

**FACTORS INFLUENCING DIVORCE: A CASE OF MWITERIA CIRCUIT IN  
IMENTI NORTH- MERU COUNTY, KENYA**

**LYDIA, GACHERI KIRIMI**

**THESIS SUBMITTED TO THE SCHOOL OF EDUCATION AND SOCIAL  
SCIENCES IN PARTIAL FULFILLMENT FOR THE CONFERMENT OF,  
MASTER OF ARTS IN COUNSELLING PSYCHOLOGY DEGREE OF KENYA  
METHODIST UNIVERSITY**

**SEPTEMBER, 2019**

**DECLARATION AND RECOMMENDATION**

I declare that this research thesis is my original work and has not been presented in any other University.

Name: Lydiah, Gacheri Kirimi

Reg. No. MCO-3-0307-2/2013

Signature.....

Date.....9<sup>th</sup> September, 2019

This research thesis has been presented with our approval as the University supervisors.

Prof. Nephath. J. Kathuri

Signature.....

Date.....9<sup>th</sup> September, 2019

Name: Dr. Bernard Wamalwa

Signature.....

Date.....9<sup>th</sup> Sept. 2019

**COPYRIGHT**

**©2018**

**LYDIAH GACHERI KIRIMI**

All rights reserved. No part of this thesis may be reproduced or transmitted in any form, by means of mechanical, including photocopying, recording or any other retrieval system without prior written permission of the author or Kenya Methodist University, on that behalf.

## **DEDICATION**

This research thesis work is dedicated to my husband Aclad Kirimi and to our children

Mercy and Moses.

## **ACKNOWLEDGEMENT**

I wish most sincerely to register my acknowledgement to the Almighty God for his grace in the production of this work, amidst several challenges in the long journey. I am grateful to my two research supervisors Prof. N. J. Kathuri and Dr. B. Wamalwa for their tireless support from the very humble beginning to this very end. This far we can afford a smile for great work accomplished. To my colleagues in the university, counselling class and professional counsellors in the field, as well as, other friends I have interacted with in the course of the study, I will ever be grateful for the inspiration you gave me. To my dear husband, daughter and son I treasure you for upholding me materially, morally and prayerfully; my success is yours too. Lastly, I wish to express special thanks to MCK Mwiteria Circuit members for their cooperation and assistance in coming up with this completed research work, hoping that it will inspire and transform lives.

## **ABSTRACT**

Divorce is unexpected experience among married men and women that cut short their life dreams against the divine intended purpose for marriage and family as a unit. The purpose of this study was to investigate the factors influencing divorce among Christian couples in MCK Mwiteria Circuit. Specifically, the study sought to establish the influence of infidelity on divorce among couples in MCK Mwiteria Circuit, to evaluate the influence of domestic violence on divorce among couples in MCK Mwiteria Circuit, to assess the impact of socio-cultural factors that influence divorce among couples in MCK Mwiteria Circuit and to investigate the economic factors that influence divorce among married couples in MCK Mwiteria Circuit. The study was founded on Albert Bandura social cognitive theory and social cognitive theory. The study adopted a descriptive research design and targeted 320 married men/women of all ages among Christian affiliations, 45 separated/divorced men/women, 12 Church elders and 2 Methodist Church Ministers in MCK Mwiteria Circuit. The data was collected using a questionnaire. The study established that, infidelity strongly contributed to divorce among couples. In addition, the study revealed that some respondents had experienced domestic violence. Also, the study observed that economic factors influenced divorce among couples as was confirmed by the divorced respondents. However, the study found that socio-cultural affairs did not influence divorce among couples as was the case of infidelity, domestic violence and economic factors. Moreover, the study revealed that divorce can be prevented or minimized through improved communication, financial transparency and accountability, as well as, avoiding sticking to the cultural beliefs and practices. The researcher recommends the need to create more enlightenment and awareness in order to enhance transparency and mutual fidelity among couples. In addition, there is need to advocate and sensitize couples on the effects and consequences of domestic violence in a family set up. In order to address economic issues, there is need for couples' seminars with arrangement of the Church ministers and professional counsellors, through which couples can be taught about financial accountability and transparency, as well as, financial sustainability.

