

**INFLUENCE OF PHYSICAL TOUCH ON MARITAL QUALITY AMONG  
HETEROSEXUAL COUPLES IN NAIROBI COUNTY, KENYA**

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## DECLARATION


I assert that this research project is my original work and has not been submitted for the award of any degree in any other university.

Sign..........Date.....4<sup>TH</sup> NOVEMBER, 2022.....

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This research project has been submitted for examination with my commendation as the university supervisor.

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## **DEDICATION**

This project is dedicated to my beloved husband, Erdwien Ndung'u Kung'u, my children, Mark Erdwein Kung'u Ndung'u and Lisa Wahito Ndung'u, my siblings and parents, Mr and Mrs. Shadrack Muriithi Gatema.

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## **LIST OF ACRONYMS AND ABBREVIATIONS**

<b>APIM</b>	Actor-Partner Interdependence Model
<b>CFAT</b>	Couple Functionality Assessment Tool
<b>KNBS</b>	Kenya National Bureau of Statistics
<b>LISREL</b>	Linear Structural Relation
<b>NACOSTI</b>	National Commission for Science Technology and Innovation
<b>ONSUK</b>	Office for National Statistics United Kingdom
<b>RQI</b>	Relation Quality Interview
<b>SES</b>	Socio-Economic Status
<b>SPSS</b>	Statistical Package for Social Sciences
<b>UK</b>	United Kingdom

## ABSTRACT

The objective behind this study was to determine the effects of physical touch on the quality of marriage among heterosexual couples in Nairobi County, Kenya. The goals of the study were to examine the effects of physical touch on marital commitment among heterosexual couples in Nairobi County, Kenya, to establish the impact of physical touch on marital adjustment among heterosexual couples and to ascertain the effect of physical touch on marital satisfaction among heterosexual couples in Nairobi County, Kenya. The study's first hypothesis analysed the effect of physical touch on heterosexual couples' levels of marital commitment in Nairobi County, Kenya, the second examined the effect of physical touch on heterosexual couples' levels of marital adjustment and the third examined the effect of physical touch on heterosexual couples' levels of marital satisfaction in Nairobi County, Kenya. The study used an online survey and a cross-sectional strategy, combining qualitative and quantitative data to produce more trustworthy results. Procedures for purposive sampling were used in the study. The study employed a sample of 100 persons in heterosexual marital arrangements, with both open-ended and closed-ended surveys utilized to gather data. After analysing the qualitative data to find emerging trends, narratives were utilized to depict the data. According to the study, diverse couples in Nairobi County, Kenya would experience a positive and significant change in marital commitment as a result of a unit change in physical touch ( $\beta=0.308$ ;  $p=0.000$ ). According to the study, diverse couples in Nairobi County, Kenya would experience a favourable and substantial shift in their marital adjustment with a unit change in physical touch ( $\beta=0.306$ ;  $p=0.000$ ). The study also found that diverse couples in Nairobi County, Kenya would experience a positive and substantial change in marital satisfaction as a result of a unit change in physical touch ( $\beta=0.541$ ;  $p=0.000$ ). The study came to the assumption that physical touch has a substantial impact on heterosexual couples' marital commitment, adjustment, and satisfaction in Nairobi County, Kenya. According to the study, it is best to encourage couples to have stronger emotional bonds so that they can explore more opportunities for both sexual and non-sexual physical contact. Additionally, it is recommended that marriage and family therapists should inspire couples to devise plans for valuing, supporting, and increasing desire to explore more intimate possibilities.

# CHAPTER ONE

## INTRODUCTION

### 1.1. Background of the Study

Marriage is an establishment that comprises of individuals who have been socially, culturally, religiously, or legally united (Britannica, 2022). It is also a culturally and often legally recognized union between people called spouses (Funk & Rogge, 2007). Marriage dynamics have evolved to not only consider male to female partnerships but to accommodate other unions such as those comprising persons in same-sex relationships (American Civil Liberties Union, 2021). Therefore, as culture changes occur over time, so do definitions of relationships such as marriage (Britannica, 2022). Relationships also include various expressions of love and affection such as language in form of words, and other ways such as gestures and artefacts as well as physical touch and ways and means of managing a relationship (Bohan, 1996; Jakubiak; 2022; Jakubiak, Fuentes & Feeney, 2021; Wango & Gatere, 2021a; 2021b).

Heterosexual relationships refer to enduring patterns of romantic, emotional, intimate and sexual attractions to persons of the opposite sex (American Psychiatric Association, 2013; Bailey et al., 2016; Johnson, 2005; Vilain, 2000). It also refers to a person's sense of identity and relationship formations based on their attractions, related behaviors, and membership to a group or in a community of others who share similar attractions (American Psychiatric Association, 2013; Bailey et al., 2016; Vilain, .2000). Physical touch is categorized into sexual intimacy and non-sexual nature of hugs, kisses, cuddling, holding hands and light touch (Chapman, 1992; Ditzen et al., 2008; Gulledge, Gulledge & Stahmann, 2003). Physical touch is a major part of a relationship, including marriage that enhances a couples' authentic ways of expressing intimacy and emotional connection (Gulledge, et al., 2003). The quality of association, commitment and marriage, for instance, is highly impacted by touch in that, if touch is present, the likelihood of a soured connection is diminished and hence the likelihood of separation and divorce is low. As conversely, divorce rates tend to be higher when physical touch is missing or absent altogether (Funk & Rogge, 2007).

One of the five love languages identified by Chapman (1992) is physical touch. Physical touch refers to expressing and receiving affection through casual touch, physical intimacy and various other sorts of physical connection. Classifications of touch include: light touches that are used

in public or when time is limited for longer touches. Some of these include: making loving eye contact, kissing on the chin or cheek, and, lightly touching one another's arms or shoulders (Chapman, 1992; Jakubiak, 2022; Jakubiak, Fuentes & Feeney, 2021). These are all ways and techniques spouses can use to demonstrate their affection towards their spouses sometimes even when they are pressed for time (Wango & Gatere, 2021a; 2022a). Another way to stay connected while doing something else is to hold hands. When a couple is within a group, touching each other under the table (feet, knees, a hand on a leg) and holding hands makes them bond and relate to each other better (Ditzen et al., 2008). In a romantic relationship, cuddling, snuggling and kissing all help to strengthen the emotional bond; sitting on the other person's lap, giving back massages, rubbing their feet, teasing their hair, and other companionship touch acts that foster comfort and camaraderie (Wagner et al., 2020).

Intimate touch is a type of contact that isn't just for the bedroom; an otherwise stale physical connection could be revived by a passionate kiss in the laundry room or a playful swat in the kitchen (Funk & Rogge, 2007). Most men like it when their wives initiate sex, but there are few exceptions like for those whose love language is words of affirmation (Chapman, 1992). It's the ultimate expression of a wife's love and admiration for her husband that builds the husband's confidence and may positively impact on their marital quality. Non-sexual intimacy can occur in both open and confined locations, depending on the partner since everyone has a different level of comfort with physical touch (Cui, Fincham & Pasley, 2008). For instance, one would feel at ease having their spouse hold their hand at family gatherings, yet others would be uncomfortable even looking each other in the eyes in front of strangers. Some partners enjoy cuddling in public places and even hugging when they return home from work, while others may seem unconcerned. Valued physical touch in whichever form contributes to marital quality (Cui, Fincham & Pasley, 2008).

Marital quality refers to the assessment of several aspects of a relationship, such as trust, commitment, adjustment and satisfaction (Johnson, White, Edwards, & Booth, 1986). This is accomplished through an evaluation of a marriage and/or its behaviours including both positive (support, happiness, contentment) and negative (dissatisfaction) qualities such as (conflict, tension, strain). A marriage's quality can be improved or negatively impacted by touch (Fincham & Bradbury, 1987; Jakubiak; 2022; Jakubiak, Fuentes & Feeney, 2021). Physical touch between a husband and wife in a healthy relationship is possibly the most resonant, emotionally-intimate experience in life. In a marriage, discussing physical touch freely would

make each spouse feel valued and enhance understanding of intentions and feelings. Since the quality of touch varies from day to day, it's critical to understand the partner's love language to avoid conflicts (Nurhayati et al., 2019; Suvilehto et al., 2015).

Marriage as a relationship requires commitment; it is a loyalty allegiance to the union and the partner (Gadoua & Vicki, 2014). Marriage frequently entails a public commitment to be together "through sickness and health", and can have an impact on disease and physical health; being married is correlated with improved physical health (Frech & Williams, 2007). Additionally, healthier persons are more likely to wed and thrive in the union, share wealth like joint economic, psychosocial, and societal benefits (Liu & Umberson, 2008). The negative impacts of marital disturbances are all potential contributors to divorce and widowhood (Choi & Marks, 2008). Therefore, couples should focus on enjoying their marriage to keep the disturbances at bay. With the social media effect becoming highly rampant in this era, there is need for couples to decrease the unhealthy attention they give to each other including in their social media platforms to enable and commit themselves to each and also spend quality time with their spouses (Bohan, 1996; Wango & Gatere, 2022a; 2022b).

The process through which married partners achieve mutual relations and joint goals while keeping a healthy level of uniqueness is referred to as marital adjustment (Boden, Fischer, & Niehuis, 2010). It is characterized by the sharing of personal experiences, objectives, and principles; compassion for the partner's unique needs, aspirations, and temperament; open channels of communication and expression of feelings; clarification of roles and responsibilities; cooperation in decision making, problem solving and child rearing (Boden, Fischer, & Niehuis, 2010). Use of social media for the benefit of the marital relationship means adjusting oneself to communicating more to their spouses; making the relationship more meaningful by focusing on each other (Wango & Gatere, 2021a; 2022b).

Marital satisfaction refers to a person's overall subjective evaluation of the worth of their marriage (Al-Darmaki et al., 2016; Li & Fung, 2011). Marital satisfaction is also another measure of marital quality (Feeney, 2002; Frech & Williams, 2007; King, 2016). Understanding marital pleasure is crucial for relationship therapists, and also has practical implications for partners in a relationship, especially husbands and wives who aim at improved connections between them (Al-Darmaki et al., 2016; Funk & Rogge, 2007). Three major aspects of marriages contribute to total marital satisfaction. These include: how relationships typically

develop during the course of a marriage and the variation in satisfaction that results from this, exhibiting customary relational maintenance behaviours and the relevance of conflict management techniques (King, 2016). The absence of conflict creates a conducive environment for physical touch and attainment of mutual sexual gratification (Al-Darmaki et al., 2016; King, 2016).

It's vital to recognize that partners who aren't very fond of physical contact aren't excluded from sexual intimacy. Lack of sexual intimacy in marriage is an indication of emotional deprivation, which can lead to other marital problems (Jakubiak; 2022; Jakubiak, Fuentes & Feeney, 2021). While trust, compassion and excellent communication can help couples understand each other, sex can also be used as a barometer for a healthy relationship. Individuals interact affectionately through touch with close friends and family members throughout their lives. Intimacy enhances well-being, although the costs of touch in adult intimate associations remain largely mainly unknown (Jakubiak; 2022; Jakubiak, Fuentes & Feeney, 2021).

According to data published by the Office for National Statistics in UK (ONSUK), heterosexual marriage rates in 2018 were 227,870, with 234,795 nuptials registered in England and Wales, a 3% decrease from the preceding year and the lowest percentage since 2009. In 2018, 6,925 same-sex couples married, with 57 percent of them being female-female marriages; another 803 same-sex couples married after converting their civil unions to marriage (ONSUK, 2020). In a study done by (Ditzen et al., 2008), couples with higher degrees of physical touch, such as holding hands or embracing, have lower levels of cortisol, the stress hormone. Cortisol levels above a certain threshold have been shown to raise heart rate and blood pressure. Positive feelings such as contentment, relaxation and alertness are linked to decreased cortisol levels (Fincham et al., 2008). It was also discovered that when persons encounter an increase in physically intimate activities over a few days, their symptoms of physical difficulties decrease (Timm & Keiley, 2011). Physical touch was also connected to greater oxytocin, a soothing, well-being-promoting hormone, that reduced cortisol stages and lowered blood pressure among spouses (Ditzen, et al., 2008).

There are few resources in existence to evaluate sustainability of marital relationships in low and middle-income states. However, a study by Ruark et al. (2017) to measure couple relationship quality in Malawi, shows that the quality of women and men pair unions appears to be linked to individual and family well-being. The Couple Functionality Assessment Tool

(CFAT), which compiles accurate data on a number of relationship quality factors, was established by Catholic Relief Services to fill this need. Programs focused at enhancing partner and family well-being were supposed to use this exam to gauge how effective they were, particularly in terms of the calibre of married couples' relationships. It involved 401 married people who were also living together (203 women and 198 males). Regression analysis was employed to examine the link between the Relation Quality Interview (RQI) and important health and development outcomes like inter-household cooperation, healthy behaviours, violence in the marriages, and gender-equitable customs. RQI scores were found to be significantly correlated with these couples' family development issues in a variety of ways. (Fincham et al., 2008; Ruark et al., 2017).

The Kenya National Bureau of Statistics' (KNBS, 2022) report indicates that out of the adult Kenyan population of 38.4 million people, 11.2 million were in monogamous marriages, while 1.4 million were in polygamous marriages. Separation and divorce rates were 355,018 and 212,972 (0.91 percent and 0.55 percent) respectively. Nairobi County had the highest numbers of marriage and divorce cases recorded. Such high numbers of divorce and separation cases raise the question of what issues lead to poor relationships, including attachment factors. Touch is a major way of building affection and intimacy. In addition, touch influences the quality of a relationship including marriages and enables spouses adjust to marriage life well, happily and satisfactorily, hence the exploration of touch in study.

## **1.2. Statement of the Problem**

Marriage is an institution that, if well nurtured, provides a solid foundation for family harmony (Lutz, 2021). The length of a marriage and the quality of the connections among family members are both influenced by marital quality. Families make up a society, and everyone wishes for commitment, adjustment, and satisfaction. The quality of marriage is deteriorating (Reeves & Pulliam, 2020; Thomas, Samuel & Sekyi, 2020). A study done by Jackson et al. (2017) ascertains that the average marital satisfaction of lower-income couples did not differ significantly from that of higher-income couples, nor did it diminish more rapidly. However, they did experience a much larger number of changes in marital happiness and suggestively more unpredictability between husbands and wives. There could be a chance that the initiative was to empower the matrimones of low-income partners in efforts to counter the inimitable nature of their marital progress. In this case, these conclusions show that stabilizing their relationships may be more beneficial than focusing just on increasing their level of pleasure.



This is to say that there is a distinct relationship between income and marital gratification and commitment (Schram, 2010). Lower religious aspirations and attendance were associated with lack of commitment, according to (Allgood et al., 2008).

