INVESTIGATING THE CAUSES AND POSSIBLE SOLUTIONS OF DIVORCE IN NAIROBI CITY COUNTY, KENYA

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DECLARATION

This project paper is my original work and has not been presented to any other university or institution for an award of a degree.

Signed:………………………………   Date:………………….......

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This project paper has been submitted for examination with my approval as the university supervisor.

Signed:…………………………………   Date:…………………….

Prof. Owuor Olungah

DEDICATION

I dedicate this work to the Almighty God; the far I have come is because of His love, mercy and Grace.

To my mother, Susan Aluoch Omoro, you are and will always remain my source of inspiration. Thanks for your encouragement and for always believing that I could push my limits. You are my role model hence I dedicate this paper to you.

To Mr. Kjell Stokke, you chose to invest your money and trust in me when others did not. My sincere gratitude to you. I dedicate this paper to you too.

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LIST OF ABBREVIATIONS AND ACRONYMS

BP -   **Bachelors/ Bachelorette Party**

CDC-   **Centers for Disease Control and Prevention**

FLE –   **Family Life Education**

NGO -   **Non - Governmental Organization**

ONS -   **Office of National Statistics**

R/S –   **Religions and Spirituality**

SET-   **Social Exchange Theory**

UNESCO- **United Nations Educational, Scientific and Cultural Organization**

WE-   **Women Empowerment**

FIDA –   **Federation of Women Lawyers**

KNBS-   **Kenya National Bureau of Statistics**

ABSTRACT

Although the United States has the highest divorce rates of any Western nation, divorce rates have been increasing in almost all European countries and Africa, especially in Kenya.

The main objective of this study was to explore the causes of and the possible solutions to divorce in Nairobi. The study sought to identify causes, examine the consequences of divorce and determine the possible solutions to divorce in Nairobi City County.

The research was exploratory in nature with qualitative methods of data collection forming the core of the study. The qualitative data was analyzed thematically along the line of specific objectives. This task was complicated by the fact that issues of marriage and divorce are very sensitive matters and therefore, not many people like to discuss their private life with strangers.

The study revealed that there are a lot of issues that cause divorce or marital dissolution. These are: education and employment among women or wives, different education levels among couples, employment among couples, infidelity among spouses, young immature individuals getting married, interference from in-laws and other dependent family members, misunderstanding or conflicting opinions, financial instability or poverty, cultural issues, domestic violence, marital rape or sexual abuse, infertility, barrenness and drug abuse among others. The study further revealed that the consequences of divorce mostly as poverty and psychological problems like stress.

The possible solutions to divorce are majorly communication, guidance and counseling, incorporating religion into marriage, worrying about the welfare of the children, sharing of events such as celebrating each other's events as birthdays, promotions and having a weekend getaway together.

The study recommends that couples should come up with their own ways of managing issues or solving problems and not emulate what others do as marriages and people are different. Couples should save for sustainability of the family. Couples should respect and love each other, this way conflicts tend to be minimal. Couples need to communicate with each other whenever they have a problem and try to transform the conflict for the better instead of carrying over grudges that ultimately causes buildup of issues that eventually lead to conflict just to name but a few.

1.0 CHAPTER ONE: BACKGROUND TO THE STUDY

1.1 Introduction

The family is still a primary unit of human interaction, providing for both generational renewal and individual linkage to the larger society as it has been for thousands of years (Thornton et al., 1994). Not only is the family the basis of African social organizations, as its members may also be the primary caretakers for social control and the religious activities as Sociology of African Societies Research suggests (Takyi, 2001). Therefore, as Mbiti (1969) acknowledges, family is the most basic component of society, it is very important that it should be started well, so that the rest of the organization will follow suit. Most decisively, marriage is the locus of reproduction in sub-Saharan Africa (Takyi, 2001). Marriage is a very important rite of passage in the whole world. This is because it provides continuity to people through child bearing. This being the case, every community has its own way of socializing and grooming the supposed people (boys and girls after puberty) to take up marital roles (Mbunda, 1991).

Marriage, as stated by Thomas (1995), is a social institution of matrimony, which has legal definition and rights and duties that are regulated by the state and sanctioned in many religious traditions through special rites and ceremonies. In Kenya, the Marriage Act notes that marriage is considered to be an optional and also a voluntary collaboration between a male and female whether in a polygamous or monogamous marriages.

Macionis and Gaber (2011) agree with socialization theory when they state that unlike other living species, humans need socialization within their culture for survival. Many communities have their own ways of training children as they get to puberty and finally turn into adults on the important roles the society requires them to play. Among some African communities, for example Makonde and Sukuma of Tanzania, Kipsigis, Digo and Kisii of Kenya, Ndembu of Zambia and others, there were initiation ceremonies that marked a rite of passage where adolescents were turned into adults who can marry and build a home (Mbunda, 1991).

During these initiation ceremonies, a community's values and customs were passed on and the initiates were educated on their marital responsibilities and upholding the future of the community.

For example, the Gikuyu of central Kenya had a compulsory initiation ceremony for both the girls and the boys known as *irua* (circumcision). This was an important rite of passage bearing in mind that pain signified moving from being a child to a young adult who is ready to be married. No man or woman would accept to marry or be married by an uncircumcised person because it was considered bad omen in the community. It is during this important time in the initiates' lives that sex education, customs and gender roles were discussed (Njonjo, 2013). The initiated girls entered a maidenhood stage which lasted until they married four to six years later. During this period they were expected to help their mothers with the work of adult women as household chores and gardening. If a maiden showed competence and diligence, it was believed that her parents could command a high bride wealth for her. Maidens' most important role, however, was to strengthen the social fabric of the region. This ideally pan territorial identification and social cohesion within age sets was to be cemented by exogamous patrilocal marriages, with a shift in status to adult married women marking an end of the maidenhood stage (Whiting, 1994).

In the Bukusu community from Western Kenya, for instance, men and women got married at a younger age of 18-20 and 16 respectively. In this community, there were two types of marriages, either arranged or enforced marriages. The wife was required to have a number of skills such as cooking, the ability to have children and also work in the field. Forced marriages are still common in traditional households today (Nyakale, 2011).

In the Luo community, during marriages, the woman would come from a different clan or family line from the man. The marriage was well recognized by the family members, because of marriage negotiation process, it was considered permanent and divorce was not allowed unless the man was impotent or a glutton (Ogutu, 2007:4).

Over the years, there has been a problem in marital stability and divorce and separation have become commonplace.

According to Kendall (2015), divorce is dissolving an existing marriage in a legal way. The CDC speculated that from the year 2000 to 2014, a number of national marriages were documented in the US. In 2000, there were 944,000 divorces and annulments and the rate per 1000 total

population was 4 in 2010 they were 872,000, 3.6 and 2014, there were 813,862, 3.2 respectively (CDC, 2009). These figures corroborate the common belief that the greater percentage of marriages end in divorce. The main reason considered to lead to a divorce in a marriage is the age gap and also the increase in the education level (Amato, 2010). A similar trend has been reported in Norway (Statistisk Sentralbyra, 2015). The United States demographics of divorce show that the divorce rate increased dramatically from 1960 to 1980 and then gradually dropped (Amato, 2010).

Due to the relatively high divorce rate, there are consequences that come along with this act. According to Kendall (2015), a number of families experiencing divorce encounter a multitude of problems in matters of the family especially the children and on others, the effect may be more marginal. In most cases, mothers are forced to remain with the children and hence become a single parent. Divorce is not always supposed to be negative. It may be an opportunity to terminate the damaging relationship in order to fulfill some of the personal goals and objectives (Kendall, 2015).

The Demographic factors that could contribute to couples being divorced maybe the age gap, the couple's background, social and economic status, religion, and also the inability to bear children as well as individuals and relationship factors (Clarke and Brentano, 2008). Alcohol abuse and poor communication skills are personality factors and behaviors that may diminish the marital quality and pave way for divorce. The principal divorce risk factor is stress (Clarke and Brentano, 2008). Systematic data on the cause(s) of divorce in Kenya is lacking. The aim was to investigate the factors of divorce and possible actions to divorce in Nairobi City County as many factors contribute to it.

1.2 Problem Statement

In accordance with Consumer Insight (2012), statistics reveal that 50% of new marriages end up after a short period of one year compared to traditional marriages that would last for 37 years and more but today, they last as low as 37 weeks. In Great Britain, just after the World War 2, in every three marriages, one would end up in divorce. Therefore, in accordance to the country's statistics,

from that period, more than 70% of the children in families would grow up with their biological parents, but with time, the percentage has reduced to nearly 45% (Consumer Insight, 2012).

According to statistics, the divorce rate has been escalating annually (Madam Magazine, 2010). Also, divorce tendencies are on the rise in Kenya. In Milimani Law Courts, in the year 2001, more than a hundred cases were filed. The number increased to more than 100 and 200 cases in the year 2002 and 2003, respectively. The following years 2004, 2005, 2007 and 2008 recorded 296, 295, 357 and 369 cases respectively. Between 2010 and 2015, a total of 1,246 cases have been filed at the Milimani Courts. In the year 2015 alone, 123 cases had been filed at Milimani law courts (Madam Magazine, 2015). According to Gikonyo and Hart (2010), Fida Kenya handled 142 cases in 2008,149 in 2009 and 69 cases between January and March2010. Despite the high legal cost involved in divorce cases, the number of divorce cases is still high. Nevertheless, a number of couples seek to resolve and settle their marital disputes outside the court (Makeni, 2010).

Infotrak survey in 2010 revealed that only 40 percent of Kenyans are happily married, the rest are either unhappy or uncertain on how to describe their unions. 29 percent of married Kenyans admit that their marriages are crumbling, while 31 percent say they are not convinced whether they are in a happy or unhappy union. About 45 percent say that they are holding on because of the money and property. In the recent twist, financial status and meddling in-laws have overtaken infidelity as the leading cause of broken marriages. Half of all married people who took part in the survey agreed with the statement above. Where the conflict ended in divorce and separation, 64 percent of the respondents said they walked out because of money problems, compared to 56 percent who dissolved marriage because of infidelity. The traditional bond, which is love, that lead couples to the altar has taken a backseat in many Kenyan marriages and its place seized by money and children (Infotrak, 2010).

We as a society need to look at the reasons behind the failing marriages. There is a lot more pressure on marriages and relationships in general than before and the same strategies used in the past are becoming irrelevant. A series of serious conversations must be held if the institution of marriage is to survive, and burying our heads in the sand is not going to cut it anymore (Ngao, 2013). If the reports are anything to go by, the divorce rate in Kenya is rising as there are cases in

courts every day. The number of people getting married in the recent study shows that it is low compared to the people divorcing each other (Consumer Insight, 2012).

Muthoni and Makana (2015) writing in the Standard Newspaper have suggested that marriages are falling apart partly because of cheating about money or finances leading to lose of trust. Other reasons adduced are infidelity whether it's a one night stand or a lengthy affair, cruelty and polygyny. Two major reasons for separation are cheating partners and the issues related to financial management. Therefore, this study aimed at filling the gap by bringing on board qualitative data on causes of divorce, consequences and possible solutions to divorce in Nairobi City County.

To achieve the above, the study was guided by the following set of research questions:

  i.   What are the causes of divorce in Nairobi City County?
 ii.   What are the consequences of divorce?
iii.   What are the possible solutions to divorce in Nairobi City County?

1.3 Objectives of the study

1.3.1 Overall Objective

To explore the causes of and possible solutions to divorce in Nairobi City County.

1.3.2 Specific Objectives

  i.   To establish the causes of divorce in Nairobi City County.
 ii.   To examine the consequences of divorce in Nairobi City County.
iii.   To determine the possible solutions to divorce in Nairobi City County.

1.4 Study assumptions

  i.   That there were several causes of divorce in Nairobi
 ii.   That there were many consequences of divorce in Nairobi
iii.   That there existed best possible solutions to divorce.

1.5 Justification of the study

Given the high rates of divorce globally and the fact that it is on the increase in Kenya, there is need for a comprehensive understanding of the underlying factors that perpetuate the increase.

The findings from this study would help marital counselors in interventions in the divorce education classes for parents. Mediation through this intervention program is presumed to lead to a number of interactions between the parents and also the children. Further, this would enable them maintain connection, and therefore, avoid the issue of divorce between them.

The study also sought to identify factors that cause divorce; it was hoped that once they are brought to the fore, the findings would be used by interventionists to come up with relevant advocacy initiatives based on people's perceptions, but with the potential to help stabilize marriages in society to safeguard the future generation and that of the institution of the family and marriage.

A growing body of literature has been accrued over the years in Africa; the explanation is greatly expounded in the research papers. This is indicated by a number of family cases that have ended up in divorce (Takyi, 2001). An understanding and a solution from the perspective of the stakeholders has the potential of coming up with practical solutions to advise advocates and family therapists in their important efforts towards creating a working solution to the problem of family instability. Once families are stable, children grow up in a backyard of love and appreciation and they, in turn, are likely to take the values from which they grow up.

1.6 Scope and Limitations of the Study

The study focused on the major causes of divorce and marital instability in Nairobi City County. The study population was chosen because of the increasing rate of divorce and marital instability in Kenya, regionally and globally. Some of the data needed in this study was sensitive and likely to be reserved by respondents. Consent and assurance of confidentiality was used to ensure maximum cooperation during the data collection.

Results and responses could contain inherent biases among individuals for what they perceived as contributing factor in their divorce or separation. Honesty was regarded as the key factor that assisted in teasing out the issues in couples. Among many other disadvantages in this study, some couples refused to be part of the informants for fear of being judged, some men were not so receptive of the idea of the questionnaire, while some respondents had to be approached severally before they accepted to be interviewed. In as much as the respondents were available, it was not easy to get those that were willing to talk about themselves. In a number of cases, possible respondents asked to be sent the questionnaire but later went mute and refused to even respond to calls. In addition to the limitations, the sample in this study is small and may not provide adequate information for generalization across all marriages.

However, any gap in potential sample bias was mitigated through the triangulation method more so, the key informants who had interacted with many divorcing families in the past.

1.7 Definition of Key Terms

Divorce: is termination of marriage under the rule of law of a particular country or state

Marital instability: - according to this study is marriage is at the brink of breaking or collapsing.

Extra marital sexual affairs: These are illicit romantic and sexual relationships that occur outside marriage. This is also known as infidelity.

Women autonomy: is a situation in which women are able to think and act on their own.

Separation: means living apart from your partner but still legally married until you get judgment from a court.

2.0 CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction

This section comprises of a review of the literature relevant to the study topic and in line with the specific objectives. The literature scrutinized the causes of divorce, the consequences and the possible solutions to divorce; it also looked at the theoretical and conceptual framework of the study.

