

**THE RELATIONSHIP BETWEEN PSYCHOLOGICAL WELLBEING
AND MARITAL QUALITY: A CASE STUDY AMONG MARRIED
CHRISTIAN COUPLES OF PCEA MUKINYI PARISH, KIAMBU
COUNTY, KENYA.**

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**RESEARCH PROJECT SUBMITTED TO COLLEGE OF
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SEP-2020

DECLARATION AND APPROVAL

This research project is my own work, both in concept and execution and neither the substance nor any part of this report has been submitted in the past for a degree in this University or any other University.



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This research was conducted under my supervision and is submitted with my approval as university supervisor.



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DEDICATION

I dedicate this work to my beloved parents, Mr and Mrs Junius Baini, my husband Joseph and our children Mercy, Favour, and Destiny who have supported me in every possible way during the entire period.

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I would wish to recognize my lecturer and supervisor Dr Oketch Oboth who has always been available for consultation and very helpful during the research period. I am also indebted to the chairman of the department Dr.Kimamo for his immense support. Lastly to all the staff members at the Department of Psychology at the University of Nairobi who have moulded me to understand the concepts of counselling psychology. This has been very crucial in doing my research.

ABSTRACT

Marital relationships are noted to be robust predictors of the psychological wellbeing of married couples. The study aims at exploring the relationship between psychological wellbeing and marital quality among married Christian couples. The study focused on sampled couples in Mukinyi Parish in the Presbyterian Church of East Africa (P.C.E.A) in Kiambu County, Kenya. Data was collected from couples who have been married for 5 years and more. This was done through questionnaire to collect primary data while secondary data was collected from journals, books and articles. The study was anchored on social exchange theory and Erickson's theory. P.C.E.A Mukinyi parish has a general population of 4000 people excluding children. Yamane's formula was used in this study to compute the sample size of 96 couples. The study utilized descriptive design and adopted stratified random sampling procedure to identify the participants. A self-administered data collection instrument consisting social demographic information and marital quality test was used. Data was analysed using inferential statistics with the aid of Statistical Packages for Social Sciences (SPSS) version 24. The study found that the quality of marriage was high among married Christian couples in PCEA Mukinyi Parish. Most of the couples experienced high marital quality characterized by high marital satisfaction and stability. However, marital adjustment was moderately low. Furthermore, there was significant relationship between psychological well-being and marital satisfaction, marital stability and marital adjustment. Psychological well-being was thus a significant indicator of marital quality. If couples lived in stable relationships devoid of divorce and emotional separation, the marriages could last. This could also create a stable environment for children to grow in. Growing in stable families could also impact the future marriage lives of children. This could buttress future marriage quality in the parish. The study recommends strengthening counselling services to strengthen marriages in the study area. There was also a need to enhance marital adjustment through regular marriage seminars in the churches where marriage counsellors can give training on marital quality. Premarital counselling is also recommendable to psychologically prepare couples before marriage. The factors contributing to marriage instability should also be dealt with through organized seminars.

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ACRONYMS AND ABBREVIATION

KDHS	:	Kenya Demographic Health Survey
KMSS	:	Kansas Marital Satisfaction Scale
MQ	:	Marital quality
NACOSTI	:	National Commission for Science, Technology and Innovation
NNP	:	Nairobi North Presbytery
P.C.E.A	:	Presbyterian Church of East Africa
PWB	:	Psychological wellbeing
QOL	:	Quality Of Life
SPSS	:	Statistical Packages for the Social Sciences

CHAPTER ONE

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

Marriage is not only a private relationship; it is a public moral. As marriage deteriorates the costs are not only endured by individual children and families, but all of us (Waite & Gallangher, 2002). It is generally accepted that married individuals have higher psychological wellbeing (Kim & McKanry, 2002), dependent child outcomes, economic status (Settzer, 2000), and physical health (Carrere, Buehlman, Gottman, Loan & Ruckstuhl, 2000). Individuals change throughout their lifecycle and therefore it is imperative for couples to accept each individual qualities. In agreement with this, Mackey and O'Brien (1993) labelled marriage as a developmental process that become apparent in adulthood and within this process, the formation of marital interaction and process takes place. Accepting this growth and development is therefore important for couples to enjoy marital quality.

Marriage can also be described as union between a male and female who are unrelated and derive benefit from this union such as love, sexual fulfilment, companionship and also through the said union procreate (Abra, 2001). Akinade (1997) on his part outlines marriage as the union and living together of two people of the differing sex with a permanent promise to each other and their children when they are born and are dependent on them. According to Peil (1977) marriage is extensively recognized as conjugal unit between a man and woman.

Baika&Adams (2012) consider marriage as the primary adult relationship offering combined effect and oneness. Investigations have shown a healthy conjugal relationship to be considerably related to numerous factors of well-being or marital quality (Carr & Springer,2010).Comprising but not limited to, less psychological distress, permanence, general physical health, and better emotional health, sexual health and financial achievement(Anderson et al.,2010).

Stress research has shown that chronic minor extra dyadic stress does occur causing more negative interaction between partners (Randall & Bodenmann,2009).It may be easier for couples to attribute intra dyadic stress to major life events, than to daily hassles, which are more subtle Bodenmann et al (2010).Partners are often unaware of these daily hustles and therefore invite little compassion and understanding from their

spouses (Beitin,2008).Impact of these stressors is likely to be underestimated, as they seem to be objectively rated as having low intensity but can still negatively affect marital quality. Survey research has shown a stronger connotation between decline of marital satisfaction and acute stressful events in lower income communities who experience financial strain as a form of stress than the more wealthy ones (Maisel & Karney, 2012).

Bodemann et al., (2010) anticipated a stress divorce model outlining the following; spending less time together, decreased quality communication and invasion of physical, psychological, and sexual dysfunction. In addition they proposed that more problematic personality traits such as rigidity, anxiety, and hostility have a spill over effect on relationships which leads to alienation and dissatisfaction (Bodmann,et al.,2010).In the long run this results in slowly declining marital quality and as a consequence the partners begin to gage the advantages and disadvantages of divorce and therefore increasing the risk of divorce (Bodmann,et al.,2010).

According to Boelen & Hout (2010), positive psychological experiences, strong commitment encourages a range of relationship preservation mechanism, behaviour as well as cognitive restructuring towards the goal of improving a couple's well-being or increasing marital quality.

An enormous percentage of marriages in America end up in separation with approximations ranging from 40% to 50% (Rogers, 2014).Violent behaviour occurs in about 30% of married pairs in the United States, leading to somatic injury in about 10% of couples (Fincham, 2016). A great share of middle-aged Americans are divorced, legally separated or unceremoniously separated. Of those who are separated or divorced, approximately 74% are legally divorced, 15% are separated and 11% are listed as having an "absent spouse" (Geiger, 2018). Conferring to the 2010-2012 American Community Survey 3-Year Estimates, 51.5% of males and 47.7% of females over the age of 15 were married. The parting rate was 1.8% for males and 0.1% for females (U.S Census Bureau 2010).

The quality of marriage every person is in is one of the most determinative factors of the satisfaction one gets. Successful marriages cause satisfaction in physical and even

in the psychological lives of the people in the family (Gichinga, 2015). When there is no satisfaction in any marriage couples and even their children struggle with psychological problems or trauma. Many married couples are not open to one another during conflict among themselves but as a result they end up bringing more problems to the family or to the individuals. As a result of this many people end up suffering from some stress related diseases.

A study conducted in Africa shows that, 45% of families are continuing to struggle to survive due to the rise of conflicts. Husbands and wives always undergo strained relationships (Amato, 2014). In Singapore alone, the divorce rate has become worrying. In the year 2007, it was only 2.02% per 1,000 married couples who divorced. In year 2009, this rate increased and has risen to 7.7% per 1,000 married couples. This is per the record of the Department of Statistics in Singapore. With reference to the 2009 Kenyan's population census, a total of 12.6 million were married and come 2016, 15% of unions in Kenya ended up in divorce (Kubania, 2016). Data from FIDA (Kenya), reports that destructive marital conflict is on the increase in Kenya. Domestic violence in Kenya is on the increase day after day. Most of the news in the media reports marital conflict or abuse. This trend is alarming and wanting. Conferring to 2014 edition of the survey in divorce in Kenya, 6% of women aged 20-24 years are already divorced or separated, a proportion almost double from two decades ago. Assenting to the KDHS (2014), in Kenya, marriage unpredictability is high and marriage is on degeneration with couples picking to cohabit. Divorce and separation are on the rise. As a consequence of the growing cases of marital uncertainties, the Kenya government has offered the marital property bill to enable even distribution of family properties on separation or divorce (Matrimonial property Act, 2013).

Kiambu County makes up some of the hit counties where domestic violence is rampant and the trend of cases reported is increasing according to economic survey reports (Mucheru, 2014). The quality of marital life is a sense of well-being that comes as a result of contentment or even displeasure of any issue the concerned couple passes through (Sammarco, 2011). Marital satisfaction depends with the individual's expectations. This therefore means that the worth of marriage life is reliant on one's perception of the outcome from the strategy used.

Marital quality is an important component of marriage because it impacts people's well-being. However marital quality is a multidimensional dynamic occurrence (Maria, 2012) where a number of researchers look at it as independent assessment of the relationship, others look at it as a feature that describes relationship and also there are those who look at wide range of observable behaviour. (Lewis, 1980) Concluded that a big number of findings looked at marital quality as an independent assessment.

(Fincham, 2016) Views marital quality as having both positive and negative aspects, However (Mossman, 2006), viewed it in different dimension such as satisfaction, stability and adjustment. It is on this view my study shall look at marital quality on the basis of the three foundations; satisfaction, stability, and adjustment.

(Gottman, 2015) Scientifically established philosophy of marriage, built on 25 years of longitudinal inquiry, and is one of the top theories in the study of marital satisfaction. Gottman's theory (1999) states that affirmative collaboration and affection is the key to marital satisfaction and the high predictor of marital stability over time. According to Gottman (1999), a ratio of 5:1 positive to undesirable exchanges is essential for marital stability. He further describes marital stability as nourishing marital relationship that is not interjected by separation or divorce. He states, the most important discovery was that more positive affect was the only variable that projected both marital stability and contentment.

Sayed (2014) refers to marital satisfaction as a situation where pleasure, desire, and gratification are fulfilled and lacks conflict and grievances. According to (Fincham, 1997), elements like communication, problem solving, sexual gratification, love and mutual understanding influence marital satisfaction and are to be debated as one of the magnitudes of marital quality.

Communication skills are key to successful, satisfying marital relationship which results to marital quality (Gottman, 1982-cited in Sayed, 2014). When there are treasured communication skills, less fight is experienced as partners will be busy sharing quality time, fulfilling each other's emotional needs as there will be no time for conflicts and fights (Kirchler, 1989). In contrast studies have shown that poor communication skills results into poor marital satisfaction, for instance, (Litzinger

&Gordon,(2005) found out that the more stressed couples are, the more poor conflict resolution as they keep avoiding solving problems, hence poor marital satisfaction.

Sexual satisfaction is a vital feature in marital satisfaction because it infers greater marital quality Young et al., (2000), noted that sexual satisfaction is a significant component in a happy, stable and fruitful marriages. Studies by Byer, (2005) have established bodily intimacy, embracing, touching, the number of sexual contacts, and sexual gratification increases marital satisfaction, hence minimal marital instability, and promotion of marital quality. By contrast Dainton et al., (1994), suggested that couples who experience less physical intimacy have low marital satisfaction.

Love is another important element in marital satisfaction, as much as other factors are important in marital satisfaction there must be love between couples (Willi, 1997).Studies have confirmed that love is essential for any marital satisfaction and stability (Sayed,2014).In conclusion marital satisfaction is brought about by love, effective communication and sexual satisfaction springing into quality relationship.

Secondly marital stability influences marital quality. Marital stability is well-defined as the state in which couples in marriage continue to live harmoniously despite their marriage facing challenges Teresia,(2014).Some of the elements of marital stability are commitment ,forgiveness, conflict management and family life involvement. (Bradbury & Karney, 2004) Conceptualised commitment as psychological wellbeing pertaining two individuals in marriage. Commitment can be a way of fulfilment and serves as a link to the social world and a virtue in Christian counselling. This therefore serves as a benefit of marital stability. Hook & Washington (2009) perceived that a stable marriage is connected with improved intellectual, mental, physical and emotional health as commitment serves as a tool to negotiate life problems. Studies have found out that during tough times romance fails, sex becomes casual, material properties may be invaluable, as it is the time the two battle against the world toughing it out, all their resources being tested. Couples who are committed learn that not all hard times leads to divorce as they can focus on how they managed prior life crisis together(Van Pelt,2008).In addition to commitment, forgiveness is crucial for stability of marriage in that it is an avenue to bring out pain, anger, bitterness and a healing process both emotionally and physically(Fincham,2002).In

Christian counselling forgiveness is a dynamic component for family therapy hence an intervention towards healing(Davis,Hook,Tongeren &Worthington,2012).As they argue forgiveness is viewed as a support of sound and healthy marriage life and is also correlated with secure attachment relational bonds(Davis et al.,2012). This therefore implies that where spouses are securely attached challenges are easily handled, thus stable marriage relations. Studies conducted by Fennel &Fincham, (2000), examined forgiveness in married couples for over 20 years and indicated that readiness to forgive and be pardoned was rated highest contributor to their long term relationship.

On the other hand, conflict management is an integral part of marital stability contributing to marital quality. According to Rys, (1994) cited in Maria (2012), conflict resolution increases intimacy among couples and stability. This can be achieved through being non-judgemental towards their partner's negative behaviour and applying empathy (Maria, 2012).

Family life involvement also contributes greatly to stable marriage, hence marital quality. Families that work together especially on issues like parenting, sharing responsibility, planning financial issues together, spending time together are all enhancers of marital quality (Brines &Joyner, 1999).

Lastly marital adjustment as a feature of marital quality can be defined as ability to cope in the new union in the midst of many challenges. A well-adjusted marriage life is free from conflicts, agreements between the couple are evident, spending time together and showing affection to each other. Areas of adjustment include changes in social life, parenting, and gender roles. Sinha & Mukerjee (1990) defines marital adjustment as the state in which there is an overall feeling in husband and wife of contentment and satisfaction with their marriage and with each other. Further, Locke & Wallace (1959) defines marital adjustment as: “accommodation of husband and wife to each other at a given time.”

According to Spanier & Cole (1976), marital adjustment is a process, the aftermath of which is determined by the gradation of: a) wearisome marital differences, b) interpersonal stiffness and personal anxiety, c) marital satisfaction d) dyadic cohesion,

e) agreement on matters of importance to marital functioning. Therefore in assessment of gender roles, Feldmern (1982) states that learning to play gender roles often causes males and females to interact in mutually reinforcing ways that restrict individual psychological development and may lead to dysfunctional marital and family relationships. Thus levels of adjusting may be detrimental therefore affecting marital quality.

Marital quality can be viewed by use of different approaches: interpersonal approach which states that marital quality is not about the behaviour and interactions in the marriage but how partners rate their satisfaction or happiness in marriage which is subjective in each couple, relationship approach which focuses on how partners communicate to each other, resolve problems and spend quality time together (Fincham & Bradbury, 1987).