Personality qualities, attachment patterns, and self-differentiation can all affect marital commitment (Niarami et al., 2019). Higher levels of anxious and avoidant attachment predict poor marital adjustment, while elevated levels of horizontal and vertical faith development indicate better marital adjustment (Knabb, 2014). Parental family disturbance has a major impact on marital stability, especially when it comes to age at marriage and cohabitation. Marital stability is harmed by religious and educational heterogamy, as well as male unemployment (Larry et al., 1991).

Prior research has tended to generalize various types of touch that affect marital quality. This study aimed to find out the kind of physical touch that has the most impact on the quality of marriages in Nairobi, Kenya. Early in the history of the psychology profession, marital scientists established a theoretic and procedural context for the art of marriage by bidding to ground their familiarity claims in a comment of unvarnished facts, ostensibly to avoid direct discussion of the topic of a successful marriage (Nimtz Mark A. 2011). As a result, Marriage scientists established a long-standing history of emphasizing technique over theory, creating the foundation for a field of study characterized by insufficient conceptualization of the ontology of marital interactions. Marital satisfaction and its dynamics have been examined almost solely in Western nations (Bradbury et al., 2000). This research, therefore, investigated the influence of physical touch on marital quality in greater depth by focusing on commitment, adjustment and satisfaction among Kenyan couples in heterosexual marriages.

### **1.3. Purpose of the Study**

The purpose of the research was to determine the effect of physical touch on marital quality among heterosexual couples in Nairobi County, Kenya.

### **1.4. Objectives of the Study**

The aims of the study were:

1. To examine the effect of physical touch on marital commitment among heterosexual couples in Nairobi County, Kenya.

2. To establish the impact of physical touch on marital adjustment among heterosexual couples in Nairobi County, Kenya.
3. To ascertain the effect of physical touch on marital satisfaction among heterosexual couples in Nairobi County, Kenya.

### **1.5. Research Questions**

The research questions were:

1. What influence does physical touch have on marital commitment among heterosexual couples in Nairobi County, Kenya?
2. How does physical touch influence marital adjustment among heterosexual couples in Nairobi County, Kenya?
3. In what ways does physical touch influence marital satisfaction among heterosexual couples in Nairobi County, Kenya?

### **1.6. Hypotheses**

The hypotheses of the study were:

- Ho1. There is no noteworthy relationship between the physical touch and marital commitment among heterosexual couples in Nairobi, Kenya.
- Ho2. There is no important association between physical touch and marital adjustment among heterosexual couples in Nairobi, Kenya.
- Ho3. There is no substantial relationship between physical and marital satisfaction among heterosexual couples in Nairobi, Kenya.

### **1.7. Justification and Significance of the Study**

This study aims to create awareness on ways to improve marital quality in a bid to reduce separation and divorce rates while increasing commitment, adjustment and satisfaction in marriages. This kind of awareness would assist couples understand each other's needs: emotionally, physically, spiritually and financially, hence reducing tension while increasing their level of commitment to each other and their marriage union in general.

This study is hoped to be an eye opener to numerous couples who hopefully intend to have satisfying marriages. It is designed to help them understand the role of physical touch and its impacts on marital quality to enable their relationship and marriage to thrive. Previous studies have acknowledged that physical touch is one of the ways to improve marital relationships,

hence the contemporary generation needs to be informed on how they can improve on the quality of their relationships through use of touch and other ways of improving their intimacy (Wango & Gatere, 2022b). The findings from this study will be of implication to marriage counsellors and therapists as they pursue to help couples in relationships including in pre-marital and marital therapy.

### **1.8. Scope, Limitations and Delimitations of the Study**

This study focused on heterosexual type of marriage as that's the legally allowed type of marriage in Kenya. This is indicated in the Marriage Act (Republic of Kenya, 2014) that states that a marriage is a voluntary union of a man and a woman. The researcher focused on heterosexual couples that have been married for a period of 20 years and below, in Nairobi County only. Physical touch was evaluated in these two aspects: non-sexual nature and the sexual nature of intimacy. Marital quality was measured through marital commitment, marital adjustment, and marital satisfaction. Confounding variables for the study were gender, religion, socio-economic status and family background.

Interviews would have been perfect for data collection in this study where the researcher would have a one-on-one session with each participating couple; however, this would be time consuming and "Hawthorne Effect" would be in play, thus the researcher opted to use a structured inquiry form with both closed and open-ended questions for accurate and reliable data.

Random sampling procedure would have enabled the researcher attain a less biased representative sample, however, marriage being an institution where parties value privacy, this would not have been feasible. Therefore, the researcher used purposive sampling method to attain the sample to have a more open and willing sample for the study.

### **1.9. Assumptions of the Study**

The study assumed that physical touch influences marital commitment among heterosexual couples in Nairobi County, Kenya. Physical touch contributes to couples bonding and understanding each other deeply and this breeds integration into each other's life. The integration of a couple with different temperaments brings union in complementing each other to attain contentment and mutual goals thus being committed to each other.

Physical touch was thought to influence marital adjustment among heterosexual couples in Nairobi County, Kenya. Touch is crucial because of the way it communicates feelings to others and encourages the synthesis of oxytocin. Touch may be a strong non-verbal way of transmitting emotions; it allows us to communicate with others in a more sensitive and nuanced way thus marital adjustment.

The study assumed that physical touch influences marital satisfaction among heterosexual couples in Nairobi County, Kenya. The more routine affection couples experience, the more they feel satisfied with their partners' touch and the more satisfying their marriages become.

### **1.10. Operational Definition of Terms**

<b>Heterosexual</b>	Sexual attraction to a person of opposite gender; a person who is sexually or romantically attracted exclusively to people of the different sex.
<b>Heterosexual Couple</b>	A man and a woman in a close association who constitute the core of a nuclear family.
<b>Marital Adjustment</b>	A process through which married couples accustom themselves to their new roles as a team rather than as two independent units.
<b>Marital Commitment</b>	Refers to the unwavering allegiance to a relationship and a partner.
<b>Marital Quality</b>	Refers to the assessment of the marital and/or behaviours within the marriage.
<b>Marital Satisfaction</b>	Refers to the perception a person has towards their marital relationship.
<b>Physical Touch</b>	This is to bring a bodily part into contact with another through the tactile sense.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.0. Introduction**

This section highlights scholarly work interrelated to the study that seeks to exposit further on the factors influencing marital commitment, adjustment, and satisfaction as they seek to influence the quality of marriage among heterosexual couples in Nairobi, Kenya. It also details the theoretic and the abstract frameworks of the research.

#### **2.1. Influence of Physical Touch on Marital Commitment**

An individuals' willingness to sacrifice or forsake instant self-desire for the pillar of the partner or relationship is greatly influenced by commitment (Van Lange et al., 1997). Commitment not only predicts the quantity of sacrifices made for partners but it also correlates with how content people are with sacrificing for their partner's sake (Stanley & Markman, 1992).

In a study by Curan, (2013) that looked at views of fairness in chores related to three different categories of marital commitment: personal, structural and moral, 1,839 married people, or 3,678 spouses, participated in a study that examined perspectives on fairness in duties related to three main types of marital devotion: individual, structural, and ethical. The Actor-Partner Interdependence Model (Kashy & Kenny, 2000; Kenny & Cook, 2016) identified various correlations with gender by classifying partnerships based on their kind of marital commitment. Commitment and actor influences were positively correlated with spouses' views of equality without demonstrating any gender differences. The results of the logistic relapses frequently showed that gender was a substantial mediator, notably for the relationship amongst an individual's own assessments of fairness and the personal or structural commitment of the actors. The chances of perceiving separation as fair to both parties were positively correlated with personal commitment for both male and female participants. Only men benefit from this positive relationship; women do not. The study incorporated the influence of covariates on logistic regression assessments, as recommended by Mitchell and Chen in 2005. The analysis of gender variance within the dataset showed a noteworthy finding: the rate of commitment increase was significantly higher for wives compared to husbands.

Secondly, gender altered the relationship between actor structural vow and conceptions of fairness in duties. As previously mentioned, structural obligation as an actor variable was

associated with males' views of fairness, but not females'. Furthermore, the rate of decrease in husbands' opinions was rapid. However, the relationship between partners' structural, moral, and personal commitment and their assessments of fairness was not specific to gender (Tang & Curran, 2013).

The association between religiosity and marital commitment among married individuals residing in a highly spiritual but divorce-oriented areas of the United States was examined in a study by (Olson et al., 2013). The study examined whether religious community support, general religiosity, and church attendance were associated to marital commitment as well as whether these factors lessened the passive effects of known marital distress risks. The findings revealed that enhanced marital commitment among spouses was linked to faith-community support and general religiosity. In Oklahoma and Utah, state-wide marriage and divorce surveys reveal the need to better understand the value of matrimonial commitment in religiously homogeneous communities. The study also examined the role of religious values and attendance in an organized religion, the components of commitment such as to spouses' commitment to marriage as an institution and willingness to adhere to relationship restrictions. The findings indicate that there is a substantial link between these variables, with higher levels of values and presence having a positive relationship with devotion to spouse and marriage. Lower religious ideals and attendance were linked to constraint commitment (Allgood et al., 2008).

According to (Schramm et al.,2013), there exists a unique relationship between salary, state support and marital fulfillment and commitment. The study demonstrates that low wages have a detrimental effect on the sustainability of marriages, but it also emphasizes the importance of considering other factors. Factors such as whether the couple receives government aid can alter the association between income and marital satisfaction. The findings indicate that couples with low earnings (less than \$20,000 per year) experience significantly lower levels of overall contentment, commitment, divorce proneness, feelings of being stuck in the marriage, and negative interactions. Similarly, individuals who are married and receiving government aid exhibit similar outcomes. Couples with modest salaries and government assistance exhibit significantly lower levels of overall marital happiness and commitment.

Economic hardship or the sense of strain and tension that comes with money problems tend to be a driver for other stressors (Schramm et al., 2013). For instance, if a couple is unable to sort out their financial expenses, they are likely to feel irritated and agitated in other sectors of their lives. As a result, unfavourable relationships between couples occur, as well as individual sentiments of being trapped since they are unable to exist on their own. It depletes several facets of marital quality as well as overall well-being. Few research studies have looked at the association between government support and the quality of a marriage. This research backs up the existence of a distinct link between these variables (Schramm et al., 2013).

In 2017, a correlational research was conducted with the objective of creating a personality-based structural model of marriage vow. The study aimed to explore the role of personality traits, with a focus on self-differentiation and attachment styles, as potential mediators in the relationship between personality and marital commitments. By using the convenience sample method, married scholars from the Science and Research Branch of Islamic Azad University were chosen; 409 volunteers (204 women and 205 males). Participants completed the Neo-FFI, Adult Attachment Style, Self-Differentiation, and Marital Commitment questionnaires and structural equation modelling was utilized to analyse the data using the SPSS and LISREL software packages. Overall, the results depicted that a model for predicting marital commitment that took into account a person's personality traits, attachment preferences, and self-differentiation all of which were influenced by their familial background was established, and its pertinence was accepted. It was confirmed that attachment styles influencing marital commitment are mediated by self-differentiation. Familial influence on personality qualities, attachment styles, and self-differentiation can all have a big impact on how committed a couple is to their marriage (Ehsan-Niarmi et al, 2019).

## **2.2. Influence of Physical Touch on Marita Adjustment**

Marital adjustment is the trait of a marriage where the husband and wife agree to modify themselves on crucial topics, proper communication, engagement in mutual activities and reasonable conflict management (Kendrick & Drentea,2016).

Egalitarian beliefs and unconventional employment arrangements are positively associated with flexibility and harmony and adversely associated with marital conflicts. The levels of marital happiness of egalitarian husbands are much greater than those of conservative husbands. This

is particularly true in modern culture, when women have equal authority and no longer submit to patriarchal family structures (Noller, 1980). Males who tend to stick to patriarchy in the modern household are dissatisfied and may end up divorcing their partners. Noller (1980) study that included 48 married people (mean age 33.5 years) had scores that indicated how accurately the couples decrypted vague messages from their partners. In 1981, Noller sought to determine the influence of gender on marital adjustment and the findings suggested the likelihood that the marital glitches evident in low-marital-adjustment pair are a result of the unfortunate unions and not the gender difference (Noller, 1981).

Religion is directly or indirectly associated with marital quality because it reduces the likelihood of adultery, domestic violence and divorce. Marital adjustment is guaranteed when both parties possess similar religious virtues. When one couple is willing to change their religious beliefs in order to align with their partner, the marital adjustment triumphs. However, when the spouses are unwilling to adapt their religious ideals, they tend to conflict and it becomes a barrier to the marriage's nourishment. A previous study examined the direct approach of religion and marital adjustment using a cohort of 116 married people (58 married couples) from a conventional Christian megachurch. Higher nervous and avoidant attachment to God predicted lower marital change, but stronger horizontal and vertical faith progress predicted higher marital adjustment, according to the Actor-Partner Interdependence Model (APIM) (Knabb, J. J. (2014).

Social and economic status tend to change from time to time. As a result, it affects marriages in numerous ways. Unions where the couples work well in marital adjustment have no issues with the social economic status. When the income in a household increases, whether it is from the husband or wife, both partners tend to agree and collaborate in planning their future together. They prioritize what is best for their marriage and work together towards common goals. In families where a husband's or wives social and economic status elevates and they become conservative with their wealth, there is a high chance of failure in the union (Knabb, J. J. (2014). Over the last few decades, there has been a continuous divergence in how couples of different socioeconomic status (SES) build and sustain their intimate relations. Couples at higher socioeconomic heights put off getting married and having children in order to put more money into their education and jobs, but they finally marry at high numbers and have a low separation rate. Couples are less likely to marry at lower socioeconomic levels and are more likely to cohabitate and have children before marrying. This review looks at the relationship between socioeconomic status and the formation, growth, and ending of intimate affairs. Overall, studies



have demonstrated that a couple's socioeconomic condition influences some of their options while limiting others, resulting in varying levels of adaptability, capacity for relationship preservation, and adaptive coupling practices for more and less privileged couples. Research that takes these distinctions into consideration, as well as one that defines and includes socioeconomic multiplicity among couples, is required for the creation of a generalizable relationship science (Karney, 2021).

Family backgrounds tend to affect marital adjustment to a significant extent. In some cases, couples come into the marriage, formulate how they want their union to look like and nurture their goals. Unfortunately, others come into a marriage and try to make things work in the same way it worked in the families they were raised in. In the latter cases, adjustment becomes a problem and hinders the success of the union. Using information from the National Survey of Families and Households for the years 1987–1988, methodological and substantive concerns pertaining to divorce in the United States are examined. The investigation reveals that men significantly under-report marital conflicts, making it difficult to analyse male marital pasts. Additionally, the effect of resolutions on evaluations of recent marital distraction based on separation is investigated; it is unlikely that the presence of divorce that may later reconcile will result in an upward bias. Using proportional hazard approaches, the effects of a wide range of variables on the probability of marital disruption are studied. They included the participant's attributes at the time of marriage, disparities in the traits of the spouses, and the status of the couple's joint activities throughout the first year of marriage. Women with young ages at marriage, low levels of education, a history of cohabitation, and those whose partners have had prior marriages are most at risk of marital discord. Age at marriage and cohabitation are the main ways that parental family disturbance affects marital stability. Male unemployment, religious and educational heterogamy affects the quality and durability of marriage (Johnson P, 2005; Larry B & Lu H, 2000).