Divorce is an adamant issue in the world. Conflict among partners are brought about by factors such as annoyance, anxiety, frustration and failure which leads to chaos in the world as they are the driving force of divorce. Other aspects that are important behind divorce in most of the countries are low forbearance and noteworthy differences between the partners which leads to an emotional wreck in their life. It is noted that every year, the statistics keep on modifying, presenting new aspects and prospects in matters of divorce (Elena, 2018).

In 2018, the United States of America recorded the highest divorce rate of 53 % relative to other countries. Based on the report of census bureau, it presently shows an ever decreasing rate in marriage, which has led the country to be placed as the tenth highest country based on the divorce rate of 53%. In this country, people are likely to get married; they commit then finally get disjointed or divorced. Some of its states with high divorce rates are Oklahoma, Nevada and Arkansas. On the other hand, Massachusetts, New Jersey and New York have relatively lower divorce rates. It is noteworthy, that while France is considered the land of love, it has a high divorce rate of 55%. In the rural part of France, divorce is low compared to the urban areas. Brittany registered the minimum divorce rate (Elena, 2018).

In Estonia, 6 out of 10 marriages end up in divorce bringing it to 58%. The recent rules and policies in Estonia have led to drastic reduction of marriage level. Luxembourg is a country situated between France, Belgium and Germany with a divorce rate of 60%. It's a country in Europe that has half a million people with a high rate of divorce with people committing to

divorce being between the ages of 40 to 49 years. This country is followed by Spain with a divorce rate of 63%.

Czech Republic in the midst of Europe possesses one of the highest divorce rates of 66% not only in Europe but in the world. The causes of the divorce are different mind-set of partners and economic circumstances and breakdown between the partners. While in Hungary, the divorce rate is 67%. The rate of divorce for men to women is moderately less; merely 10% of the males are divorced while 12.4% of the females are divorced in Hungary.

According to Elena (2018), Portugal has an ever rising divorce rate of 68% currently. Marriage in this country stays high and couples in this country are attached to the organization of marriage. It's almost a developed nation though; high divorce rate is attributed to finance related conflicts. Belgium is a European country which tops the list of maximum divorce rate of 71%. Being a symbol of modernity in Europe, it could not be able to grasp its marital system strongly. Every year, thirty two thousand people commit for divorce. The cited studies indicate that divorce has steeply risen not only in the aforementioned countries but worldwide in general. Only a staggering a third of marriages seem to last successfully.

Apart from the countries with the highest divorce rates, there are those with relatively low divorce rates such as India, Chile, Colombia and Turkey among others. In India, divorce cases mostly happen, in general, in "love marriages" as opposed to "arranged marriages". Presently, India has the lowest divorce rate in the world, standing at 1%. This is because the Indians abide by the rules of Hindu, which suggest a "one man, one woman" policy. The whole process of marriage ensures the involvement of both parents of the two parties hence a formation of a psychological bond between the couples. Divorce is not the best option for Indian women as it is considered going against the rules and traditions of Indian society. Moreover, women have to shoulder the high cost of divorce. In India, divorce hearing takes 1-2 months for mutual consent while it takes 12-18 months before divorce can take effect. Chileans frown upon divorce. In Chile, there is a divorce rate of 3% and for a couple to divorce, they must prove their grounds for filling a divorce as there

is nothing such as no- fault divorce. Acceptable grounds include chronic infidelity, abandonment and physical abuse (Elena, 2018).

Elena (2018) reported that in Colombia the divorce rate is 9%. It is said that their women are perfect partners as, they are family oriented and more willing to act as a partner. Couples in this country do a very good job in staying married and keeping their vows. Mexico has a divorce rate of 15%. Divorce is granted much quicker here than in the US and it is surprising that divorce rates fall this low. This is because couples have extreme respect to the Catholic church and in the 1970s, Mexican Federal law enforced courts not to accept divorce petitions from non- residents.

Turkey and Iran has a tie of 22% divorce rate. Turkey is a country with the highest Muslim population in the world and has low divorce rates as well. Here only 1.46 for every 1000 marriages tends to resort to divorce. This is low compared to international rates, especially those of Europe. In this country, couples with children choose to make their marriage work rather than separate. The government of Iran modified their laws with the aim to make divorce a harder endeavor and stop the broken marriages. In Iran, the couple has to go through counseling for a mutual divorce to be granted, therefore all couples who want to divorce are supposed to go for counseling and fix their issues or problems. Drug addiction, family interference, lack of affection and domestic violence are some of the reasons for divorce in Iran (Elena, 2018).

According to Smith's (2017) speculation divorce rate would go up with the rise in education, employment and income levels for women in sub- Saharan Africa as it has been in the developed world. Nevertheless, a new study on divorce rate found that, divorce rates across 20 countries in Africa over the past 20 years has stabilized or declined. It was found out that women who enter marriage when they are older and more mature, their marriages turn out to be more stable resulting in less divorce (Smith, 2017).

For countries like Burkina Faso, Cameroon, Kenya, Tanzania, Uganda and Zimbabwe, the risk of divorce has remained remarkably constant over the last 20 years. There has been a 10% decline in divorce in Benin, Ghana and Niger and smaller reductions in divorce in Liberia, Malawi, Namibia,

Senegal, Togo and Zambia. There is substantial variation in the risk of divorce within the first 20 years of marriage, with a reported statistic of about 47.1% in Congo (Brazzaville) (Elena, 2018). Most marriages and divorces in Sub Saharan Africa are not officially registered. Consequently, researchers cannot rely on vital statistics data to compute the divorce rate, which is the typical method used in the US and Canada (Smith, 2017). The low rate of registration of marriages may be attributed to several factors such; as practice of traditional marriages, ignorance on the legal requirements on registration and associated benefits, practice of the so-called "come we stay" or cohabiting marriages among others.

Olayo (2012) noted that the Luo highly valued sex education as a rite of passage for children. It was the responsibility of the grandparents to pass this knowledge to the young adults and were viewed as sex educators and models of behavior as adolescents grew up. The importance of these initiation rites was that the youth was now accepted into adulthood and it bridged youths into marriage and parenthood. She further says that there were certain requirements to be met before sexual education was offered to the young adults and this was through circumcision through the removal of six lower teeth. This is because the rite of passage proved that the person was mature enough by then to handle important issues of society. Informal education used to make it possible because communities lived together in homesteads and after a long day, it was expected of the children to sit down beside a fire as they listened to folklores and riddles entailing the community's customs and norms from their grandparents.

During initiation ceremonies, a community's values and customs were passed on and the initiates were educated on their marital responsibilities and upholding the future of the community. Nowadays, there are various channels that are used to coach and prepare the couple before they take that important step (Edmondson, 2011). One of them is premarital counseling. This is done by organizations and churches where the couple is taken through various steps to check compatibility, family back- ground, conflict resolution, parenting, sex, managing finances and prepare on adapting to each other and expectations on husband-wife roles (Edmondson, 2011). Another important socialization event that helps in this preparation is bridal showers/bachelorette parties. Bachelorette party (BP) is defined by Wikipedia (2011) as a party held for a woman who

is about to be married as a farewell event. The purpose of bachelors' party is for the groom to bid farewell to his single status, the purpose for Bachelorette party is to equip the bride with all the necessary materials and knowledge to become a good wife.

According to Muthoni (2009), BPs has become a major hit in Kenya, especially Nairobi for women who are about to get married. They have also become a business venture for some consultants and sexologists who collect fees for them to impart their specialized knowledge in the man-woman relationship. Pleck (2000) a sociologist notes that it is a very important rite of passage for any bride because it is a form of counseling and orientation that helps a new bride to settle comfortably in her matrimonial home. The sessions are led by knowledgeable or experienced people who have an idea of what the bride needs to know before living with her husband. Older married women are assumed to be better equipped with the necessary information that the bride needs for her transition.

The issues that would have ultimately led to divorce were avoided and sorted out in advance and all issues were treated as trivial or normal (Ogutu, 2007). All this is done so that the couple can have a long-lasting marriage and bring up a good family. It's also to ensure that the values of the society are upheld so that marriages do not end up in divorce like it does today. According to Ngahu (2015), high divorce rates indicate a thriving economy.

The basis of using higher divorce rates as a positive economic indicator is that there is a close relationship between marriage and resources. There is a lower rate of separation among the poor couples compared to the rich ones. Ngahu and co-workers suggest that during difficult economic times, married couples realize that two is better than one. Furthermore, additional financial costs are incurred to file a divorce case besides the emotional strains that often lead to low productivity. Consequently, during difficult economic times, couples realize that it is cheaper to make up than incur divorce costs (Ngahu, 2015).

A recent publication by the Standard Team (2016), notes that divorce has become an expensive affair, particularly for the rich, with courts handing out hefty payouts. According to the Standard

team, Article 45 of the Constitution of Kenya 2010 gives partners equal rights from the time of marriage, during the marriage and at the dissolution of the marriage. Further, Article 68 of the Constitution provides that Parliament can make laws to regulate the recognition and protection of the couples' property especially the home when ending their marriage. For example, a man was ordered to pay KES. 30 Million to his ex-wife within 90 days after the court dissolved their 22-years-old marriage. Another Mombasa –based tycoon was last December directed to pay a woman KES. 10 Million after the court found out that she had been lured from India into marriage in Kenya on false pretense.

The most expensive settlement thus far was that of a Tanzanian tycoon who was ordered by the courts, in 2011, to pay KES. 1 Billion. The businessman divorced his wife of four years after he accused her of misusing KES. 452 Million. These cases highlight the outcome of nasty divorce proceedings, often conducted away from the public to protect children (Standard Team, 2016).

2.2 Causes of divorce

Several causes have been advanced as being responsible for divorce. This section highlights some of these as part of the wider knowledge in the subject matter.

2.2.1 Age at First Marriage

Social Scientists' are attempting to understand why couples seek to divorce mostly in the countries found in the western part and the factors that hold the few successful marriages or contribute to divorce (Kreider and Ellis, 2011). The complex social, cultural, demographic and economic factors have been reviewed as a clear cause of high divorce rate. Many societies mark age at marriage as their major interest as it is a transition to adulthood (Ikamari, 2005).

The primary predictor of divorce is usually the small age gap between the couples (Stewart-Clarke and Brentano, 2008). A number of separations occur in the early stages of marriages. Young divorced couples are listed in marrying too soon, and thus, the reasons why many marriages don't last is the urge and pressure of people moving out of their parents' houses.

According to Lamanna et al. (2014) unavoidability of marriage after dating for a long time, yearning to leave their parents houses, dreams of having a fairy tale wedding and getting married too soon were among the reasons that young divorced men and women listed for causing divorce. Unstable employment, psychological immaturity and a shorter time of dating affect marriage at an early age. Thus individuals who marry at an early age tend to have more marital conflict and high risk of divorce than those who marry at an older age because they are mature, financially stable and are ready to settle (Amato and Previti, 2003:5).

A woman's age at first marriage in Kenya, is controlled by the attained education. The more time women use to acquire education may lead to delayed marriage. Premarital sexual activity has an effect on the timing of marriage individuals who engage in sex before 20 years are more likely to get into early marriage than when they are older (Ikamari, 2005:23). During courtship period, individuals are not open enough to show their real characters which are later realized in marriage and may be positive or negative such as basic incompatibility, personality clashes and conflict in values (Becker, 1991).

Individuals married at a younger age are more likely than those married at a later age to end their marriage when they meet a better deal than their current spouses as opposed to the older couples who have less or no alternative partners and therefore have no option but to stick to the marriage (South, 1995). In addition, some of the challenges faced by couples who have been in marriage for long are divergent interests, nurturing of the children, being fed up with the relationship and negative attitude towards each other which are less likely to be faced by partners who have taken a short while in marriage (Amato and Previti, 2003).

Getting married at a young age exposes an individual to develop in positive or negative ways. They are more likely to have a baby; women are not able to continue with their education because of the parental obligations. This may lead to unemployment or decreased income for the couple and high likelihood of being a destitute (Stewart-Clarke and Brentano, 2008).

Women who are financially stable are less probable to stay in a relationship out of obligation or sheer necessity (Study freak, 2015). The traditional roles of husband and wife as the breadwinner and homemaker respectively have increasingly converged and diverged in the household income.

The average age at first marriage in 2006 to 2010 was 25.8 and 28.3 for women and men respectively hence they were getting married at a later age and having fewer children (Copen et al., 2012). The above studies attempted to explain the constant predictor of marital dissolution as age at first marriage. The effect of age at marriage is considerably frailer in marriages that are open for remarriage opportunities hence marital dissolutions increases where either husbands or wives have chances for spousal alternative.

Individuals who decide to get married at an older age have most likely engaged in a more extensive spousal search as they have gone through a number of dating sprees thus providing them with a higher chance of getting a compatible marriage partner unlike those who get married at a younger age and at a higher risk of dissolving their marriage (Thornton and Young-De Marco 2001). Destabilization of a good relationship is less likely to be experienced by couples married at an older age as there is less or no rapid personal change. The trend toward a later age at marriage is further supported by changes in the economy that make it more difficult for young men to establish sufficient economic security to support a family (Oppenheimer, 1997).

Couples that got married at a younger age of 15 to 46 ended up divorcing in the United States. Race and ethnicity did not contribute much to the probability of divorce (NLSY79, 2013).
Arranged marriages contribute to high divorce rate. According to Karayu (2009), in Garissa county parents from different families pick potential partners for their children (both and girls) and early marriage is arranged so that any proposal after the arrangement is turned down. Cohen and Savaya (2003), stated the two children grow knowing they are engaged, they eventually get married because of the cultural practices and not out of love. The marriage takes place at the age of 15 years to avoid promiscuity. Some girls are force into early marriages especially by parents who do not value girl- child education so that they can acquire wealth such goats and camels. This forces the girls to get married to spouses they do not love leading to lack of commitment to the

marriage (Cohen and Savaya, 2003). For example, in Garissa, education is not mandatory. For instance, boys start doing business such as selling "Miraa" at an early age to start planning on how to fend for their potential families (Were, 2012). According to Malini and Zainab (2006), less than 20% of girls in North Eastern Kenya do not go to school because their parents prefer forcing them into early marriage to elderly men to get wealth.

2.2.2 Women empowerment and increased economic independence

Bhasin (1992) describes women empowerment as recognition of their roles, knowledge and assisting women overcome negative feelings such as inadequacy and inferiority complex among other fears. It means promoting women's self-respect, and self-dignity, financial independence, self-reliance and resource control. They must be well knowledgeable about themselves adequately to become freer, and this can only be possible when they understand how much society controls them and perpetuates their subordination (Bhasin, 1992).

Half of the human population are accounted for by illiterate women and therefore, realizing literacy is a fundamental step towards promoting equal participation of women in society and transcend marital exploitation and oppression respectively. Education empowers women to acquire skills, knowledge and self-confidence particularly in health and economic opportunities thus raising their standards of living for that reason enabling them to participate fully in the development process (Sahay, 1998).