## TABLE OF CONTENTS

|   |                                     |
|---|-------------------------------------|
| <b>DECLARATION AND RECOMMENDATION</b> .....   | <b>Error! Bookmark not defined.</b> |
| <b>COPYRIGHT</b> .....                        | <b>iii</b>                          |
| <b>DEDICATION</b> .....                       | <b>iv</b>                           |
| <b>ACKNOWLEDGEMENT</b> .....                  | <b>v</b>                            |
| <b>ABSTRACT</b> .....                         | <b>vi</b>                           |
| <b>TABLE OF CONTENTS</b> .....                | <b>vii</b>                          |
| <b>LIST OF TABLES</b> .....                   | <b>x</b>                            |
| <b>LIST OF FIGURES</b> .....                  | <b>xi</b>                           |
| <b>ABBREVIATIONS AND ACRONYMS</b> .....       | <b>xii</b>                          |
| <b>CHAPTER ONE</b> .....                      | <b>1</b>                            |
| <b>INTRODUCTION</b> .....                     | <b>1</b>                            |
| 1.1 Introduction .....                        | 1                                   |
| 1.2 Background of the Study .....             | 1                                   |
| 1.3 Statement of the Problem .....            | 5                                   |
| 1.4 Justification of the Study .....          | 6                                   |
| 1.5 Purpose of the Study .....                | 7                                   |
| 1.6 Objectives of the Study .....             | 7                                   |
| 1.7 Research Questions .....                  | 7                                   |
| 1.8 Significance of the Study .....           | 8                                   |
| 1.9 Assumptions of the Study .....            | 8                                   |
| 1.10 Limitation of the Study .....            | 9                                   |
| 1.11 Delimitation of the Study .....          | 9                                   |
| 1.12 Operational Definition of Terms .....    | 10                                  |
| <b>CHAPTER TWO</b> .....                      | <b>12</b>                           |
| <b>LITERATURE REVIEW</b> .....                | <b>12</b>                           |
| 2.1 Introduction .....                        | 12                                  |
| 2.2 The Concept of Marriage and Divorce ..... | 12                                  |
| 2.3 The View of the Church on Divorce .....   | 14                                  |
| 2.4 Factors Influencing Divorce .....         | 16                                  |

|   |            |
|---|------------|
| 2.6 Theoretical Framework .....   | 30         |
| 2.7 Conceptual Framework .....  | 33         |
| <b>CHAPTER THREE</b> .....  | <b>36</b>  |
| <b>RESEARCH METHODOLOGY</b> .....                                       | <b>36</b>  |
| 3.1 Introduction .....  | 36         |
| 3.2 Location of the Study .....   | 36         |
| 3.3 Research Design .....   | 37         |
| 3.4 Target Population .....   | 37         |
| 3.5 Sample Size and Sampling Procedure .....                            | 38         |
| 3.6 Research Instruments .....  | 39         |
| 3.7 Pilot Study of the Research Instruments .....                       | 40         |
| 3.8 Data Collection Procedure .....                                     | 42         |
| <b>CHAPTER FOUR</b> .....   | <b>447</b> |
| <b>RESULTS AND DISCUSSION</b> .....                                     | <b>44</b>  |
| 4.1 Introduction .....  | 44         |
| 4.2 Demographic Characteristics .....                                   | 44         |
| 4.3 Main Challenging Marital Problems among Couples .....               | 50         |
| 4.4 Source of Marital Problems among Couples .....                      | 51         |
| 4.5 Desire to Re-unite after Separation .....                           | 52         |
| 4.6 Stability of the Marriage among Couples .....                       | 52         |
| 4.7 Duration the Respondents had Marital Issues .....                   | 52         |
| 4.8 Persons Consulted on Marital Problems .....                         | 53         |
| 4.9 Divorce as a Solution to Marital Problems .....                     | 55         |
| 4.10 Influence of Infidelity on Divorce among Couples .....             | 55         |
| 4.11 Influence of Domestic Violence on Divorce among Couples .....      | 58         |
| 4.12 Influence of Socio-cultural Factors on Divorce among Couples ..... | 60         |
| 4.13 Strategies Suggested for Addressing Marital Related Issues .....   | 63         |