### **2.3. Influence of Physical Touch on Marital Satisfaction**

Wagner et al. (2020) defined marital satisfaction as a person's overall subjective assessment of the value of their marriage. Feminists agree that male dominance within families is part of a wider system of male power; it's neither natural nor inevitable, and occurs at women's cost. This places a strong emphasis on the undervalued and subordinate place of females in society and in households. Due to the fact that women traditionally do the majority of household tasks and childcare, males generally gain more from marriage than women do. According to Bernard

J, (1982), the main point was that males profit more from marriage than women since husbands often have better health than wives. The confounding factors that are probably connected to marital satisfaction are reviewed below.

Gender has long been recognized as a predictor of marital satisfaction in the research. Men and women are involved in marriage in opposite ways, according to marital scholars. Famous family scholar Jesse Bernard (1972) observed that, there are two marriages in every marital partnership, his and hers. According to one set of researchers, "women regularly report lower marriage and family quality than men in national surveys. "Early research found that men in both Western and non-Western cultures are more satisfied with their marriages than women. Women testified lower levels of marital excellence in national polls conducted among married persons in the United States between 1980 and 2000 (Moah, C A et al., 2020). Other researches, however, have shown no gender variation. Migdat's (2016) noteworthy declaration that marriage is cruel to women was built on a feminist perspective and isomorphic of a big societal atmosphere of patriarchy.

Evidence reveals that males fight their wives' attempts to divide childcare and housework more fairly and that wives are usually dissatisfied with the way in which their marriages are set up. Lower marital happiness is related to this unequitable division of labour (Amoateng & Heaton, 1989). Wives are solely responsible for child rearing of the children, but they also perform an unfair amount of emotional labour by supporting their spouses and controlling the emotional atmosphere in the marriage. Given that an unequal power distribution is linked to decreased marital satisfaction, women are likely to record lower degree of fulfilment compared to men.

Being raised in a spiritual home can have some influential effects on a person's life and marriage (Fincham, Beach & Davila, 2004). Religious establishments somewhat give moral and ethical knowledge, emotional care, and social connections. When there are differences in religion or church attendance that is when the risk of divorce increases. However, while religion can bring people together, it can also tear couples apart (Fincham, Beach & Davila, 2004; Muise, Giang & Impett, 2014). The execution of unanimous religious activities (such praying together) and feelings of the sacredness of their relationship appear to be connected to marital pleasure, in addition to verbal hostility and dispute frequency. Religion may be associated with marital pleasure since it is firmly linked to many relationship-related values and conventions in many cultures. A higher likelihood of divorce is associated with the availability of alternative partners

in a person's surroundings (Kumuyi, 2006). Scientists have long been curious about how religion affects other facets of people's life, like marriage. This is so because one's level of happiness may vary depending on their religion. While some studies have discovered evidence that Muslims are more content in their marriages, others determined that Christians are more content. Less spiritual individuals have also demonstrated the lowest levels of marital contentment, demonstrating that levels of satisfaction among Muslims, Christians, and atheists are similar across the board for both sexes and that males are more likely to be satisfied in marriage than women. These results were considered in the perspective of earlier studies on the relationship between marriage and religion (Sorokowski P. et al., 2017).

Conflicts and financial unhappiness are significant predictors of divorce. Perceptions of financial difficulties are linked to a couple's materialistic mind set, which has a direct and indirect impact on marital satisfaction (Ofosu, 2001). Married couples that are more materialistic tend to perceive their financial difficulties more and have lower marital satisfaction as a result. Compared to couples that collaborate on financial planning, those who practice independent financial planning report lower levels of marital satisfaction.

A reduction in marital satisfaction is frequently attributed to stressors in the financial or professional spheres. Negative effect in marital relationships has been found to occur more frequently in couples who work in the blue-collar than in the white-collar sectors of the economy (Heyman RE, 2001). A severe risk to the value and strength of marriage is related to low income or material hardship (Mattson et al., 2013).

Family background factors, such as the marital relationship of an individual's parents, influence the level of marital satisfaction of that individual. Perhaps surprisingly, parental marital satisfaction seems to be more closely related to one's own present marital satisfaction than is one's parents' divorce (Botha et al., 2009). To explore the relationship between marital satisfaction and family-of-origin factors amongst couples with children, (Locke and Wallace's Marital Adjustment Test) and the (McMaster Family Assessment Device) were used to measure marital satisfaction and family-of-origin factors respectively. Family-of-origin factors, such as problem solving, communication, roles, affective involvement and behavioural control were investigated. The sample consisted of 47 married couples. A significant relationship was found between roles and affective responsiveness as family-of-origin factors and marital satisfaction, while roles as a family-of-origin factor played an important role in the wife as well as her

husbands' marital satisfaction. The findings emphasized the importance of functioning in the family-of-origin as a potential determinant of future marital satisfaction (Botha et al.,2009).

#### **2.4. Theoretical Framework**

The study incorporated the use of social exchange theory by George Homans (1958). The theory was chosen for this study because it is based on the assumption that individuals engage in certain behaviors based on the perceived benefits, rewards and costs associated with those behaviors. The social exchange theory identifies that social behaviour is the end result of an exchange process whose objective is to maximize benefits while minimizing costs. The social exchange theory is based on the assumption that behavior aligns with the values individuals' value in their lives. It makes no assumptions about whether an individual views a particular outcome as positive or negative, for example, some people view divorce as a positive outcome while others view it as a negative outcome. Positive relationships are those in which the benefits outweigh the drawbacks and negative relationships are those in which the reverse is true (Homans, 1958). Costs include factors that one would view as drawbacks, such as the necessity of investing money, time, and effort into a connection. The gains of a relationship include things like enjoyment, connection, alliance, and social relations. As an example, a buddy who is a slacker yet contributes a lot of fun and excitement to a person's life might be used to demonstrate how one should measure the value of a friendship against any potential costs.

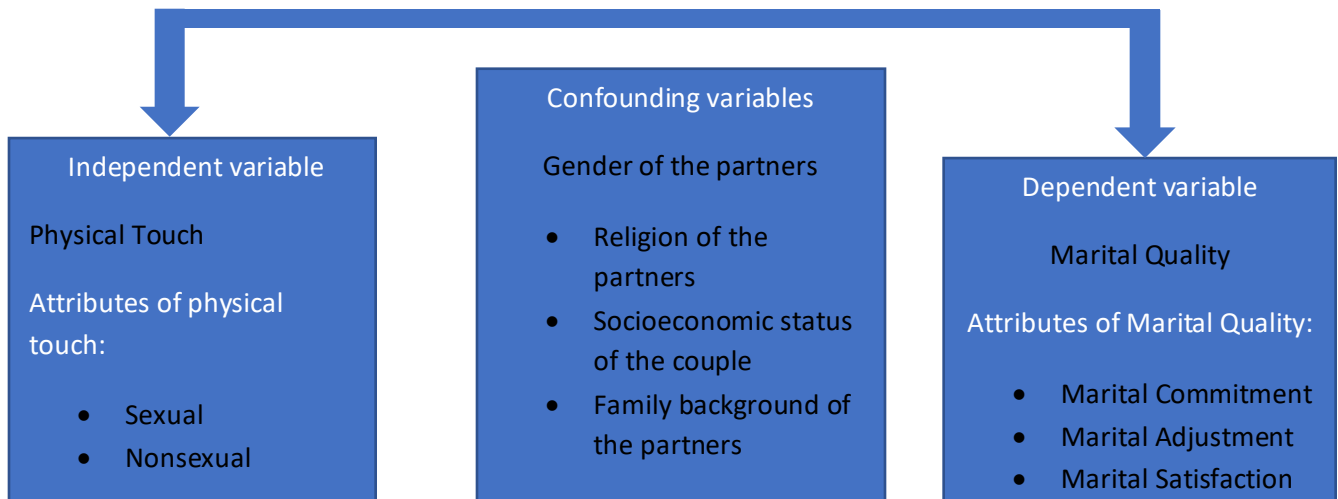
Homans, a sociologist, suggests that expectations and cost-benefit analysis are crucial to the social trade process. People compare costs and rewards using a comparison scale that is frequently influenced by prior experiences. Your comparison levels will be lower at the start of a relationship if you've always had negative friendships than if you've always had encouraging and kind pals. If your prior love partner lavished you with displays of affection, for instance, your comparison level for your subsequent relationship will be high. The interchange of ideas is a further aspect of social exchange. After weighing the costs and benefits against your chosen levels, you may begin considering other alternatives. Even if the relationship falls short of your expectations, you might still prefer it over the alternatives after weighing your options. You might then go back and re-evaluate the relationship using what might now be a little lower comparative level.

The length of a friendship or relationship can also affect how social exchanges are conducted. The "honeymoon phase" of a relationship, which is the first few weeks or months of a relationship, is when people are most likely to disregard the social exchange balance (Chmielewski-Raimondo et al., 2022). Things that are typically seen as expensive are overlooked, reduced, or rejected, while frequently anticipated benefits are exaggerated. The exchange balance is often assessed gradually once the honeymoon phase is over. Both the drawbacks and the rewards will become more obvious and genuinely appreciated. This recalibrating of the exchange balance may result in the connection ending if the exchange balance is too far to the negative side. Because of its effect on the quality of their marriage, a married couple may appreciate touch in their relationship. People who think contact has beneficial effects on their relationships, such as increased commitment, flexibility, and contentment, frequently make touch a top priority.

This theory helped in interpretation of the results of the study. It highlighted the most preferred type of physical touch and what benefits make couples opt for such, while bringing to light how physical touch contributes to marital commitment, adjustment and satisfaction.

**Figure 2. 1: Conceptual Framework**

The figure below outlines the study’s conceptual framework.



## 2.5 Conclusion

From the literature reviewed, state-wide marriage and divorce surveys reveal the need to better understand the value of matrimonial commitment in a religiously heterosexual community. The findings revealed that enhanced marital commitment among spouses was linked to faith-community support and general religiosity; only men gain from this positive relationship, women do not. Unfavourable relationships between couples occur when couples are unable to sort their expenses and other stressors deplete several facets of marital quality. Regarding religious values and attendance in an organized religion, the components of commitment to their spouses, to marriage as an institution and restrictions to stay in the relationship were investigated. Gender has long been recognized as a predictor of marital satisfaction in the research. Men and women are involved in marriage in opposite ways, according to marital scholars.

Age at marriage and cohabitation are the main ways that parental family disturbance affects marital stability. Male unemployment, religious and educational heterogamy both vertically affect the quality and durability of marriage. Migdat's (2016) declaration that marriage is cruel to women was built on a feminist perspective and isomorphic of a big societal atmosphere of patriarchy.

Research has found that men in both Western and non-Western cultures are more satisfied with their marriages than women. Men tend to benefit more from marriages because women have more responsibilities in childcare and house chores. Given that an unequal power distribution is linked to decreased marital satisfaction, women are likely to record lower degree of fulfilment. Religion can bring couples together, but it can also tear couples apart. Religious establishments give moral and ethical knowledge, emotional care, and social connections.

When there are differences in religion or church attendance that is when the risk of divorce increases. A higher likelihood of divorce is associated with the availability of alternative partners in a person's surroundings. Couples that are more materialistic tend to perceive their financial difficulties more and have lower marital satisfaction as a result. Couples who practice independent financial planning report lower levels of marital satisfaction. Negative affect in marital relationships occurs more frequently in couples who work in the blue-collar than in the white-collar sectors of the economy.

## **CHAPTER THREE**

### **METHODOLOGY**

#### **3.1. Introduction**

This section details the methods employed to collect the data for the purpose of the study, the target population and the data analysis techniques. The section details the target sample and the criteria used to recruit the research participants including inclusion and exclusion criteria. The data analysis method is also detailed and how the collected information was reduced to narrative in order to deduce meaning. The ethical considerations are also included to ensure the study adheres to research ethics.

#### **3.2. Research Design**

The researcher embraced cross sectional approach and online surveys because to allow investigation of the results and the experiences in study participants (Blaikie, 2007; Bryman, 2016); Denscombe, 2017). This study is observational in nature as the participants observed and recorded their experiences of physical touch with their partners. Cross sectional study design enabled the researcher to evaluate people from different religions, socio economic status and family backgrounds. Online surveys were viable in the study as they're easy to create and administer, they reach a large population within a short time, they have a wide geographical reach, the response speed of the participants is high and they create a platform for direct data entry. Consequently, less time was spent importing data and there were less data inaccuracies, which is crucial for data scientists.

#### **3.3. Target Population**

The participants in the study were persons in heterosexual marriages who have been married between 1 year and 20 years; for the low, middle, and high-income classes. The population was identified in Nairobi County, a large metropolitan and urban residence for millions of adult Kenyans. The target population was qualified from between 1 year in marriage to 20 years in a marriage setting as this is the easier population to identify within the county and one that is advanced technologically. The age period in marriage was also selected because the physical touch and marital quality are variables that exist from the time people engage in dating and eventually getting married.

### **3.4. Sample Size and Sampling Procedures**

The intended sample population was one hundred heterosexual couples living in Nairobi County. Goal-directed sample was used by the researcher to collect a voluntary sample population for the study. The researcher was able to collect qualitative responses with the use of a focused sampling strategy, which produced more perceptive and precise research results. The conclusions are pertinent to the study environment since the study only collected data from participants who best suit the research question. The researcher's social network was used for the purpose of the study.

### **3.5. Data Collection Instruments**

The researcher adopted a semi-structured questionnaire including open-ended and closed-ended items (Appendix I and II). The Emirati Marital Satisfaction Scale, the Commitment Scale 15 Item Version, the Marital Adjustment Test, the Quality Marriage Index, and the Relationship Quality Index were all used to develop the questionnaire's questions. All of these instruments have high paradigm validity and internal effectiveness reliability evaluations. The questionnaire was alienated into three sections: one for demographic information, one for marital quality characteristics, and one for narratives on the sexual and nonsexual aspects of physical touch.