Vaillant (2012) proposes that quality marriages are linked to well-being and positive outcomes for individuals and their children while poor quality marriages are linked to negative outcomes. Research shows that parents in high quality marriages have better adjusted children who have a high likelihood of having quality marriages in future (Amato & Booth, 2001; Cunningham & Thornton, 2006). The relationship between marital quality and child adjustment is constant across different economic, racial, ethnic, and family organisations (Moore, Kinghorn & Bandy, 2011).

In conclusion marital quality has three associated notions; marital satisfaction, marital stability and marital adjustment. This study therefore aims to find out if there is a relationship between the three and their impact on marital quality and how these interact with psychological dynamics to influence marital quality. However despite the many studies done on how psychological wellbeing influence marital quality, there is a gap in Christian circles concerning psychological wellbeing of married couples and the increasing family dysfunctioning in the Christian fraternity.

This study therefore seeks to find out how psychological wellbeing influences marital quality among married Christian couples as it is on the decline according to the data base report at P.C.E.A Mukinyi parish, therefore creating the need for quick measures before the situation gets out of hand.

1.2 STATEMENT OF THE PROBLEM

Many matrimonies end in separation with percentages of separation ranging from 40 to 50% (Bramlett, 2016). Marital conflicts have become a concern in this current society and this leads to separation, divorce and widowhood. The strength of the family defines the consistency and welfare of a society (Amina, 2015). Marriage is a stage of transition in one's life. The various and regular communication of partners offers a limitless podium for conflict. Satisfaction in everything one does in this life is very important and so is in the institution of marriage.

Marriage nowadays is confronted by several challenges (Gichinga, 2015). They range from social, spiritual, mental and emotional among others. Many factors have come to existence to affect marriage institutions hence giving birth to many challenges which the young and the old married couples must work on. Families are the most fundamental and building blocks in every society. Marital satisfaction is one of the pointers of a healthy family existence.

With reference to 2009 Kenyan population census, 12.6million were married and by 2016, 15% ended up in divorce (Kubania, 2016). These trends are quite alarming as its trickling down to the Christian circles. Families play a substantial role in the society hence stable church and stable society (Gichinga, 2003).Several studies have been carried out on marital quality but not yet satisfying among married Christian couples (Kubania, 2016) hence stirring the need to look at psychological wellbeing and its influence on quality of marital life. This study therefore seeks to bridge the gap in literature on some of these aspects of psychological wellbeing and how it influences marital quality among Christian couples which most of the couples go through un addressed because the church has not put much emphasis on pre and post marital counselling bearing in mind that being a Christian does not separate the individual from day to day psychological stressors. In assessment of the many dysfunctioning families, many researchers have concentrated on looking at family dysfunctioning in general but few studies have been done on Christian marriages. The findings from this study will be of great importance to married couples at P.C.E.A Mukinyi Parish, and other Kenyan Christian marriages at large.

1.3 PURPOSE OF THE STUDY

The purpose of this study was to look at the relationship between psychological wellbeing and marital quality among married Christian couples at P.C.E.A Mukinyi parish Kiambu County, Kenya.

1.4 RESEARCH OBJECTIVES

The objectives of this study were to:

- i. Investigate the relationship between psychological wellbeing and marital satisfaction among married Christian couples Mukinyi parish, Kiambu county, Kenya.
- ii. Assess the relationship between psychological wellbeing and marital stability among married Christian couples Mukinyi parish, Kiambu County, Kenya.
- iii. Examine the relationship between psychological wellbeing and marital adjustment among married Christian couples Mukinyi parish, Kiambu county, Kenya.

1.5 RESEARCH QUESTION.

- i. What is the relationship between psychological wellbeing and marital satisfaction among married Christian couples at Mukinyi parish, Kiambu County, Kenya?
- ii. What is the relationship between psychological wellbeing and marital stability among married Christian couples at Mukinyi parish, Kiambu County, Kenya?
- iii. What is the relationship between psychological wellbeing and marital adjustment among married Christian couples at Mukinyi parish, Kiambu County, Kenya?

1.6 RESEARCH HYPOTHESIS

Ho1: There is no significant relationship between psychological wellbeing and marital satisfaction

Ho2: There is no significant relationship between psychological wellbeing and marital stability

Ho3: There is no significant relationship between psychological wellbeing and marital adjustment

1.7 JUSTIFICATION OF THE STUDY

Marriage as a phenomenon is identified as unique in pairing a couple together for a life time commitment. This research seeks to establish and access the extent to which psychological wellbeing influences marital relationship in married Christian couples, and also help in generating additional valid knowledge to inform holistic strategies Christian's couples can use to enrich their marriages despite the many challenges facing it.

1.8 SIGNIFICANCE OF THE STUDY

The results are expected to be of immense support to the Christian couples in improving their marital quality, hence positive marital relationship.

In addition, findings will be of value to the church in formulating pre and post marital counselling programs in addressing areas that are considered difficult in light of social, cultural religious boundaries that are most relevant today. Through this program the married couples may experience renewal of their marital quality by reducing the negative impact in their marriages where failure happens. This program may also help in averting divorce and separation in Christian couples, hence satisfied lives.

To the scholars the study provides basis for further studies on psychological wellbeing and its influence on marital quality. On theoretical justification, the social exchange theory looks at rewards and cost. Rewards are satisfaction one gets from the relationship, while cost one evaluates how stable the relationship is so as to leave or stay in that relationship.

Also the study helps counsellors, marriage therapists and pastors to develop a greater sensitivity to the effects of psychological wellness of individuals in relation to the quality of marriage life.

The study helps to find out the relationship between psychological wellbeing and the quality of marital life among married couples. The awareness will stimulate relevant stakeholders in policy making to enable them to formulate policies that are sensitive to the institution of marriage. When peace is realised at family level even at global level peace is experienced.

The findings of this study will be of immense significance to married couples at P.C.E.A Mukinyi Parish, and other Kenyan Christian marriages at large.

1.9 SCOPE OF THE STUDY

The scope enable realistic conclusions to be reached (Obwatho, 2014). This study focused on psychological factors and their influence on marital quality. The study was conducted at P.C.E.A Mukinyi Parish Kiambu County, targeting married couples who have formed groups of marriage enrichment programs, with a focus on 96 participants drawn mainly from key age cohorts of marriage duration of 5-30 years of marriage. The P.C.E.A church is among the largest churches with a membership of 4000 million members according to (World Council of Churches, 2018). Currently it has over 1000 congregations in the whole country. Due to these massive numbers of its followers the researcher has narrowed down to P.C.E.A Mukinyi parish congregation only in Kiambu County.

1.10 STUDY LIMITATIONS

Limitations are part of the study that may manipulate the outcome unhelpfully yet the researcher has no authority over it. (Mugenda & Mugenda, 2003). This research specifically only looked at how psychological wellbeing affects marital quality among married Christian couples at P.C.E.A Mukinyi church. The target population was couples who have been in marriage from 5-30 years.

Due to the fact that the target population has people with busy schedules, the study did not reach out to all intended respondents. Some respondents perceived information being sought as confidential and therefore may not give accurate information. Therefore confidentiality was reassured throughout the process and ensuring that the research instrument used was anonymous. The study was limited to couples at P.C.E.A Mukinyi only due to time limitation.

1.11 DELIMITATIONS OF THE STUDY

According to Simon & Goes (2013), delimitations of the study refer to features that rise in defining boundaries of the study being aware exclusionary and inclusionary of the choices to be made in the process of developing the study plan.

These research findings would be useful in formulating measures that would help Christian couples achieve marital satisfaction.

The study therefore is restricted to determining the relationship between psychological wellbeing and its influence on marital quality on couples who attend P.C.E.A Mukinyi parish church only in Kiambu County. This is because many parishes may make the research too wide and hence fail to meet the researcher's expectations in the findings and the result. The research focused on married couples who have stayed in marriage for a period of 5 years and above.

1.12 ASSUMPTIONS

Mugenda & Mugenda, (2003) states that assumptions are the facts that the researcher assumes to be true without actual verification. The research assumes that benefits of religion and couple counselling are likely to come from application of Christian values in counselling.

The researcher also assumes psychological wellbeing influence marital stability, marital adjustment and marital satisfaction. This effect has a demographic viewpoint where people of different age, education, duration of marriage, number of children and religion experience hence the three aspects may impact the marriage negatively.

Another postulation is that the respondents would be cooperative hence no resistance is expected. Lastly the researcher assumes that the respondents would be able to understand English hence they would answer the questions correctly.

1.13 OPERATIONAL - DEFINITION OF TERMS.

Psychological well-being “Psychological well-being has two key components; the first denotes to extent to which people experience positive emotions and feelings of happiness, and the need to experience meaning and purpose in what we do, (Diener, subjective wellbeing, 2000)”

Marital adjustment: “is defined as the situation in which there is generally a feeling of pleasure and gratification between husband and wife.”

Marital satisfaction: “is defined as the gradation of satisfaction or happiness resulting from the merger. Locke and Wallace (1959)”

Marital quality: “refers to an evaluation of how happy or satisfied the individual is in his/her marital relationship. It has three aspect i.e. .marital adjustment, marital stability and marital satisfaction Mossman,(2006).”

Marital stability: “is defined as the state in which couples in marriage continue to live harmoniously despite their marriage facing challenges Teresia(2012)

1.14 CHAPTER SUMMARY

This chapter gives an explanation of basic information that incudes study background and statement of the problem, the purpose of the study, the objectives, research questions, justification, significance, scope, limitations, assumptions and operational definition of terms used in the study.

CHAPTER TWO

LITERATURE REVIEW

2.1 INTRODUCTION

This chapter reviewed literature on psychological well-being and marital quality. The confounding variables addressed in this chapter included: age, education level, religion, duration of marriage and social economic status. It also outlines theoretical literature that was relevant to the study, conceptual framework and the gaps under study.

2.2 MARITAL QUALITY

Marital quality is an important component of marriage because it impacts people's well-being. However marital quality is a multidimensional dynamic occurrence (Maria, 2012), where a number of researchers look at it as independent assessment of the relationship. Others look at it as a feature that describe relationship and also there are those who look at wide range of observable behaviour. (Lewis & spania, 1980) concluded that a big number of findings looked at marital quality as the independent assessment.

“Amoloza & Booth (1992) did an analysis of a longitudinal study of the stability of and the progressive changes of marital quality over a period of eight years. They measured marital quality using five dimensions: one an intra-personal one that recorded the personal assessment of the relationship and four interpersonal ones: extent of interaction, sum and intensity of discrepancy, behavioural traits that cause a problem in the marriage and divorce proneness.”

Johnson & Talisman (1997) conducted an exhortatory study to look at the nature and extent of disparities in marital quality. Drawing on a national sample of married couples interviewed three times over an 8- year period, found out that marital quality is a stable occurrence.

(Fincham & Bradbury, 1984) Views marital quality as having both positive and negative aspects, However Mossman (2006), viewed it in different dimension such as satisfaction, stability and adjustment. However marital quality may also be couples'

personal assessment of their marriage relationship. The choice of judgment may create a range replicating low to high marital quality. High marital quality is assumed to be associated with good adjustment, sufficient communication, a high level of married contentment and a high degree of gratification with the relationship. It is on this view my study shall look at marital quality on the basis of the three foundations; satisfaction, stability, and adjustment.

2.3 RELATIONSHIPS BETWEEN PSYCHOLOGICAL WELLBEING AND MARITAL SATISFACTION

Psychological well-being has two key components; the first refers to extent to which people experience positive emotions and feelings of happiness, and the need to experience meaning and purpose in what we do, (Diener, 2000).

Theories about psychological well-being generally focus on understanding the structure of PWB. As far as its changing aspects are concerned it's essential to know that, to some magnitude, psychological well-being is reasonably stable and will have been prejudiced by core personality and previous experiences like early background. Stressful life experiences can influence people to consequent depression and anxiety disorders (Gladstone, Parker & Mitchell, 2004); however, continuous traumatic events can lead to resilience building and principally protect PWB. For instance offspring exposed to discreetly stressful happenings seems well able to cope with some preceding stressors (Khobasa & Maddi, 1999). The equivalent "inoculating" effect of stressful happenings has also been seen working in grownups (Solomon, Berger & Ginsberg, 2007).

Though baseline psychological wellbeing may be objectively stable, daily occurrences and involvements exert an impact. For instance, even the strongest people may ultimately have low self-esteem, or depressed, if their day to day practices are persistently worrying.

Research has shown a healthy marriage relationship is considerably correlated to numerous factors of well-being including but not limited to, less psychological pain, general physical health, long life, and improved emotional health, sexual healthiness and financial success (Carr & Springer, 2010).

Recent research implies that marital relationship is a process rather than sheer presence of the partner in the household that adds to wellbeing. Positive features are linked to spouses support in marriage and personal wellbeing, as well as physical health (Wickham, Lorenz, Conger, & Elder, 1997) and confidence (Voss et al., 1999), while marriages full of struggle are characterized by low levels of cohesion have negative association with features of personal wellbeing such as self-esteem (Voss et al.,).

2.3.1 Impact of age on relationship between psychological wellbeing and marital satisfaction

Scholars have argued that age at the time of marriage is a key factor of marital satisfaction. In a study by Jose, (2007) on age and marital satisfaction found out that those who married young had high chances of divorce compared to those who married at mature age.

Most research has focused on age at time of marriage as the main focus on the study of marital satisfaction (Lee & Booth, 1977). There is profoundly undeniable bargain that there is an inverse association between the age at first marriage and the possibility of separation; meaning the younger one marries, the higher likelihood of divorce (Lee & Booth, 2016). Marital instability is higher for people who marry earlier than those who marry later in life.

2.3.2 Impact of religion on relationship between psychological wellbeing and marital satisfaction.

Religion is strongly related to norms and values that greatly correlates with marital satisfaction. (Call & Heaton, 1997; Fincham et al., 2011) marital satisfaction and religiosity have positive association confirmed across different religious groups such as Muslims, Christians, Jewish and Mormons (Marks, 2005). Studies by (Booth, 1995) found that religious enhancement provides one with an opportunity of not thinking about terminating the marriage. However there are studies that have found a negative association between marital satisfaction and religion.

2.2.3 Impact of social economic status on relationship between psychological wellbeing and marital satisfaction

The role of specialization on marriage elucidates that the advantage of marriage is low when both couples are working, which marks poor marital satisfaction. On the other hand the economic opportunity hypothesis maintains that by women working it brings

progressive results into the relationship as women are in a position to slow down the financial burden in marriage by supporting their partners (Cherlin, 2000) thus women participating in labour force may result into more marital satisfaction or may increase divorce or poor marital satisfaction due to their income. However a survey research has also indicated stronger association between decline of marital satisfaction, and acute stressful events in lower income communities who experience a chronic stress in the form of financial strains than in more affluent ones (Maisel & Karney, 2012).