|   |    |
|---|----|
| <b>CHAPTER FIVE</b> .....   | 66 |
| <b>SUMMARY, CONCLUSIONS AND RECOMMENDATIONS</b> .....               | 66 |
| 5.1 Introduction .....  | 66 |
| 5.2 Summary of the Study.....                                       | 66 |
| 5.3 Conclusions .....   | 68 |
| 5.4 Recommendations .....   | 68 |
| 5.5 Suggestions for Further Studies .....                           | 70 |
| <b>REFERENCES</b> .....   | 71 |
| <b>APPENDICES</b> .....   | 77 |
| Appendix I: Introduction Letter to the Research Participants.....   | 77 |
| Appendix II: Questionnaire for the Divorced/Separated Couples ..... | 78 |
| Appendix III: Questionnaire for the Couples.....                    | 82 |
| Appendix IV: Interview-Guide for the Church Elders.....             | 86 |
| Appendix V: Interview-Guide for the Church Ministers .....          | 89 |
| Appendix VI: MCK Mwitaria Circuit Location in the Map .....         | 92 |
| Appendix VII: Ethical Clearance of Masters’ Research Thesis.....    | 93 |
| Appendix VIII: Research Permit.....                                 | 95 |

## LIST OF TABLES

|   |    |
|---|----|
| Table 3. 1: Target Population .....   | 38 |
| Table 3. 2: Sampling Matrix for the Couples of MCK Mwiteria Circuit .....     | 39 |
| Table 4. 3: Marital Status of the Respondents .....                           | 45 |
| Table 4. 4: Type of Marriage .....  | 46 |
| Table 4. 5: Age Brackets of the Respondents .....                             | 47 |
| Table 4. 6: Education Level of the Respondents .....                          | 47 |
| Table 4. 7: Religious Background of the Respondents.....                      | 48 |
| Table 4. 8: Years of Marriage before Divorce / Separation.....                | 49 |
| Table 4. 9: Challenging Marital Problems.....                                 | 50 |
| Table 4. 10: Sources of Marital Problems among Couples .....                  | 51 |
| Table 4. 11: Stability of Marriage among Couples.....                         | 52 |
| Table 4. 12: Duration Respondents had Marital Issues .....                    | 53 |
| Table 4. 13: Persons Consulted on Marital Problems.....                       | 54 |
| Table 4. 14: Infidelity and Marital Status .....                              | 55 |
| Table 4. 15: Effect of Infidelity on Marital Relationships.....               | 57 |
| Table 4. 16: Domestic Violence and Marital Status .....                       | 58 |
| Table 4. 17: Effects of Domestic Violence on Marital Relationships .....      | 59 |
| Table 4. 18: Socio-cultural Issues and the Marital Status.....                | 60 |
| Table 4. 19: Effects of Socio-cultural Issues on Marital Relationships.....   | 61 |
| Table 4. 20: Economic Factors and Marital Status .....                        | 62 |
| Table 4. 21: Effects of Economic Factors on Marital Relationships .....       | 63 |
| Table 4. 22: Strategies Suggested for Addressing Marital Related Issues ..... | 65 |

## **LIST OF FIGURES**

|   |    |
|---|----|
| Figure 2. 1: Abraham Maslow's hierarchy of human needs; (Maslow, 2013)..... | 33 |
| Figure 2. 2: Conceptual framework on variables in the study .....           | 35 |

## **ABBREVIATIONS AND ACRONYMS**

|                |   |   |
|----------------|---|---|
| <b>APA</b>     | : | American Psychological Association                          |
| <b>IPV</b>     | : | Intimate Partner Violence                                   |
| <b>IVP</b>     | : | Inter-varsity Press   |
| <b>MCK</b>     | : | Methodist Church in Kenya                                   |
| <b>NACOSTI</b> | : | National Commission for Science, Technology and Innovations |
| <b>SPSS</b>    | : | Statistical Package for Social Science                      |

# **CHAPTER ONE**

## **INTRODUCTION**

### **1.1 Introduction**

This chapter presented the background of the study, statement of the problem, justification of the study, purpose of the study, objectives of the study, research questions, significance of the study, assumptions of the study, scope of the study, limitation and delimitation of the study and operational definition of terms.