### **3.6. Data Collection Procedures**

The data gathering process for the study commenced when the researcher was allowed by the University of Nairobi, Department of Psychology, through an official letter, to proceed with data collection (Appendix III). The researcher later applied for the National Commission for Science, Technology and Innovation (NACOSTI) and was issued with a research licence (Appendix IV). The researcher then sent out introductory or invitation letters (Appendix I) and research questionnaires (Appendix II) to the selected participants for filling. The study gathered data via a self-administered questionnaire which was sent out via emails and social media platforms. Observation among married participants was carried out over a period of about two weeks to measure and observe the variables of interest without altering the existing conditions while the participants were the key observers and record keepers. The selected participants were required to record for a period of two weeks, as they respond via e-mails, to both the closed-ended and open-ended queries in the questionnaire. Pseudo email accounts were used by participants familiar to the researcher to avoid the Hawthorne effect. The participants were



required to share their filled questionnaires after the two weeks while follow-up invitations were sent to remind participants to fill out and submit the questionnaires.

### **3.7. Validity of Research Instruments**

Trial research was embraced to evaluate the validity of the tools by ensuring that the research instruments were assessing the intended characteristics. The study instrument's face validity and content were evaluated. The content associated method was employed to depict how well the question objects mirrored the themes covered. The study looked at both content validity and facial validity. The validity test of a content assesses if it is indicative of the construct as a whole. The content of an assessment, survey, or measuring technique must cover all relevant features of the thing being measured for the study to be trustworthy. If any components are misplaced, the validity of the measurement is compromised (or if redundant components are added). The questionnaire was prepared and operationalized in line with the study variables to ensure the suitability and depiction of the questions in each variable in linking to the goals of the study. The expert opinions of supervisors and industry professionals were used to confirm the accuracy of the content. It ensured that study instruments were correctly changed and revised, boosting validity.

Face validity assesses whether an instrument looks to be a good research tool and how representative it is on the surface. It comprises assessing the research tool's coverage of the issue it was designed to assess (Bryman, 2016). Face validity assesses how satisfactory the elements of a test appear at first glance. Face validity, while resembles content validity, is an informal process and objective valuation. Because it is a particular valuation, face legitimacy is frequently regarded as the deprived sort of validity. However, it may be beneficial when developing a method from scratch. The supervisor reviewed the questionnaire for face validity, as well as the representativeness of the study instrument at face value.

### **3.8. Reliability of Research Instruments**

The impact of physical touch on marital quality was assessed using a range of questionnaires. During the pilot, an internal dependability test was utilized to evaluate the dependability of the research tool. The internal consistency and dependability of the variables were evaluated using Cronbach's alpha. With a 0.70 acceptable limit for each inquiry, SPSS Scale Reliability Analysis was used to generate Cronbach's Alpha to assess the relatedness of the elements in each of the

three Likert scales, namely marital commitment, adjustment, and contentment. The other category, internal consistency reliability, assesses how well a test covers many constructs and yields trustworthy results. A test's internal reliability assesses the correlation between different items meant to evaluate the same concept. Since there is only one data set, there is no other reliable method for evaluating instrument reliability, the internal consistency reliability was primarily used in the study to test for instrument reliability.

### **3.9. Data Analysis**

The process of data examination of the study was manual as the researcher read the available data while finding repetitive or commonly used words. The process also adopted a scrutiny-based technique to identify patterns in the collected data. In this process, a compare approach was widely used to differentiate how texts were similar or different from each other. This was done for the open-ended questions and presented in narrations for qualitative data. The closed ended questions were encrypted and examined using the Statistical Package for Social Scientist software (SPSS) version 25 for the measurable data while means, incidence distributions and diffusions were used for evocative data for the three theories. Chi-square was used to compare the means between categories of participants in terms of confounding variables. Pearson's correlation coefficient was employed to exhibit the stability of the union between physical touch, marital commitment, marital adjustment, and marital satisfaction. Simple linear regression was used to show cause and effect for the three hypotheses. Multiple regression was also done to show how gender, religion of couple, socio-economic background and family background are likely to predict marital commitment, adjustment and satisfaction among heterosexual couples in Nairobi County, Kenya.

### **3.10. Ethical Implications**

The research adheres to counselling ethics and ethical principles of psychologists including in conducting research (American Psychological Association, (2017). The researcher therefore formally applied for a research licence with the National Commission for Science, Technology and Innovation (Appendix IV). The researcher ensured that the participants were well informed on the relevance of the study and their degree of involvement. They were also informed that there was no compensation and any member who wished to withdraw their participation was allowed to without any restrictions. The participants were also assured of confidentiality of their identities and that information obtained would only be used for the purpose of the study.

## CHAPTER FOUR

### DATA ANALYSIS, PRESENTATION AND INTERPRETATION

#### 4.1. Introduction

The chapter explores the data analysis and findings for the study on impact of physical touch on marital quality among heterosexual couples in Nairobi County, Kenya. The chapter covers the findings on influence of physical touch on marital commitment, marital adjustment and marital satisfaction among heterosexual couples in Nairobi County, Kenya. The chapter starts by giving findings on response rate, then on cofounding variables, the descriptive statistics for marital commitment, marital adjustment, marital satisfaction and physical touch and finally test of hypothesis.

#### 4.2. Response Rate

There were one hundred questionnaires administered to couples in Nairobi County. The findings are detailed in Table 4.1.

**Table 4. 1: Response Rate**

	Number of informants	Percent
Response	74	74
Non- Response	26	26
<b>Total</b>	<b>100</b>	<b>100</b>

There was a high response rate with 74 filled questionnaires submitted which gave a reply rate of 74%. This was adequate for conducting a statistical examination according to Creswell (2003) who asserts that a feedback rate that is 50% or more is significant and acceptable for conducting statistical scrutiny.

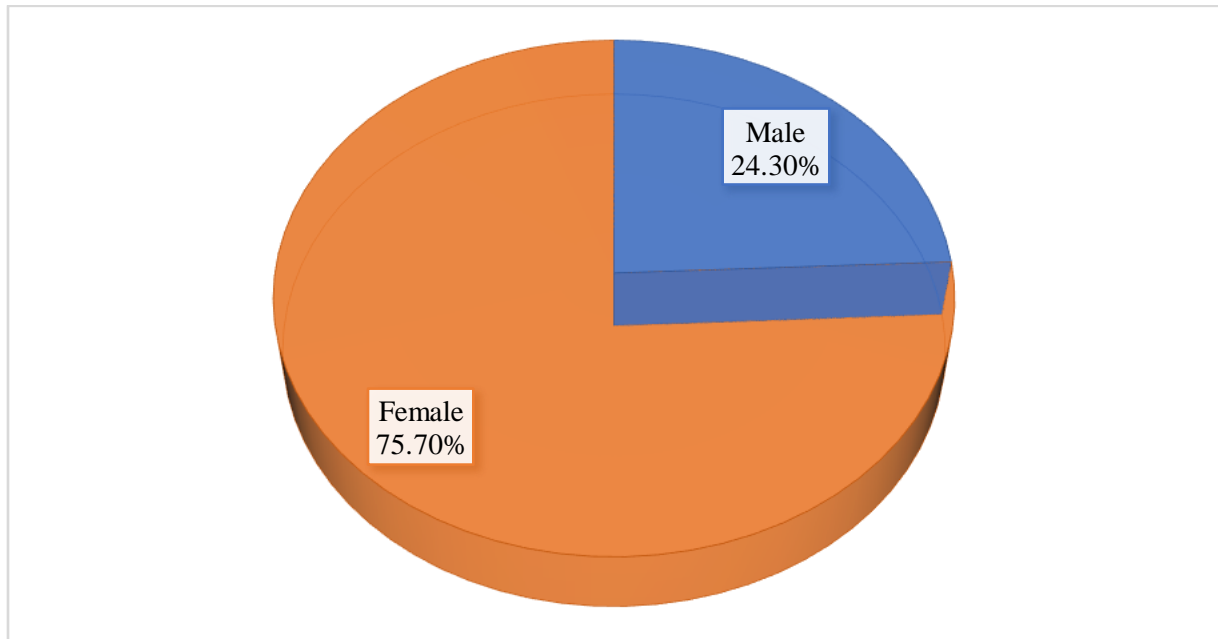
#### 4.3. Background Information

This section presents findings on confounding variables which include gender, age, years of marriage, religion, family background, employment status, and type of residence, education level and monthly income.

#### 4.3.1. Gender of the Participants

The scholar requested the participants to specify their gender. Findings were illustrated in Figure 4.1.

**Figure 4. 1: Gender of the Participants**



The findings in Figure 4.1 exhibited that most of the participants were women as illustrated by 75.7% and the remaining were male as showed by 24.3%. This indicates that data was gathered from all the members irrespective of the gender. The findings also show women are more likely to share information about their marriage than men.

#### 4.3.2. Age of the Participants

The scholar asked the participants to specify their age. The findings are as illustrated in Table 4.2.

**Table 4. 2: Age of the Participants**

Years	Frequency	Percentage
18 - 24	2	2.7
25 - 34	32	43.2
35 - 44	34	45.9

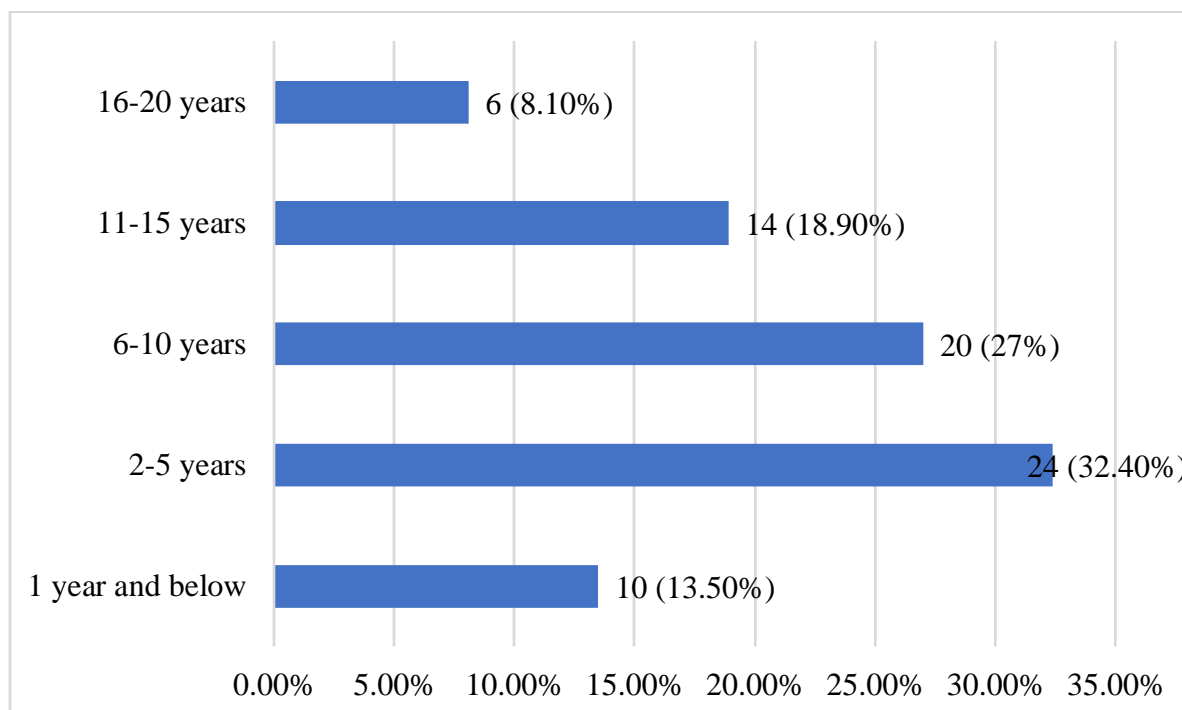
45 - 54	4	5.4
Fifty-five and above	2	2.7
<b>Total</b>	<b>74</b>	<b>100</b>

The results above show that the participants reported that their age was between 35 and 44 years as shown by 45.9%, between 25 and 34 years at 43.2%, between 45 and 54 years at 5.4%, between 18 and 24 years at 2.7% and 55 years and above as shown by 2.7%. This shows that most people in marriage are aged between 25 and 44 years as per the study. In addition, the data collection cut across all the age groups and hence was credible enough as it was obtained from a wider scope.

#### 4.3.3. Number of Years in Marriage

The participants were asked to state the time they have been in marriage. The results are depicted in Figure 4.2.

**Figure 4. 2: Number of Years in Marriage**



The results in Figure 4.2 imply that most of participants were in marriage for 2-5 years as shown by 32.4%, 6-10 years as shown by 27%, for 11-15 years as shown by 18.9%, for those below a year as shown by 13.5 and for 16-20 years as shown by 8.1%. This is an indication that most

participants were married for long enough to provide credible information regarding the influence of physical touch on marital quality among heterosexual couples in Nairobi County, Kenya.

#### 4.3.4. Religion and Family Background

Research participants were required to submit information on their religion and family backgrounds. The findings are as shown in Table 4.3.

**Table 4. 3: Religion and Family Background of the Participants**

<b>Religion</b>	<b>Frequency</b>	<b>Percent</b>
Christian	74	100
<b>Family background</b>		
Raised by both parents/guardians	58	78.4
Raised by a single parent/guardian	16	21.6
<b>Total</b>	<b>74</b>	<b>100</b>

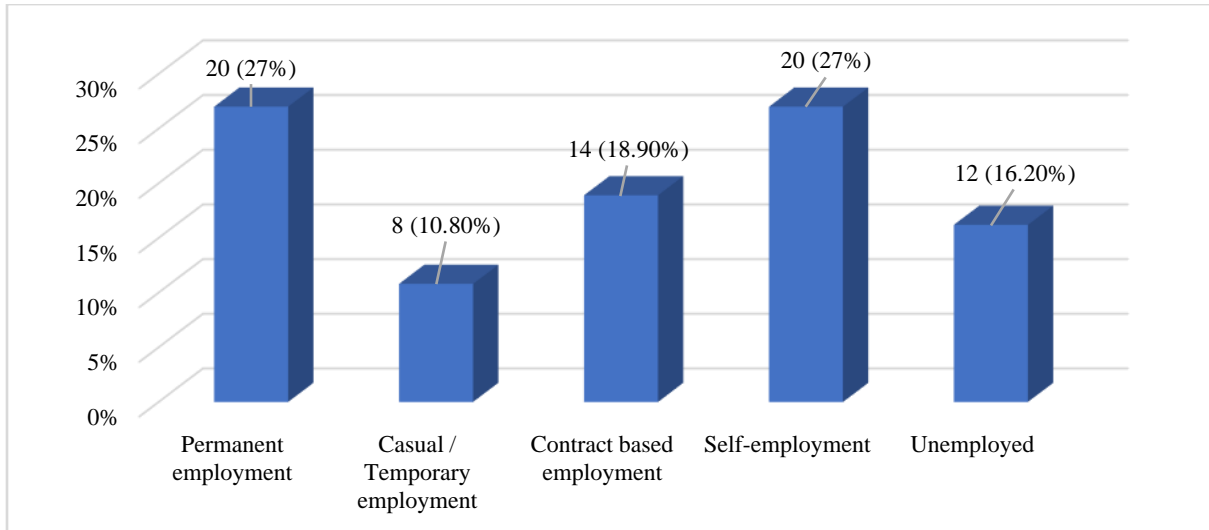
From the results in Table 4.3, all the participants were Christians (100%). Moreover, the participants indicated that they were raised by both parents/guardians as shown by 78.4% while the rest indicated to have been raised by single parents/guardians as shown by 21.6%.