2.3.4 Impact of level of education on relationship between psychological wellbeing and marital satisfaction.

Education is a tool that builds self-confidence, understanding, independence and brings sense of individuality in women. It has helped women gain emotional strength and mental maturity so that they can be accountable and make more independent decisions and facing life with more confidence and resourcefulness (Kamla, 2006). However studies by Janssen et al., (1998) showed that women who had higher education had higher rates of unstable marriages. Using the data from National Survey of Family Growth, (Heaton, 2002) showed inverse results where educated women had lower marital dissolution. Therefore the findings regarding education and marital satisfaction association are centred largely on western culture are not clear hence raising the question whether association globally exists.

2.3.5 Impact of duration of marriage on relationship between psychological wellbeing and marital satisfaction.

Duration of marriage is time elapsed after marriage, used as life course measure (Jalovaara, 2002). Marital permanency has been recognized in writings as a likely impact on marital satisfaction. Peleg (2008) debated that marriage permanency is very important since family duration is the most substantial variables linked to family satisfaction.

The time spent together by marriage partners has revealed to correlation with marital satisfaction (Kurdek, 1999; Layner & Bradbury, 2010). However studies by Collins & Coltrane (1991) found out that there is high likelihood of divorce when the couples got married at young age, have low income and have been in marriage for a short period.

2.4 PSYCHOLOGICAL WELLBEING AND MARITAL STABILITY

According to Boelen and Hought (2010) positive psychological experiences, can be distinguished by the degree of interpersonal involvement. As noted by (Bradbury, Fincham, & Beach, 2000) behaviour is often moulded by wider concerns, which may comprise long term goals, strategic reflections ,and the desire to promote the well-being of one partner and oneself. The long term viewpoint of commitment especially leads to mechanism of sustaining an intimate relationship hence partners develop instruments of reciprocal pro-relationship behaviours and deliberately pursue the objective of long term relationship. Boelen & Hought(2010) argues that psychological constructs and obligations influences every day behaviour maintenance mechanisms in relationship and this includes accommodation, readiness to sacrifice and forgiveness. Hence high marital stability.

2.4.1 Impact of age on relationship between psychological wellbeing and marital stability

Studies by Udry et al.,(1974) found out that marital instability commonly affects couples below the age of twenty five. They maintained that young partners have no patience to put up with frustrations in their life. It is further reinforced by (Glick, 1998) who found out that divorce rate is lower when couples are more or less the same age than when there is a big gap. Research has shown that young people are inexperienced, judgemental and take things differently in life which might affect their relationship.

Lehrer (2006) conducted a study on Age at Marriage and Marital Instability: Revisiting the Becker-Landes-Michael Hypothesis. It stated that marriage in early age is at risk of collapse. It has been recommended that after attaining advancement in age, the association between age at marriage and marital instability might become positive, because they have developed cognitively and physically to make a better choice for a life partner. The result designated that the relationship between marital instability and age at marriage is strongly negative up to the late twenties, and curve goes down after this age.

2.4.2 Impact of religion on relationship between psychological wellbeing and marital stability

While assessing the impact of religion in couples relationship, Mahoney (2010) saw that previous studies indicates that being religious can be a governing factor in handling crisis in life .Chiswick (1993) observed that divorce rate is higher in partners who are not affiliated to any religion .Pope &Cashwell (2012), also noted that relationship between religion and marriage has been proved severally in research findings. A research conducted among heterosexual couples who were married for 9 years, proved that couples who were dedicated to their religious duties and obligations, were more satisfied and stable in their marriages (Mahoney,2010).Further research carried out to heterosexual roman catholic church spouses showed that religious beliefs helped control the expressions of anger and reduce revenge tendencies(Cade,2010). Heaton and Pratt (1990) found out that couples who reported same religious affiliation reported higher levels of marital stability and happiness.

2.4.3 Impact of social economic status on relationship between psychological wellbeing and marital stability.

“It has been established that financially stable couple experience positive effect as couples experience less marital conflicts hence greater marital stability.(Lehrer, 1988; Weiss, 1997)”These studies were supported by Schoem (2002)where findings indicated that economic independence and responsibility enriched marital stability.

Similar finding was reported by Hood (1983) too. He stated that wives’ employment was associated with shared roles on child care, more shared interests in one another’s interest and being each other’s confidant, whereas, this was not the case when compared with traditional families wherein women were non-employed and men were the only breadwinners of the family.

2.4.4 Impact of education level on relationship between psychological wellbeing and marital stability

Hoelter,et al,(2004)found that individuals with similar education levels have high levels of marital stability. There is also a substantial relationship between divorce and women education (Amato, 2010; Cherlin, 2010). Greenstein (1990) indicated that women who have better or higher education reduces the prospect of marital

dissolution. Possibly because an educated woman may have skills as well as communication strategies that help improve marital relationship.

2.4.5 Impact of duration of marriage on relationship between psychological wellbeing and marital stability

A study by Paleng (2008), marriage longevity is statistically linked to marital satisfaction since the longer the couples have been together in the relationship the higher marital stability. These studies were further supported by (Jalovaara, 2002), with the findings showing significant association with longer duration in marriage and marriage stability. However other studies have shown marital stability in short term duration in marriage than those of short term (Jansen et al.,2006).In addition other studies have shown couples who have been in marriage for long have suffered depression (Sandberg et al, 2002).

2.5 PSYCHOLOGICAL WELLBEING AND MARITAL ADJUSTMENT

There are robust indications showing that exposure to work-related stressors for a long period of time will have undesirable influence on PWB, therefore, though mentioned earlier, short periods of hardship may be helpful in building resilience, and long term stress is not good for psychological well-being. In turn the low levels of PWB may lead to serious illness that may include diabetes, cardiovascular disease, and immune system malfunctions (Chandola & et al, 2008).

Suppressing thoughts and sentiments builds unconscious tension in the mind, and possibility that this pressure causes new conflicts in the future. However, researches by Carnstensen, Gottman, &Levenson (1995), states older couples have learned to let the other person retain their views and opinions. This behaviour permits them to achieve a happy marriage, unlike couples who respond violently to differences in their personal opinions. However, this research has not explained why people introduce possessive and overriding behaviour in their relationships. This behaviour only leads to quarrels and negative emotions in a marriage. Beaton, Norris, &Pratt (2003) support this by claiming that unsettled issues do not essentially cause tension in the family.

2.5.1 Impact of age on relationship between psychological wellbeing and marital adjustment.

Studies that were conducted by Ouddus (1992) indicated that low when couples get married at young age have low marital adjustment than when they marry at later

age. These studies further revealed that young couples are still immature to handle marriage challenges and not yet well prepared enough unlike partners who marry later.

In relation to Erickson's stages of development, couples at different ages, rating of pleasant topics and problems, proposed that older couples battles were less severe than middle aged couples and were aligned on different issues(Sheldon,2009).The studies explained that middle aged couples conflicted more on money, children, recreation and religion none of the ten topics assessed had more conflicts for older couples than for middle aged couples .However, the older couples were found to find more pleasure in vacations, doing things together, talking about children, sharing dreams. None of these topics assessed were enjoyable for middle aged couples than older couples, thus older couples were found to experience less struggle and more pleasure in their marriages and subsequently leading to higher adjustment (Sheldon, 2009).

2.5.2 Effects of religion on relationship between psychological wellbeing and marital adjustment.

Christian counselling and values are positively related to stable and quality marriages (Hook & Worthington, 2009).Additionally, several psychological studies have shown the value of religious practices which helps couple adjust positively in their marriages (Hook & Worthington, 2009).Other studies by (Sperry, 2010), indicates that the level at which people are involved in religious practices and Christian counselling are considered as predictive criteria for a successful marriage. This has further been supported by Mahoney et al.,(1999)who found out that spirituality impacts marital adjustment. This is further supported by Richard (2011), who conducted a research on association between parent's religiosity in connection to young children well- being and how results differ from one family background to another. It was noted that children from religious background had lower behavioural problems. To add on children who have mothers who are more religious experience high well- being and life satisfaction

2.5.3 Impact of education on relationship between psychological wellbeing and marital adjustment.

Numerous studies have observed that there is momentous association between education and marital adjustment. In a study by Gerstein et al., (1990) reported that

education negatively influenced marital adjustment. They further argued that education hinders one to balance school, work and marital roles. This was further reinforced by Myers et al.,(2000) on existing divorce among students of higher learning.

2.5.4 Impact of social economic status on relationship between psychological wellbeing and marital adjustment.

A study by Nathawat & Mathur, (1993), reported that employed women have high marital adjustment as compared to unemployed. They also reported that high income is linked to one's self esteem, wellbeing and life satisfaction. However the results might have been different because of cultural variation. Collins & Coltrane (1991) found the likeness of divorce to be highest when husbands and wife work but their income is not high, when married early, and have not been in the marriage for long.

2.5.5 Impact of duration of marriage on relationship between psychological wellbeing and marital adjustment.

Jansen et al.,(2006) confirmed that long term marriages are linked to marital adjustment while short term marriages are linked to more marital conflicts and disagreements. Researchers have recognized the need for marital intimacy that contributes to connectedness between partners hence higher adjustment in marriage (Beitin, 2008).

2.6 THEORETICAL FRAMEWORK.

2.6.1 Social Exchange Theory

Gorge Homans founded the social exchange theory in the 1950s and 1960s and it's the most central theory in family studies. This theory stemmed from behaviourist idea of B.F Skinner on the relationship between the social environment and the actor. This model suggests that social behaviour is as a result of an exchange process where individuals do things that will benefit them by increasing profits and reducing cost (Homans, 1958). In regards to this theory people weigh the risks and benefits of a social relationship; love is two way traffic; it's give and take. When risks outweigh benefits, people will terminate the relationship. Both parties in intimate relationship have to be satisfied for them to have a fulfilling relationship. Contentment is dependent on the extent the other party is contented as well; it's about considering the

feelings and happiness of the other. By doing so both will get the benefit out of the relationship and treat each other well. The relationship is more fulfilling when love is reciprocated and each couple is committed to work out the relationship.

Rewards denote positive benefits that one gets from a social relationship. Rewards include; sexual satisfaction, love, appreciation, social approval, respect, trust and loyalty. Rewards may also include; receiving gifts, spending time together, listening, touching and each of these acts as a reinforcer for increased likelihood of being attracted to each other in the relationship.

Costs refer to expenses associated to a given relationship. It might be time invested in a given relationship, forgiveness, commitment and tolerance, conflict management and perseverance. Exchange refers to distinctive values and outlook one brings into the relationship. Marital relationship is viewed by these values. Several studies have found out that most couples ask themselves if they are receiving as much as they are giving in a relationship (Lamanna & Riedmann, 1999). In general people tend to be more attracted to relationships that offer the rewards we value. Individuals also tend to be more attracted to relationships whose outcome exceeds our expectations.

2.6.2 Abraham Maslow Hierarchy of Needs

Abraham Maslow founded the theory in the year 1943. He argued that human behaviour is directed to achieving a certain goal. To add on, fulfilment of basic psychological needs is a major factor in attaining psychological wellbeing and functioning, and their worth has been compared to the obligation of fulfilment of basic physiological needs such as food, water, sex for physical development (Deci & Ryan, 2008).

They further proposed that fulfilment of basic needs is important for the development of individuals cognitive structures, personality, well-being, and emphasized on three basic needs; autonomy relatedness and competence. This asserts that relatedness and need for others, such as in couples marital relationship fits well in the Maslow's hierarchy of social needs.

Aruma & Hanachor, (2017) stated that basic needs are usually organized in a ranked order, physiological needs ranked at the first level includes ;food ,sex, water, air ,sleep ,and they should be first met before a second level of needs are met. The second level entails safety needs, thirdly belongingness looks at love, friendship and family, fourthly, and esteem looks at self –worth, respect and accomplishment, lastly, self-actualization which looks at morals creativeness and problem solving. In summary lower level of needs have to be met before moving to the next level and this requires much cognitive and psychological efforts to achieve higher needs so as to derive happiness, richness and serenity (Eli, 2013).

Psychological needs therefore fall on the first three categories of Maslow’s hierarchy of needs because couples will need sex, food, love, friendship, trust and security, so as to achieve esteem and self -actualization, hence high marital quality. However if the first three levels of needs lack the couple is likely to suffer low self -esteem and lack of self- actualization resulting to low marital quality.

One of the setbacks in the Maslow’s hierarchy of needs is its rigidity in the order of how needs must be met. Secondly there is no empirical proof of how the level of satisfaction of needs can be measured before moving to the next level of needs. Nevertheless, this theory has informed the study in that self -esteem and self -actualization cannot be achieved if the lower needs have not been met, hence if a couple is able to have their psychological needs met, marital quality will be achieved and the vice versa.

2.6.3 Erikson's psychosocial theory.

According to Erickson psychosocial stages of development, successful achievement of each stage is important in development of healthy character and attainment of basic virtues in life (Richard & Worthington, 2010). They argued that basic qualities are distinctive strengths the ego uses to resolve later crisis. Failure to successfully complete a stage on time can result to reduced inability to complete later stages hence, unhealthy personality. However according to (Overall & Fletcher, 2010), these stages can be resolved effectively much later in life.

This study therefore focuses on early adulthood which is the stage of intimacy versus isolation, where development mainly focuses on relationship maintenance (Overall & Fletcher, 2010). Individual in this stage begins to share more intimate relationships, looking forward to long term commitment to someone not related to them. According to (Deci & Ryan, 2008) successful achievement of the stage leads to contented relationships and a sense of obligation, safety, care within the relationship hence couples are able to enjoy high marital outcomes like marital satisfaction, adjustment and stability in their marriages. On the other hand avoiding intimacy, dreading commitment and relationships can lead to isolation, loneliness and sometimes depression (Deci & Ryan, 2008) thus, low marital quality.