Empowered women tend to have autonomy in a male dominated hierarchy. They aim for equality rather than seniority, for corporation for the common good rather than competition.
Through their talents they live a fulfilling life (Hall, 1992). Educated women are able to break from the vicious cycle of male economic dominance in a society hence they are liberated from their partner's control (Takyi, 2001).

Questions are being raised whether women working in developing countries such as Ghana with financial stability and education have the same outcome on divorce as those in the West who are working in great numbers and are more educated. If such occur, then we are likely to face

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increased number of divorces among women with financial stability and education than among those without (Takyi, 2001).

When women are allowed to attain education to their preferred level, they are likely to be exposed to several choices and opportunities hence giving them a priority or preferences to career development, personal goals and ambitions over non-traditional roles, early marriages and child bearing, therefore leading to improved value orientation and aspiration for women hence marriage is less of a priority and is then delayed (Bracher and Santow, 1998). The higher the education attainment by individuals, the higher the chances of divorce and the lower the education attainment the lower the chances of divorce (NLSY79, 2013).

Postponed marriage permits women to complete their education, develop career interest and acquire labor force skills that compete with childbearing which in turn affects fertility by reducing the number of years one is able to reproduce within marriage. In addition, career interests may in turn, motivate women to limit family size and or widen the spacing of their children as related by Jensen and Thornton (2003).

UNESCO (2000) noted that with the growing educational and job prospects for young women across generations, timing of marriage and education had ineptly been investigated in Kenya. This has led to greater involvement of women in the development process that has intense consequences on their traditional roles as caregivers. With the integration of women into the work force, they potentially become financially independent and are more likely to remain unmarried or may increase their risk of divorce, as by 1990, wives contributed 30 to 40 percent of household incomes (Stewart-Clarke and Brentano, 2008).

According to Le Bourdais and Marcil- Gratton (1998) the more educated a woman is, the higher the likelihood that she will be independent, which is demonstrated by better chances in the labor market and potential for more resources and power. This increases the possibility of women to escape from unhappy marriage without the risk of poverty or unemployment (Le Bourdais and Marcil- Gratton, 1998).

Women being aware of their rights through education are able to walk out of a violent or unfulfilling relationship resulting to increased divorce rates.

Recent evidence contradicts this notion however. For one thing it appears that women who are financially stable have a higher potentiality as valued spouse therefore their probability of getting married (Stewart-Clarke and Brentano, 2008). With the advent of education, women who are educated are respected and enjoy high social status, whether married or not in the modern Kenya.

In Kenya today, women's education is viewed as a crucial human capital investment and avenue to salaried employment, independence, decision-making and enhanced social status. Thus the educated woman no longer sees marriage and child bearing as a viable avenue to social status and economic independence (Ikamari 2005:4-5).

The belief that divorce rates rise in periods of prosperity and fall during economic recession was challenged by South (1985). One factor that is believed to influence fluctuations in the divorce rate is the business cycle (South, 1985). Ogburn and Thomas (1922) wrote that 1920s divorces rose in times of riches and fell during financial declines. This statement still finds adherence at the moment and is supported in academic work (Norton and Glick, 1976). The most confirmed fact from the family sociology is the positive association between the business cycle and divorce rate. Despite the empirical foundation for this claim being unsubstantiated, it's undisputed agreement that divorce rises in prosperity and falls in recessions.

2.2.3 Extra marital Sexual Affairs

Polygyny cannot be avoided in the African society. It is the practice of a man getting married to more than one wife and the stay as one family. This act is believed to balance the economy of the society and maintain the family line (Taiwo, 2010). In addition, this act was well practiced by the ancestors in the past decades, and the trend is believed to have escalated all over the society of Africa. Male population was reduced as a result of the war between groups thus they were outnumbered by females. The number of males reduced, thus making women a larger number; therefore, men were allowed to marry more than one wife (Dobson, 1954).

Traditionally, the number of wives and children was a determinant of how much wealth one had. The large family helped with the cultivation of the farms, it was safer for women to be in the bigger household, more political associations were made because of the more wives, it gave men sexual satisfaction, it was a way of family planning, most widows were assured of husbands if theirs passed on. In the contemporary society, high rates of divorce have been contributed to by infidelity (Erastus, 2010).

Breaking of a contract between two people, who engaged in sexual relations that was either dating, married or in a committed relationship was considered infidelity. At its core, it has been expounded to mean any behavior that breaches the contract between two people including the engagement of sexual intercourse with another individual other than your partner (Vaughan, 2003). It has a substantial effect on the couples and the family as a whole which can have an impact on the family relationships and couples social support network (Subotnik and Harris, 2005). Psychological impacts are felt by both spouses and their partners involved in the affair. A couple may come to a decision of staying together or part ways after the revelation of the affair. A feeling of betrayal and lose of trust between the partners involved may arise as a result of anger, shame and embarrassment about these events. They feel loss of sense of purpose and fidelity.

Guiltiness and low self-esteem are some of psychological effects experienced by the person involved with the third party. Couples may be unable to work on their feelings progressively in the relationship as a result of guilt and fear of expressing themselves to their partners about the extramarital affair (Vaughan, 2003).

The level of communication may be hindered by the feeling of betrayal and mistrust making couples not to feel confident to confront infidelity issues that might have occurred in the relationship. In addition, it aggravates the un-resolved issues behind infidelity. Extramarital affair may lead to health problems for both partners and even the third parties involved are not an exception. In addition, sexually transmitted infections can be introduced into the primary relationship. For instance, the lifelong conditions such as HIV can greatly affect the lives of the partners and families (Vaughan, 2003).

Consumer Insight (2012) states that HIV prevalence is much higher in married couples as having a *mpango wa Kando* ('a side dish') has turned out to be the in thing in Kenya. The gravest blow to the happiness of a marriage is infidelity on either partner. It should not be assumed that an unhappy marriage may drive one to seek sexual satisfaction elsewhere as temptations and opportunities thrive in modern society. An adulterous relationship is considered trendy and glamorous as it is associated with excitement and escape from boredom and usual routine in the union hence' a new experience' (Consumer Insight, 2012).

Westfall (1989) together with other therapists connected infidelity within the relationship to larger problems. Communication or lack of it play major role in promoting, inhibiting or managing of infidelity occurrences (Milewski et al., 2002). The role of communication in relation to divorce is further discussed in the following section.

2.2.4 Lack of communication in marriage

Research conducted by the Divorce Magazine reports that a large number of people of more than 40,000 people in New York have been separated from their spouses. No matter how the divorce rates have increased, it is advised that couples should ensure that they sort their issues in order to avoid separation. Conflict and potential divorce can be brought about by issues such as finances and differences on how to raise children if there is no better communication (Tandoi, 2012). Some couples work through their problems better than others do, as all couples do have conflicts (Stewart-Clarke and Brentano, 2008).

Marital instability is closely related to 'How couples argue' than 'what they argue about' as Gottman (1994) narrates. Belligerence, contempt, criticism and defensiveness are harmful, although marriage can be strengthened over time by conflict and expression of anger which does not need to be destructive. When an argument arises and the spouses use 'negative startup' responses which may escalate the conflict, this then accelerates the chances of divorce. Marriages are less likely to survive when conflicts are escalated to major fights when husbands show little understanding and empathy for their wives' concern when they complain about their dissatisfactions. This can only be avoided when wives use a soft start up on their spouses and they in turn accept influence from their wives and deescalate conflict hence leading to a lasting

marriage (Gottman, 1994). When communication between the two parties begins to deteriorate then it means that the marriage is headed down the road to divorce. The chances of saving a marriage increases when the couples feel comfortable and calm with each other to rationally discuss issues that occur in their marriage. The couple might choose counseling or decide to work on their communication through marriage building workshop; good communication has an advantage of strengthening marriage (Turtenwald, 2012).

Couples should work on their communication because it helps to clear doubts between them, make them understand each other and bring them closer making them feel safe. Without communication, it is almost impossible to get on the same page and keep your relationship afloat. A lack of communication can quickly cause misunderstandings, resentments and feelings that you are emotionally far away or distant from each other (Turtenwald, 2012).

Effective communication between couples is promoted by education and therefore helps resolve their differences amicably. In contrast, the decreased expressions of emotional support and increased disagreements over finances makes spouses irritated by the stress generated from economic hardship (Amato, 2003). Men who are employed are more likely to marry and stay married unlike the unemployed. Furthermore, men who are under economic crisis have tendencies to be more hostile, less warm and unsupportive of their wives. Divorce is therefore likely to occur in a situation with less money as wives would be less happy (Stewart-Clarke and Brentano, 2008). In summary, a review of recent divorce cases highlight causes of conflict, including unfaithfulness, cruelty, denial of conjugal rights and financial related conflicts. Others include desertion by husband after wedding, being trapped in a sexless marriage because of husband's impotence.

2.3 Consequences of Divorce

Some of the consequences of divorce can be positive or negative to different individuals. Divorce has not limited the decrease of the number of marriages, rather has acted as an additional reason for its reduction. Therefore, it can then be argued to have favored cohabitation, more than marriage (Balestrino et al., 2013).

2.3.1 Divorce and subsequent earnings

Divorce may increase women's work incentives and productivity, and in turn, earnings. The loss of economies of scale and discontinuation of joint use of resources following divorce may reduce women's general welfare. This decline may necessitate labor market entry for non- employed women, leading to higher earnings. Or, for employed women, it may encourage an increase in work hours or movement to a higher wage job. Moreover, over the long-run, divorced women may select into occupations that are less "family friendly", but highly paid (Tamborini et al., 2015).

Divorce may also lead to higher earnings among women by modifying household specialization related to marriage. Labor market stratification models identify household responsibilities, such as childrearing and housework, as a source of gender differences in the labor market (Killewald, 2011). The greater the traditional division of labor in households, with women in household production, including care giving and men focusing in market work (Bianchi et al., 2000), the greater possible reduction in women's work hours or wages. Conversely, if divorce results in reduction in traditional domestic responsibilities, divorced women may find it easier to devote more time and energy to market activities, leading to higher earnings. In terms of women labor markets outcomes; much of the empirical work has examined women's income as a determinant of divorce risks rather than a potential outcome of it (Ozcan and Breen, 2012).

2.3.2 Children and divorce

Childhood experiences are important in determining adult characteristics (Kelly and Emery, 2003).Children from intact families do not exhibit psychopathology as children from divorced parents who have a wide range of experiences and outcomes related to the nature of divorce, coping skills and available support network both during the separation and after (Freeman, 2011). Divorce is a substantial stressor for good or bad on the psychological health of the children involved although not all divorces are harmful to the children. Children can have different experiences during and after divorce depending on their developmental stage as narrated by Freeman (2011). One particular area that the children are forced to restructure is their relationship with the parents, especially a non-custodial parent.

Some children tolerate this change well, whereas others exhibit maladaptive behaviors such as contact refusal. In this case, the child, the parent and the environment must be considered individually and within the context of one another. The environment refers to not only the physical space surrounding the relationship but also other individuals within the environment. Contact refusal needs to be dealt with and its causes identified because of the importance of the parent-child relationship and to aid in determining appropriate interventions (Freeman, 2011).

Parental divorce causes economic deprivation in childhood. The economic deprivation theory assumes that single parents have less time and money for their children. A child might adopt adult roles earlier than usual to contribute to family household in times of economic deprivation (Mc, Lanahan and Bumpass, 1988). If this is the case, many children are disturbed in their normal development such as hobbies and education. The findings to this point however remain inconclusive (Amato, 1993). Amato (1996) argues that single mothers often experience economic hardship because of the divorce, which translates into inability to provide additional resources such as educational games, computers, books or private lessons to their children. According to Kelly and Emery, (2003) children fear economic loss after divorce. This is because of limited economic resources. Custodial parents mostly mothers, have less income than two parent family. The children may be forced to change residence, school, friends and diet among other things. The children in divorcing family have a fear that if they lose one parent, they may lose the other. 20% of children have no contact with their fathers 2- 3 years after divorce. They may lose contact with extended family of either side. Their bed and meal – times and after school routine may change (Visher and Visher, 1997).

According to Martin et al. (2005), parental divorce would lead to higher likelihood of premarital births, partially attributed to early sexual behavior. There is a likelihood of children being born out of wedlock by women from divorced parents, lower educational attainment increases the likelihood of s premarital birth by 23 percent. This could be related to fact that women with lower education attainment start working earlier and have more financial stability to start a family than their counter parts who remain students for a longer period. Therefore, parental divorce appears to be a clear 'push factor' for girls to take on early adult roles, in this case entry into parenthood, in

comparison with girls from intact families. This shows that girls from broken families engage in earlier sexual activities due to push factor out of parental household, or lack of supervision or of a disciplinary parental figure (Martin et al., 2005).

Martin et al. (2005) further states that children of divorced parents are more likely to divorce themselves. Socialization theory predicts that children coming from divorced parents are strongly exposed to the risk of divorce. It appears that children of divorced parents may have higher levels of divorce as an acceptable solution to leave an undesirable marriage. As described in socialization, it is likely related to the lack of role modeling of alternative ways to solve problems in a relationship, but not appear to be associated with a higher risk of marital disruption. Socialization theory offers the most plausible and powerful explanation, with children from divorced parents appearing to take on the attributes towards marriage and divorce of their parents. Significantly, higher levels of entry into cohabitation, as opposed to marriage, and higher levels of divorce were found among children of divorce, compared to children from intact families, thus demonstrating this socialization effect. It seems that these attitudes towards family formation, divorce and roles are indeed transferred from one generation to the next (Martin et al., 2005).

According to Were (2012), divorce affects socialization of the child in several ways. The children can be introduced into drugs and substance abuse, they can engage in child prostitution leading to being infected with HIV/ AIDs and STIs because of lack of parental guidance. Stigmatization of children and mostly those without fathers, they feel unloved by the absent parent, they do not trust people because of the lies being to them by the custodial parent when they ask about the absent one. Children drop out of school due to lack of fees and other basic needs, they acquire low grades in school due to absence from school and low concentration span in class and others even engage in work to survive.

According to Santrock and Warshak (1986), children living with the same sex parents were higher self-esteemed and more mature than children living with opposite sex parents. At the onset of adolescents , early maturing girls from divorced families engaged in frequent conflicts with their mothers , behaved I non complicit ways , had low self-esteem and experienced more problems in heterosexual relationships. The competent child elicits from the parents what the child needs. The

competent child gets from the world of mothers and that of fathers what experiences it needs while a child without a father is often seen as a product of a promiscuous relationship (Erickson, cited in Were, 2012).2.3.3 Psychological distress and divorce

Studies generally find that divorce leads to psychological distress (Waite, Luo, and Lewin, 2009). The effects of marital transitions over the life course may also differ between men and women (William and Dunne- Bryant, 2006).