#### 4.3.5. Employment Status of the Participants

Participants were further required to submit their employment status. The results are depicted in Figure 4.3 below.

**Figure 4. 3: Employment Status of the Participants**

Figure 4.3 below shows that the applicants indicated their employment status as follows: Permanent employment 27%, Self-employment 27%, contract-based employment 18.9%, unemployed 16.2% and casual or temporary employment 10.8%. This is an indication that data on influence of physical touch on marital quality among heterosexual couples was collected from the participants regardless of their employment status.



#### 4.3.6. Type of Participants' Residence

The participants were requested to designate their type of residence. Table 4.4, shows that the participants indicated that their type of residence was multi-family residential as shown by 51.4%, stand-alone houses as shown by 37.8% and those living in semi-permanent housing as shown by 10.8%.

**Table 4. 4: Type of Participants' Residence**

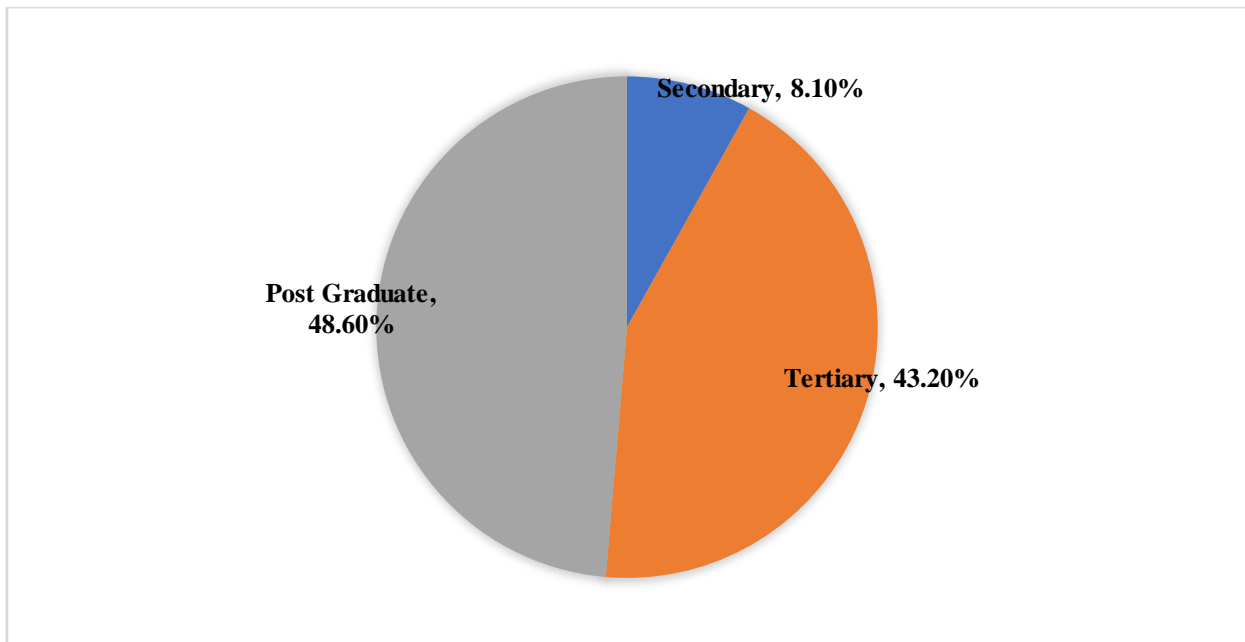
	Frequency	Percent
Stand-alone house	28	37.8
Semi-permanent house	8	10.8
Multi-family Residential	38	51.4
<b>Total</b>	<b>74</b>	<b>100</b>

This implies that most of the families live in multi-family residential set up.

#### 4.3.7. Education Level of the Participants

Participants were asked to specify their literacy level. The results are detailed in Figure 4.4.

**Figure 4. 4: Education Level of the Participants**



The findings in Figure 4.4 showed that the education level for the participants was post graduate as shown by 48.6%, tertiary as shown by 43.2% and secondary as shown by 8.1%. This implies that most of the participants were learned enough to comprehensively respond to all questions regarding the influence of physical touch on marital quality among heterosexual couple in Nairobi County.

#### 4.3.8. Monthly Income of the Participants

Participants were asked to specify their wage per month. The results are illustrated in Table 4.5.

**Table 4. 5: Monthly Income of the Participants**

Ksh	Frequency	Percent
1 - 10,000	14	18.9
11,000 - 20,000	2	2.7
21,000 - 30,000	6	8.1
31,000 - 40,000	4	5.4
41,000 - 50,000	22	29.7
Over 71,000	26	35.1
<b>Total</b>	<b>74</b>	<b>100</b>

Table 4.5 shows that the participants indicated that their monthly income was over Kshs 71,000 as illustrated by 35.1%, Kshs 41,000 - 50,000 as illustrated by 29.7% and below Kshs 10,000



as illustrated by 18.9%. The participants indicated that their monthly income was Kshs 21,000 - 30,000 as illustrated by 8.1%, Kshs 31,000 - 40,000 as illustrated by 5.4% and Kshs 11,000 - 20,000 as illustrated by 2.7%. This implies that the data on influence of physical touch on marital quality among heterosexual couples was collected from the participants regardless of their economic status.

#### 4.4. Physical Touch

The participants were asked to indicate how important physical touch is for them. Majority of the participants (86.4%) indicated that physical intimacy is very important to them. This is because physical intimacy boosts the self-esteem of both partners and makes partners feel closer to each other. (Bohan, 1996; Jakubiak; 2022; Jakubiak, Fuentes & Feeney, 2021).

Participants were asked to indicate which form of physical touch they prefer. The findings are shown in Table 4.6.

**Table 4. 6: Form of Physical Touch Participants Prefer**

	Frequency	Percent
Sexual Touch	30	40.5
Non-sexual touch	44	59.5
<b>Total</b>	<b>74</b>	<b>100.0</b>

Table 4.10 reveals that 59.5% of the participants reported that they prefer non-sexual touch which included cuddling, gentle touches, holding hands, foot rubs, smacking the butt, caressing, and fondling, while 40.5% of the participants indicated that they prefer sexual touch which included touching breasts, kissing, romantic touches and sexual intercourse.

Moreover, most of the participants (70%) indicated that they have lately been feeling physically attracted to their spouses. The participants were also required to disclose whether their spouses meet their expectations of physical touch. From the results in Table 4.7, most participants (62.2%) were of the opinion that their spouses meet their expectations of physical touch while 37.8% of the participants indicated that their spouses do not meet their expectations of physical touch.

**Table 4. 7: Whether Spouse Meet Expectations of Physical Touch**

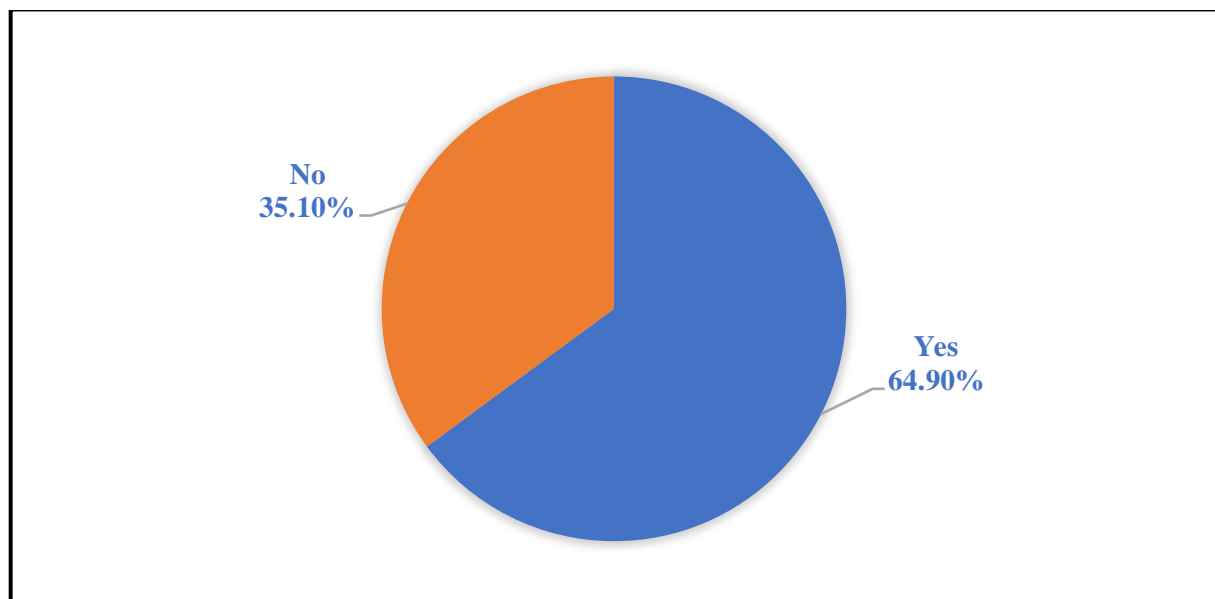
	<b>Frequency</b>	<b>Percent</b>
No	28	37.8
Yes	46	62.2
<b>Total</b>	<b>74</b>	<b>100.0</b>

The participants were also asked to indicate what influence physical touch has on their decision to pursue a romantic relationship. Most of the participants indicated that physical appeal has a greater influence on their decision to pursue a romantic relationship. The participants went on to explain that physical appeal somehow makes them feel loved and becoming part of the plan in their lives.

The applicants were inquired to designate the one thing they'd like their spouses to do to them the next time they are out together. The participants indicated that their partners should sit next to them and honestly chat, buy them lunch/dinner, avoid too much phone time, invent more ways of physical touch, kiss them and reassure them that they are still important to them.

The members were further requested to designate whether they were satisfied with the physical aspects of their relationships. The results in Figure 4.5 exhibited that most participants were satisfied with the physical aspects of their relationship as shown by 64.9% while 35.1% of the participants indicated that they were not satisfied with the physical aspects of their relationship.

**Figure 4. 5: Satisfaction with Physical Touch of the Relationship**



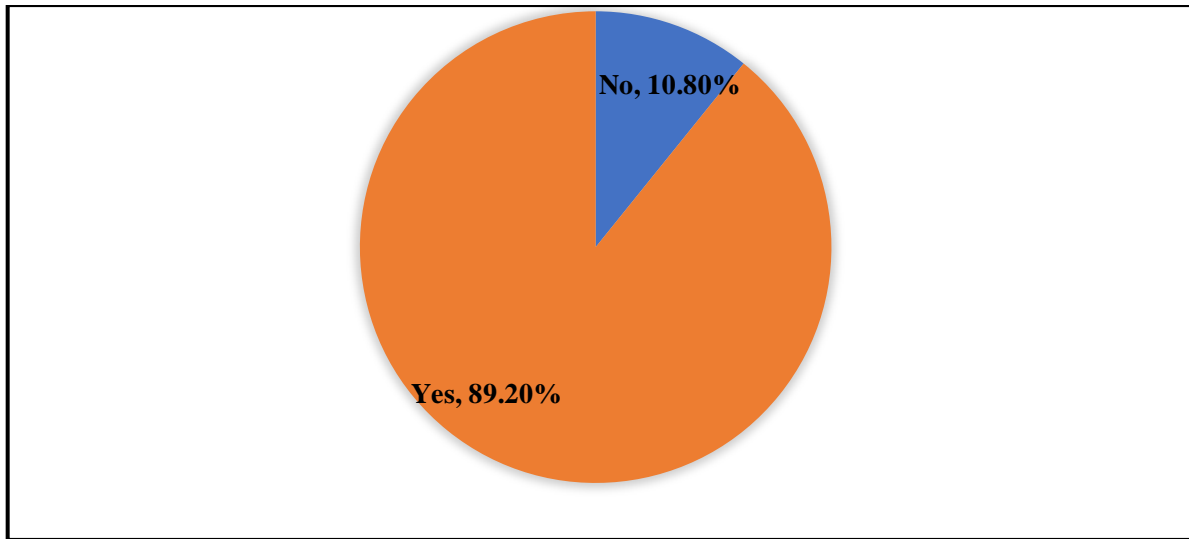
Moreover, majority of the participants indicated that they are extremely happy with their marriage with all things considered. In addition, most of the participants indicated that their marriage is very stable. The participants were also asked to indicate which was the best part about them and their spouse being together, they indicated appreciating what they have achieved together, communicating what they want freely, working on family goals together, making love, talking about the success of their children, enjoying the same things like music, taking trips and being great parents to their special need child as well as supporting each other's dreams. The participants further indicated that they felt emotionally attached to their spouse all the time, during birthday party, during first delivery, when going through rough patches in life, when sick and when they were newly married.

The participants were also asked to indicate how they personally express their love for their partners. They said they express their love for their partners through acts of service, being faithful, being there for each other when in need, buying gifts and making love, random check-ups through text messages, being respectful, spending time together, physical touch, with words of affirmation and most importantly through praying together. In a perfect world, the participants indicated that they would like to always be physically intimate with their spouses.

Further, the subjects were requested to designate how they could keep the physical intimacy between them and their partners strong throughout the day, outside of the bedroom. They indicated that they would do so by talking more on phone, being kind to one another, being faithful, doing things they both like together, going for holidays and enjoying each other's company in their houses.

On what would make their sexual relationship better for them, they indicated: being true to each other, going for vacations, exploring the world together, willingness to explore more intimacy options, solving low libido problems through touch and giving attention. The participants were finally asked to indicate whether intimate-partner violence would affect the nature of their physical intimacy and reason behind their response. The results are displayed in Figure 4.6.

**Figure 4. 6: Whether Intimate Partner Violence negatively affects the Nature of Physical Intimacy**



From the findings in Figure 4.6, most of the participants (89.2%) indicated that intimate-partner violence negatively affects the nature of physical intimacy. This is because it injures the self-worth of either of the partners and resentment slowly crawls in. It also creates insecurity and hate between partners, leads to divorce, reduces emotional closeness when there is fear instilled, as intimacy needs a friendly environment to thrive. Intimate-partner violence also creates emotional hurt which directly influences intimacy negatively as well as degrading emotions of the partner being abused.

#### **4.4.1. Physical Touch and Marital Commitment**

The study pursued to explore the effect of physical touch on marital commitment among heterosexual couples in Nairobi County, Kenya. The members were asked to stipulate their level of arrangement with diverse reports regarding the marital commitment among heterosexual couples in Nairobi County using 1 to 5 Likert scale. The findings are shown in Table 4.8.