2.7 CONCEPTUAL FRAMEWORK

A conceptual framework is a graphic presentation of variables and how they relate with each other. It demonstrates the relationship between psychological wellbeing, and marital quality. Marital quality has three dependent variables i.e., marital satisfaction, stability and adjustment, while psychological wellbeing puts into reflection depression, anxiety and self-esteem as independent variables

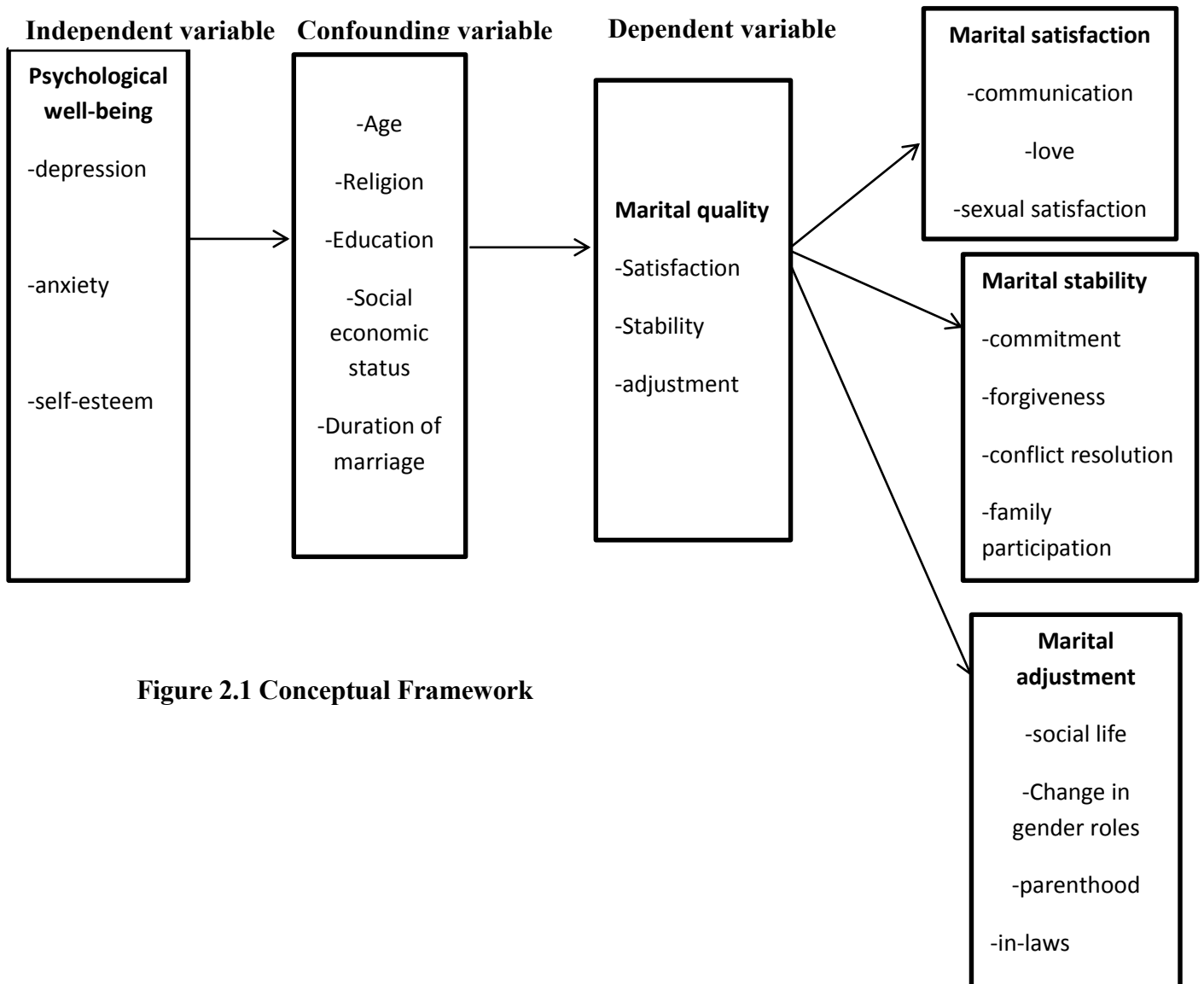


Figure 2.1 Conceptual Framework

2.7 CHAPTER SUMMARY

This chapter gave literature review of study objectives on how psychological well-being affects marital quality. The empirical literature explored on similar variables for theoretical framework, and a conceptual framework of how the independent variables interacted with the dependent variables and the influence of confounding variable.

CHAPTER THREE

METHODOLOGY

3.1 INTRODUCTION

The research design and methodology of this study was guided by the objectives and principals of standard approaches and described in terms of research design, scope, target population, sampling, data collection procedures, instruments, data analysis and ethical considerations for the study.

3.2 RESEARCH DESIGN

The study design used descriptive design that uses both qualitative and quantitative methods. The suitability of descriptive research is supported by (Mugenda, 2014) who stated that the use of descriptive research is to obtain information that describes existing phenomenon based on people's attitudes, experiences, perceptions, and views. The study therefore aims to examine if there is a relationship between psychological wellbeing as independent variable and marital quality as dependent variable. Questionnaires were used to collect quantitative and qualitative data. The quantitative data analysis established general trends on relationship between independent and dependent variable, while the qualitative data analysis seeks to deepen understanding with regard to those inclinations.

3.3 STUDY LOCATION

Research location is a certain place where data is collected (Orodho, 2002). Data collected from the World Wide Council of Churches (2018) indicates that P.C.E.A is among the largest churches in Kenya with over 4,000,000 members with 56 presbyteries. In Kiambu county Mukinyi parish is one of the largest parishes situated along Thika superhighway approximately 10kms from Nairobi city, Githurai Kimbo, Kiuu ward, Ruiru Constituency, Kiambu County, Kenya. The church has well defined structures and departments such as Woman's Guild, men fellowship, brigade, church school and the youth. However the church has no defined structures on married couples who are members of the church presenting different generations on family life cycle, hence providing a representation of different generation's marital experiences.

This site is good for the study since it's in an urban set up and provides a diverse population with a range of various social cultural and economic backgrounds of my

respondents. Kiambu County was chosen as a study location because it makes up some of the counties hit by massive divorce rates, and domestic violence according to economic survey report (Mucheru, 2014).

3.4 TARGET POPULATION

Obwatho (2014) indicates that target population is a precise group of people in which inferences can be made and have desired features the study desires to explore. This study aims to target married couples who have stayed in marriage for 5-30years, and have formed marriage enrichment groups that are at different family life cycles providing different marital experiences within P.C.E.A Mukinyi Church. This study excludes those who are in marriage for less than five years.

According to Kodhari(2014), the researcher must choose a sample design which must be explained as definite strategy determined before any data is collected for gaining a sample from any given population. P.C.E.A Mukinyi has a general population of 4000 members excluding children. A sample was drawn from this general population to be representative of this population. Again from this general population some are unmarried, others are divorced and widowed and were excluded in the selection of the study sample size though they are still members of the said church. In addition, (Florio, 2017), stated that divorce rates is 3.2%per 1000.hence 12.8%of total population of Mukinyi parish is 512.The percentage of unmarried is 24% which gives us a total of 960.The group of the widowed consist of 4%of the population hence a total of 160.Therefore from the entire population less 512 of the divorced, 960 of the unmarried, and 160 of the widowed creates a target population of 2368. This therefore helps generalize the results of the whole study.

3.5 SAMPLING PROCEDURE

According to Kombo &Tromp, (2006) sampling is a method the researcher holds to decide the elements, places, number of, objects or personalities to be included in the sample. This aids in making statistical inference about the people or the study population. This study used stratified random sampling to gain the study sample because it helped in avoiding the biasness of representative sample.

P.C.E.A Mukinyi parish has 3 congregations and a population of 4000 members and from this population the researcher used stratified random sampling method where k

element is the frame which was picked (Obwatho, 2014). This gave equal chances of being selected hence avoiding biasness. The sampling interval was calculated using this formula, $k=N/n$ from this formula “n” represented the favoured sample size while “N” stands for the study population.

3.6 STUDY SAMPLE SIZE

Mugenda (2014) states that a sample size is a smaller group gotten from available population. The sample size should not be too small or too large to facilitate the generality of the results. The sample size was 96 with general characteristics of age, education level, social economic status, religion, and duration of marriage. This research therefore used Yamane formula (Yamane, 1967). $n=N/1+Ne^2$

Where n=sample size, N=size of the population e=precision error of 10 % at 90%confidence level.

Therefore $n=2368/1+2368(0.1)^2$ n=96

Using this formula the sample size was 96, calculated at 10% error with a confidence coefficient of 90%.

The church is also headed by the parish minister, who is assisted by elders, and was picked one from each congregation, evangelist, and a counsellor .These were used as key informants.

Table 3.1 Sample Size distribution

NO.	CATEGORY	RESPONDENTS
1	COUPLES	90
2	PARISH MINISTER	1
3	ELDERS	3
4	EVANGELIST	1
5	COUNSELOR	1

3.7 DATA COLLECTION INSTRUMENTS

This study used questionnaires as data collection tools. It has questions given to the respondents for the purpose of extracting social demographic information from them and consists of age, sex religion, education status, social economic status, duration of marriage, number of children, and family type.

Marital Quality Scale (MQS-1995) is a multidimensional self-report scale which assesses marital quality of spouse (male/female) developed by Anisha Shah in 1995. And interview schedule for key informants to get in depth information in regard to marital quality.

3.8 DATA COLLECTION PROCEDURE

The researcher used 96 participants who were selected by stratified random sampling. The ethical standards of research were considered as the participants were given brief explanation about the research and assured that information was kept confidential. The participants were given suitable instructions concerning research and questionnaire. First social demographic data sheet was used, and marital quality scale was administered.

3.9 Piloting

A pilot study was done to test whether the instrument being used that is questionnaire and key informant guide worked in the real world. (Cann, et al., 2008) states that sample size of the pilot study ought to be 10% of the sample size to be used in the entire study and this translated to 10 respondents who were sampled from P.C.E.A Kimbo parish which neighbours Mukinyi Parish.

A questionnaire with related questions on the listed objectives was identified and used for the pilot study. This allowed for needful adjustment of the main questionnaire before administering the final to the participants.

3.9.1 Instrument reliability

The greater the degree of consistency and stability of an instrument, the greater is its reliability. Therefore a test is reliable if repeat measurements made by it under same conditions gave the similar results (Moser & Kalton, 1989). The researcher used test retest process by administering the questionnaire to 10 participants twice under same conditions using the same instrument to ascertain whether it gave constant results with equivalent values. This helped ascertain the reliability of the instrument.

3.9.2 Instrument validity

Blumberg et al., (2005) posits that validity of the instrument used for data collection measures what it's supposed to measure accurately. For this research the investigator is interested with content validity of the instrument. This was achieved by seeking knowledge from reliable experts who are familiar with area of study and the construct being measured. The experts were provided with access to the instrument and their feedback was used to make informed decision about the effectiveness of the tool.

3.10 Data Analysis and Presentation

Data was summarised using descriptive statistics which includes the mean, mode and standard deviation so as to explain the significance of the scores obtained .The strength of the relationship between independent variable and dependent variable was tested using Pearson Product Moment correlation. Statistical Package for the Social Sciences (SPSS) version 24 was used to analyse data by use of inferential statistics.

3.11 Legal and Ethical Considerations

Some of the important ethical issues included-; informed consent, confidentiality, and honesty. Informed consent was obtained verbally and the researcher did not use force in obtaining information from clients.

Honesty was observed by the researcher by not altering the results but presents it as it has been conducted while confidentiality was observed by use of anonymous tool for collecting data and information collected is treated with privacy. The researcher also got approval letter from the university and also from NACOSTI to carry out research commendably. Lastly, the researcher put measures of COVID -19 according to government regulations in place by ensuring social distancing is observed as well as proper sanitization and wearing of masks during data collection.

CHAPTER FOUR

DATA ANALYSIS AND INTERPRETATION

4.1 Introduction.

This study aimed at examining the relationship between psychological well-being and marital quality among married Christian couples at P.C.E.A Mukinyi parish in Kiambu County. This chapter captures analysis and presentation of the data obtained from questionnaires as well as semi-structured interviews. The findings obtained were analysed and presented based on the research findings. This chapter is divided into three sections namely response rate, demographic information and results of analysed data. Analysis used descriptive statistics where frequency, percentages, standard deviation, mean, were considered to show the patterns of the respondents and variables under study.

4.2 Response Rate

The study sampled 96 persons. These included 90 couples and 6 key informants namely (1 parish minister, 3 church elders, 1 evangelist, and 1 counsellor). Out of these, 86 couples and 5 church workers, responded. This makes a total of 91 persons and a return rate of 96% for couples and 83% for the key informants as shown in Table 4.1.

Table 4.2.1. Response Rate

	Sample	Responded	Percentage
Couples	90	86	96%
Key informants	6	5	83%

(Source: Field Data, 2020).

4.3 Social Demographic Characteristics of Respondents

The study considered selected demographic information of the respondents. That included the gender of respondents, age, duration of marriage, education, social economic status, religion, number of children and family background.

4.2.1.1 Gender of Respondents

The results show that more than half of the couples were female (53.5%) while males were 46.5%. This implies that there was gender equality while recruiting the study participants.

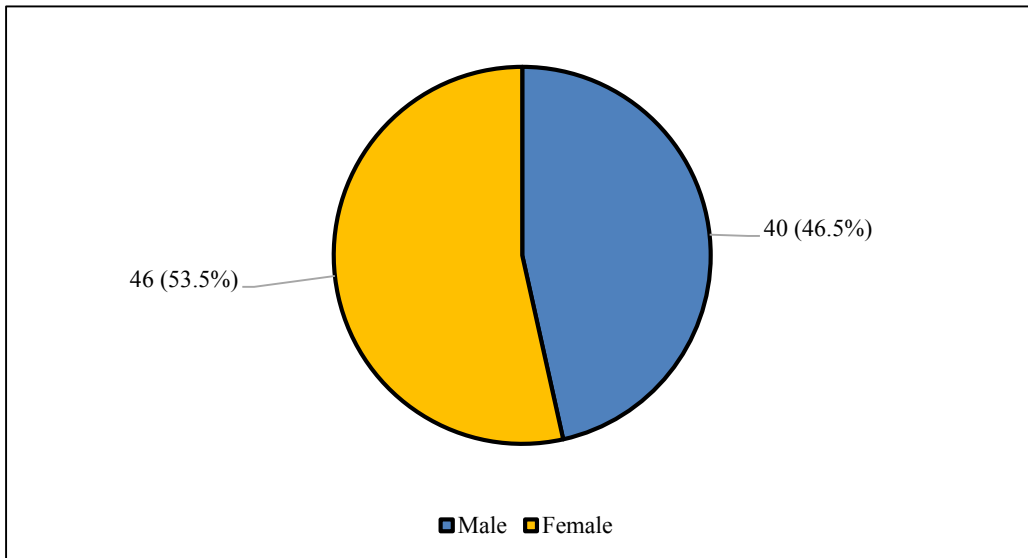


Figure 4.1: Gender Analysis

(Source: Field Data, 2020).

4.2.1.2 Age of Respondents

The couples were requested to specify their age. The findings show that more than half of the respondents were aged between 31 and 40 years (53.5%). These were trailed by more than a quarter who were aged between 41 and 50 years at 27.9%. Those aged over 51 years were 11.6% while only 7% were aged less than 30 years. This could be due to the fact that the study excluded those who had been in marriage for less than 5 years.

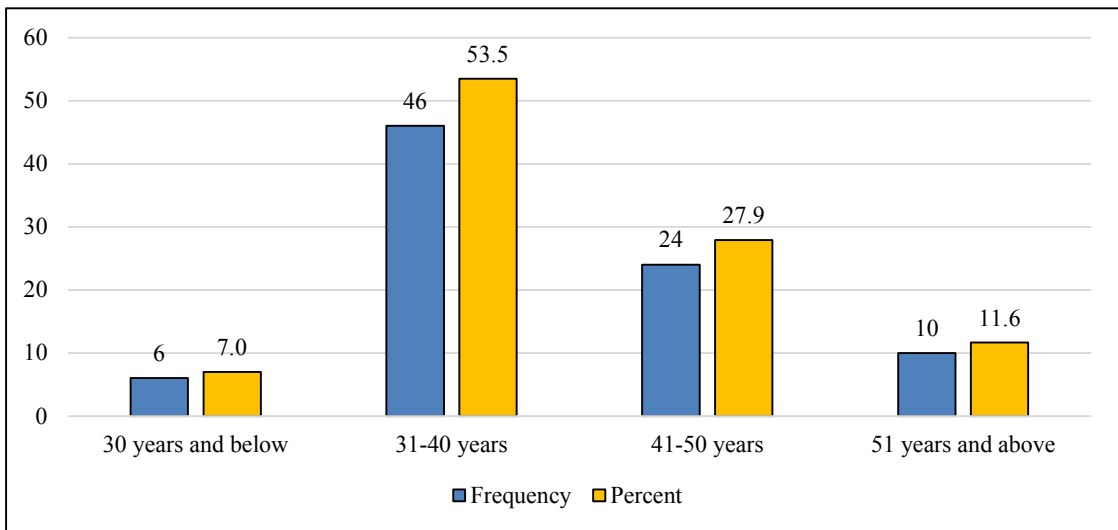


Figure 4.2: Age of Respondents

(Source: Field Data, 2020).