Evidence suggests that individuals from advantageous family backgrounds do not suffer psychological distress later in life like the individuals whose parents divorced (Storksen et al., 2007), whose parents have lower education (Harper et al., 2002), who are from poor families (Sadowski et al., 1999) and whose parents are in lower social classes (Cheung, 2002) do. People with an adverse background are less likely to benefit from social capital embodied in their parents in adulthood. Children view their parents as an important pillar of support to them (Mcllvane et al., 2007) especially when their children are in need. People with an adverse family background in terms of economic and social resources benefit less from their parents, even in adulthood. The negative impacts of a divorce may be lessened by parental support determined by family background.

According to Landerman, George and Blazer, (1991), people whose parents divorced or separated during childhood suffered more from the effects of undesirable life events in the past year, more alcohol problems and psychiatric disorders, than people whose parents stayed together.

Rodgers (1994) found that when parents divorce, women tend to suffer more from their own divorce than those whose parents did not. This did not manifest on the side of men. Storksen et al. (2007) on the other hand presented opposite results from the Norwegian data. They found the interactive effect for men and not women, parental divorce worsens the effects of own divorce. Kalmijn et al. (2010) stated that what individuals go through during divorce is associated with an increase in psychological distress for women, but not for men. Furthermore, the distressing effect of divorce was limited to recent divorces. Both men and women suffer more from divorce if they come from divorce laden families.

A family background of lower socio-economic resources as lower educated mother, father manual worker, poverty appears to be especially negative for women if they divorce but not so much for men. Women are more geared towards family and suffer larger socio-economic set-back after divorce, which may explain the greater importance of family background for them. Interestingly, highly educated women suffer less from divorce, whereas highly educated men suffered more (Kalmijn et al., 2010).

Children have excessive fear and worry which they are unable to express in an appropriate way. They may suffer from anger and vent it on innocent people as teachers or people in authority. They might fight with brothers, sisters or friends more than the usual spats associated with sibling rivalry. They may look sad because their parents are hurting each other or other children. They cannot stop thinking of their parents' divorce. They cry over both little and big things, and do not laugh, joke or enjoy anything they are doing (Hughes, 1996).

2.4 Possible solution to divorce

There exist possible solutions to divorce. Several writers have speculated on various options. Some of the possible solutions to divorce are as stated below:

2.4.1 Family Life Education (FLE)

John and Ehigie (2015) states that to maintain and sustain marital stability, family life education as a curricular intervention should be widely accepted in order to pass information and guidance to the youths for the development of right attitudes and values. Family life education instills in an individual orientation and acceptable sexual behaviors that emanates from the development of responsible and appropriate values and attitudes.

Scholars in the field of panacea perceive youth's exposure to FLE as having unpleasant consequences and prevailing risky behavior. Its curricular intervention is based on the fact that majority of youths often resort to their peers, media and other sources for information and knowledge about family life in societies where sex talk is a taboo and sanction able. Since the traditional mode of checking youth's moral rectitude seems to have broken down in the name of modernization and civilization, curriculum for secondary schools such as social studies whose

contents are heavily loaded with family life topics should be implemented to enable the youths acquire more accurate information through school instructions. Parents should educate their children on accepted family values in their community. This is aimed at reducing risky behavior as strategy for the high rate of divorce among youths and high school dropouts as a result of unplanned pregnancies (John and Ehigie, 2015).

2.4.2 Religion and Spirituality

Marriages in developed countries such as the United States and Europe are not doing well. More and more end up in divorce, more people are cohabiting and having children out of wedlock, and fewer are deciding to marry.

This negative trend in marital health have been shown to adversely affect the future health of children, and may impact rates of alcohol and drug abuse, delinquency and later crime, as well as result in poorer health and increasing need for formal health services in later life (due to lack of a spouse) (Koenig et al., 2012).

According to Koenig et al. (2012), research published both before and after the year 2000 consistently shows that religion and spirituality involvement is related to greater stability and predicts greater stability over time. The exception based on limited evidence, is when Religious and Spiritual beliefs and involvement between husband and wife are greatly different, which may increase marital conflict and the risk of spouse abuse. This includes less divorce and separation, great commitment to the marriage, less spousal abuse (with exception as noted), and less infidelity. There are many reasons for this relationship, including the role that religion and spirituality plays in coping with stress, encouraging forgiveness and pro-social attitudes, providing support for the family, opposing the excessive use of alcohol and drugs, and discouraging separation and divorce (Koenig et al., 2012).

2.4.3 Guidance and counseling

According to Tolorunleke (2014), couples experience marital conflict under physical, social and economic causes. It has been discovered that marital conflicts are caused by the inability of the couples to fulfill each other's conjugal needs and especially when it comes to the inability of the family heads to sufficiently provide both economically and socially to the family needs just to

mention but a few. Maisamari (2005) argued that the concept of guidance and counseling is complex and multi-dimensional in helping relationships cover various aspects of human development and endeavor, including marriage. Counseling in our present day generation is useful to all persons and at every stage of life.

Marriage counseling is a helping service, more of a specialized help given to married couples to give guidance and enable them settle the possible differences likely to be faced and work together to achieve their objectives for which they entered the union. A counseling psychologist therefore, works with couples experiencing marital conflicts should develop certain interventions strategies which will help couples to have a better understanding of themselves, threats to their union and take appropriate decisions that will help in resolving their differences (Maisamari, 2005).

Marital conflict can be prevented from resulting into partial or total collapse of homes when handled at an early stage and this will depend largely on the couple's mutual understanding and handling. Marital success results from endurance, tolerance, patience and effective management of individual differences. Successful marriages as opined by Nadir (2003) are not those in which there has never been conflict but those in which conflicts have served useful purposes. Hence in order to foster marital stability and satisfaction, couples should learn to be fair, objective and realistic when dealing with their partner's behavior. Couples should see their partner's short comings as natural by-product of every human interrelationship where nobody can be perfect at all times and in all things.

Melgosa and Melgosa (2005) argued that communication is the center of interpersonal relationships and also the manner in which messages are exchanged, resulting in satisfaction and happiness or alternatively causing hurt and resentment. Without effective communication between couples, there will be tension, sense of isolation, holding strongly to one's opinions mistrust, less sharing and less intimacy. Marital conflicts can be prevented or managed in our homes when both partners send the right and decodable signals and are positively received by both partners in marital relationship.

According to Tolorunleke (2014), the recommendations for the control of marital conflicts are ample provisions for preventive, educative or rehabilitative counseling interventions through

marriage and sex guidance. There is need for premarital counseling for would-be couples to help them understand themselves and each other before marriage. They should be exposed to some of the problems that could lead to conflicts and how to manage them. Regular seminars and workshops should be organized for couples on issues that have to do with conflict resolution and marriage harmony, such seminars could be organized and conducted by government at various levels (National, County and local councils), religious bodies such as churches and mosques and non-governmental organization. Trainings should be provided for conflict resolution mediators or facilitators based on the comprehensive conflict resolution strategies. Train marital counselors and post them to social welfare offices and religious organizations. Institutions of learning should include in the curriculum a period for pre-marital counseling for those that have attained the age of maturity (Tolorunleke, 2014).

A study conducted by Shakerian et al. (2014) indicated that a higher level of sexual satisfaction can increase marital life quality and decrease couple's relationship problems; this will also decrease marital instability and divorce rate. The present study underlines the fact that the couple's sexual relationships including marital relationship quality, mutual trust and behavior control are significantly related to weak sexual function (sexual dysfunction) and sexual dissatisfaction. This means that any failing in these behaviors brings about a defective cycle which causes marital maladjustment and disagreement.

2.5 Theoretical Framework

This section deals with the theory that informed the study. The study was informed by the Social Exchange Theory as explained below.

2.5.1 Social Exchange Theory

This study was guided by the Social Exchange Theory which points out that human beings will create and maintain relationships if they believe that rewards they derive from such relationships will exceed costs. Homans (1961) attempted to explain behavior as an outcome of interaction in which individuals' trade or exchange resources broadly defined. Although Homans derived his statements of modern exchange theory from behavioral psychology and micro-economics analogous theories, the ideas are also found in anthropology (Levi- Strauss, 1949; Mauss, 1954)

and political science (Elster, 1986). While Social Exchange Theory best explains interactions between two persons, the theory has also been extended to integrate group processes, and applied to dyadic behaviors, such as friendship and marriage (Hatfield et al., 1979; Waller, 1937).

The five basic propositions of modern exchange theory were formally stated by Homans (1961). First, is that people are more likely to engage in a given activity if it has been rewarded in the past. Second, the more often you do things that reward another person for a given behavior, the more often the other will emit the activity. Third, if you do things that reward another person for a given behavior, that person will engage in that behavior more often if the reward that you give them is more valuable to them. Forth, the more often someone does things that reward you, the less valuable those rewards become for you in the future and fifth, we are likely to become angry if we seem to be treated unfairly.

The behaviorists' model of operant conditioning is based on the utilitarian principle that individuals will seek to maximize their pleasure and to avoid or minimize their pain.

Individuals are expected to respond in predictable ways to rewards and punishments. Each interaction is an opportunity to exchange resources from which each participant attempts to receive resources of higher value than he or she has contributed or foregone.

Generally speaking, social psychologists refer to things exchanged as resources and resources can be anything tangible or intangible. Foa and Foa (1974) have identified six classes of exchange resources: love, status, information, money, goods and services. They further state that any resources falling into one of these six classes can be described with respect to one of two dimensions: particularism and concreteness. The particularism of resources is the extent to which its value depends on the particular person involved in the exchange. For example, an exchange of affection holds more value to a loved one than to a total stranger, while an exchange of money holds a more universal value. Concreteness refers to the degree to which the resource is tangible such as a raise in salary as opposed to an increase in one's occupational status. Additionally, Foa and Foa (1974) found that particularistic resources tend to be exchanged for resources in the same class, for example, love for love rather than love for money but those less particularistic resources

are commonly exchanged for resources in different classes. For example, money is often exchanged for goods and services.

Homans developed five general propositions concerning social behavior and the exchange of resources. Three of these propositions reflect the behavioral psychologists' model. The first proposition, directly derived from the model of operant conditioning, states that 'for all action taken by persons, the more often a particular action is rewarded, the more likely the person is to perform that action' (Homans, 1974:16). The second proposition acknowledges past learning: 'if in the past the occurrence of a particular stimulus, or set of stimuli, has been the occasion on which a person's action has been rewarded, and the more similar the present stimuli are to the past ones, the more likely the person the action or some similar action then. On the other hand, the third proposition states that 'when a person's action does not receive the reward they expected, or receives punishment he did not expect, he will be angry and he becomes likely to perform aggressive behavior (Homans, 1974).

The last two propositions are more closely linked to economic theory, micro-economic theory (which is also rooted in utilitarian traditions). The fourth proposition states that 'the greater the profit a person receives as a result of his actions, the more likely he is to perform the action. In his terms, profit is the net results of the benefits or rewards of an interaction less the costs associated with it (Homans, 1974).

The final proposition reflects the economic notion of declining marginal utility. Homans (1974) states that 'the more often in the recent past a person has received a particular reward the less valuable any further unit of that reward becomes for him'. The idea is that one can become satiated with any given good such that additional units are no longer desired or hold the same value as they did initially. Although Homans refers to individual's interactional inputs and outcomes as 'costs, investments, rewards and profits,' his theory is purely social, not economic. Rather, than attempt to explain all social behavior, Homans excludes from explanations behaviors that result from coercive actions or as response to social customs, norms, or internalized behavior (Heath, 1976).

While Homans has gone a long way to provide powerful propositions to explain why an individual takes one course of action or maintains some relationships while dissolving others, he does not provide an explanation of what constitutes a benefit to an individual and a cost to another.

2.5.2 Relevance to the study

This theory is based on the assumption that human beings form and sustain relationships if they believe that the rewards they derive from such relationships will exceed costs. It best explains interactions between two persons as it has also been applied to dyadic behaviors such as friendship and marriage. It explains social behaviors using basic notions of behavior originally developed by behavioral psychologists and neoclassic economists as operant conditioning that has a utilitarian principle that individuals will seek to maximize their pleasure and to avoid or to minimize their pain (Homans, 1961). This is true for marriage and divorce because couples tend to stay in marriage when they know it is working for them or if it is of benefit to them, but when they realize that it is not what they expected it to be, then they separate or even divorce.

For women autonomy measured by factors as relative earnings, employment and education, an indicator of structural change in the labor market is thought to influence women's marital behavior in non-familial setting. This increases women's access to economic resources and thus reduces the incentives for women to stay in non-fulfilling marriages (Takyi, 2001). To avoid all these, couples should come up with ways of how to tackle these challenges in their marriages before ending in divorce. The theory also states that when a person's action does not receive the reward he or she expected, or receives punishment he or she did not expect; he will be angry and is likely to perform aggressive behavior (Homans, 1961).

This applies to marriages when young couples get married and after a short time want to back out because their expectations are not met in the marriage, because of this, the marriage ends up in divorce. Many couples are getting into marriage expecting it to be a bed of roses like during the dating time only to be hit by a small conflict then they want to divorce. The theory proposes that

the greater profit a person receives as a result of his action, the more likely he is to perform that action.

In marriage, this is evident when one is having a fulfilling and happy marriage life and the couples have a way of always working out their conflict amicably. In such a case, one cannot find a reason to dissolve his or her marriage but to continue to stay in it and make it better.

3.0. CHAPTER THREE: METHODOLOGY

3.1 Introduction

This section contains the various important considerations in research methods among them research site description, design of the research, study population, sampling procedure, sample population, methods of data collection, and methods of data processing, analysis and ethical considerations that were observed in the study.

3.2 Study Site

This study was conducted in Nairobi, the capital city of Kenya. This is because it was the place with the highest concentration of empowered women and men with both the education and the economic capacity to take care of themselves, it is also a cosmopolitan town. Nairobi was chosen for convenience, resources limitation and proximity to the researcher's abode. The cosmopolitan nature of Nairobi also provided an opportunity to have samples that go beyond a single ethnic group and reflects the general emerging trend in Kenya in general.