##### ***Likert Scale Reading***

- 1- Strongly disagree (SD)
- 2- Disagree (D)
- 3- Neutral (N)
- 4- Agree (A)
- 5- Strongly agree (SA).

**Table 4. 8: Agreement with Statements on Marital Commitment**

<b>Statement</b>	<b>SD</b>	<b>D</b>	<b>N</b>	<b>A</b>	<b>SA</b>	<b>Mean</b>
	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	
I will do everything in my power to keep us together for the rest of our lives.	0.0	2.7	10.8	18.9	67.6	4.51
I consider how our relationship will develop gradually	0.0	2.7	2.7	27	67.6	4.59
When things are not going well for my partner, I feel awful.	2.7	0.0	8.1	18.9	70.3	4.54
I want to be with my partner for the rest of my life.	0.0	0.0	5.4	16.2	78.4	4.73
There is no chance that I would ever develop romantic feelings for someone else.	10.8	10.8	16.2	27	35.1	3.65
I have our relationship's long-term success in mind (for instance, I picture living with my partner decades afterwards).	0.0	2.7	2.7	10.8	83.8	4.76
I will do everything in my power to keep us together for the rest of our lives.	0.0	0.0	10.8	16.2	73	4.62
I value my spouse more than anyone else in the world, even more than my parents, friends, etc.	5.4	0.0	35.1	35.1	24.3	3.73
I would feel as though my life has been ruined if our relationship ever ended.	5.4	13.5	21.6	18.9	40.5	3.76
I frequently picture my future life with my spouse.	0.0	2.7	2.7	16.2	78.4	4.70

<b>Statement</b>	<b>SD</b>	<b>D</b>	<b>N</b>	<b>A</b>	<b>SA</b>	<b>Mean</b>
	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	<b>(%)</b>	
I frequently discuss what life would be like when my partner and I are extremely old.	0.0	10.8	13.5	24.3	51.4	4.16
When things in our relationship are not going well, I feel dreadful.	2.7	0.0	18.9	18.9	59.5	4.32
I will do everything in my power to keep our bond strong.	0.0	0.0	10.8	13.5	75.7	4.65
When preparing for future activities in my life, I carefully evaluate the effects of my choices for our connection.	0.0	5.4	18.9	29.7	45.9	4.16
My partner and I have a good relationship	0.0	0.0	13.5	40.5	45.9	4.32

From the results in Table 4.8, the participants strongly agreed that they have their relationship's long-term success in mind (for instance, they picture living with their partner decades afterwards) as shown by 83.8%, that they want to be with their partner for the rest of their life as shown by 78.4%, that they frequently picture their future life with their spouse as shown by 78.4% and that they will do everything in their power to keep their bond strong as shown by 75.7%.

Further, the participants strongly agreed that they will do everything in their power to keep them together for the rest of their lives as shown by 73%, that when things aren't going well for their partner, they feel awful as shown by 70.3% and that they will do everything in their power to keep them together for the rest of their lives as shown by 67.6%. The participants also strongly agreed that they consider how their relationship will develop gradually as shown by 67.6% and that when things in their relationship aren't going well, they feel dreadful as shown by 59.5%.

Moreover, the participants strongly agreed that they frequently discuss what life would be like when they and their partners are extremely old as shown by 51.4%, that when preparing for future activities in their life, they carefully evaluate the effects of their choices for their connection as shown by 45.9% and that they and their partners have a good relationship as

shown by 45.9%. The participants also strongly agreed that they would feel as though their life has been ruined if their relationship ever ended as shown by 40.5% and that there is absolutely no chance that they would ever develop romantic feelings for someone else as shown by 35.1%. However, the participants disagreed that they value their spouse more than anyone else in the world, even more than their parents, buddies, among others as shown by 35.1%

#### 4.4.2. Physical Touch and Marital Adjustment

The study also aimed to determine the impact of physical touch on marital adjustment among diverse couples in Nairobi County, Kenya. The participants were asked to rate their degree of agreement with different statements about marital adjustment among heterosexual couples in Nairobi County on a 1 to 5 Likert scale. Table 4.9 summarizes the findings.

**Table 4. 9: Agreement with Statements on Marital Adjustment**

Statement	SD (%)	D (%)	N (%)	A (%)	SA (%)	Mean
I was so excited to live with my spouse	0.0	5.4	13.5	16.2	64.9	4.41
My spouse and I get to figure out what works for our marriage together	2.7	2.7	24.3	21.6	48.6	4.11
We put aside some of our preconceived expectations about our roles.	0.0	2.7	27	48.6	21.6	3.89
We have adopted healthy things from both families that work for the new family we are creating together	5.4	2.7	13.5	27	51.4	4.16
I have learned that my spouse and I are on the same team.	0.0	5.4	16.2	32.4	45.9	4.14
My spouse is my main support system	0.0	10.8	8.1	40.5	40.5	4.11

My spouse can see everything I buy, and he holds me accountable.	5.4	13.5	16.2	27	37.8	3.78
We communicate freely with my spouse without fear of being judged	5.4	13.5	10.8	29.7	40.5	3.86
My spouse and I have learned to create new habits, to get rid of old ones	5.4	10.8	21.6	32.4	29.7	3.70
I take my spouse into consideration when it comes to every decision	0.0	5.4	24.3	35.1	35.1	4.00
I have stopped ignoring my partner	0.0	2.7	10.8	35.1	51.4	4.35

From the results in Table 4.9, the participants strongly agreed that they were so excited to live with their spouse as shown by 64.9%, that they have adopted healthy things from both families, that work for the new family they are creating together as shown by 51.4%, that they have stopped ignoring their partner as shown by 51.4% and that they and their spouses get to figure out what works for their marriage together as shown by 48.6%. Further, the participants strongly agreed that they learnt that they and their spouses are on the same team as shown by 45.9%, that their spouses are their main support system as shown by 40.5% and that they communicate freely with their spouse without fear of being judged as shown by 40.5%.

Moreover, the participants strongly agreed that their spouses can see everything they buy, and they hold each other accountable as shown by 37.8% and that they take their spouses into consideration when it comes to every decision as shown by 35.1%. In addition, the participants agreed that they put aside some of their preconceived expectations about their roles as shown by 48.6% and that they and their spouse have learned to create new habits, to get rid of old ones as shown by 32.4%.

#### **4.4.3. Physical Touch and Marital Satisfaction**

The study also aimed to determine the impact of physical touch on marital satisfaction among diverse couples in Nairobi County, Kenya. The participants were also asked to rate their level



of arrangement with several declarations about marital satisfaction among heterosexual couples in Nairobi County on a 1 to 5 Likert scale. Table 4.10 displays the results.

**Table 4. 10: Agreement with Statements on Marital Satisfaction**

<b>Statement</b>	<b>SD</b> (%)	<b>D</b> (%)	<b>N</b> (%)	<b>A</b> (%)	<b>SA</b> (%)	<b>Mean</b>
We are not near enough to each other, but our relationship is going well and we are a really contented pair.	2.7	8.1	16.2	29.7	43.2	4.03
In our relationship, we have a great deal of love and affection.	0	5.4	24.3	27	43.2	4.08
We are each other's best friends.	5.4	10.8	13.5	18.9	51.4	4.00
If I had not started this relationship, I would be happier	54.1	13.5	21.6	2.7	8.1	1.97
My partner and I get along nicely in our free time.	0	5.4	18.9	35.1	40.5	4.11
My partner does not give me enough attention.	29.7	37.8	8.1	21.6	2.7	2.30
We enjoy doing a lot of things together in our life.	2.7	0	21.6	45.9	29.7	4.00
If I had known then what I know now, I would not have wedded my spouse	51.4	16.2	16.2	13.5	2.7	2.00
When we argue, my spouse assists us in reaching a compromise.	5.4	8.1	16.2	35.1	35.1	3.86
I feel like I want to leave my partner sometimes.	29.7	24.3	27	10.8	8.1	2.43
I do not feel like showing my spouse any love.	59.5	0	21.6	8.1	10.8	1.70
Without my spouse, I can't picture living.	21.6	16.2	27	24.3	10.8	2.86
I am content because of our relationship.	2.7	5.4	16.2	29.7	45.9	4.11

<b>Statement</b>	<b>SD</b>	<b>D</b>	<b>N</b>	<b>A</b>	<b>SA</b>	<b>Mean</b>
	(%)	(%)	(%)	(%)	(%)	
When we are together, we never get bored.	0	2.7	16.2	32.4	48.6	4.27
There are some significant issues in our relationship that we cannot resolve.	24.3	24.3	16.2	21.6	13.5	2.76
I think I can handle any issues with my partner.	0	18.9	21.6	24.3	35.1	3.76
My friends and I have more fun together than when with my spouse.	35.1	24.3	8.1	18.9	13.5	2.51
My relationship with my partner makes me happy	2.7	0	13.5	18.9	64.9	4.43

From the findings in Table 4.10, the participants strongly agreed that their relationship with their partners makes them happy as illustrated by 64.9%, that they are each other's best buddies as illustrated by 51.4%, that when they are together, they never get bored as illustrated by 48.6% and that they are content because of their relationship as illustrated by 45.9%. Further, the participants strongly agreed that they are not near enough to each other, but they think their relationship is going well and they are a really contented pair as illustrated by 43.2%, that in their relationships, they have a great deal of love and affection as illustrated by 43.2% and that they and their partners get along nicely in their free time as illustrated by 40.5%. Moreover, the participants strongly agreed that when they argue, their spouses assist them in reaching a compromise as illustrated by 35.1% and that they think they can handle any issues with their partner as illustrated by 35.1%. In addition, the participants agreed that they enjoy doing a lot of things together in their life as shown by 45.9%.

Additionally, the participants strongly disagreed that they don't feel like showing their spouses any love as shown by 59.5%, that if they hadn't started this relationship, they would be happier as shown by 54.1%; that if they had known then what they know now, they wouldn't have wedded their spouses as shown by 51.4% and that there are some significant issues in their relationship that they cannot resolve as shown by 48.6%. Further, the participants disagreed that they and their pals have more fun together than when with their spouses as shown by 35.1%;

that their partners don't give them enough attention as shown by 67.5% and that they feel like they want to leave their partners sometimes as shown by 54%.

#### 4.5. Cross Tabulation between Confounding Variables, Physical Touch and Marital Quality

The study further investigated the effect of touch on marital quality by examining the confounding variables

##### 4.5.1. Cross Tabulation between Gender of the Partners, Physical Touch and Marital Quality

**Table 4. 11: Cross Tabulation between Gender of the Partners, Physical Touch and Marital Quality**

		Physical Touch			Marital quality		
		Sexual	Non-sexual		Low	High	
Gender	Male	8	10	$\chi^2=0.150$	2	16	$\chi^2=1.551$
	Female	22	34	Sig=0.69	14	42	Sig=0.21
<b>Total</b>		<b>30</b>	<b>44</b>		<b>16</b>	<b>58</b>	

The findings showed that female partners prefer sexual touch as compared to male partners. However, there was no noteworthy variance in preference of physical touch as 0.69 was greater than 0.05. This is shown in Table 4.11.

The findings also showed that female partners exhibited high marital quality as compared to their male counterparts.

##### 4.5.2. Cross Tabulation between Age Groups, Physical Touch and Marital Quality

**Table 4. 12: Cross Tabulation between Age Groups, Physical Touch and Marital Quality**

The findings below indicated that couples aged 35 to 44 years prefer non-sexual touch as compared to sexual touch. The findings also revealed that there is an important variance in preference of physical touch across different ages as sig. value (0.04) was less than 0.05. In

addition, the findings showed that there is an insignificant difference in marital quality across different age groups since sig. value (0.72) was greater than 0.05.

	Physical Touch			Marital quality		
	Sexual	Non-sexual		Low	High	
Age 18 - 24 years	2	0		0	2	
25 - 34 years	8	24	$\chi^2=9.82$	8	24	$\chi^2=2.06$
35 - 44 years	16	18	Sig=0.04	6	28	Sig=0.72
45 - 54 years	2	2		1	3	
Fifty-five and above	2	0		1	1	
<b>Total</b>	<b>30</b>	<b>44</b>		<b>16</b>	<b>58</b>	

#### 4.5.3. Cross Tabulation between Education Level, Physical Touch and Marital Quality

The findings show that couples with tertiary and post graduate education prefers non-sexual touch as compared to sexual touch. The findings revealed that there is no noteworthy difference in partiality of physical touch across various levels of educations since sig. value (0.39) was greater than 0.05.

**Table 4. 13: Cross Tabulation between Education Level, Physical Touch and Marital Quality**

		Physical Touch			Marital quality		
		Sexual	Non-sexual		Low	High	
Education level	Secondary	4	2	$\chi^2=1.86$	<b>6</b>	<b>0</b>	$\chi^2=2.62$
	Tertiary	12	20	Sig=0.39	26	6	Sig=0.27
	Postgraduate	14	22		26	10	
<b>Total</b>		<b>30</b>	<b>44</b>		<b>58</b>	<b>16</b>	

The findings showed that there is an insignificant difference in marital quality across different levels of educations since sig. (0.27) was greater than 0.05.

#### 4.5.4. Cross Tabulation between Family background of the partners, Physical Touch and Marital Quality

The findings show that couples who are securely attached to parents prefer non-sexual touch as compared to sexual touch. The findings revealed that there is a major variation in preference of physical touch across different family backgrounds since sig. value (0.04) was less than 0.05.

**Table 4. 14: Cross Tabulation between Family background of the partners, Physical Touch and Marital Quality**

		Physical Touch			Marital quality		
		Sexual	Non-sexual		Low	High	
Family Background	Securely attached to parents	20	38	$\chi^2=4.08$	47	11	$\chi^2=1.12$
	Insecurely attached to parents	10	6	Sig=0.04	11	5	Sig=0.29
<b>Total</b>		<b>30</b>	<b>44</b>		<b>58</b>	<b>16</b>	

In addition, the findings showed that there is an insignificant difference in marital quality across different family backgrounds since sig. (0.29) was greater than 0.05

#### 4.6. Pearson's Correlation Analysis

The study conducted Pearson's correlation coefficient to show the superiority of the union between physical touch, marital commitment, marital adjustment, and marital satisfaction. From the findings in Table 4.15, study presented that there is a solid, major and active association between physical touch and marital commitment ( $r=0.711$ ; sig. =0.00), strong, significant and positive relationship between physical touch and marital adjustment ( $r=0.767$ ; sig. =0.000), strong, significant and positive relationship between physical touch and marital satisfaction ( $r=0.689$ ; sig. =0.000).