### **1.2 Background of the Study**

Divorce is the legal dissolution of a marriage. Isiugo-Abanihe, (2018) citing (Concise Oxford English Dictionary, 11th Edition, 2009), argues that a male divorcee is called divorce, while a female divorcee is called divorce, also, marriage is the formal union of a man and a woman, typically as recognized by law, by which they become husband and wife. He further argues that divorce is the dissolution of a marriage by judgment of a court or by accepted custom. It can also be called a total separation. It is also a legal way of ending marriage. The family occupies a pivotal place in every society and in the Africa continent at large. It is indeed the bedrock of the state, nation, continent, and world at large. Healthy families produces a healthy nation and healthy continent while weak families breed weak, corrupt, and a disarray nation and continent. For a nation and continent or the world at large to be at peace, it must first be settled from the family. The sanity in the continent will never rise above that of the family (Olaniyi, 2015).

Marital conflicts and other related challenges cut across couples of all walks of life. Despite the fact, people freely make choices for their life partners through whom their intentions for a desired and fulfilling life can be realized. From the very beginning God considered it worthy for two people living together as life partners when He said, *“It is not good for the man to be alone, I will make a helper suitable for him,”* Genesis 2:18,(International Bible Society). The two life partners in this case according to the plan of God are considered to be the husband and wife in marriage union as one flesh, (Genesis 2:24, (International Bible Society). As people enter into the marriage union, none would guess or even predict that their marriage would be interfered with by tough prevailing circumstances, resulting to divorce, as it has happened to several couples in the recent times. Research in the recent years consider divorce to be at its highest level throughout the world, cutting across all people’s and cultures, thus affecting families and societies in several different ways, depending on couples underlying factors (Burnham, 2018).

In United States of America, Melgosa and Melgosa (2006) confirms that, ‘divorce is a growing problem’. Real causes are either hidden or confided only to the closest family members or friends. In addition, only psychologists can tell the real causes of divorce in their efforts to helping the couples in crisis. Melgosa’s finding from a study done by a group of psychotherapists on the frequent cases for divorce in 1998 highlights, the most common reasons for divorce to be such as; communication problems, problems of authority, unrealistic expectations, sexuality, absence of loving feelings, conflict of values, personality problems, marital infidelity, lack of affection and money issues.

Kerber, (2005), carried out a comparative study on divorce law and he found that in many American states divorces are pronounced on the grounds of the cruel and inhuman conduct

of either of the spouses. In New Zealand, Kerber, (2005) further consider grounds for divorce to include such aspects as adultery by either of the spouse, willful desertion and habitual drunkenness that may lead to imprisonment for a term of years.

Addressing the issue of marriage and divorce in Russia, Pakhomova (2010) has argued that,

*“support for marriage as an institution in Russian society remains very strong, although divorce is becoming more frequent. Reasons for wishing to divorce are a mix of economic, social and personal factors, and divorce is no longer perceived as something that is extremely negative and unacceptable” (Pakhomova, 2010, p.4).*

He further pointed out that many experts on marriage and divorce seem to be talking about the crisis of the institution of the family, about the loss of the importance of family values among a substantial portion of Russians, especially young people. However, surveys carried out by the All-Russian Center for Public Opinion Research (VTsIOM) indicate a considerable reversal. The findings of this research indicated a significant rise in rates of divorce due to fading away of values, such as, love, self-realization in profession and friendship among Russia’s young people. Bradbury, Rogge and Lawrence (2016),citing Landis and Landis (1975) confirm that, the divorce rate decreases as couples’ age at marriage increases. The study showed that the younger the couple, the more unhappy they are in marriages, and the more vulnerable they are to divorce. The reasons being that young couples have most difficulties to cope with sexual relations, handling money, associating with friends, in-law relationships, and social activities or recreation.

In Africa, Mbiti (2008) considers divorce as a delicate accident in marital relationships. For him, what constitutes divorce must be viewed against the fact that marriage is a ‘process’. According to Mbiti, marriage involves many people and the gifts to be

transferred in form of livestock, money or labour. Upon the execution of the full contract of marriage, it is therefore, extremely hard to dissolve it. For Mbiti, in case dissolution takes place, it creates a great scar in the community concerned. Furthermore, Mbiti (2008) asserts that divorce takes place in some of the African societies, while in other communities, who are strongly bound by the traditional set ups, divorce is either completely unknown or very rare. In addition, sterility or barrenness, especially on the part of the wife was likewise considered to be the greatest cause for divorce, simply because inability to bear children blocks the stream of life. Other causes of divorce include: *“Continued cruelty from the husband, the practice (and suspicion) of magic and witchcraft by the wife, continued unfaithfulness from either partner or the desertion of one partner by the other”*, (Mbiti, 2008, p.141).

