
12	My marital relationship is the best.			
13	I really love my spouse			
14	I am completely satisfied with my spouse.			
15	I am satisfied in my marital relationship.			
16	My spouse has achieved my expectations.			
17	My spouse does not like me.			
18	I do my best in everything to help my spouse.			
19	My marital relationship is often strained.			

Part D: Marriage Adjustment

Please respond by ticking the appropriate box.

No	Traits	Always	Sometimes	Never
20	My spouse is cooperative in maintaining in-laws relationship with my parents			
21	My spouse's views as mine			
22	My spouse decides what, where, and when we are going.			

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23	My spouse does not care about my parents			
24	I appreciate the sacrifices my spouse makes for me.			
25	My spouse criticizes me more than saying thank you.			
26	My spouse contends with me even in public.			
27	When disciplining children we agree with my spouse.			

Part D: Stability in Marriage

Please respond by ticking the appropriate box.

No.	Traits	Satisfied	Dissatisfied	Neutral
28	I mostly understand my spouse.			
29	I am not satisfied with my spouse.			
30	I take good care of my spouse.			
31	I am satisfied with my spouse.			
32	My spouse does not understand me.			
33	No one understands my spouse than me.			
34	I can't do everything to help my spouse.			
35	My spouse loves me.			

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APPENDIX IV: INTERVIEW SCHEDULE FOR KEY INFORMANTS

Questions for Married Couples in ACK Pipeline Church Embakasi, Nairobi Diocese.

1. How often do married couples seek marital counseling when they face marital problems?

2. What are some of the challenges faced by married couples in ACK Pipeline Embakasi Parish, Nairobi Diocese?

3. What are some of the marital conflicts among married couples in ACK Pipeline Embakasi Parish, Nairobi Diocese?

4. What are some of the ways of resolving their marital conflicts given in question 3?

5. What are the roles of marital counseling in promoting marital stability in ACK Pipeline Embakasi Parish, Nairobi Diocese?

6. Have you ever attended a marital counseling sessions or workshops at ACK Pipeline Embakasi Parish, Nairobi Diocese?

7. What is the relationship between the challenges you face in your job and marriage?

8. Does marital counseling promote marital stability in any way?

9. What can be done to improve marital stability among couples in ACK Pipeline Embakasi Parish, Nairobi Diocese?

10. Is there any information you would consider relevant to promote marital counselling for marital stability in the ACK Pipeline Embakasi Parish, Nairobi Diocese?

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