**Table 4. 15: Pearson’s Correlation Coefficients**

		Marital Commitment	Marital Adjustment	Marital Satisfaction	Physical Touch
Marital Commitment	Pearson Correlation	1			
	Sig. (2-tailed)				
Marital Adjustment	Pearson Correlation	.957**	1		
	Sig. (2-tailed)	.000			
Marital Satisfaction	Pearson Correlation	.886**	.955**	1	
	Sig. (2-tailed)	.000	.000		
Physical Touch	Pearson Correlation	.711**	.767**	.689**	1
	Sig. (2-tailed)	.000	.000	.000	

\*\* . Correlation is significant at the 0.01 level (2-tailed).

The findings imply that physical touch has a significant and positive relationship with all aspects of marital quality among heterosexual couples.

#### 4.7. Hypothesis Testing

The study conducted simple linear regression examination for assessing all the hypothesis of the study at 95% level of confidence.

##### 4.7.1. Test for Hypothesis One

The study conducted simple linear regression analysis to test hypothesis one ( $H_{01}$ ) which stated that, “*There is no significant relationship between physical touch and marital commitment among heterosexual couples in Nairobi, Kenya*”. The findings are shown in Table 4.16 and 4.17.

**Table 4. 16: Model Summary for Hypothesis One**

Model	R	R Square	Adjusted R Square	Std. Error
1	.711 <sup>a</sup>	.505	.498	.192

a. Predictors: (Constant), Physical Touch

The findings in Table 4.17 below, reveals that  $R^2$  was 0.505 which indicates that 50.5% of the changes in marital commitment among heterosexual couples in Nairobi is accounted for by physical touch.

**Table 4. 17: Coefficients for Hypothesis One**

Model		Unstandardized		Standardized	t	Sig.
		Coefficients		Coefficients		
		B	Std. Error	Beta		
1	(Constant)	.443	.158		2.806	.006
	Physical Touch	.308	.036	.711	8.574	.000

a. Dependent Variable: Marital Commitment

From the regression coefficient, regression equation becomes:

$$Y = 0.443 + 0.308 PT$$

Where.

**Y** = Marital Commitment

**PT** = Physical Touch

The findings showed that physical touch and marital commitment among heterosexual couples in Nairobi County, Kenya have a significant relationship as shown by a regression coefficient of 0.308 and p-value of 0.000. The p-value was less than 0.05 and hence the research excluded the insignificant hypothesis. Thus, the study found that there is a notable association between the physical touch and marital obligation among heterosexual couples in Nairobi, Kenya.

#### 4.7.2. Test for Hypothesis Two

The study conducted simple linear regression analysis to test hypothesis two ( $H_{02}$ ) which stated that, “*There is no significant relationship between physical touch and marital adjustment among heterosexual couples in Nairobi, Kenya*”. The findings are shown in Table 4.18 and 4.19.

**Table 4. 18: Model Summary for Hypothesis Two**

Model	R	R Square	Adjusted R Square	Std. Error
1	.767 <sup>a</sup>	.588	.582	.174

a. Predictors: (Constant), Physical Touch

The findings in Table 4.18 reveals that  $R^2$  was 0.588 which indicate that 58.8% of the changes in marital adjustment among heterosexual couples in Nairobi is accounted for by physical touch.

**Table 4. 19: Coefficients<sup>a</sup> for Hypothesis Two**

Model		Unstandardized		Standardized	t	Sig.
		Coefficients		Coefficients		
		B	Std. Error	Beta		
1	(Constant)	.544	.124		4.382	.000
	Physical Touch	.306	.030	.767	10.134	.000

a. Dependent Variable: Marital Adjustment

From the regression coefficient, regression equation becomes:

$$Y = 0.544 + 0.306 PT$$

Where.

**Y** = Marital Adjustment

**PT** = Physical Touch

The findings presented that physical touch and marital adjustment among heterosexual couples in Nairobi County, Kenya have a significant relationship as shown by a regression coefficient of 0.306 and p-value of 0.000. The p-value was less than 0.05 and hence the study vetoed the insignificant hypothesis. Thus, the study determined that there is a noteworthy link between the physical touch and marital adjustment among heterosexual couples in Nairobi, Kenya.

#### 4.7.3. Test for Hypothesis Three

The study conducted simple linear regression analysis to test hypothesis three ( $H_{03}$ ) which stated that, “*There is no significant relationship between physical touch and marital satisfaction among heterosexual couples in Nairobi, Kenya*”. The findings are shown in Table 4.20 and 4.21.

**Table 4. 20: Model Summary for Hypothesis Three**

Model	R	R Square	Adjusted R Square	Std. Error
1	.689 <sup>a</sup>	.475	.468	.197

a. Predictors: (Constant), Physical Touch



The findings in Table 4.20 reveals that  $R^2$  was 0.475 which indicate that 47.5% of the changes in marital satisfaction among heterosexual couples in Nairobi is accounted for by physical touch.

**Table 4. 21: Coefficients<sup>a</sup> for Hypothesis Three**

Model		Unstandardized		Standardized	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	.006	.221		.027	.978
	Physical Touch	.541	.067	.689	8.078	.000

a. Dependent Variable: Marital Satisfaction

From the regression coefficient, regression equation becomes:

$$Y = 0.006 + 0.541 PT$$

Where.

**Y** = Marital Satisfaction

**PT** = Physical Touch

The findings indicate that physical touch and marital satisfaction among heterosexual couples in Nairobi County, Kenya have a significant relationship as shown by a regression coefficient of 0.541 and p-value of 0.000. The p-value was less than 0.05 and hence the study disallowed the null theory. Thus, the study decided that there is a substantial association between the physical touch and marital satisfaction among heterosexual couples in Nairobi, Kenya.

#### 4.8. Multiple Regression Analysis

Multiple regression was also done to show how gender, religion, socio-economic status, and family background are likely to predict marital quality among heterosexual couples in Nairobi County, Kenya.

**Table 4. 22: Model Summary for Multiple Regression**

Model	R	R Square	Adjusted R Square	Std. Error
1	.577 <sup>a</sup>	.333	.294	.452

a. Predictors: (Constant), Family Background, Socioeconomic Status, Religion, Gender

The findings in Table 4.22 reveals that  $R^2$  was 0.333 which indicate that 33.3% of the changes in marital quality among heterosexual couples in Nairobi is accounted for by confounding variables such as gender, religion, socio-economic status, and family background.

**Table 4. 23: Regression Coefficients for Multiple Regression**

Model		Unstandardized		Standardized	T	Sig.
		Coefficients		Coefficients		
		B	Std. Error	Beta		
1	(Constant)	1.606	.519		3.091	.003
	Gender	.020	.131	.016	.150	.881
	Religion	.610	.276	.225	2.208	.031
	Socioeconomic Status	.283	.098	.301	2.895	.005
	Family Background	.599	.133	.462	4.509	.000

a. Dependent Variable: Marital Quality

From the regression coefficients, the multiple regression equation becomes:

$$Y = 1.606 + 0.020 G + 0.610 R + 0.283 SES + 0.599 FB$$

Where.

**Y** = Marital quality

**G** = Gender

**R** = Religion

**SES** = Socioeconomic Status

**FB** = Family Background

The findings demonstrate that a unit change in gender could lead to positive and an insignificant change in marital quality among heterosexual couples in Nairobi County, Kenya ( $\beta=0.020$ ;  $p=0.881$ ). The study also showed that a unit change in religion could lead to positive and a significant change in marital quality among heterosexual couples in Nairobi County, Kenya

( $\beta=0.610$ ;  $p=0.031$ ). The study also noted that a unit reform in socioeconomic status could lead to positive and a significant change in marital quality among heterosexual couples in Nairobi County, Kenya ( $\beta=0.283$ ;  $p=0.005$ ). Finally, the study showed that a unit adjustment in family background could lead to positive and a significant change in marital quality among heterosexual couples in Nairobi County, Kenya ( $\beta=0.599$ ;  $p=0.000$ ).

#### **4.9. Conclusion**

Physical touch is very vital in ensuring there is marital quality among heterosexual couples in Nairobi County, Kenya. The study established that there is a strong, significant, and active relationship between physical touch and marital commitment. Physical touch would enhance marital commitment by ensuring that couples have the confidence in each other to set long-term marital goals and want to be with each other for their entire lives.

The study also established that there is a superior, significant, and constructive relationship between physical touch marital adjustments. Among the couples, adopting healthy virtues from both families that work for the new family they created together and figuring out what works for their marriage together, creates an atmosphere for better marital adjustment.

The study further identified that there is a major, significant and confident relationship between physical touch and marital satisfaction. This implies that changes in physical touch would significantly lead to changes in marital satisfaction among heterosexual couples in Nairobi County, Kenya. Marital satisfaction is attributed to couples being happy and content about their marriage and having a great deal of love and affection.

## CHAPTER FIVE

### SUMMARY OF FINDINGS, DISCUSSIONS, CONCLUSIONS AND RECOMMENDATIONS

#### **5.1. Introduction**

The goal of this study was to examine how physical touch affected marriage quality among heterosexual couples in Nairobi County, Kenya. This chapter, therefore, outlines the findings, discussions and the implications of the highlighted findings, and commendations for practice as well as additional research.

#### **5.2. Summary of Findings**

This study was propelled by the recent development in relationships in a global phenomenon. This section is a summary of the major findings arising out of the study.

##### ***5.2.1. Confounding Variables***

The research found that a unit change in gender can result in active and an insignificant change in marital quality among heterosexual couples in Nairobi County, Kenya ( $\beta=0.020$ ;  $p=0.881$ ). The study also showed that a unit change in religion could lead to positive and a significant change in marital quality among heterosexual couples in Nairobi County, Kenya ( $\beta=0.610$ ;  $p=0.031$ ). The study further notes that a unit change in socioeconomic status could lead to positive and a significant change in marital quality among heterosexual couples in Nairobi County, Kenya ( $\beta=0.283$ ;  $p=0.005$ ). The study established that a unit change in family background could lead to positive and a significant change in marital quality among heterosexual couples in Nairobi County, Kenya ( $\beta=0.599$ ;  $p=0.000$ ).

##### ***5.2.2. Physical Touch and Marital Commitment***

The study meant to explore the impacts of physical touch on marital commitment among heterosexual couples in Nairobi County, Kenya. The study established that there is a strong, significant, and active relationship between physical touch and marital commitment ( $r=0.711$ ; sig. =0.00). Further the study established that a unit change in physical touch will lead to a positive and significant change in marital commitment among heterosexual couples in Nairobi County, Kenya ( $\beta=0.308$ ;  $p=0.000$ ). The study established that marital commitment entails couples having relationship's long-term success in mind, wanting to be with their partners for their entire lives and doing everything in their power to keep the marriage bond strong. The

study also established, for couples to remain committed, they need to support each other during the hard times, feel the pain of each other and frequently discuss what life would be like when they are extremely old. The study also established couples need to prepare for future activities and carefully evaluate the effects of their choices for their connection.

### **5.2.3. *Physical Touch and Marital Adjustment***

The study desired to determine the impacts of physical touch on marital adjustment among heterosexual couples in Nairobi County, Kenya. The study showed that there is a strong, significant, and active relationship between physical touch marital adjustment ( $r=0.767$ ;  $\text{sig.}=0.000$ ). The study identified that a unit change in physical touch will lead to a positive and significant change in marital adjustment among heterosexual couples in Nairobi County, Kenya ( $\beta=0.306$ ;  $p=0.000$ ). The study established that the targeted couples were so excited to live together, adopted healthy things from both of their families that work for the new family they created together and stopped ignoring each other as they figure out what works for their marriage together. The study also established that the targeted couples ensure they have same views by communicating freely with each other without fear of being judged. Moreover, the study established that the targeted couples held each other accountable and they engage each other when it comes to every decision. In addition, the study established that the targeted couples have put aside some of their preconceived expectations about their roles.

### **5.2.4. *Physical Touch and Marital Satisfaction***

The study aimed to ascertain the impacts of physical touch on marital satisfaction among heterosexual couples in Nairobi County, Kenya. The study showed that there is a major, significant, and positive association between physical touch and marital satisfaction ( $r=0.689$ ;  $\text{sig.}=0.000$ ). The study recognised that a unit change in physical touch will lead to a positive and significant change in marital satisfaction among heterosexual couples in Nairobi County, Kenya ( $\beta=0.541$ ;  $p=0.000$ ). The study established that the targeted couples were happy and content about their marriage and being away from each does not affect their marriage. The study also found that the targeted couples have a great pact of love and affection, get along nicely in their free time and solve conflicts amicably. The study also found that the targeted couples have enjoy doing a lot of things together in their life.

### **5.3. Discussion of Findings**

Unlike several studies examining the various factors such as socioeconomic consequences in a relationship, this study explores the effect of touch and this is likely to influence the acceptance or refusal of various types of relationship, including intimacy and distance. This section examines the implication of touch on relationship,

#### ***5.3.1. Confounding Variables***

The study discovered that a gender unit adjustment could result in a favourable but minor change in marriage quality among diverse couples in Nairobi County, Kenya ( $\beta=0.020$ ;  $p=0.881$ ). The study also found that a religious unit change could lead to a favourable and substantial change in marriage quality among heterosexual couples in Nairobi County, Kenya ( $\beta=0.610$ ;  $p=0.031$ ). (Tang & Curran 2013) contended that there was no clear gender alteration in the association between partners' structural, moral, and personal commitment and their fairness judgements. According to Allgood et al. (2008), higher degree of values and appearance have a positive relationship with devotion to spouse and marriage, whereas lower levels of religious ideals and attendance are associated with constraint commitment.

According to the study, a unit change in socioeconomic level might lead to a positive and substantial change in marriage quality among diverse couples in Nairobi County, Kenya ( $\beta=0.283$ ;  $p=0.005$ ). The study found that a change in familial background unit could result in a positive and substantial change in marital quality among diverse couples in Nairobi County, Kenya ( $\beta=0.599$ ;  $p=0.000$ ). According to Larry B & Lu H, (2000), the likelihood of marital breakdown is highest among women who got married young, have little education, have history of cohabitation, and whose partner has previously been married. Parental family disturbance has the greatest impact on marital stability through age at marriage and cohabitation.

#### ***5.3.2. Physical Touch and Marital Commitment***

The study established that there is a superior, significant, and active relationship between physical touch and marital commitment ( $r=0.711$ ; sig.  $=0.00$ ). Further the study established that a unit change in physical touch will lead to a positive and significant change in marital commitment among heterosexual couples in Nairobi County, Kenya ( $\beta=0.308$ ;  $p=0.000$ ). The study established that marital commitment entails couples having relationship's long-term success in mind, wanting to be with each other partner for the entire lives and doing everything in their power to keep the marriage bond strong. The study also established for couples to remain

committed they need to support each other during the tough times, feel the pain of each other and frequently discuss what life would be like when they are extremely old. The study also established couples need to prepare for future activities and carefully evaluate the effects of their choices for their connection. Funk et al. (2007) argues that the quality of marriage is highly impacted by touch in that, if touch is present, the likelihood of divorce is low; if physical touch is absent, divorce rates are high throughout the world. Schramm (2007) argues that there is an exclusive relationship between income level, state support and marital gratification and commitment. While the study demonstrates that low income has a detrimental effect on marital quality, there are other aspects to consider.