4.2.1.3 Age at Marriage

The couples were asked to designate their age at marriage. The results show that three-quarters of the respondents (72.1%) were aged 20 to 30 years. These were followed distantly by those who married at less than 20 years at 16.3%. Only a few were married aged over 31 years with those who married aged between 31 and 40 years and those who married aged 41 to 50 years being 4.7% and 7% respectively.

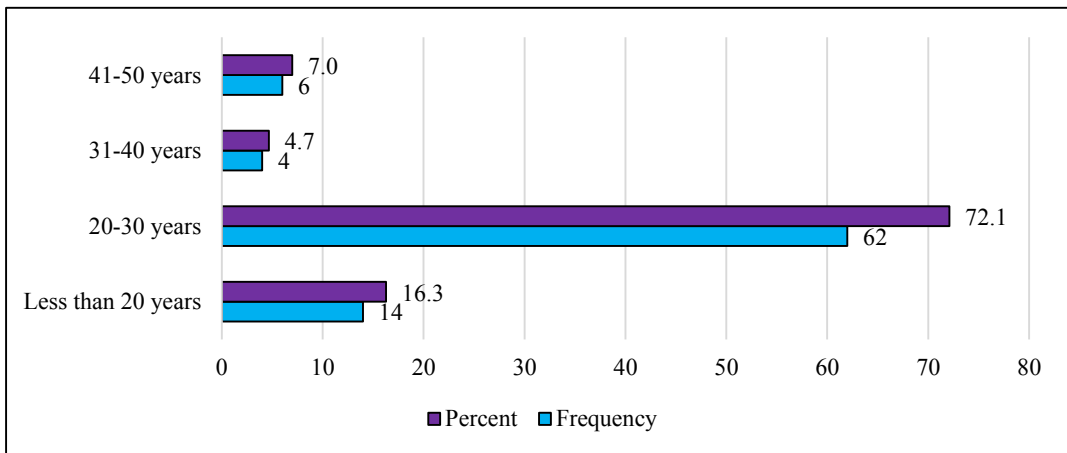


Figure 4.3: Age of Respondents at Marriage

(Source: Field Data, 2020).

4.2.1.4 Duration of Marriage

When asked to indicate their duration in marriage the vast majority, 41.9% said that they had been in marriage for 10 to 14 years. These were followed by slightly more than a quarter who had been in marriage for more than 20 years. Those who had been married between 5-9 years and those who had been in marriage for 15-19 years tied at 16.3%. These findings show that the couples were married long enough to understand the subject under investigation. Also, they had been in marriage for diverse periods to provide a balanced overview of the nexus between psychological wellbeing and marital quality. With most being in marriage for long periods, marriage stability and adjustment could take place as posited by Jansen et al.,(2006) who confirmed that long-term marriages were linked to marital adjustment while short-term marriages are linked to more marital conflicts and disagreements.

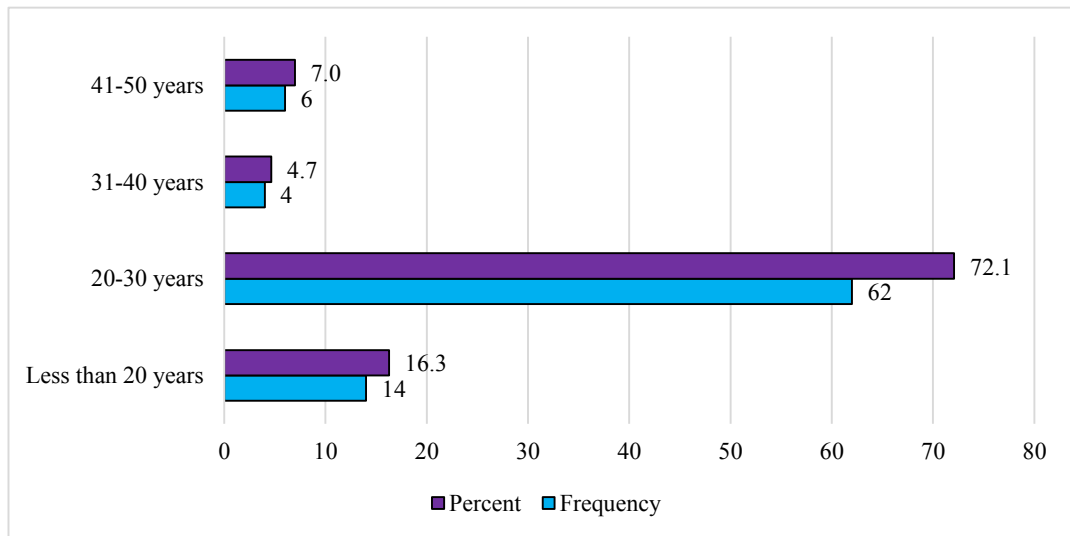


Figure 4.4: Duration in Marriage

(Source: Field Data, 2020).

4.2.1.5 Education Level

The couples were asked to state their education level. More than a third of them (37.2%) pointed out that they had college-level education. Followed by a third (32.6%) had secondary level education. Another 16.3% had a university-level education. These findings show that the respondents had sufficient education to understand and respond to the study questions. Also, most of the women had sufficient education to stick to marriages as posited by findings from the data from the National Survey of Family Growth, (Heaton, 2002) who showed that marital dissolution was lower among educated women.

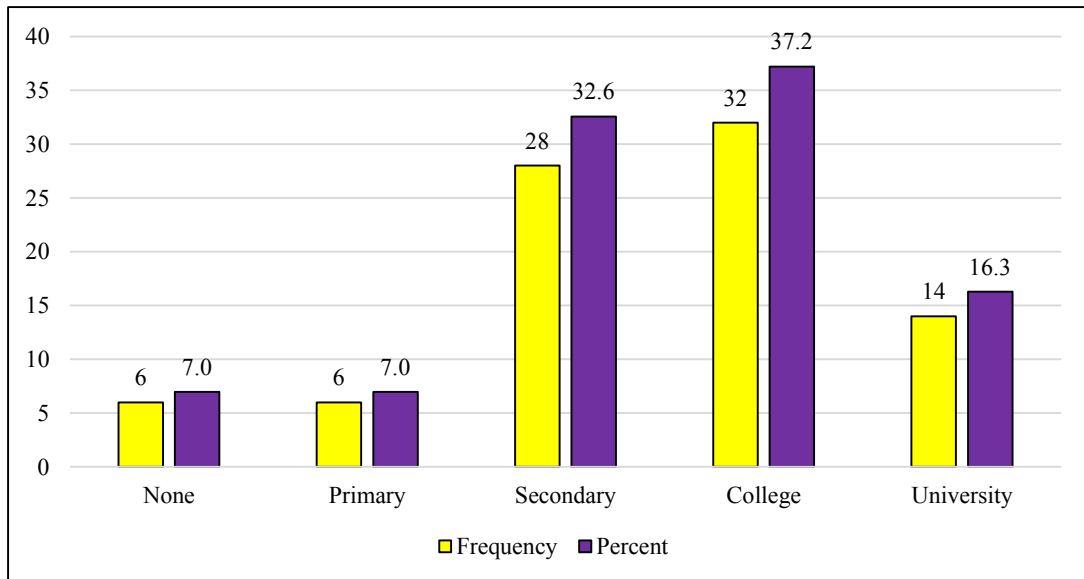


Figure 4.5: Education Level

(Source: Field Data, 2020).

4.2.1.6 Current Occupation

The majority of the respondents were asked to point out their occupation. The results show that more than two-thirds of the couples (76.7%) were self-employed. Civil servants and those who were not employed were the least at 14% and 9.3% respectively. This could affect marital stability since as posited by Nathawat & Mathur, (1993), employed women have high marital adjustment as compared to unemployed. They also reported that high income is linked to one's self-esteem, wellbeing, and life satisfaction which could contribute to marital satisfaction and adjustment.

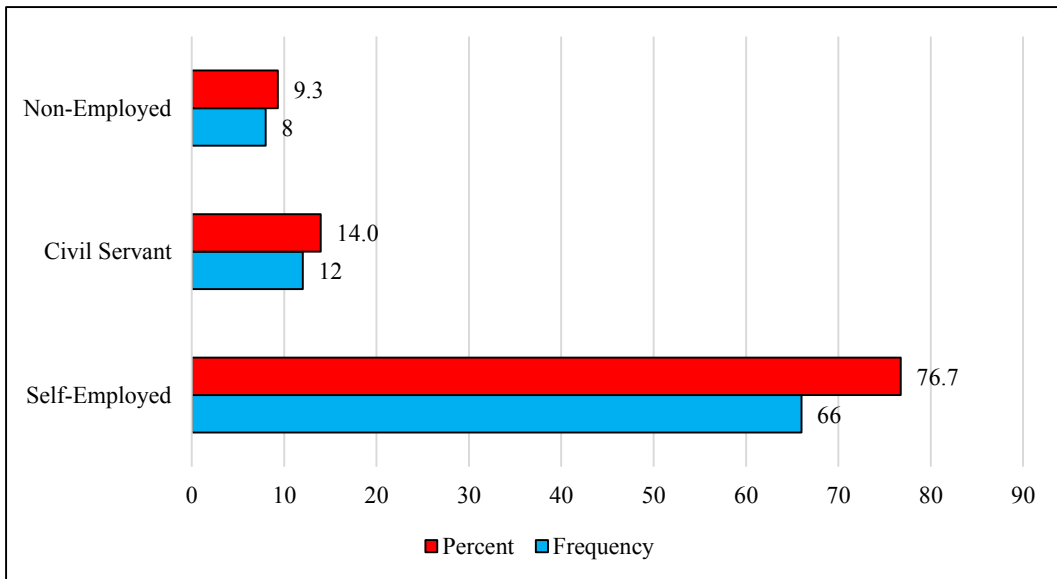


Figure 4.6: Current Occupation

(Source: Field Data, 2020).

4.2.1.7 Income Level

When asked to indicate their income levels, most of the couples earned more than Ksh. 40,000. These were followed by those earning between Ksh. 20,000 and 39,000. The least, slightly more than a quarter (27.9%) earned less than Ksh. 20,000. These findings show that most women had a stable income which could influence marital stability in agreement with Nathawat and Mathur, (1993).

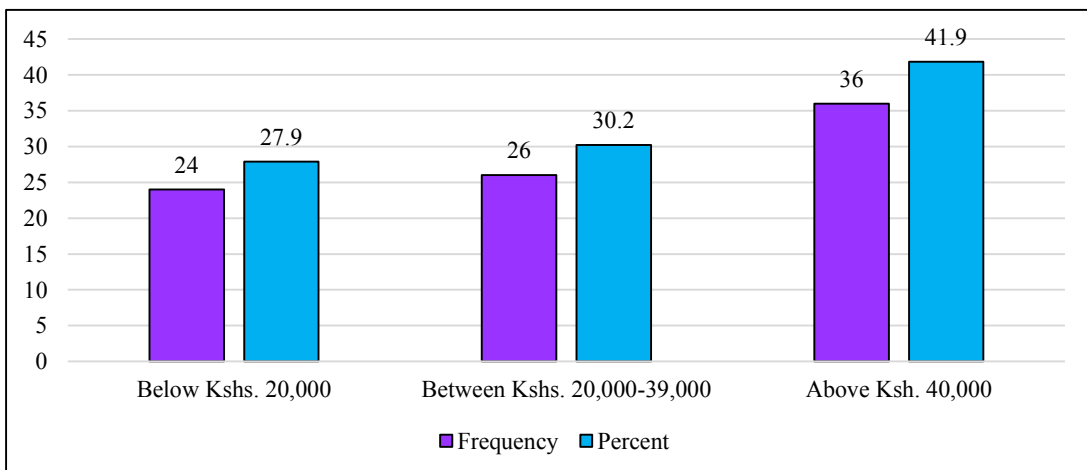


Figure 4.7: Income Level

(Source: Field Data, 2020).

4.2.1.8 Religion of Couples

Almost all of the couples (97.7%), when asked to indicate their religion, pointed out that they were Christians. Only 2 (2.3%) were not Christians. This emanates from the fact that the study had only targeted Christians. This could contribute to increased marital stability since as posited by Heaton and Pratt (1990) couples who reported the same religious affiliation had higher levels of marital stability and happiness.

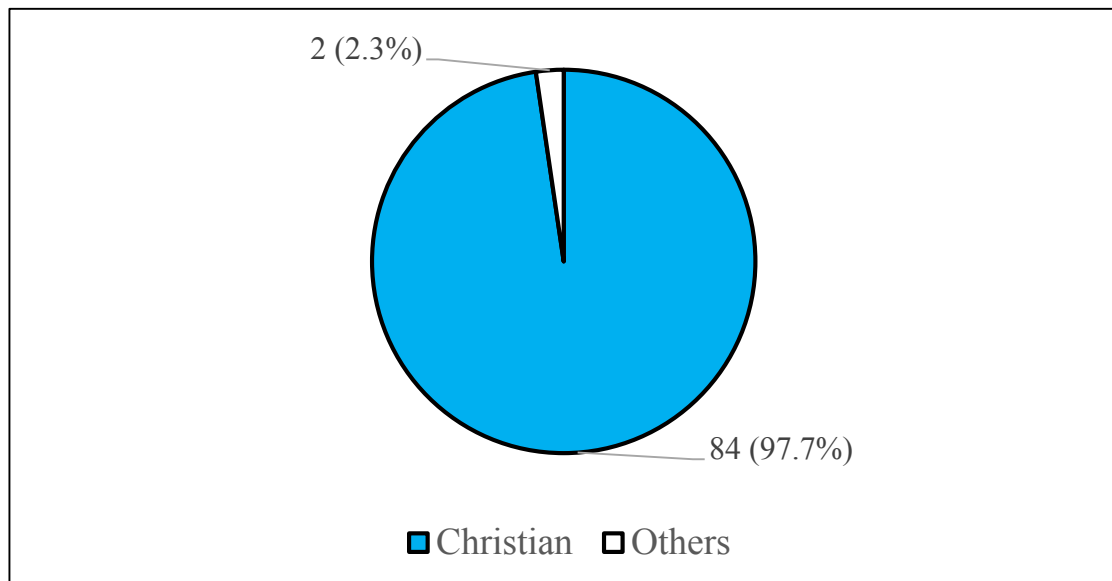


Figure 4.8: Religion of Couples

(Source: Field Data, 2020).