In Nairobi, one would expect that the level of female emancipation is high and that most aspects of the traditional cultures have been replaced with western values. Given the existing opportunities for education as well as employment, women find it easier to move up the social as well as the economic ladder.
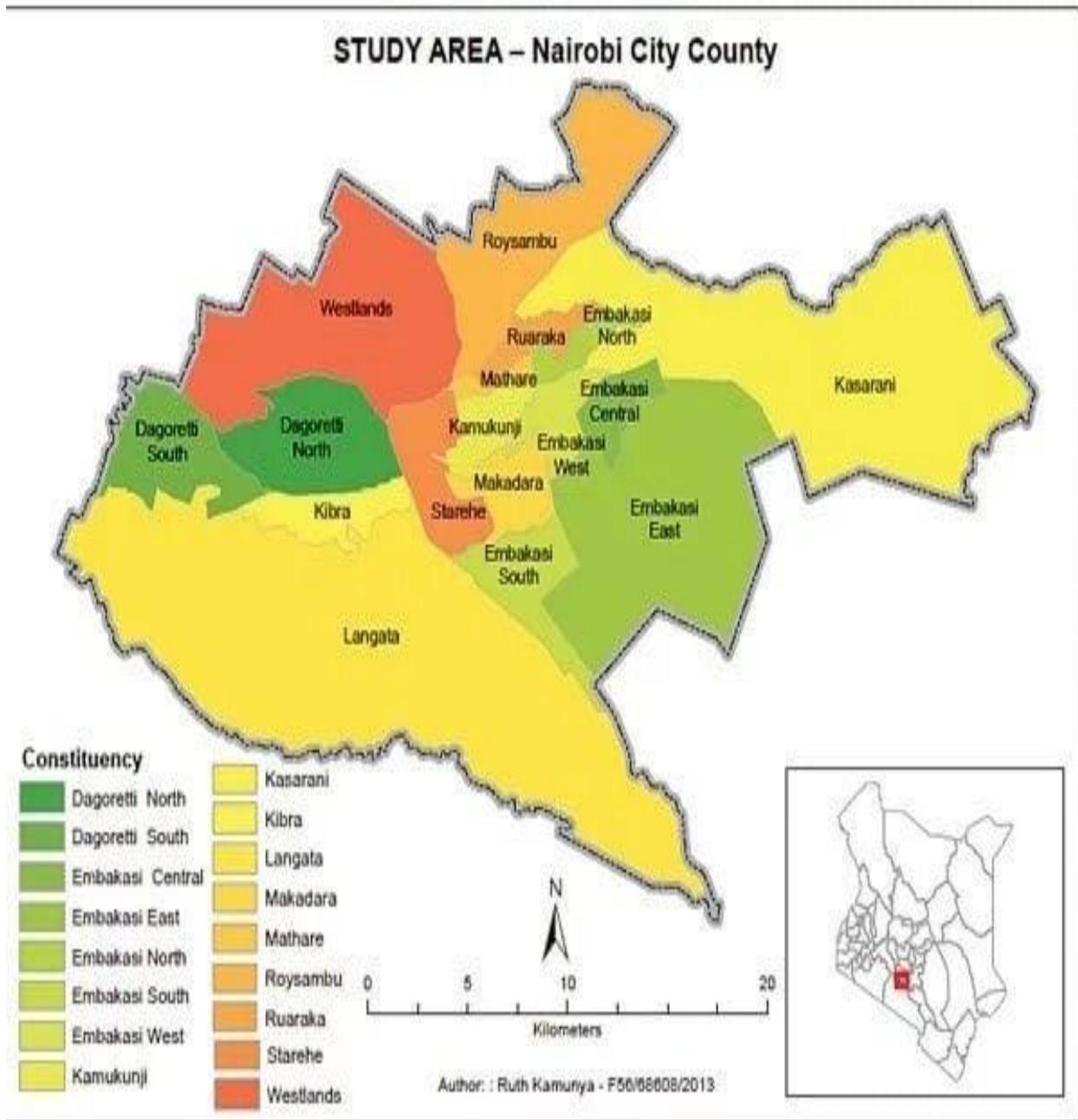
Map of the Study area

Figure 3.1: Map of Nairobi County.

Source: Tuko. Co.ke

3.3 Design of the research

Both primary and secondary information was collected, in order to generate data for this study. Secondary data comprised information from sources such as books, articles and journals while primary data was assembled from the subjects of the study.

This study was exploratory in nature with qualitative data collection techniques forming the core of the study. The techniques were mainly in-depth interviews, narratives and key informant interviews.

For exploratory research, its primary goal is to understand the issue or situation better, which is an appropriate way to later offer more in-depth study (Copper and Schindler, 2006). As part of the knowledge, attitude and perceptions study, the depth of understanding based on people's lived experiences permitted a greater depth in the inquiry.

3.4 Study Population

The study population consisted of any person, male or female, that had been in marriage but separated or divorced and those who have been married for more than six years. Supplementary data was collected from the marriage counselors who formed part of the key informants to provide additional information based on their day today experiences in dealing with marital counseling.

3.5 Sample Population and sampling

The study intended to reach out to a sample of about 28 informants consisting of 5 divorced couples (10 people), 5 presently married couples (10 people), 2 couples who had been through divorce or separated but were trying to get back or have gotten back (4 people) and 4 marriage counselors. The two couples trying to get back together were the narrative givers while the marriage counselors were the key informants because they had more information on marriage and divorce as they handled marriage issues and through them divorce had occurred or even marriages saved. The unit of analysis was a single individual who had been in a marriage. They were selected through snowball method.

The snowball-sampling technique was used since divorced people have a support group in which they knew each other. Having located one member of the group, the research then used the contact to get others who had similar characteristics. Most people would wish to keep their divorce secret and hence may not be very open in the process hence the method of sampling.

3.6 Data collection Methods
Data was assembled through the use of the methods listed below:

3.6.1 In-depth Interviews
In-depth interviews were conducted with the selected sample as indicated above. The issues investigated were the causes of divorce, consequences and the possible solutions to divorce.

The former couples, as well as present couples, were interviewed separately where possible to get the perceptions of each actor instead of the group position. Interrogation was done on the contribution of factors such as education, age at marriage, economic independence and couple communication among others as possible contributors to divorce. Issues of infidelity and marital cheating were equally interrogated. Tape recording took place in situations where the informants consented for back up purposes. The information was later transcribed without losing the original message. The instrument used was the in-depth interview schedule.

3.6.2 Key Informant Interviews
Key informant interviews were carried out among the 4 marriage counselors. They provided information on the thematic issues as education and employment among women or wives, different education levels among couples, employment among couples, infidelity among spouses, interference from in-laws and other dependent family members, misunderstanding or conflicting opinions, financial instability or poverty, cultural issues, domestic violence, infertility and barrenness among drug abuse among others as causing divorce and their possible solutions.

3.6.3 Narratives
The 2 couples who had gone through a divorce and wanted to get back together were requested to narrate their story on what had transpired from the time of the separation, divorce and later possible re-union.

3.7 Data Processing and Analysis

Analysis is the search for patterns in data and for ideas that help to explain why those patterns are there in the first place (Bernard, 2000). Thematic analysis was used to analyze data. The researcher transcribed the recordings from the interview making sure that, the transcripts had remained original and in a way that was true to its original nature and had provided the information required from the verbal account.

After reading and getting thoroughly familiar with the data, the researcher generated the first list of ideas of the data contents and all that was important in it, and then produced the initial codes along the lines of the study objectives.

After a convincing thematic map of the data that had been developed, the themes were named and defined accordingly: this was done by, establishing the significant features of what each theme was about as well as the themes overall, and finding out what feature of the data each theme covered. A thorough analysis was done and put down for each individual theme, and its importance to research questions ascertained. When there was a set of completely executed themes and the final analysis was done, a report was produced detailing the results of the research. In terms of the presentation, verbatim quotes were used to amplify the voices of the informants.

3.8 Ethical Considerations

The crucial ethical issues considered in this project were informed consent, privacy, confidentiality and anonymity.

Informed consent

This research presented a low identifiable risk to the participant's health or well-being. Everyone who participated in the research had freely consented to do so, without being forced or unjustly pressurized. They were first enlightened on the research and their participation based on adequate knowledge. Their failure to participate did not affect them in any way. Participants were made aware of their rights to pull out from the research at any time they wished to and the fact that participation was voluntary was emphasized. A proper introduction and purpose for which the information would be used was clearly explained to the informants. This included, explaining the

importance of the study, why they should accord the researcher their time and how they would get feedback at the end of the exercise. A well-informed consent form that briefly describes the purpose of the research, benefits if any and the risks involved in the study was given to the participants to read, understand and sign.

Confidentiality, Anonymity and Privacy

The interviews were carried out in private places with only the researcher and a participant present. The researcher ensured that the information is not made public or divulged to anyone to ensure confidentiality. Participants' names have not been attached to the information given. Additionally, the write up has used pseudonyms so that no identification of the individuals can be done based on the information provided.

The results of the undertaking would be available in the library as a well as the Institute of Anthropology, Gender, and African Studies database. It is also envisaged that the outcome will be shared with the wider scientific community via publications in refereed journals.

4.0 CHAPTER FOUR: THE CAUSES OF DIVORCE IN NAIROBI COUNTY

4.1 Introduction

This chapter presents the findings of the study. The findings are analyzed and interpreted in line with the study objectives.

4.2 General information

Out of 28 questionnaires that were administered to the respondents by the researcher, all the questionnaires were correctly answered. This presented a response rate of 100% of the questionnaires issued. Of the filled questionnaires 14 were males while 14 were females. The respondents were asked about their age, marital status, education, occupation and income.

4.3. Gender representation of the Respondents

The study respondents included both men and women 50% being women and 50% being men. This balanced number of respondents was to bring about the information about marriage and divorce without being biased but have equal numbers with different opinions.

Figure 4.1 Below is a representation of the distribution of respondents' gender.
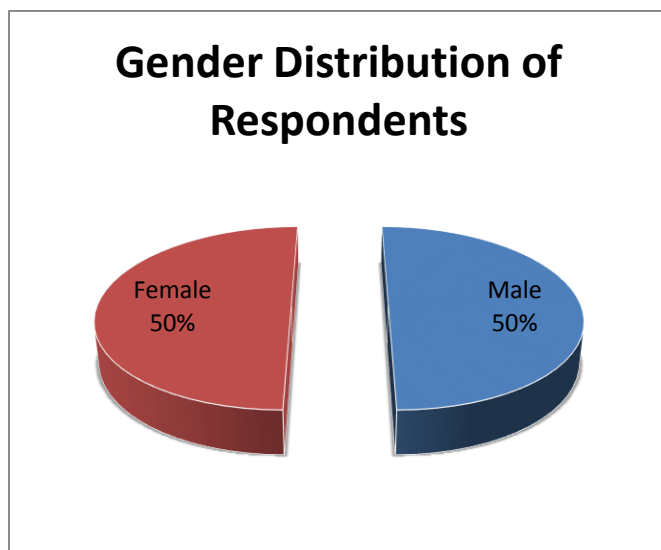

Figure 4.1 Gender distribution of study respondents

4.3.2 Age of Respondents

The analysis of the age distribution of the respondents in the study revealed that majority (46%) of the respondents was between the 29 – 39 years. This was followed by the category of between 40-50 years at 32%. The rest of the categories recorded below 18 percent.

Table 4.1 Distribution by age

Age Group	Frequency	Percentage
1.18- 28	0	0%
2.29 - 39	13	46%
3.40- 50	9	32%
4.51- 60	5	18%
5.61- 70	1	18%
80 and above	0	0%
Total	28	100%

4.3.3 Marital status of respondents

The study sought to establish the marital status of the respondents. Majorly the study has two marital statuses, Married and divorced. This is because the respondents were in the category of married couples, divorced couples, couples getting back together which were categorized as married and finally the Key informants that also fit in either categories. Figure 4.2 below presents the findings that revealed that divorced individuals were 11 representing 39% and the married were 17 representing 61%.

Figure 4.2: Marital Status of respondents
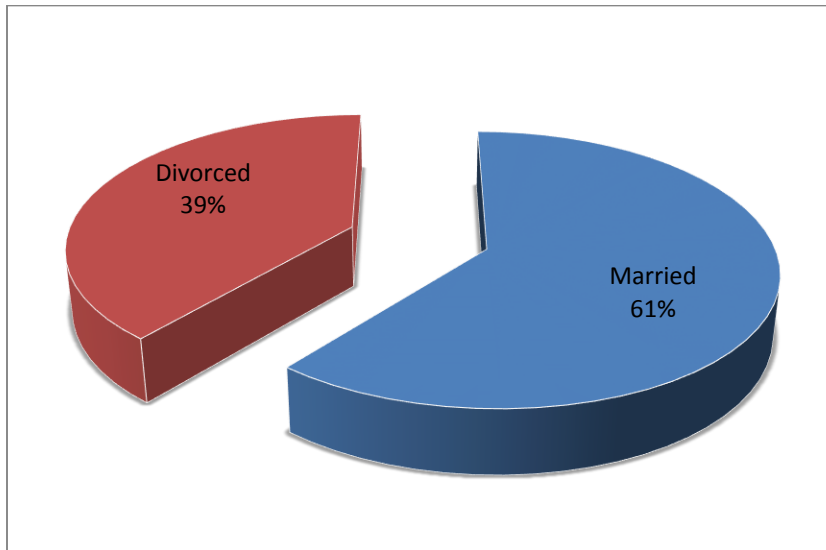
4.3.4 Education Level of Respondents

Further, the study sought to establish the education level of the respondents, the analysis of the data collected is represented in the table 4.2;

Level of Education	Frequency	Percentage
1. No. formal education	0	0
2. Primary	2	7%
3. Secondary	7	25%
4. University/ College	19	68%
5. Any other specify	0	0%
TOTAL	**28**	**100%**

From the data collected, the majority 19 (68%) of the respondents had university or college education, 7 (25%) of the respondents had secondary education while 2 (7%) of the respondents had a primary education. This would imply that the majority of the respondents were educated and aware of their rights and responsibilities in a marriage.

The average duration in marriage for the married couples was 16.2 years within the range of 4 and 30 years. The average duration of marriage among the divorced couples was 12.3 years within the range of 4 to 15 years. The average duration of marriage before divorce among couples getting back together was 11 years within the range of 3 and 19 years.

Four married couples had involved their parents in the marriage arrangements and were advised before they got married, one married man said" *Yes our parents were involved in our marriage arrangements to the end."*
Another married man said" *Yes our parents were involved, they advised us on love and how to take care of each other".*

Some respondents never involved their parents in the marriage arrangements, one married woman said" *It was between the two of us. We met in my brother's house".*
Another married woman said" *No one was involved. It was based on our own understanding".*

Two married couples said that they had a go between involved," *A go-between who was my colleague back in college was involved".*
Three married couples did not involve their parents in their marriage process. Religion was also a key component in marriage process and a source of spiritual nourishment, marital education, advice and counseling was done to other couples. One married man said that "*Religion played a vital role in our relationship before our marriage, we attended counseling in church once in a while".*
Another married man said that" *The church advised us on marriage, sex, being faithful, love, trust and communication."*

One married woman said that "*Religious leaders advised us on the principles of marriage and building a marriage on the right foundation."*
Another 42 year old woman married said that" *Religion offered pre- and post- marital counseling, it officiated our wedding and offered spiritual mentorship".*

There was minimal involvement of other family members in the marriage process and any emerging marital disputes.

Besides the choice of marital partner and the involvement of other parties, family members were reported to influence marriage both positively and negatively. Family members influenced the marriage positively as can be seen in the voices below:

"B*oth family members have contributed positively towards our marriage with a lot of respect" (*Says a 58 year old married man).