### ***5.3.3. Physical Touch and Marital Adjustment***

The study showed that there is a strong, significant and an active relationship between physical touch marital adjustment ( $r=0.767$ ; sig. =0.000). The study identified that a unit change in physical touch will lead to a positive and significant change in marital adjustment among heterosexual couples in Nairobi County, Kenya ( $\beta=0.306$ ;  $p=0.000$ ). The study depicted that the targeted couples were so excited to live together, adopted healthy things from both families that work for the new family they created together and stopped ignoring each other as they figure out what works for their marriage together.

The study also established that the targeted couples ensure they have same views by communicating freely with each other without fear of being judged. Moreover, the study established that the targeted couples held each other accountable and they engage each other when it comes to every decision. In addition, the study established that the targeted couples have put aside some of their preconceived expectations about their roles. Kroeger & Evans (2002) noted that physical touch is a major part of marriage that enhances couples' true intimacy and emotional connection. Fincham & Bradbury (1987) asserts that physical touch between a husband and wife in a healthy relationship can be the most connecting, emotionally-intimate experience in life. This is greatly supported by Floyd et al, (2009), Fraley, Brumbaugh and Marks (2005) and Goldstein et al., (2016) who insists that touch is a part of the greater attachment in an association. In a marriage, discussing about and physical touch freely will make each spouse feel valued and enhance understanding of intentions and feelings.

#### **5.3.4. *Physical Touch and Marital Satisfaction***

The study also aimed to determine the impact of physical touch on marital satisfaction among diverse couples in Nairobi County, Kenya. Physical touch has a substantial, significant, and positive link with marital satisfaction, according to the study ( $r=0.689$ ;  $sig. =0.000$ ). According to the findings, a unit change in physical touch leads to a positive and substantial change in marital happiness among diverse couples in Nairobi County, Kenya ( $=0.541$ ;  $p=0.000$ ). Wagner et al. (2020) suggest that marital satisfaction relates to a person's overall subjective judgment of the quality of their marriage. A key premise of feminist thought is women devalued and subservient status in society and families.

The study found that the targeted couples were happy and comfortable with their marriage, and that being apart from each other had no effect on their relationship. The survey also discovered that the targeted couples have a lot of love and affection for one another, get along well in their spare time, and resolve problems amicably. The survey also discovered that the targeted couples like conducting a variety of activities together in their lives. According to Midget (2016), the significant dictum was founded on the feminist viewpoint that marriage is repressive to females, which is isomorphic of a general societal milieu of male honour. According to Amoateng and Heaton (1989), males fight their wives' efforts to allocate childcare and housework more evenly, and spouses are generally dissatisfied with the division of labour in their partnerships. This unequal division of labour is linked to lower marital satisfaction.

#### **5.4. Conclusions**

The study determined that physical touch and marital commitment have a strong, significant and positive relationship. This implies that changes in physical touch would significantly determine the marital commitment among heterosexual couples. Physical touch would enhance marital commitment by ensuring that couples have the confidence in each other to set long-term marriage goals and want to be with each other for their entire lives. This would make them do everything in their power to keep the marriage bond strong, support each other during the hard times and prepare for future activities together as a couple.

The study further concluded that physical touch and marital adjustment have a strong significant and positive relationship. This is an indication that changes in physical touch would significantly determine marital adjustment among heterosexual couples in Nairobi County, Kenya. Among the couples, adopting healthy things from both families that work for the new



family they created together and figuring out what works for their marriage together, creates an atmosphere for better marital adjustment. Moreover, frequent communication between the couples without fear of being judged ensures effective marital adjustment.

The study concluded that physical touch and marital satisfaction have a significant and positive relationship. This implies that changes in physical touch would significantly lead to changes in marital satisfaction among heterosexual couples in Nairobi County, Kenya. Marital satisfaction is attributed to couples being happy and content about their marriage, having a great deal of love and affection, always getting along nicely in their free time and solving family conflicts amicably.

### **5.5. Recommendations**

The study recommends that couples should be encouraged to be more emotionally attached to each other for them to explore more ways of exercising physical touch both sexually and non-sexually.

There is also need for couples to integrate physical touch as one of regular marital practices. The study also recommends that marital physiologists and counsellors should encourage couples to come up with strategies of appreciating each other, supporting each other and increasing willingness to explore more intimacy options among them.

The study recommends that couples need to be encouraged to seek professional assistance such as marital counselling to deal with deficiencies including in physical touch that might affect their marital quality. There was also a need to enhance marital adjustment through regular marriage seminars including in places of worship as well as integrating relationship counselling in counselling at the work place where marriage and family therapists can assist work out processes of enhanced marital quality.

The study further recommends that there is need for couples to attend seminars and conferences that seek to empower them and their partners on ways and means of dealing with marital challenges including those linked to physical touch. This would enhance marital commitment that was established to be significantly affected by physical touch.

The study recommends workshops and seminars for married couples of all ages to equip them with knowledge and skills on aspects that enhance marital satisfaction such as effective communication, intrapersonal and interpersonal skills and conflict resolution and management skills.

The study also recommends that intervention programmes be put in place to educate couples by encouraging them to seek therapy from marriage and family therapists who can assist them in handling issues that bring conflicts in marriages and more importantly deal with what constitutes marital adjustment at individual and couple levels.

### **5.6. Suggestions for Further Research**

This study only focused on heterosexual couples in Nairobi County. Despite the vast amount of literature on relationship, there are numerous important topics and regions that still warrant future research including in cross-cultural context. Future studies should be extended to cover other regions and counties in Kenya and beyond to determine the influence of physical touch on marital quality including the cross-cultural inclinations. The study also recommends that future studies should also determine the influence of touch and other sentiments on marital quality by focusing on couples in long-distance marital relationship and those who have been married over a long period such as over twenty (20) years. Future studies should also seek to examine the challenges facing couples in maintaining physical touch as part of marital practices among heterosexual couples in Kenya and beyond.

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## APPENDICES

### Appendix I: Introduction Letter

Imelda Kathure Muriithi  
University of Nairobi  
Faculty of Arts, Department of Psychology  
Reg No: C50/40327/2021  
Date.....

To whom it may concern

Dear Sir/Madam,

**RE: INVITATION TO PARTICIPATE IN RESEARCH**

I'm a University of Nairobi student pursuing a Master's Degree in Counselling Psychology. I am conducting a study on the influence of physical touch on marital quality among heterosexual couples in Nairobi County and it would be my pleasure if you'd be part of the study.

I humbly request for your participation by responding to the questions in the questionnaires completely and honourably and to express yourself honestly; kindly feel free to reach out for any clarifications.

The data collected from this study will be handled with absolute confidentiality and will only be used for academic research purposes.

Kindly note that there won't be any kind of compensation and in case you wish to withdraw your participation, you'll be allowed to without any restrictions

Thank you in advance for your participation and feedback.

Yours faithfully,



Imelda Kathure Muriithi

## Appendix II: Study Questionnaire

### A QUESTIONNAIRE FOR ASSESSMENT OF THE INFLUENCE PHYSICAL TOUCH HAS ON MARITAL QUALITY AMONG HETEROSEXUAL COUPLES IN NAIROBI COUNTY.

I appreciate you for taking your time to fill in the questionnaire herein. I humbly request for your participation by responding to the questions in the questionnaires completely and honourably and to express yourself honestly. The data collected from this study will be handled with absolute confidentiality and will only be used for academic research purposes.

The questions in this questionnaire have been derived from several scales including: Emirati Marital Satisfaction Scale (Rashed FATIMA A. et al, 2014), Commitment scale 15 Item version (Rusbult, C. E., Martz, J. M., & Agnew, C. R. 1998), Marital Adjustment Test (Locke, H. J., & Wallace, K. M. 1959) and the Quality Marriage Index / Relationship Quality Index (Norton, R. 1983).

**Instructions:** Please Tick (✓) or write down your response.

#### SECTION A: BACKGROUND INFORMATION

1. Gender (Tick (✓))      Male [ ]      Female [ ]
  
2. Age (Tick (✓))
  - a) 18 - 24 years [ ]
  - b) 25 - 34 years [ ]
  - c) 35 - 44 years [ ]
  - d) 45 - 54 years [ ]
  - e) Fifty-five and Above [ ]
  
3. Years of marriage (Tick (✓))
  - a) 1 year and below [ ]
  - b) 2-5 years [ ]
  - c) 6-10 years [ ]
  - d) 11-15 years [ ]
  - e) 16-20 years [ ]

4. Religion (Tick (√))
- a) Christian [ ]
  - b) Muslim [ ]
  - c) Hindu [ ]
  - d) Other \_\_\_\_\_
5. Family Background (Tick (√))
- a) Raised by both parents/guardians [ ]
  - b) Raised by a single parent [ ]
6. Employment Status (Tick (√))
- a) Permanent employment [ ]
  - b) Casual / Temporary employment [ ]
  - c) Contract based employment [ ]
  - d) Self-employment [ ]
  - e) Unemployed [ ]
7. Type of residence (Tick (√))
- a) Stand-alone house [ ]
  - b) Semi-permanent house [ ]
  - c) Multi-family Residential home [ ]
8. Education level (Tick (√))
- a) Primary [ ]
  - b) Secondary [ ]
  - c) Tertiary [ ]
  - d) Post Graduate [ ]
9. Monthly Income (Tick (√))
- a) Below Kshs 10,000 [ ]
  - b) Kshs 11,000 - 20,000 [ ]
  - c) Kshs 21,000 - 30,000 [ ]
  - d) Kshs 31,000 - 40,000 [ ]

- e) Kshs 41,000 - 50,000 [ ]
- f) Kshs 51,000 - 60,000 [ ]
- g) Kshs 61,000 - 70,000 [ ]
- h) Over Kshs 71,000 [ ]

**SECTION B:**

**PART 1: Physical Touch and Marital Commitment**

Please indicate, using a (Tick (√)) how strongly you agree/disagree with the following declarations, where SD stands for Strongly Disagree, D stands for Disagree, N stands for Neutral (Neither Agree nor Disagree), A stands for Agree, and SA stands for Strongly Agree.

Statement	SD	D	N	A	SA
I will do everything in my power to keep us together for the rest of our lives.					
I consider how our relationship will develop gradually					
When things are not going well for my partner, I feel awful.					
I want to be with my partner for the rest of my life.					
There is absolutely no chance that I would ever develop romantic feelings for someone else.					
I have our relationship's long-term success in mind (for instance, I picture living with my partner decades afterwards).					
I'll do everything in my power to keep us together for the rest of our lives.					
I value my spouse more than anyone else in the world, even more than my parents, buddies, etc.					
I would feel as though my life has been ruined if our relationship ever ended.					
I frequently picture my future life with my spouse.					
I frequently discuss what life would be like when my partner and I are extremely old.					
When things in our relationship aren't going well, I feel dreadful.					
I will do everything in my power to keep our bond strong.					

When preparing for future activities in my life, I carefully evaluate the effects of my choices for our connection.					
My partner and I have a good relationship					

**Part 2: Physical Touch and Marital Adjustment**

	Statement	SD	D	N	A	SA
	I was so excited to live with my spouse					
	My spouse and I get to figure out what works for our marriage together					
	We put aside some of our preconceived expectations about our roles.					
	We have adopted healthy things from both families that work for the new family we are creating together					
	I've learned that my spouse and I are on the same team.					
	My spouse is my main support system					
	My spouse can see everything I buy, and he holds me accountable.					
	We communicate freely with my spouse without fear of being judged					
	My spouse and I have learned to create new habits, to get rid of old ones					
	I take my spouse into consideration when it comes to every decision					
	I have stopped ignoring my partner					

**Part 3: Physical Touch and Marital Satisfaction**

	Statement	SD	D	N	A	SA
	We are not near enough to each other, but our relationship is going well and we are a really contented pair.					
	In our relationship, we have a great deal of love and affection.					
	We are each other's best friends.					
	If I hadn't started this relationship, I would be happier					
	My partner and I get along nicely in our free time.					
	My partner doesn't give me enough attention.					
	We enjoy doing a lot of things together in our life.					
	If I had known then what I know now, I would not have wedded my spouse					

When we argue, my spouse assists us in reaching a compromise.					
I feel like I want to leave my partner sometimes.					
I don't feel like showing my spouse any love.					
Without my husband or wife, I can't picture living.					
I am content because of our relationship.					
When we are together, we never get bored.					
There are some significant issues in our relationship that we cannot resolve.					
I think I can handle any issues with my partner.					
My pals and I have more fun together than when with my spouse.					
My relationship with my partner makes me happy					

**Section C: Physical Touch**

*Instructions:* Kindly fill in your answer

1. How important is physical intimacy for you?  
.....
2. What form of physical touch do you prefer?  
.....
3. How physically attracted to your spouse have you been feeling lately?  
.....
4. Does your spouse meet your expectations of physical touch?  
.....
5. What influence does physical touch have on your decision to pursue a romantic relationship?  
.....
6. The next time you and your partner are together, what is the one thing you would like him/her to do to you?  
.....
7. Are you satisfied with the physical aspects of your relationship?  
.....
8. All things considered; what degree of happiness best describes your marriage?  
.....
9. How stable is your marriage?



- .....
10. What is the best part about you and your spouse being together?  
.....
11. When was the last time you felt the emotionally attached to your spouse?  
.....
12. How do you personally express your love for your partner?  
.....
13. In a perfect world, how often would you like to be intimate with your spouse?  
.....
14. How can you keep the physical intimacy between you and your partner strong throughout the day, outside of the bedroom?  
.....
15. What would make your sexual relationship better for you?  
.....
16. According to you, does Intimate Partner Violence affect the nature of physical intimacy and why?  
.....

**Any other comments**

.....

.....


.....

**THANK YOU**

### Appendix III: Introduction Letter from University of Nairobi




**Appendix IV: NACOSTI Research Permit**


  
**NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION**

**Date of Issue: 25/July/2022**

**RESEARCH LICENSE**


  
**REPUBLIC OF KENYA**


**Ref No: 550748**




**This is to Certify that Miss. IMELDA MURIITHI of University of Nairobi, has been licensed to conduct research in Nairobi on the topic: INFLUENCE OF PHYSICAL TOUCH ON MARITAL QUALITY AMONG HETEROGENOUS COUPLES IN NAIROBI COUNTY, KENYA for the period ending: 25/July/2023.**

**License No: NACOSTI/P/22/19233**

**Applicant Identification Number 550748**


  
**Director General**
  
**NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION**

**Verification QR Code**
  


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