4.2.1.9 Family Background

The study sought after to establishing the family background of the couples. The finding indicates that most of the couples, close to four-fifths came from both parents (79.1%). Those who had single parents followed distantly at 16.3%. Only 4 (4.7%) had come from divorced families. These findings show that the respondents came from stable families which could enhance marital wellbeing as pointed out by Richard (2011).

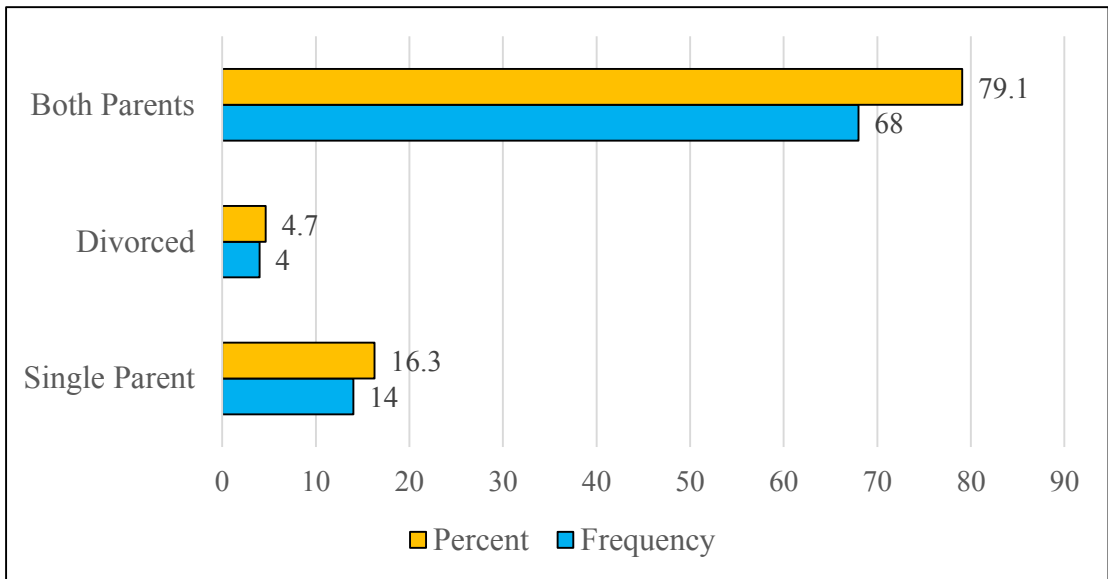


Figure 4.9: Family Background

(Source: Field Data, 2020).

4.2.1.10 Number of Children

The couples were asked to indicate how many children they had. The findings show that most of the couples (60.5%) had 3 children. These were followed by slightly more than a quarter (25.6%) that had 2 children. It is evident that most of the parents had 2 to 3 children.

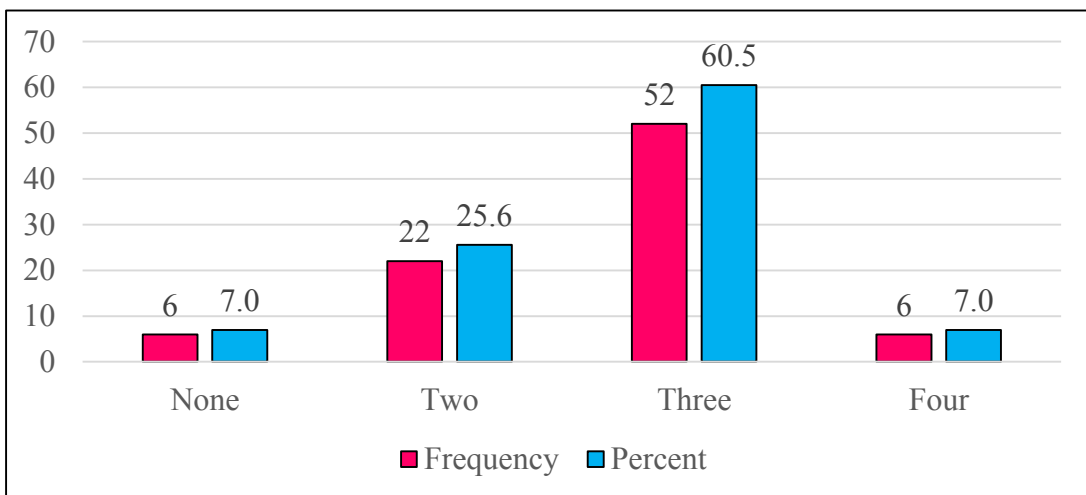


Figure 4.10: Number of Children

(Source: Field Data, 2020).

4.4 Presentation of Research Analysis and Findings

This section presents the findings of the study which is done in line with the objectives of the study.

4.4.1 Psychological Wellbeing and Marital Quality

The purpose of the study was to determine the relationship between psychological well-being and marital quality among married Christian couples in Mukinyi parish Kiambu County, Kenya. This section presents the findings gained from questionnaires and interviews. The couples were presented with selected statements on their psychological well-being in marriage. This was done on a scale of 1 to 5 (Never-1, Rarely-2, Often-3, Quite often-4, All the time-5). The means (M) of the responses were used to explain the levels of agreement with each feeling by establishing the point of converging along the 5 point scale. The findings are presented in Table 4.2.

Table 4.2 Psychological Wellbeing

Feeling	Mean	Std. Dev.
Friendly	4	1.16
Sociable	4	1.07
Cheerful	4	1.10
Happy	4	1.05
Lovely	4	1.26
Relaxed	4	1.12
Lively	4	1.17
Optimistic	3	1.33
Discouraged	2	.96
Anxious	2	.77
Fearful	2	1.05
Sad	2	.66
Scared	2	.99
Lonely	2	.81
Hostile	2	1.14
Helpless	2	.86
Depressed	2	.63
Hopeless	1	.59
N=86		

The couples pointed out that quite often (M=4) that they quite often felt friendly, sociable, cheerful, happy, lovely, relaxed, and lively. While they often felt optimistic (M=3). The rarely (M=2) felt discouraged, anxious, fearful, sad, scared, lonely, hostile, helpless, and, depressed. Lastly, the respondents pointed out that they never felt hopeless (M=1).

The couples were asked to indicate any other positive or negative feelings they might be experiencing in their marriage. While some of them pointed out that sometimes they had feelings of neglect, most of them said that they were largely satisfied with their marriages.

The key informants were asked to point out the frequency with which couples sought counselling on marital problems. Most of them said that they rarely did so. This could challenge the quality of their marriage as posited by Sperry (2010). When asked to point out the challenges facing married couples at Mukinyi, the respondents said that the most common sources of conflict were, finances, parenting challenges, alcoholism, and substance abuse as well as emotional separation (a factor also identified by Tim & Joy, (2016), Other included, infidelity (also identified by Gichinga, (2005).

Regarding some of the marital conflicts among couples at Mukinyi, the couples said that couples were faced with rigid boundaries between parents as well as disciplining of children. This was an aspect of triangulation of children in conflict management. The key informants were asked to point out how couples resolved their conflicts. They said that coupled resulted in violence in some instances. They also sought help from friends as well as legal help in some instances

4.3.2 Nature of Marital Satisfaction

The first objective was to investigate the relationship between psychological wellbeing and marital satisfaction among married Christian couples in Mukinyi parish Kiambu County, Kenya. Data was collected using Likert-scale statements on a scale of 1 to 5 (Usually-1, Sometimes-2, Always-3, Rarely-4, and Never-5), open-ended questions, and interviews. The findings obtained are presented in the following section

Table 4.3 Nature of Marital Satisfaction

Nature Of Marital Satisfaction	Mean	Std. Dev.
1. "I discuss my long term plans for our family with my husband/wife"	3	.88
2. "Look forward to being with my husband/wife"	3	.67
3. "My sex life is satisfactory"	3	.91
4. "My husband/wife makes me feel secure"	3	.76
5. "My wife/husband understands my sexual needs"	3	.93
6. "I feel that decisions taken after a discussion with my husband/wife are good for us."	3	.90
7. "I feel that decision taken after a discussion with my husband/wife are good"	2	.76
8. "I feel comfortable in sharing my mistakes with my husband/wife."	2	.90
9. "My husband/wife shares his feeling with me."	2	.90
10. "My husband/wife satisfies my needs"	2	.75
11. "My suggestions are well taken by my husband/wife."	2	.83
N=86		

The couples pointed out that they always (M=3) discussed their long term plans for their family with their husband/wife and they looked forward to being with their husband/wife. They also said that always (M=3), their sex life was satisfactory and that husband/wife always made them feel secure. Also, the couples (M=3) pointed out that their wives/husbands understood their sexual needs and that they felt that decisions taken after a discussion with their husband/wife were good for them.

The respondents pointed out that sometimes (M=2) they felt that decisions taken after a discussion with their husband/wife were good and they felt comfortable in sharing their mistakes with their husbands/wives. The couples also said that sometimes (M=2) their husbands/wives shared their feelings with them and that their

husbands/wives satisfied their needs. Lastly, the couples (M=2) said that sometimes, their suggestions were well taken by their husbands/wives.

The couples were also asked to rate their marriage in terms of marital satisfaction/dissatisfaction. Most of them said that it was satisfactory and that they cared for one another. However, some of them said that they were not satisfied due to a lack of understanding and had to manage. Key informants said that marriage satisfaction among couples tended to lean more on the positive side.

4.3.3 Marital Stability

The second objective was to assess the relationship between psychological wellbeing and marital stability among married Christian couples in Mukinyi parish Kiambu County, Kenya. This section presents the findings obtained.

Table 4.4 Marital Stability

Marital Stability	Mean	Std. Dev.
1. "I regret being married to my husband/wife."	5	.95
2. "My husband/wife does not trust me."	4	1.21
3. "My husband's/wife's tendency to dominate over me creates problems between us."	4	1.09
4. "My husband/wife is rigid in his opinions."	3	1.30
5. "My husband/wife complains that I do not understand him."	3	1.22
6. "Whenever we have an argument, my husband/wife thinks that he is right."	3	1.22
7. "My husband/wife participates in taking decisions for our home."	3	.91
8. "I feel that decision taken after a discussion with my husband/wife are good for us".	3	1.01
9. "on financial matters, my husband/wife consults me	3	.92
10. "My husband's/wife's opinion carries as much weight as mine in money matters"	3	.98
N=86		

The couples pointed out that they never (M=5) felt neglected by their partners. They also pointed out that rarely (M=4) did their partners fail to trust them. The couples also pointed out that their partners' tendency to dominate over them rarely (M=4) created problems between them. The respondents pointed out that the rest of the statements always applied to them (M=3). In this light, they pointed out that always, their partners were rigid in their opinions and that their partners complained that they were not being understood. Whenever the couples argued, their husbands/wives always thought that they were right. Both partners always participated in taking decisions for their homes. The couples also felt that decision taken after a discussion with their husband/wife was always good for them. The respondents also pointed out that on financial matters, their wives/husbands always (M=3) consulted them and that their husbands'/wives' opinions always carried as much weight as theirs in money matters.

The couples were asked to point out other ways in which they could rate their marriage in terms of marital stability/instability. Most said that it was stable and that they met one another's day to day needs. When asked to rate marital stability among couples, the key informants said that marital stability tended to be positive for most couples which could influence marital quality (Lehrer, 2006).

4.3.4 Marital Adjustment

The third objective of the study was to examine the relationship between psychological wellbeing and marital adjustment among married Christian couples in Mukinyi parish Kiambu county, Kenya. The findings from questionnaires and interviews are presented in the following section.

Table 4.5 Marital Adjustment

Marital Adjustment	Mean	Std. Dev.
1. "My husband/wife argues with me in front of others"	4	1.06
2. "My husband/wife is not concerned about my parents"	4	1.36
3. "my husband/wife criticizes me more than appreciating"	3	1.32
4. "My husband/wife decides where we will go and what we will do when we go out"	3	1.12
5. "I appreciate the sacrifices made by my husband/wife"	2	1.21
6. "I feel satisfied with the way our vacation is spent"	2	1.19
7. "My husband's/wife's opinion carries as much weight as mine in money matters."	2	1.11
8. "My husband/wife cooperates with me in maintaining a relationship with my parents."	2	1.19
9. "I agree with my husband/wife regarding the discipline of children"	2	1.13
10. "When my husband/wife plans our vacation, I enjoy it"	2	1.05
N=86		

The couples pointed out that their husbands/wives rarely (M=4) argued with them in front of others and that rarely were their husbands/wives not concerned about their parents (M=3). Sometimes (M=2) the couples appreciated the sacrifices made by their husband/wives. They also pointed out that sometimes they felt satisfied with the way their vacation was spent (M=2). They also said that couples' opinions sometimes carried as much weight as theirs in money matters. The respondents pointed out that sometimes (M=2), their partners cooperated with them in maintaining relationships with their parents. The couples pointed out that sometimes, they agreed with their partners regarding the discipline of children (M=2). Lastly, the respondents pointed out that sometimes (M=2), they enjoyed it when they planned their vacations with their husbands/wives.

4.5 Hypothesis testing

4.5.1 Correlation Analysis

Pearson correlation analysis was undertaken to find out if there was significant relationships between psychological wellbeing and marital quality. This was done at a

significance level of 0.01. The findings show that all the independent variables had statistically significant relation as follows: Marriage Satisfaction, $r=0.673$, $p<0.01$; Marriage Stability, $r=0.445$, $p<0.01$; Marriage Adjustment, $r=0.519$, $p<0.01$. Since all the variables returned significant results, the study went on to undertake regression analysis.

Table 4.6 Pearson Correlation

Correlations					
		Psychological wellbeing	Marriage Satisfaction	Marriage Stability	Marriage Adjustment
Psychological wellbeing	Pearson Correlation	1	.673**	.445**	.519**
	Sig. (2-tailed)		.000	.000	.000
	N	86	86	86	86
**. Correlation is significant at the 0.01 level (2-tailed).					

4.5.2 Regression analyses

4.5.2.1 Regression Analysis between Psychological wellbeing and Marriage Satisfaction

Regression analysis was carried out to test the level to which marital satisfaction could be predicted by psychological wellbeing. The model summary as presented in Table 4.7 shows that psychological well-being predicted 45.2% marital satisfaction as shown by $r^2=0.452$. Marriage Satisfaction could also be statistically and significantly predicted by psychological well-being as shown by a significant F test ($F= 69.410$, $p <0.001$).

The findings also indicated that marital satisfaction (the dependent variable) could be predicted by psychological well-being ($t=8.331$, $p<0.001$). In this light, the fitted regression model was as follows

$$\text{Marriage Satisfaction} = 0.317 + 1.038 * \text{Psychological Wellbeing} + 0.355.$$

Based on these findings, the first null hypothesis, **H₀₁**: There is no significant relationship between psychological wellbeing and marital satisfaction was rejected. As such, psychological wellbeing significantly contributed to the marital satisfaction among couples in P.C.E.A. Mukinyi Parish.