*"Family members from my side and that of my wife's have helped solve most of our marriage disagreements or conflicts" (*A 28 year old married man*).*

"We do not come from the same tribe. This brought a big issue more so from my mother – law. She has a very big influence on our marriage but the son stood firm. Today everybody is grown up and they understand why someone can go outside the community."(53 year old married woman).

In some instances, the extended family members have drained the family of resources hence, impacted negatively on the marital stability. Some of the voices below indicate different levels of negative influence.

"*Am not very close to the extended family. Some of them have influence in my marriage, they financially depend on my husband and this destabilized my marriage"* (A 38 year old married woman).

"w*e are close but everyone minds their own business and no one seems to care about the others"* (43 year old married woman).

"*There is no close relationship with family members and we never engaged them in our marriage affairs".(*A 32 year old married man).

Couples getting back together and two divorced informants suggested that the appropriate duration for couples to iron out their issues before divorce was 1-3 years while one divorced key informant suggested a period of less than three months. According to two key divorced informants, sorting out marriage issues did not require a specific timeline. The timeline was attributed to how couples solved their problems and their level of understanding. The counselor reported that the average marriage duration of most couples contemplating divorce was 2-5 years.

According to divorced informant staying in an unhealthy relationship was detrimental; a source of problems; and was not worth sacrificing one's happiness and personal wellbeing for the sake of the children. A 51 year old divorced woman said that*" staying in unhappy marriage is not good, this is because it is where you want to put up for the rest of your life but one should lead a happy life. Being unhappy can make you develop sicknesses like high blood pressure, ulcers and depression and this can cause death".*

A 65 year old divorced man revealed that*" It is not good to stay in unhappy marriage for the sake of the children and not for anyone, it will also mean lying to the children".*
A 60 year old divorced man reported that "*it is suicidal to be in unhappy marriage for the sake of children and so, I opted for divorce. If you stay in unhappy marriage, it will lead to unhappy life hence a disturbed mind and you cannot be productive. It can lead to hypertension or even death, so I opted for divorce even if it is ungodly".*

There was no agreement on time required to solve marriage issues before divorce. According to marriage counselors, fear and complexity of sharing family investments after splitting was reported to be a reason why couples didn't agree on divorcing. Further, fear of damaged reputation after splitting; fear of loss of family and friends; and fear of God also inhibited divorce. A marriage counselor reported that "*couples fear divorcing because of the Fear of God, if there are children involved and family investment".*

Another marriage counselor revealed that "*couples avoid divorce because of fear of losing value and dignity in the community and their position taken away from you such as a pastor, some fear*

losing family friends made through the marriage life, making new relationships is not easy as one may not know whether the new relationship will be good or bad. Generally, people avoid divorce so as not to shame the children, not to disturb them and not to traumatize the children or make them stranded on where to choose to go, to the father or the mother".

One of the divorced respondents decided to terminate their marriage due to irreconcilable differences. A 46 year old divorced lady said that "*we just had bitter irreconcilable differences. My husband had another woman and they had a child during our marriage and I did not know".*

According to some couples-getting-back-together, it is the men (husbands) who tend to mostly suggest or initiate for a divorce compared to the women (wives). One woman noted thus: "*my husband initiated the divorce".*

In situations where the wife initiates the process of divorce, it was reported that men tend to be very fast in granting the same. A 39 year old divorced man said that "*My wife initiated the divorce and I had to grant it".*

4.3 Causes of divorce

The study established that the following factors are likely to create marriage instability and have high chances of resulting in divorce.

4.3.1 Education and employment among women or wives

Limited economic empowerment opportunities among women including advancing in education and working or employment resulted in divorce. Education and employment were associated with independence and empowerment of women which were likely to cause divorce.

A 39 year old married woman stated thus: "*Women's education to an extent can contribute to divorce because once a woman is working she will feel empowered and incase the husband tries to intimidate her she can decide to move out and stay alone with or without the children".*

A 33year old married man said that "Women's education attribute to divorce because they see themselves as learned and even my girlfriend left me because she was learned".

A 36 year old woman, divorced but getting back together stated that *"the level of education affects the stability of marriage because when a man is learned and marries a woman who is not educated, then he feels that he should look for a woman who is educated like him, this then may lead to divorce or separation."*

A 39 year old man divorced but getting back together said that *"the level of education affects the stability of marriage because educated women reason better"*.

Most respondents felt that educated women had more sense of independence than their uneducated counterparts due to their high paid jobs and salaries. Financially stable women were reported to be stubborn and likely to divorce. Higher education among the women was reported to be associated with 'looking down' on their spouses and lack of submission.

A 65 year old divorced man said that *"may be the level of education can affect marital stability, it is important that both parties are at an equal level of intellect and education. If you have a dumb wife or husband, it does not matter how many diplomas you have"*.

A 50 year old divorced man said that *"the level of education affects marriage stability because if the two couples have different levels of education, for example I have a primary level and my wife is a degree holder, our level of reasoning will not be the same. One of the couples might view the other as inferior since there is no perfection as mankind, my spouse might think that it is because of my little education that is why I have made a mistake"*.

A 45 year old divorced woman said that *"education affects marital stability, because you need to have some understanding to know the dos and don'ts in a marriage. This is attributed to the males. In contemporary world males feel inferior to women. Divorces are many where people are educated than where they are not or where there is no much education"*.

Expression of interest by women to pursue further education or work created insecurity among the husbands, created suspicion and was a probable cause of divorce. Some men negatively perceive employed women to be immoral. The urge to defend their level of education and earn self-respect

and honor among women; coupled with the negative perception from men discouraged women from working and was considered a major reason that increases the chances of divorce.

A 37 year old marriage counselor stated on the effect of a woman's education level on divorce that *"The learned woman tends to know their rights and feel financially stable. For example, a primary school leaver has lack of financial stability which leads them to stay away from their husbands to seek for jobs like house helps. To that level, most of them pretend to know their rights while they do not know them exactly. Some secondary school leavers tend to enter into marriage before they join college with the promise from spouses that they will be taken to school, after entering marriage, things fall apart. They are told to be wives and if they want to go to college then they should do it alone. Hence the woman is willing to further her education but the husband does not want that because of fear that when their wives join college, they will meet other men better than them. For a degree holder, separation or divorce comes due to majoring in their rights so much to the extent that they cannot say sorry at some point. Some divorce because of the nature of their jobs that deny them ample time with their families. Some divorce because of wrangling because of wealth, for example, a wife has a bigger position at work that allows her to enjoy executive benefits that the husband feels he should also enjoy the same yet he does not work in that same organization".*

Despite the notion that education is a major cause for divorce, there were informants who felts that this is blown out of proportion and that education at times just make women better wives and value additional.

A 58 year old married man with a college education said that "*women's education is not attributed to divorce because when a man is secure and embraces the women's education as value added to the relationship instead of seeing it as a tool of overshadowing him, it is a blessing not a reason for divorce".*

A 53 year old married woman with a college education stated that "*women's education is attributed to divorce because men shy away from ambitious women. They expect submissive women, something that is not there today. Lack of counseling from the word go especially when a lady is more educated than the spouse is responsible for the low self-esteem. The belief that women's 'office is the kitchen' no longer hold any water, but men do not accept this. Our educated*

women have also forgotten their responsibilities. Too much is left for the house minder. Things have turned upside down. You become the head of the house according to your earnings. If the wife earns more, well she is the head. The man has to keep quiet. Women get bored when they have to baby sit their spouses such as even looking for socks, a simple duty that a man needs to do".

A 61 year old divorced woman with a secondary education said that *"I decided to divorce because I was fed up with my former husband's character. He liked to beat me, used to bring girlfriends home but when I questioned, this used to result in beating. He was a dictator because what he said was final and a woman has no say in his house. He never wanted me to do any income generating activity whether work or business claiming that women who work or do business are prostitutes".*

A 37 year old marriage counselor stated that "*some women are too independent for marriage as there are issues that affect them that men do not understand well, such as the cosmetic and the life style. Most of them are working class hence they do not rely on their partners so much as they want to defend their level of education and earn self-respect and honor".*

Different education levels

Education was reported to be a source of discrimination against uneducated partners; source of conflicting opinions, change of attitude towards spouse and mistrust. Men were presumed to divorce wives in order to look for women with similar education status or who are of the same 'class' as they are. The following confessions from a cross section of informants brings this out more elaborately.

A 37 year old divorced woman, with a primary education said that "*level of education affects marital stability because may be at times when you get married, you love each other but when problems come, men start looking for reasons such as you are educated that's why you cannot be corrected or you are not his class because you are not educated. My husband finished his 'O' level but did not reason like someone who went to school."*

A 39 year old man divorced but getting back together said that "*some husbands see career development as a room for the wife to move around; some of us feel insecure when your wife starts to work and earn her money. But I came to learn that it is a personal decision to move around or work to better your future*".

A 44 year old divorced woman with a college education, said that "*when men are more educated than you, then they tend to look for women of their standard (educated women like them), they change their attitude towards you and sometimes even assume and don't talk to you. Some women who are more educated claim that they can stay without a man and so separate as they are independent*".

A 51 year old divorced woman with a secondary education said that "*education level affects stability of marriage very much, like my husband was a primary school leaver, and I was with a secondary education. Everything I said in the house my husband had to comment that I was looking down on him. We could not share ideas and he felt high level of inferiority complex.*"

4.3.2 Employment among couples

Employment brought about difficulties in balancing workload and family life. Further, it affected communication and time spent with family at home for most of the couples leading to marital instability and indulgence in extra-marital affairs.

High demanding jobs, more workload, jobs that involve a lot of traveling, night shift jobs and potential work transfers were reported to reduce time spent by couples with their families which increased lack of trust between couples and that contributed to divorce. The voices below brings out certain misgivings regarding employment.

A 35 year old married man with a college education said that "*lack of communication is dangerous in a marriage since when there is a problem you cannot sort out by talking and somebody is suffering in silence hence leading to depression.*"

A 53 year old married man with a secondary education said that *"employment affected his marriage because the separation due to employment brought a lot of problems. There wasn't enough time for the couple to communicate with each other and as a result, it made my wife to indulge in extra marital affair which had its repercussions."*

A 29 year old married man with a secondary education said that *"balancing work and marriage life can be difficult sometimes; getting home late due to work load, stress and getting partial transfers interrupts the quality time we are supposed to spend with together."*

A 37 year old divorced woman with a primary education said that *"My going to work brought problems because my husband was working on night shift but by the time he came back home, I was leaving for work so he used to say men were after me or that I was going to loiter in town so that is why I could not stay in the house. He was quarreling but used to provide nothing yet we needed to eat. I tried to stay but I was tired and gave up."*

4.3.3. Absence of useful spousal communications and marital infidelity

Infidelity by partner especially from the man was also identified as a major cause of divorce. It was defined as dishonesty and highly attributed to lack of trust between couples. This was reported to be a contributing factor to divorce and marital discord. The situation was exacerbated by poor communication that led to suspicion and mistrust. The following are some of the informants' views regarding the lack of proper communication in a marriage and infidelity.

A marriage counselor revealed that *"If the communication is bad, it leads to mistrust in marriage and brings about disobedience in the family, good communication is like glue in the marriage such as the use of magical words like I am sorry, I will try my best and thank you."*

Another marriage counselor said that *"lack of effective communication when allowed to persist becomes detrimental to the relationship and the end results are never good"*.

A 51 year old divorced lady said that *"he used to bring girlfriends in the house but when I asked, I would be beaten"*.

A 53 year old married man with a secondary education said that *"employment affected his marriage because the separation due to employment brought a lot of problems. There was not enough time for the couple to communicate with each other as a result it made my wife to indulge in extra marital affair which had its repercussions."*

A 45 year old divorced woman said that "*both of my husband's parents were pretenders when it came to their relationship with their son because they relied on him for support and could not talk about his infidelity when he did wrong because of financial reliance. Instead, they would always blame me for complaining too much*".

4.3.4 Young immature individuals getting married

Two counselors agreed that age was a very significant factor for divorce. Couples who marry young tend to make mistakes, since they are immature and lack experience in marital affairs, making it more likely for them to divorce. The young age at marriage was between 18 – 22 years. The main reasons identified for underage marriage were unplanned pregnancy and peer pressure as well as arranged marriages.

A marriage counselor who was a key informant said that "*age at first marriage is a significant factor in divorce because of the forced circumstances that led to it. For example, while still pretty young, tribes and cultures that still propagate early childhood marriages, the young girl is extremely innocent and when she comes to be enlightened, she realizes that she can and has an opportunity for redress.*"

A 45 year old divorced woman with a college education said that "*maturity matters in a marriage because one can be young but mature in his thinking and another can be old in age but immature in his thinking. Get married knowing what you want, do not go to marriage because of emotions*".

A 30 year old divorced woman with a secondary education said that *"Somebody can do something because another person has, for example my husband got married because his friend did. I was ready for marriage he was not; I was mature he was not."*

4.3.5 Interference from in-laws and other dependent family members

According to a marriage counselor who was a key informant, interference from the in-laws from both sides contributed to divorce. In-laws are reported to side with the related spouse in the event of conflicts between the spouses. The in-laws from both sides especially mother, father and sisters took sides and tended to favor their blood relative. Mostly from the man's side, mother and sisters generally, promoted the growth of the gap between conflicting spouses and created insecurity that is likely to result in divorce. In-laws supported polygamy; negatively define married women; and brought on board other ladies to be married to their brother. These are among other issues that could lead to divorce. Further, additional family members and adopted children depending on the couples were also reported to cause friction and therefore, a possibility of divorce. The following voices amplify this further.

A 65 year old divorced man with a college education said that "*If that old woman who was my mother in-law had not been there, life would have been easier. You know why I am not a Muslim? It would be fine with the four allowed wives, but imagine four mothers in-law, at the same time. May God forbid"*.

A 50 year old divorced man with a college education narrated thus "*There was a lot of interference from her side in-laws. Her elder sister interfered a lot as she wanted us to live as she dictated. When I got a transfer from Mombasa to Nairobi, her sister told her not to go with me and that was the beginning of our separation, my wife did not also like my relatives though it was not a major contributing factor to that divorce, I was staying with some orphans whom she did not like.*"

A 51 year old divorced woman with a secondary education said that "*my sisters in-law used to be his chief advisors on how to treat me in the house. My brothers' in-law used to advise him positively not to frustrate me as I was also a human being*"

A 37 year old divorced woman with a primary education revealed that "*The in-laws contributed a lot to the separation as they advised my husband not to go to my parents place, and if we had*

issues they would incite him to send me away and said that there were a lot of women that he could marry".