In Kenya, Kabintie reporting to the Saturday Nation of (December, 19, 2012), on the findings by Consumer Insight, said that divorce was on the rise. This is because most young people enter into marriage with wrong reasons such as financial instability, social insecurity and desire to have responsibilities. In addition, lack of parental guidance was also found to be a factor behind failing marriages in Kenya. Another recent study on the state of marriage in Kenya as captured in the Saturday Nation of (10<sup>th</sup>February, 2018) confirmed that marriage challenges have intensified due to cultural changes and the fast pace of life. This is as a result of unmet expectations, money differences, pressure to work and life, spousal isolation in which marriages are operating in a vacuum without adequate support. Most of marital cases reported to the area chief and the pastors by the couples are a clear indication of marital conflicts and crisis which has led some of them ending up in divorce. Church ministers have dealt with so many marital issues affecting couples of all



ages with some couples expressing the feeling of divorce as the only solution to their problems. It needs to be observed that before the actual divorce, the causes of the latter lead to feelings of hopelessness, stress, emotional dissonance, embarrassment, nagging and stress among other psychological states. Consequently, it is expected that marital counseling would be appropriate for dealing with the effects emanating from factors that influence divorce. This would go along way rescuing marriages for a stable community and the nation at large.

### **1.3 Statement of the Problem**

Divorce is a global marital challenge that cut across couples of all walks of life. Throughout the world divorce is found to be at its highest level, and has affected many families and societies in various ways, (Burnham, 2018). Indeed Melgosa's research specifically confirms divorce to be a growing problem in the United States of America (Melgosa and Melgosa, 2006). According to Pakhomova (2009), many experts on marriage and divorce confirm that the institution of the family is in crisis, due to loss of the importance of family values in Russia, especially to young people. In Africa divorce is found in some communities and is linked with aspects such as, sterility or barrenness, cruelty, use of magic and witchcraft by the wife, unfaithfulness and desertion by any of the partners (Mbiti, 2008).

In Kenya divorce is likewise reported to be on the rise as determined by such aspects as, financial instability, social insecurity, desire to have responsibilities and wrong reasons for marriage by the young people, according to the Saturday Nation, (December, 19, 2012). In MCK Mwitieria Circuit many couples are battling with marital conflicts and fights to the extent of breaking up in marriages. However, efforts to addressing divorce issues,

according to survey by the All-Russian Center for Public Opinion Research (VTsIOM), indicate a considerable reversal in addressing the vice. Instead there are high rates of divorce. Even in the MCK Mwiteria Circuit couples are prepared before marriage by the church ministers, others have been attended to during marital crisis and fights, at the same time couples seminars and pastoral care to families have always been done, yet many couples including those in MCK Mwiteria Circuit seem to be struggling with unhappy marriages. It is on this ground that something has to be done about the challenge.

Locally, studies that have been carried out include Ndikwe (2017), who did a study on the use of marital property agreements for the division of matrimonial property upon divorce in Kenya, and Olaniyi (2015), a study on the causal factors of divorce in African Homes. To the best of the researcher's knowledge there existed limited studies on divorce in Kenya. It was against this background the study sought to establish the factors affecting divorce in Kenya with special focus on MCK Mwiteria Circuit. It was hoped that through the results obtained in this study, it would be possible to recommend counselling approaches and methods that will help change marriage situations in MCK Mwiteria Circuit.

#### **1.4 Justification of the Study**

The study intended to show the effort that could be employed towards addressing factors discussed in this study with the hope of either preventing or minimizing separation cases that are most likely ending in divorce among couples. The study hoped to recommend some intervention measures towards stability of marriages and families in MCK Mwiteria Circuit. Bearing in mind that marriage originates from a relationship between two persons, counselling would therefore, play a great role from the very beginning and throughout their marriage union for a fulfilling livelihood within the community of faith.