Table 4.7 Regression Analysis Between Psychological wellbeing and Marriage Satisfaction

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.673 ^a	.452	.446	.51418		
a. Predictors: (Constant), Psychological wellbeing						
ANOVA^b						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	18.350	1	18.350	69.410	.000 ^a
	Residual	22.208	84	.264		
	Total	40.558	85			
a. Predictors: (Constant), Psychological wellbeing						
b. Dependent Variable: Marriage Satisfaction						
Coefficients^a						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	.317	.355		.893	.000
	Psychological wellbeing	1.038	.125	.673	8.331	.000
a. Dependent Variable: Marriage Satisfaction						

4.5.2.2 Regression Analysis between Psychological wellbeing and Marriage Stability

Regression analysis was carried out to test the level to which marital stability could be predicted by psychological wellbeing. The model summary as presented in Table 4.8 shows that psychological well-being predicted of 39.8% marital stability as shown by $r^2=0.398$. Marriage stability could also be statistically and significantly predicted by psychological well-being as shown by a significant F test ($F= 20.686, p < 0.001$).

The findings also indicated that marital stability (the dependent variable) could be predicted by psychological well-being ($t=6.035, p < 0.001$). In this light, the fitted regression model was as follows

$$\text{Marriage Stability} = 1.880 + 0.497 * \text{Psychological Wellbeing} + 0.311.$$

Based on these findings, the second null hypothesis, **Ho2**: There is no significant relationship between psychological wellbeing and marital stability was rejected. This emanates from the fact that psychological wellbeing significantly contributed to the marital stability among couples in P.C.E.A. Mukinyi Parish.

Table 4.8 Regression Analysis between Psychological wellbeing and Marriage Stability

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.445 ^a	.398	.388	.45110		
a. Predictors: (Constant), Psychological wellbeing						
ANOVA^b						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	4.209	1	4.209	20.686	.000 ^a
	Residual	17.093	84	.203		
	Total	21.302	85			
a. Predictors: (Constant), Psychological wellbeing						
b. Dependent Variable: Marriage Stability						
Coefficients^a						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.880	.311		6.035	.000
	Psychological wellbeing	.497	.109	.445	4.548	.000
a. Dependent Variable: Marriage Stability						

4.5.2.3 Regression Analysis between Psychological wellbeing and marital adjustment.

Lastly, regression analysis was carried out to test the level to which marital adjustment could be predicted by psychological wellbeing. The model summary as presented in Table 4.9 shows that psychological well-being predicted 26.9% of marital adjustment as shown by $r^2=0.269$. Marital adjustment could also be statistically and significantly predicted by psychological well-being as shown by a significant F test ($F= 30.928, p <0.001$).

The findings also indicated that marital adjustment (the dependent variable) could be predicted by psychological well-being ($t=5.561, p<0.001$). Based on the unstandardized coefficients, the fitted regression model was as follows

$$\text{Marital Adjustment} = 0.661 + 0.765 * \text{Marital Adjustment} + 0.392.$$

Based on these findings, the third null hypothesis, **H₀₃**: There is no significant relationship between psychological wellbeing and marital adjustment was rejected. This emanates from the fact that psychological wellbeing significantly contributed to the marital adjustment among couples in P.C.E.A. Mukinyi Parish.

Table 4.9 Regression Analysis between Psychological wellbeing and Marital Adjustment

Model Summary						
Model		R	R Square	Adjusted R Square	Std. Error of the Estimate	
1		.519 ^a	.269	.260	.56758	
a. Predictors: (Constant), Psychological wellbeing						
ANOVA^b						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	9.963	1	9.963	30.928	.000 ^a
	Residual	27.060	84	.322		
	Total	37.023	85			
a. Predictors: (Constant), Psychological wellbeing						
b. Dependent Variable: Marriage Adjustment						
Coefficients^a						
Model		Unstandardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
1	((Constant))	.661	.392		1.687	.000
	Psychological wellbeing	.765	.138	.519	5.561	.000
a. Dependent Variable: Marriage Adjustment						

CHAPTER FIVE

SUMMARY OF FINDINGS, DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

The chapter provides a summary of the study findings, discussions, conclusions and recommendations of the study based on the study objectives. The purpose of this study was to explore the relationship between psychological wellbeing and marital quality among married Christian couples in Mukinyi parish, Kiambu County, Kenya.

5.2 Summary of findings

The purpose of this study was to examine the relationship between psychological well-being and marital quality among married Christian couples at P.C.E.A Mukinyi parish in Kiambu County, Kenya. The couples pointed out that quite often that they quite often felt friendly, sociable, cheerful, happy, lovely, relaxed, and lively. While they often felt optimistic, they rarely felt discouraged, anxious, fearful, sad, scared, lonely, hostile, helpless, and, depressed. Lastly, the respondents pointed out that they never felt hopeless. These findings show that couples tended to experience positive feelings.

The couples pointed out that sometimes had feelings of neglect; most of them said that they were largely satisfied with their marriages. The key informants were asked to point out the frequency with which couples sought counselling on marital problems. When asked to point out the challenges facing married couples at Mukinyi, the respondents said that the most common sources of conflict were infidelity, finances, parenting challenges, alcoholism, and substance abuse as well as emotional separation. Regarding some of the marital conflicts among couples at Mukinyi, the couples said that couples were faced with rigid boundaries between parents as well as disciplining of children. This was an aspect of triangulation of children in conflict management. The key informants were asked to point out how couples resolved their conflicts. They said that coupled resulted in violence in some instances. They also sought help from friends as well as legal help in some instances.

The first objective of the study was to investigate the relationship between psychological wellbeing and marital satisfaction among married Christian couples Mukinyi parish Kiambu county, Kenya. The couples pointed out that they always discussed their long term plans for their family with their husband/wife and they looked forward to being with their husband/wife. They also said that their sex life was always satisfactory and that husband/wife always made them feel secure. Also, the couples pointed out that their wives/husbands understood their sexual needs and that they felt that decisions taken after a discussion with their husband/wife were good for them.

The respondents pointed out that sometimes they felt that decisions taken after a discussion with their husband/wife were good and they felt comfortable in sharing their mistakes with their husbands/wives. The couples also said that sometimes their husbands/wives shared their feelings with them and that their husbands/wives satisfied their needs. Lastly, the couples said that sometimes, their suggestions were well taken by their husbands/wives. These findings show high levels of marital satisfaction among couples.

The couples were also asked to rate their marriage in terms of marital satisfaction/dissatisfaction. Most of them said that it was satisfactory and that they cared for one another. However, some of them said that they were not satisfied due to a lack of understanding and had to manage. Key informants said that marriage satisfaction among couples tended to lean more on the positive side.

The second objective of the study was to assess the relationship between psychological wellbeing and marital stability among married Christian couples mukinyi parish Kiambu County, Kenya. This section presents the findings obtained. The couples pointed out that they never felt neglected by their partners. They also pointed out that rarely did their partners fail to trust them. The couples also pointed out that their partners' tendency to dominate over them rarely created problems between them. The respondents pointed out that the rest of the statements always applied to them. In this light, they pointed out that always, their partners were rigid in their opinions and that their partners complained that they were not being understood. Whenever the couples argued, their husbands/wives always thought that they were

right. Both partners always participated in taking decisions for their homes. The couples also felt that decision taken after a discussion with their husband/wife was always good for them. The respondents also pointed out that on financial matters, their wives/husbands always consulted them and that their husbands'/wives' opinions always carried as much weight as theirs in money matters. These findings show that there was a high level of marital stability among couples.

The couples were asked to point out other ways in which they could rate their marriage in terms of marital stability/instability. While some said that it was average, most said that it was stable and that they met one another's day to day needs. When asked to rate marital stability among couples, the key informants said that marital stability tended to be positive for most couples.

The last objective of the study was to examine the relationship between psychological wellbeing and marital adjustment among married Christian couples Mukinyi parish Kiambu county, Kenya. The findings from questionnaires and interviews are presented in the following section. The couples pointed out that their husbands/wives rarely argued with them in front of others and that rarely were their husbands/wives not concerned about their parents. Sometimes, the couples appreciated the sacrifices made by their husband/wives. They also pointed out that sometimes) they felt satisfied with the way their vacation was spent. They also said that couples' opinions sometimes carried as much weight as theirs in money matters. The respondents pointed out that sometimes, their partners cooperated with them in maintaining relationships with their parents. The couples pointed out that sometimes, they agreed with their partners regarding the discipline of children. Lastly, the respondents pointed out that sometimes, they enjoyed it when they planned their vacations with their husbands/wives. These findings show low levels of marital adjustments among couples. These findings were attested by the key informants who pointed out that some couples did not adjust to marriage at all.

5.3 DISCUSSION OF THE FINDINGS

5.3.1 Age in relation to marital quality

The findings show that close to three-quarters of the respondents (72.1%) were aged 20 to 30 years. The findings showed that marital adjustment was moderately low as it is confirmed by; Studies conducted by Ouddus (1992) indicated that marital adjustment is low when couples get married at young age than later age. These studies further revealed that young couples are still immature to handle marriage challenges and not yet well prepared enough unlike partners who marry at a later age.

5.3.2 Duration of Marriage in relation to marital quality.

When asked to indicate their duration in marriage the vast majority, 41.9% said that they had been in marriage for 10 to 14 years. With most being in marriage for long periods, marriage stability and adjustment could take place as posited by Jansen et al.,(2006) who confirmed that long-term marriages were linked to marital adjustment while short-term marriages are linked to more marital conflicts and disagreements.

5.3.3 Education Level in relation to marital quality.

The couples were asked to state their level of education. More than a third of them (37.2%) pointed out that they had college-level education. This indicated that most of the women had sufficient education to stick to marriages as posited by findings from the data from the National Survey of Family Growth, (Heaton, 2002) who showed that marital dissolution was lower among educated women.

5.3.4 Social economic status in relation to marital quality.

The majority of the respondents were asked to indicate their occupation. The findings show that more than two-thirds of the couples (76.7%) were self-employed. This could affect marital stability since as posited by Nathawat & Mathur, (1993), employed women have high marital adjustment as compared to unemployed. They also reported that high income is linked to one's self-esteem, wellbeing, and life satisfaction which could contribute to marital quality. "It has been established that financially stable couple experience positive effect as couples experience less marital conflicts hence greater marital stability. (Lehrer, 1988; Weiss, 1997)"

5.3.5 Income Level

When asked to point out their income levels, most of the couples earned more than Ksh. 40,000. These were followed by those earning between Ksh. 20,000 and 39,000. The least, slightly more than a quarter (27.9%) earned less than Ksh. 20,000. These findings show that most women had a stable income which could influence marital stability in agreement with Nathawat and Mathur, (1993).

5.3.6 Religion in relation to marital quality

Almost all of the couples (97.7%), when asked to indicate their religion, pointed out that they were Christians. Only 2 (2.3%) were not Christians. This emanates from the fact that the study had only targeted Christians. This could contribute to increased marital stability since as posited by Heaton and Pratt (1990) couples who reported the same religious affiliation had higher levels of marital stability and happiness.

5.3.7 Family Background

The study sought to establish the family background of the couples. The results show that most of the couples came from both parents (79.1%). These findings show that the respondents came from stable families which could enhance marital wellbeing as pointed out by Richard (2011).

5.4 Psychological wellbeing and marital quality.

The findings show that all the independent variables had statistically significant relation as follows: Marriage Satisfaction, $r=0.673$, $p<0.01$; Marriage Stability, $r=0.445$, $p<0.01$; Marriage Adjustment, $r=0.519$, $p<0.01$.

The findings showed that couples tended to experience positive feelings. This could enhance marital quality in corroboration of the findings by Wickrama et al., 1997).

The couples were asked to indicate any other positive or negative feelings they might be experiencing in their marriage. While some of them pointed out that sometimes they had feelings of neglect, most of them said that they were largely satisfied with their marriages. This could contribute to higher cases of marital quality as pointed out by Voss et al. (1999).

The key informants were asked to point out the frequency with which couples sought counselling on marital problems. Most of them said that they rarely did so. This could challenge the quality of their marriage as posited by Sperry (2010). When asked to point out the challenges facing married couples at Mukinyi, the respondents said that the most common sources of conflict were infidelity, finances, parenting challenges,

alcoholism, and substance abuse as well as emotional separation (a factor also identified by Tim & Joy, 2016), Other includes, infidelity (also identified by Gichinga, (2005).

Regarding some of the marital conflicts among couples at Mukinyi, the couples said that couples were faced with rigid boundaries between parents as well as disciplining of children. This was an aspect of triangulation of children in conflict management. The key informants were asked to point out how couples resolved their conflicts. They said that couples resulted in violence in some instances. They also sought help from friends as well as counselling from the church counsellor and the parish minister as it is recommended by Gichinga (2005). On theoretical perspective, Erickson's theory (Deci & Ryan, 2008) indicates that successful achievement of the stage of intimacy versus isolation leads to comfortable relationships and a sense of obligation, security, and care within a relationship hence couples are able to enjoy high marital outcomes like marital satisfaction, adjustment and stability in their marriages. On the other hand avoiding intimacy, fearing commitment and relationships can lead to isolation, loneliness and sometimes depression (Deci & Ryan, 2008) thus, low marital quality. Therefore when couples enjoy high PWB they have positive emotions devoid of depression, anxiety, as well as other negative psychological outcomes.

5.4.1 Psychological wellbeing and marital satisfaction

Table 4.7 shows that psychological well-being predicted 45.2% marital satisfaction as shown by $r^2=0.452$. Marriage Satisfaction could also be statistically and significantly predicted by psychological well-being as shown by a significant F test ($F= 69.410, p < 0.001$).

The findings also indicated that marital satisfaction (the dependent variable) could be predicted by psychological well-being ($t=8.331, p < 0.001$). In this light, the fitted regression model was as follows

$$\text{Marriage Satisfaction} = 0.317 + 1.038 * \text{Psychological Wellbeing} + 0.355.$$

The findings show high levels of marital satisfaction among couples. This is in line with the findings of Nathawat and Mathur, (1993) who pointed out that satisfaction could contribute to marriage quality.

The couples were also asked to rate their marriage in terms of marital satisfaction/dissatisfaction. Most of them said that it was satisfactory and that they cared for one another. However, some of them said that they were not satisfied due to a lack of understanding and had to manage. Key informants said that marriage satisfaction among couples tended to lean more on the positive side. The findings agree with a study by Deci and Ryan (2008) that found out that marriage satisfaction contributed to marital quality. Maslow's hierarchy of needs is relevant in the study by the sense that self-actualization can be achieved when other basic needs have been achieved. When couples achieve high psychological well-being, they will strive for esteem and actualization. This will therefore enhance marital satisfaction.

5.4.2 Psychological wellbeing and marital stability

Table 4.8 shows that psychological well-being predicted 39.8% marital stability as shown by $r^2=0.398$. Marriage stability could also be statistically and significantly predicted by psychological well-being as shown by a significant F test ($F= 20.686, p <0.001$).

The findings also indicated that marital stability (the dependent variable) could be predicted by psychological well-being ($t=6.035, p<0.001$). In this light, the fitted regression model was as follows

$$\text{Marriage Stability} = 1.880 + 0.497 * \text{Psychological Wellbeing} + 0.311.$$

The findings showed that there was a high level of marital stability among the couples which could contribute to enhanced marital quality as posited by Boelen and Hought (2010).