A 39 year old divorced woman but getting back together with a secondary education said that "*My father in-law insisted that I was not the right person to be married to his son."*

4.3.6 Misunderstanding or Conflicting opinions

According to some respondents, different or conflicting opinions contributed to divorce. They emerged from different sources including incompatible partners. Conflicts were reported to have grown due to changed character and lifestyles; and repeated mistakes. Conflicting opinions often resulted in misunderstanding, arguments, quarrels, fights, changed attitude and finally divorce.

A 37 year old divorced woman with a primary education said that "*there were a lot of things that did not work out, we organized things together but he refused to do as we had discussed".*

A 45 year old divorced woman with a college education said that "*We just had bitter irreconcilable differences; he has an extra marital affair without me knowing".*

A 37 year old divorced woman with a Primary education said that "*We would not agree on so many things as we had different ways of looking at things. We had to divorce".*

4.3.7 Financial Instability or poverty

All marriage counselors agreed that financial instability of the husband could lead to fallout between husband and wife. Financial instability was associated with quarrelling, inadequate provision of basic needs and worsened lifestyle. The following were some of the opinions of the informants.

A37 year old marriage counselor revealed that "*lack of finance can lead to quarrelling, not providing for the family needs can lead to separation or divorce."*

A 29 year old man with a secondary education stated that *"Most marriages in Kenya fail due to poverty. Spouses who depend on their partners loose loved ones since they cannot provide a better life for them when one partner gets someone who can support her financially and take care of her needs, they divorce or separate."*

A 50 year old divorced man with a college education said that *"people divorce when income becomes shaky and the breadwinner is not able to provide a comfortable life as before."*

A 40 year old marriage counselor noted that "*A man's financial instability should not be the cause of divorce unless the two came into the union because of financial stability"*.

A 43 year old married woman with a college education said that "*When men are too mean and do not care or provide for the family, in bitterness the women might leave to fend for themselves"*.

4.3.8 Cultural issues

Cultural issues such as polygyny, early childhood marriages and failure to name children after father's side were causes for divorce. Cultural issues overlook religious aspects and counseling which increase chances of divorce. The following are some of the concerns raised by informants:

A 44 year old divorced woman with a college education said that *"my step in-laws interfered in my marriage as they wanted their son to marry many wives as they claimed that they are not monogamous in their culture"*.

A 33 year old married man with a college education said that "*When one comes from a culture that children are named after the father's relatives but marries a spouse from the Kikuyu community who name their children from the mother's side, this can bring conflicts among the couples"*.

Domestic violence

Key among causes of divorce as reported by key informants was domestic violence that was associated with male chauvinism.

A 51 year old woman divorced with a secondary education said that "*my husband used to beat me like daily and culturally justified his action"*.

A 30 year old divorced woman with a primary education said that "*He used to marry day and night so I got tired of that, he was quarrelsome and we fought a lot. I decided to leave because I was tired of his quarrels*".

A 45 year old divorced woman with a college education said that "*Some men want to demean women. There are opportunities that are given to men and women rejoice when they get such opportunities to even work out of the country but when the same happens to the wife, it becomes a challenge. Again the African mind set of "Know it all by men" they wanting to behave like everything is about them.*"

Sexual abuse/ marital rape

Disagreements on conjugal rights and sexual abuse cases; lack of sex in marriage and rape in marriage were also reported to cause divorce by key informants and other respondents.

A 37 year old divorced woman with a primary education said that "*When we had a disagreement for example when he did not go to my parents place, I also refused to go to his parent's place. There was no sex between us as I had no urge for sex and he would eventually force sex on me which he would later abuse me with.*"

A 30 year old divorced woman with a secondary education said that "*I got my first child, then two years later, got my second born. Four days after birth, he wanted to have sex with me but I could not because I was still in the healing process so he told me to pack my belonging and leave with my children.*"

A 33 year old married man with a college education said that "*When a man lacks sex in marriage this can lead to separation or divorce. For example, marital rape happens although many people out there do not believe it's there. For instance, when there is a quarrel among couples, the wife might decide to punish the husband by denying him the conjugal rights and the man might use his power and force himself on the wife to have sex. In case he manages to have sex without the* consent *of the woman that will be rape.*"

Infertility

Barrenness and infertility were possible causes of divorce. In addition, giving birth to only girls was reported to be a cause for divorce. This happened despite the clear biological knowledge on who is responsible for the sex of the child.

A 38 year old married woman said that *"divorce can occur when a wife is not able to bear children or a husband is impotent. For example, I came to my marriage with a child that I had before I got married. I have been married for ten years but I have not been able to get another child. "*

A 44 year old divorced woman with a college education said that "*Bareness on the side of the wife can bring about divorce because in the African culture, children are valued and if you cannot have children then your husband can divorce you and marry another woman who can give him children."*

A 37 year old divorced woman with a primary education said that "*my husband started to complain to me that am only giving him girls and not boys to continue his linage."*

4.3.9 Other causes

Other reported possible causes of divorce included alcoholism and drug abuse; bad character for example, neglected responsibilities and selfish interests, to share and control available family resources.

A 37 year old divorced woman with a primary education said that "*men are nowadays running away from responsibilities, they do not go to work and depend on betting and people's politics at the barazas in town yet life is hard and so women resort to staying alone with the children. It is better to know that you are the breadwinner than stay with a man who does not support you."*

A 38 year old woman with a college education said that *"when some men are not fully in a position to provide for their wives, some women feel they should get another option elsewhere and therefore opt for divorce so that they can divide the resources available and go on with their life."*

The above findings are also supported by the existing literature among them, Amato and Previti (2003:5). Unstable employment, psychological immaturity and a shorter time of dating affect marriage at an early age. Women who are financially stable are less probable to stay in a relationship out of obligation or sheer necessity (Study freak, 2015). In the contemporary society, high rates of divorce have been contributed to by infidelity (Erastus, 2010). This is further supported by a relationship counselor Peter Saddington when he explained that the most common reasons couples get divorced as being money problems when couples have got different value bases like one may like to spend money freely and the other prefers to save; having an extramarital affair leads to a broken down trust and dishonesty; couples having different sexual libido can lead to conflict in the relationship; intimacy in the relationship can be destroyed by interference from the parents; if one was brought up in a family where conflict was solved through argument and the other partner does not like to argue, this brings about difference on how to solve conflict that can eventually lead to a marriage dissolution; differences in communication and privacy problems on what can be shared out and what remains is between the two (Vulliamy, 2016).

4.4 Consequences of divorce
The informants brought out several consequences of divorce as documented below:

4.4.1. Poverty and stress of single management
According to all couples getting back together, divorce proved to be a very expensive procedure during the parting time and afterwards especially on spouses with children. Divorced couples experience extra work and severe working conditions due to extra costs incurred in taking care of children including employing caretakers and affected working schedules of the parents. Extra expenses incurred were associated with suffering due to poor socio-economic status and poverty especially among the female partner and children. It exposed children to physical and psychological suffering. Further, divorce also interfered with children's schooling and their

performance since they had to change schools and their concentration was low. Poverty pushed divorced couples to seek assistance from close relatives including parents; in which case some were neglected creating disunity among family members.

A 50 year old divorced man with a college education said that "*As a single father, I had to play the role of a father as well as a mother hence; I had to forego other things to take care of my children. Being a civil servant, I was being transferred from one station to another and so I had to go along with my children and so they had to attend more than four primary schools hence it interfered with their education and performance in school.*"

A 45 year old lady who divorced but is getting back together with a college education said that "*Divorce always affect children's lives and even their performance in school. Divorce is expensive because it is like running two houses. The person living with the children carry's a bigger burden than the other party.*"

A 36 year old woman with a secondary education said that "*Divorce is very expensive for instance, by the time we were divorcing, some of our property were stolen by the man's relatives, others got destroyed during transportation and the rest that remained I stored at my grandmothers place but my cousin sister who was staying there stole some and sold others.*"

A 50 year old divorced man with a college education said that "*Divorce is expensive because for example, when children were small it forced me to employ somebody to look after them and at times could not take good care of them compared to their biological father or mother.*"

A 30 year old divorced woman with a secondary education said that "*When I left the children were you young and I could not work in my condition and my children could not get good food to eat for lack of money. I was suffering because I did not have a place to go, my mother did not want me at her place and she asked me why I gave birth to those children, I needed a roof over my head with the children, I begged for a place to stay because I could not go back to my house as my husband kicked me out and married another woman*".

4.4.2 Psychological problems

Divorce reduced the levels at which children were expected to experience parental love and care. The divorced spouses were also exposed to loneliness and stress.

A 65 year old divorced man with a college education said that "*expensive is only the first name of divorce it ruins a man so very much. It cost me most of what I owned, but I let it pass for my daughter to have a good home.*"

A 39 year old woman divorced but getting back together with a secondary education said that "*when I was a single mother it meant that I would work on all odds to be the provider yet I was not used to doing hard jobs. It meant that I work hard so that my children could eat. I was stressed also when I thought of how I used to be with my husband and then I was alone*".

From the findings, it can be deduced that poverty and psychological problems are the main consequences of divorce. Other than that, there is loneliness and having to work twice as hard so that the children can be educated, dressed and be able to get good food. Another divorced couple admitted that divorce ruins a man and another divorced lady said that at times she felt lonely when thinking that she used to have a husband and then she was all alone as majority of the couples who divorced revealed that divorce was expensive as it takes a toll on everybody's well-being and brings about financial instability when you have to split your property into two. This finding is supported by literature reviewed where Waite, Luo and Lewin (2009) noted that psychological distress is experienced by couples who have divorced; where Kalmijn et al. (2010) stated that what couples undergo at the time of divorce is linked to an increase in psychological distress for women but not for men.

4.5 Possible solutions to divorce

4.5.1. Communication

Communication between couples while involving close friends, family, marriage counselors and spiritual leaders was reported to be important in helping solve disagreements that could result in divorce. Communication should entail dialogue and understanding between the partners. It

provided couples with the opportunity to mend issues and learn from each other. Good communication between couples helps improve trust and strengthen their relationship through better understanding. Further, the art of honesty, friendship, positive attitude, respect, love, understanding, patience and forgiveness was considered paramount in any discussion between fighting couples.

A 33 year old married man with a college education stated that "*God kept my marriage going, being able to talk to my wife even when am mad with her and being honest to each other also prevents infidelity. In fact communication is key in marriage, if it wasn't for it I would have left my wife.*"

A 53 year old married man with a college education stated that "*lack of communication in marriage has led other couples to seek advice from friends and gotten wrong advice, others feel less valued and walk out of marriage and at times it brings conflict if one cannot bend low.*"

A 53 year old married woman with a college education revealed that "*Constant communication is the key to everlasting marriage. This gives an opportunity to end unfinished issues, learn each other, read the inner heart because what one says from the mouth comes from the inside. Communication brings out the truth and lies.*"

A 29 year old married man with a secondary education said that "*we have established better communication skills by listening to each other. We listen to each other when the other one talks, face each other and talk.*"

A Marriage counselor revealed that "*Positive communication can enable couples come to terms with each other and save their marriage. It can also bring back understanding amongst the couple. Proper communication during divorce can help bring back trust amongst the couple and save their marriage.*"

Another marriage counselor also stated that "*Communication helps to build trust in marriage; helps as an adhesive in marriage; it creates a sense of satisfaction depending with the approach it is given, improves understanding; and improves bonding level among couples.*"

A 38 year old married woman with a college education said that "*communication is key in any relationship and once there is communication breakdown, the marriage will be unstable and before you know it divorce comes in. As couples, you need to pass information to one another openly and if one is not happy with his or her partner, it is better to sit down, communicate whatever it is that you are not happy about and forgive each other and move on.*"

A 33 year old married man with a college education said that "*Patience and discussing issues when the tension has reduced also proved beneficial by couples when sorting their conflicts*".

4.5.2 Counseling and guidance

Counseling before marriage and in the event of misunderstanding would be a possible solution to divorce. Counseling before marriage was reported to offer preparedness and knowledge on how to handle marital issues and what to expect in the marriage life. It was necessary as it increased awareness of spouse; enhanced understanding of ways of handling each other and it indeed reduced divorce rates since it helped couples learn more about each other. Counseling and guidance was recommended from other parties including counselors, and relatives among others before getting a divorce.

According to a 50 year old divorced man "*Counseling is necessary because when we got married both of us were inexperienced* and *got married out of feelings not knowing the burden that comes with marriage which we were taught during the sessions.*"

A 51 year old divorced woman with a secondary education said that "*Counseling should be done before marriage as it prepares couples earlier in advance on what to expect and tough experiences in the marriage life. This creates awareness to them earlier on how to tackle their problems before it becomes worse.*"

A 45 year old woman divorced but getting back together said that ""*Couples should try counseling through the pastor or a marriage counselor. Relatives should try to encourage couples positively and not with an intention of destroying their marriage. My pastor used to counsel and encourage me a lot.* "

A 30 year old divorced woman with a secondary education said that "*Counseling aids couples acquire knowledge and sound advice on how to handle marital issues; provides knowledge and advice about marriage since they have no prior knowledge on how to handle a family reducing future breakups or divorce.*"

4.5.3 Incorporating religion and social networks into marriage

Religion and social networks played a huge role in encouraging and assisting some of the three key informants re-unite with their spouses after the divorce. It was recommended that couples should be of similar faith.

A 36 year old woman who was divorced but are now getting back together said that "*I interacted with fellow Christians who kept encouraging me; they made me feel that I am not alone and that all is not lost, I benefited from counseling from church members and friends.*"

A 50 year old divorced man with a college education said that "*when we started having problems, I used to come from work and go to a bar and drink alcohol. I called our family friend that was my close friend and discussed the issue with him though my parents learned about it later. Again it is good if the couples are of the same faith to prevent religious conflicts.*"

4.5.4 Worry on children's welfare

Worrying on the welfare of children after divorce was a binding factor that reduced the probability of occurrence of divorce. Chances of reunion between couples after a divorce were slim and mainly triggered by the presence of children.

A 45 year old woman divorced but getting back together said that *"Our children made us get back together. Staying in unhappy marriage for the sake of children is better because divorce always affect children's lives and even their performance in school."*

A 39 year old divorced but getting back together said that "*I decided to go back because being a single mother was not easy and again the children kept disturbing me that they want their father.*"

A marriage counselor who was a key informant said that "*some couples try to avoid divorce so as not to shame the children, not stress them and avoid traumatizing them and avoid making them stranded on choosing what parent to go with.*"

4.5.5 Shared events

Other factors including carrying out activities that enhance the marital bond such as celebrating each other's events, attending marriage enrichment seminars and taking holidays together to refresh minds. Bonding events could be held after a short break for couples to meditate about their issues.

A Marriage counselor stated that *"marital stability could be done by celebrating events in each other's life and family and attending marriage enrichment seminars."*

A 53 year old married woman with a college education said that *"Couples should look for time and go out together in a place away from home and refresh their minds and rekindle their love. This could remind them where they stated from, this is what has helped my marriage."*

The interviews with the marriage counselors who were the key informants revealed that the couples do not always have all the answers to their problems and that at times a marriage counselor may be of help in sorting their issues, therefore, guidance and counseling on issues of marriage helps to salvage the union or finding a neutral person as a third party to be as a mediator in their situation. It further revealed that some couples being worried about their children's welfare made them solve their marital issues as well as incorporating religion into marriage. Attending marriage enrichment seminars; finding time for them to bond and even meditate on their issues can be of great help to save a marriage. The findings are also supported by literature reviewed

where Koenig et al. (2012) noted that the role of religion and spirituality plays a role in coping with stress, encouraging forgiveness, providing support to the family and discouraging separation and divorce and Tolorunleke (2014) stated that seminars and workshops should be organized for couples to discuss issues that have to do with conflict resolution and marriage.

5.0 CHAPTER FIVE: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

The section presents the summary of findings, conclusions and recommendations based on the results of the study.

5.2 Summary of the findings

Divorce was mainly an outcome of issues associated with education, employment, extra marital affairs, young immature individuals getting married, external interference, conflicting opinions, financial instability, cultural issues, domestic violence, sexual abuse, infertility and barrenness, and irresponsibility associated with alcoholism. Couples with varied academic qualifications were likely to divorce due to coherent misunderstanding and as a result of feeling undermined in the marriage. Education and employment among women was associated with their independence and highly contributed to lack of submission to their husbands; and created insecurity among the husbands which resulted in divorce.

Highly demanding jobs reduced family time, created distrust and exposed couples to extra marital affairs that contributed to divorce. Extra marital affairs, reduced and poor communication led to the growth of distrust and mistrust that eventually contributed to divorce. Young immature individuals getting married, as a result of cultural demands, unexpected pregnancy and peer pressure brought together persons who were likely to poorly manage marital issues and eventually divorce. Divorce was also caused by misunderstanding and pursuit of available opportunities including education.

Biased and continued interference from in-laws and existence of family members that depend on one of the couples often resulted in divorce. Varied and conflicting opinions often worsened the relationship between couples and led to irreconcilable differences. Financial instability that affected the provision of basic needs and worsened lifestyle led to quarrels that eventually led to divorce. Culture that supported polygamy, early childhood marriages, male chauvinism and domestic violence highly contributed to the breakdown in marriages in most cases.

Sexual abuse and rape led to disagreements that were associated with divorce. This results from the assumptions that men have exclusive rights over their wives' sexuality and there is no room for negotiation or consenting all the times.

Barrenness, infertility and inability to bear male children led to divorce even in situations where women were blamed without medical evidence. Further, alcoholism and drug abuse resulted in neglected responsibilities. This also brought with it some degree of selfish interests to share and control the available family resources at the expense of the family welfare.

The major consequences of divorce included poverty and psychological problems. Divorce led to sharing of available family resources, expenses including changing school for children and employing care takers, and hard working conditions to sustain the family. As an outcome of divorce, children and especially the women were exposed to extra work, disconnect with family members, loneliness, stress and poverty that led to psychological suffering.

Timely communication and the mediation by spiritual leaders, friends or family members would help solve disagreements that could result in divorce. Counseling before marriage and in the event of misunderstanding would be a possible solution to divorce. Religion was considered to play a central role in solving marital issues that were likely to develop into divorce. Raising concerns on the well-being of children after divorce was key to slow down the chances of divorce. Bonding events created opportunities for couples to discuss out sources of conflict and mitigate the risk of divorce.

5.3 Conclusions

Marriage and subsequent divorce has become commonplace in Africa. Traditionally, Africa was known as the continent of the family and marriages were mostly based on go-betweens who arranged for a couple to meet and to know each other before marriage. With the advent of education and urbanization, young people today get married based on what they call 'romantic love' without getting to know each other deeply. This means that two people who have completely limited idea of each other get to discover their incompatibility while already in marriage.

In addition, today men are challenged and most of them are unable to cope with a woman who is educated, has her own resources and is able to make independent decisions. Today's woman is not confined to the private and domestic sphere but is also a player in the public sphere. This has led to some level of 'challenged masculinity' in which some men are unable to cope.

Society has led the campaign to empower the girl child but has not enabled the boy child to live in harmony with the empowered girl. This in essence creates pressure in most young marriages. Solutions to the current misunderstanding lie at the heart of renewed socialization in which the boy child also becomes a major player. He must be taught on how to deal with his challenged masculine identity and be able to understand and appreciate the changing circumstances. Unless certain drastic measures are taken, the marriage institution and by extension the family as we know it today is threatened.

5.4 Recommendations

Through the study findings, it was affirmed that divorce is caused by a number of reasons. However, this can only be reduced if a number of factors are considered. These are:

- At times whether or not a marriage is facing its ups and downs, it is advisable to see a counselor this will help you to adjust what you might have overlooked at one point and know each other better. Through this, one can be able to learn their partner's strength and build on it; and their weaknesses to help them become better in those areas. Attending marriage seminars and workshops once in a while can provide solutions to the marriages as people come from different walks of life with different ideas and get to share with each other. Consulting people who have been in marriage for a long time or the elders can be of help as they are more experienced than the young couples. They should also device their own ways of solving their conflict.

- Honesty is of essence in a marriage, be honest with your partner on how you truly feel about each other and consider your happiness. Couples should be open minded when discussing issues with their partners because this brings trust and respect among them.

Learn to forgive and forget your partner's shortcomings when they wrong you as marriage is first built on the foundation of love.

- Resocialization of the boy child to be able to understand and appreciate the changing circumstances in life. They should be educated to cope with educated and ambitious woman as times are changing and women are being empowered by the day.

- Whenever you make promises to your partner keep them, if you are unable to keep them then explain to them and make them understand why you were unable to keep your promises. Marriage is about commitment and sacrifice to God, partner and children, and keep communication channels open as this helps to solve a lot of issues in a relationship. Faithfulness and trust are a requirement for a lasting marriage.

- Marriage is not a bed of roses, so it is not always a smooth road as tough times are to be encountered along the way. The most important question to ask yourself is whether you are up to the task to cross the river when the time comes. Couples should try as much as possible to strive and stabilize their economic resources for sustainability by saving up, however little it is they should put some effort. Supporting each other in a marriage brings growth to the family.This should be in all aspects of life academically, socially, economically and physically. Spend your leisure time together, and remember the important dates in your partner's lives.

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APPENDICES

APPENDIX I: CONSENT FORM

Dear Participants,

My name is Omoro Priscilla Magara, a student undertaking a degree of Master of Arts in Gender and Development Studies at the University of Nairobi. I am conducting a research on "The major causes of divorce and marital instability in Nairobi, City County". The project will help us better understand the factors that contribute to the increase of divorce rates in Nairobi.

If you agree to participate I will need your help with information. Your participation is completely voluntary and the success of this study depends on the collection of a wide range of views that will make the findings representative and your views are very important. Your participation I believe will increase our understanding of not only what is involved but also a reference point when developing materials to help stabilize marriage.

This research will ensure anonymity and confidentiality. You do not have to tell me your name and it will take approximately 30 minutes. Please answer as honestly as you can.

Should you agree to participate, please sign below, indicating that you have read and understood the nature of the study and that all your inquiries concerning this study have been answered to your satisfaction.

Sign:……………………..   Date:…………………………

Thank you for your cooperation.

Witness………………………………….

Date………………………………………

APPENDIX 2: IN-DEPTH INTERVIEW SCHEDULE FOR KEY INFORMANTS

MARRIAGE COUNSELORS

1. What position do you hold in the organization?

2. Averagely how many couples that come for counseling end up divorcing?

3. How many couples who go through counseling save their marriages?

4. Of the couples seeking counseling, they mostly want to :

    i. Divorce

    ii. Separate

    iii. Save their marriage.

5. Between men and women, who seeks counseling as an option before divorce?

6. What is the most frequent cause for pursuing divorce among couples?

    i. Infidelity

    ii. Domestic Violence

    iii. Drug abuse

    iv. Other, specify

7. Describe the effects of a women's education level on divorce rate.

8. Are educated women too independent for marriage?

9. Is a man's financial instability a cause for divorce?

10. What are the reasons (in order of priority) do couples give for avoiding divorce?

11. Is age at first marriage a significant factor for divorce? If yes, how and why?

12. What is the average marriage duration of most couples contemplating divorce?

    i. Below 2 years

    ii. 2-5 years

    iii. 6-15 years

    iv. Above 15 years

13. Describe the effects of communication on divorce.

14. What are the best ways forward in creating marital stability?

15. Is there any other issue of importance you would wish to discuss regarding marriage and divorce?

APPENDIX 3: IN-DEPTH INTERVIEW SCHEDULE FOR KEY INFORMANTS

COUPLES WANTING TO GET BACKTOGETHER AFTER DIVORCE

1. Is counseling before marriage likely to reduce divorce rates?
2. How long were you married before you divorced?
3. Why did you decide to divorce then get back together?
4. What made you realize that you want to get together after the divorce?
5. Does the in-laws involvement have an influence on your marriage stability?
6. Who suggested the divorce?
7. Do you consider divorce to be expensive? Explain.
8. How long do you think a married couple should try to work things out before they divorce?
    i. Up to 1 year
    ii. Between 1-3 years
    iii. More than 3 years
    iv. Other.
9. Staying in unhappy marriage for children's sake and divorce, which is a better option and why?
10. Did religion play any role in your desire to reunite?
11. What steps do you think people should take before deciding to get divorced (For instance, get counseling).
12. In your opinion, does age at first marriage affect stability of marriage?
13. Are both of your parents alive? If YES, do they live together, If NO, did they ever separate or divorce?
14. Does level of education affect the stability of marriage? If yes, how?
15. Did career development put stress on the stability of your marriage? Explain your answer

17. After a successful divorce, what are the chances of a reunion?

18. In your opinion, what is the leading cause of divorce in Kenya? What specifically caused your divorce?
19. What are the best ways to nurture stability in marriage?

APPENDIX 4: IN-DEPTH INTERVIEW SCHEDULE FOR DIVORCED COUPLES

1. Is counseling before marriage likely to reduce divorce rates?

2. How long were you married before you divorced?

3. Why did you decide to divorce?

4. Does the in-laws involvement have an influence on your marriage stability?

6. Who suggested the divorce?

7. Do you consider divorce to be expensive? Explain.

8. How long do you think a married couple should try to work things out before they divorce?
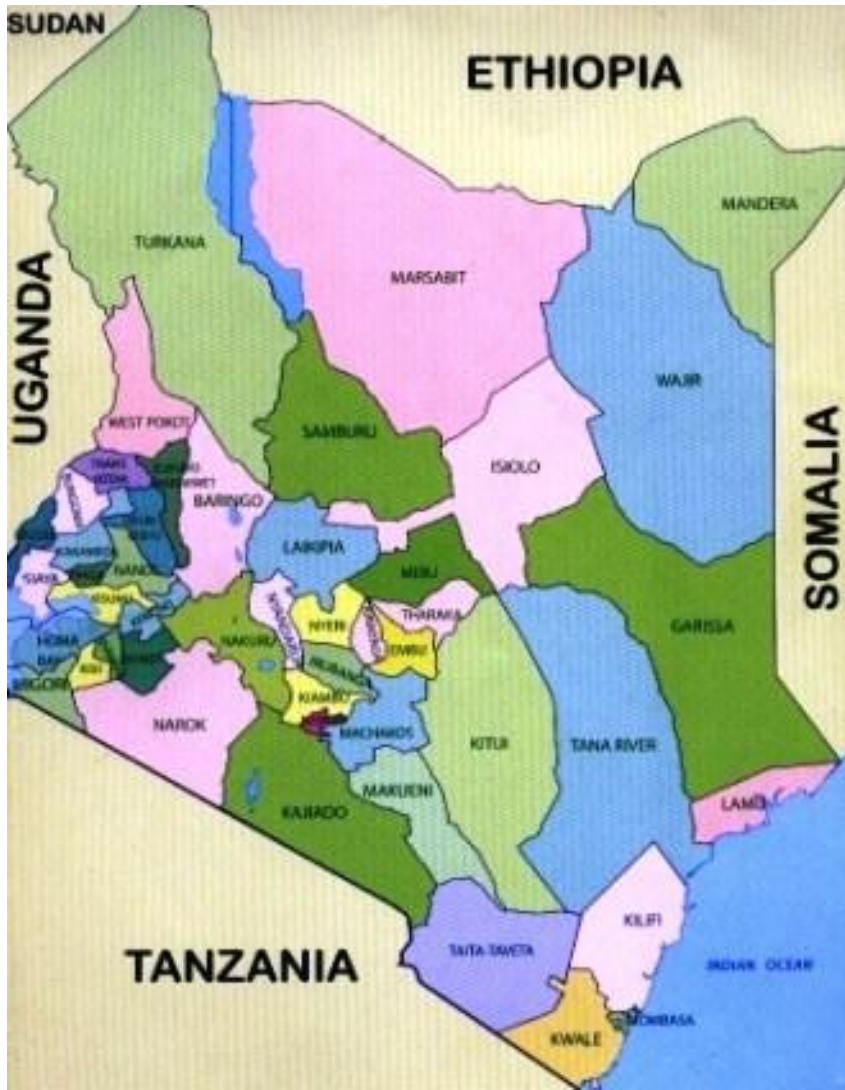
Up to 1 year

Between 1-3 years

More than 3 years

Other.

9. Staying in unhappy marriage for children's sake and divorce, which is a better option and why?

10. What steps do you think people should take before deciding to get divorced? (For instance, get counseling).

12. In your opinion, does age at first marriage affect stability of marriage? How?

13. Tell me about your family back ground. Are you both parents alive, are you a product of a single parent.

14. Does level of education affect marital stability?

15. Did career development put stress on the stability of your marriage? Explain your answer.

16. In your opinion, what is the leading cause of divorce in Kenya?

17. What are the best ways out for marital stability for couples?

APPENDIX 5: IN-DEPTH INTERVIEW SCHEDULE FOR MARRIED COUPLES

1. For how long have you been married?

2. How old were you when you got married?

3. Did your parents get involved in your marriage arrangements or was there any go-between??

4. What was the role of religion in your marriage if any?

5. How close are you with the extended family? Have they had any influence in your marriage?

6. Did employment affect your marital stability? Explain your answer. Probe on time at home, time with spouse and children.

7. What has kept your marriage going?

8. Did you attend any counseling sessions before marriage?

9. Are both of your parents living together? (If both are alive).

10. Do you think women's education is attributed to divorce? Explain your answer.

11. If you have disagreements as a couple how do you go about it in order to solve the problem?

12. What advice would you give to couples who are headed for divorce?

13. In your opinion, do you think lack of communication in a marriage can lead to marriage instability?

14. In your opinion, what is the leading cause of divorce in Kenya and what should couples do to stabilize their marriages?

Source: Tuko.co.ke