The couples were asked to point out other ways in which they could rate their marriage in terms of marital stability/instability. While some said that it was average, most said that it was stable and that they met one another's day to day needs. When asked to rate marital stability among couples, the key informants said that marital stability tended to be positive for most couples which could influence marital quality (Lehrer, 2006). On theoretical perspective, based on social exchange theory high psychological well-being is measure of the reward that will discourage one from ending the relationship. These studies have been confirmed by Maria (2012)

5.4.3 Psychological wellbeing and marital adjustment

Table 4.9 shows that psychological well-being predicted 26.9% of marital adjustment as shown by $r^2=0.269$. Marital adjustment could also be statistically and significantly predicted by psychological well-being as shown by a significant F test ($F= 30.928, p <0.001$).

The findings also indicated that Marital adjustment (the dependent variable) could be predicted by psychological well-being ($t=5.561, p<0.001$). Based on the unstandardized coefficients, the fitted regression model was as follows

$$\text{Marital Adjustment} = 0.661 + 0.765 * \text{Marital Adjustment} + 0.392.$$

The findings showed moderate low levels of marital adjustments among the couples which could reduce marital quality as pointed out by Chandola et al. (2008). These findings were attested by the key informants who pointed out that some couples did not adjust to marriage at all. On theoretical perspective, based on Maslow's hierarchy of needs high psychological well-being is measure of high self-esteem and self-actualization hence high marital adjustment. However if couples experience low PWB, their psychological needs decrease hence low self-esteem subsequent to low marital adjustments, thus low marital quality.

5.5 Conclusion

The quality of marriage was high among married Christian couples in PCEA Mukinyi Parish. Most of the couples experienced high marital quality characterized by high marital satisfaction and stability. However, marital adjustment was moderately low. Additionally, there was significant relationship between psychological well-being (the dependent variable) and marriage satisfaction, marriage stability and marriage adjustment. Psychological well-being was thus a significant indicator of marital quality. If couples lived in stable relationships devoid of divorce and emotional separation, the marriages could last. This could also create a stable environment for children to grow in. Growing in stable families could also impact the future marriage lives of children. This could strengthen future marriage quality in the parish.

5.6 Recommendation

Arising from the research the following recommendations would contribute to further research as well as formulation of interventions to improve marital quality:-

The study recommends constant counselling services to strengthen marriages at PCEA Mukinyi parish.

There was also a need to enhance marriage adjustment through regular marriage seminars in the churches where marriage counsellors can give training on marital quality.

Premarital counselling was also recommendable to psychologically prepare couples before marriage.

Couples should also be provided with literature on marital quality to enhance their knowledge on how to deal with psychological challenges facing marriages.

Policy makers to implement programs in counselling married couples as they work in line with the church leaders as well as counsellors in the churches.

The government through its agencies and non-governmental organisations should design interventions in order to address existing marital problems by undertaking economic empowerment of families through community development activities which would in turn enable families meet their needs hence increased livelihoods therefore increased marital quality.

5.7 Suggestions for further research

- The study focused on the PCEA Mukinyi parish. The study recommends studies focused on other PCEA parishes in Kiambu County for correlation purposes.
- Comparative studies focused on other Christian denominations in the study area are also recommended.
- Forthcoming studies need to consider a more diverse sample than the one included in this current study. The scope may involve a national wide sample that includes couples who do not necessarily belong to a certain church. Similar studies in other parts of Kenya are also recommendable. Consequently, improving the quality of marital life and the community.
- Further research to come up with standardized African scale since the researcher used a scale from western countries.

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APPENDIX 1: QUESTIONNAIRE

This questionnaire aims at finding out your psychological wellbeing and how it influences your marital quality in your marriage. All information will be treated with confidentiality and will be used for academic purposes only.

Instructions: please tick or fill gaps where applicable

SECTION A: GENERAL INFORMATION

Date of interview.....

1. Gender

Male Female

2. How old are you now?

30 years and below 31 – 40 years 41- 50 years 51 years and above

3. Age when you got married:

Less than 20 20-30 31-40 41-50 Over 51

4. How long have you been married?

5-9 years 10-14 years 15-19 years over 20 years married

5. What is your education level?

none Primary Secondary College University

6. What is your current occupation?

Self-employed Civil Servant non-employed

7. What is your monthly income?

Below Kshs 20,000 Between Kshs 20, 000 – 39,000 Above Kshs 40,000

8. What is your religion?

Christian Muslim others specify.....

9. What is your family background?

single parent divorced both parents others specify.....

10. How many children do you have?(if none write 0)

.....

Section B: PSYCHOLOGICAL WELLBEING QUESTIONNAIRE

Instructions: This part of the questionnaire aims at finding out your psychological wellbeing in your marriage. Tick the feelings you correctly identify with. Be sincere in responding by indicating how often you experience the following feelings in your marriage

Never-1, Rarely-2, Often-3, Quite often-4, All the time-5

Hopeless	1	2	3	4	5
Lonely	1	2	3	4	5
Sad	1	2	3	4	5
Depressed	1	2	3	4	5
Anxious	1	2	3	4	5
Hostile	1	2	3	4	5
Lovely	1	2	3	4	5
Happy	1	2	3	4	5
Discouraged	1	2	3	4	5
Lively	1	2	3	4	5
Optimistic	1	2	3	4	5
Scared	1	2	3	4	5
Fearful	1	2	3	4	5
Friendly	1	2	3	4	5
Sociable	1	2	3	4	5
Cheerful	1	2	3	4	5
Relaxed	1	2	3	4	5
Helpless	1	2	3	4	5

Please indicate any other positive or negative feelings you might be experiencing in your marriage.....

.....

SECTION C: NATURE OF MARITAL SATISFACTION

The table below has 10 statements of **marital satisfaction** that may refer to the way you may be thinking and/or feeling about your husband/wife, some others may refer to the way you may be interacting with your husband/wife. Please read each statement carefully and decide as to how often the content of that particular statement best suits your marriage. Tick any one of the 5 choices that follows each statement namely;

- **Usually-1**
- **Sometimes-2**
- **Always-3**
- **Rarely-4**
- **Never-5**

MARITAL SATISFACTION SCALE	usually	sometimes	Always	rarely	never	Total
Look forward to being with my husband/wife						
My husband/wife satisfies my needs						
My husband/wife makes me feel secure						
My wife/husband understands my sexual needs						
I discuss my long term plans for our family with my husband/wife						
I feel comfortable in sharing my mistakes with my husband/wife.						
My sex life is satisfactory						
My husband/wife shares						

his feeling with me.						
My suggestions are well taken by my husband/wife.						
I feel that decisions taken after a discussion with my husband/wife are good for us.						
I feel that decision taken after a discussion with my husband/wife are good						

How else would you rate your marriage in terms of marital satisfaction/dissatisfaction?.....
.....
.....
.....
.....
.....

SECTION:D MARITAL STABILITY

The table below has 10 statements of **marital stability** that may refer to the way you may be thinking and/or feeling about your husband/wife, some others may refer to the way you may be interacting with your husband/wife. Please read each statement carefully and decide as to how often the content of that particular statement best suits your marriage. Tick any one of the 5 choices that follows each statement namely;

- **Usually-1**
- **Sometimes-2**
- **Always-3**
- **Rarely-4**
- **Never-5**
-

MARITAL STABILITY SCALE	Usually	sometimes	Always	rarely	Never	Total
My husband's/wife's opinion carries as much weight as mine in money matters						
My husband's/wife's tendency to dominate over me creates problems between us.						
Whenever we have argument, my husband/wife thinks that he is right.						
My husband/wife does not trust me.						
My husband/wife is rigid in his opinions.						
My husband/wife complains that I do not understand him.						
My husband/wife participates in						

taking decisions for our home.						
I regret being married to my husband/wife.						
I feel that decision taken after a discussion with my husband/wife are good for us						
on financial matters, my husband/wife consults me						

How else would you rate your marriage in terms of marital stability/instability?.....

SECTION: E MARITAL ADJUSTMENT

The table below has 10 statements of **marital adjustment** that may refer to the way you may be thinking and/or feeling about your husband/wife, some others may refer to the way you may be interacting with your husband/wife. Please read each statement carefully and decide as to how often the content of that particular statement is true to your marriage. Tick any one of the 5 choices that follows each statement namely;

- Usually-1
- Sometimes-2
- Always-3
- Rarely-4
- Never-5

MARITAL ADJUSTMENT SCALE	Usually	sometimes	Always	rarely	Never	Total
My husband's/wife's opinion carries as much weight as mine in money matters.						
my husband/wife decides where we will go and what we will do, when we go out						
when my husband/wife plans our vacation, I enjoy if						
I feel satisfied with the way our vacation are spent						
my husband/wife is not concerned about my parents						
I appreciate the sacrifices made by my husband/wife						
My husband/wife co- operates with						

me in maintaining relationship with my parents.						
my husband/wife criticizes me more than appreciating						
my husband/wife argues with me in front of others						
I agree with my husband/wife regarding the discipline of children						

APPENDIX 2: INTERVIEW SCHEDULE FOR KEY INFORMANTS.

My name is Evah Njeri. I am a student at the University of Nairobi undertaking Masters of counselling psychology. As part of my requirement in the program, I am carrying out a study on relationship between psychological wellbeing and the quality of marital life among married couples. You have been identified as a participant in the study and your responses will remain confidential.

Interview schedule for Key Informants

1. How often do couples seek counselling on marital problems?
2. What are some of the challenges facing married couples at mukinyi?
3. What are some of the marital conflicts among couples at mukinyi?
4. What are some of the ways of resolving their conflicts?
5. How would you rate marital satisfaction among couples at mukinyi?
6. How would you rate marital stability among couples at mukinyi?
7. How would you rate marital adjustment among couples at mukinyi?
8. What can be done to improve marital quality among couples at mukinyi?
9. What is the percentage of couples who are separated/divorced at mukinyi?
10. How effective do you think pre and post marital counselling is among couples?
11. Is there any other information you have that may be relevant to this stud

APPENDIX 3: RESEARCH LETTER FROM THE UNIVERSITY.



UNIVERSITY OF NAIROBI
COLLEGE OF HUMANITIES AND SOCIAL SCIENCES
FACULTY OF ARTS
DEPARTMENT OF PSYCHOLOGY

Telegrams: Varsity Nairobi
Telephone: 318262
Fax: 3245566
Telex 22095 varsity Ke Nairobi, Kenya

P.O. BOX 30197, 00100
NAIROBI
KENYA

30th Sept 2020

The C.E.O,
National Commission for Science Technology and Innovation,
P. O. Box 30623, 00100
Nairobi

Dear Sir

REF: LETTER OF INTRODUCTION- EVA NJERI JUNIUS C50/13087/2018


The above named is a student in the Department of Psychology pursuing a Master of Psychology (counselling psychology). She has requested for a letter of introduction to enable her to collect data. She has successfully defended her research proposal at the Department. Her topic of research is: The relationship between psychological wellbeing and marital quality. She was also able to answer questions, satisfactorily, on how to do to protect herself and her clients from COVID 19. Your kind support will be highly appreciated


Sincerely,

A handwritten signature in blue ink, appearing to be 'C. Kimamo', written over a light blue rectangular background.

Dr. C. Kimamo
Chair,
Department of Psychology


APPENDIX 4: RESEARCH PERMIT.


REPUBLIC OF KENYA
National Commission for Science, Technology and Innovation


NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION


Ref No: 785655 Date of Issue: 09/October/2020

RESEARCH LICENSE



This is to Certify that Ms. EVAH NJERI JUNIUS of University of Nairobi, has been licensed to conduct research in Kiambu on the topic: The relationship between psychological well-being and marital quality for the period ending : 09/October/2021.


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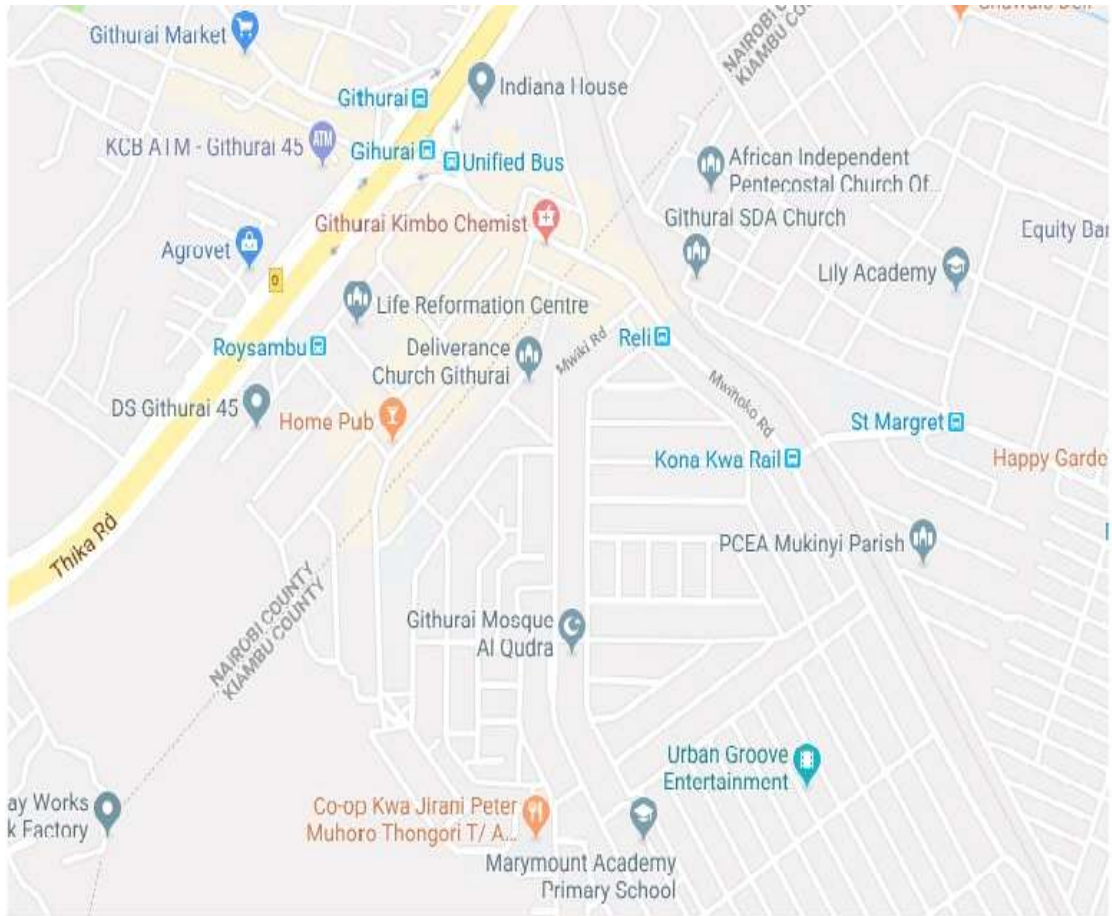
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APPEDIX 5: STUDY AREA MAP



Source: Google maps