### **1.5 Purpose of the Study**

The purpose of this study was to investigate the factors influencing divorce among Christian couples in MCK Mwiteria Circuit.

### **1.6 Objectives of the Study**

The study sought to achieve the following objectives;

- i. To establish the influence of infidelity on divorce among couples in MCK Mwiteria Circuit.
- ii. To evaluate the influence of domestic violence on divorce among couples in MCK Mwiteria Circuit.
- iii. To assess the impact of socio-cultural factors that influence divorce among couples in MCK Mwiteria Circuit.
- iv. To investigate the economic factors that influence divorce among married couples in MCK Mwiteria Circuit.

### **1.7 Research Questions**

The following questions aimed at accomplishing the goals of the study.

- i) To what extent does infidelity influence divorce among couples in MCK Mwiteria Circuit?
- ii) To what extent is domestic violence influencing divorce among couples in MCK Mwiteria Circuit?
- iii) What is the impact of socio-cultural factors on divorce among couples in MCK Mwiteria Circuit?

- iv) Are there any effects of economic factors on divorce among married couples in MCK Mwitteria Circuit?

### **1.8 Significance of the Study**

By nature, any marriage could end in divorce due to unexpected prevailing circumstances. Therefore, by couples understanding various factors leading to divorce, it would challenge individuals to face them boldly, and work out a better positive formula for marriage sustenance rather than breaking it. The information obtained from the study is hoped to benefit the bachelors and spinsters to prepare for marriage life with necessary information before they get into it. The results from this study would likewise be useful to the Church Ministers to guide them on the key areas to address, while preparing couples before marriage, as well as, those with marital issues. Moreover, the information obtained could richly add knowledge to counsellors to help them, especially, while preparing people for marriage, as well as, helping those undergoing marital crisis. Additionally, the results obtained from the study would form a part of the basis for related future studies.

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

While undertaking the study, the researcher made considerations on the following assumptions;

- i. The respondents would be willing to cooperate with the researcher to provide accurate and reliable information.
- ii. There would be participants who may have sought counselling services from the church ministers and marriage counsellors.

- iii. Some of the respondents could have had marital crisis due to the factors explored in the study yet they had never disclosed to anyone

### **1.10 Limitation of the Study**

The major limitation was a significant level of cooperation from the participants as some might have not perceived the benefits they could derive from the research. Some suspected that the research was meant to unearth their experiences. However, the use of university identity card and introductory letters from the industry associations helped enhance confidence in respondents and encourage them to participate.

### **1.11 Delimitation of the Study**

The study was delimited to the target population in MCK Mwiteria Circuit and mainly focused on the married, separated and divorced men and women within the four established churches. Moreover, the study delimited itself within four factors that affected divorce, they were infidelity, domestic violence, socio-cultural factors and economic factors.

## 1.12 Operational Definition of Terms

The following terms that featured in this study assumed the meanings against their names.

|                        |   |
|------------------------|---|
| <b>Adultery</b>        | A situation whereby people who are not married to each other engages into extra-marital affairs.  |
| <b>Circuit</b>         | Refers to the structure in the Methodist Church used to describe two or more congregations of churches found within the same locality. The circuit is headed by a superintendent minister.  |
| <b>Couple</b>          | Refers to a condition where a man and a woman live together as a husband and wife in making up a family. This term will be used in this study synonymously with the word married.   |
| <b>Divorce</b>         | A legal documented process of breaking a marriage with the help a legal officer.  |
| <b>Infidelity</b>      | A situation where two married persons (a man and a woman) not married to each other have agreed to engage in sexual affairs without the knowledge of their marriage partners.   |
| <b>Marriage</b>        | Refers to the union of two persons of the opposite sex bound by legal vows as a husband and wife for the purpose of raising up a family with the help of an authorized marriage registrar in a witnessed holy matrimony ceremony. |
| <b>Monogamy</b>        | Refers to a kind of marriage involving union of one man and one woman in the making of a family.  |
| <b>Mpango wa kando</b> | A Kiswahili phrase referring to secret intimacy relationship between a married person with an opposite sex who is not his/her spouse.   |
| <b>Polyandry</b>       | A condition where a woman is attached to more than one husband in marriage.   |

**Polygamy** Refers to a condition where a man is attached to more than one wife in marriage.

**Separation** Willful agreement of people in a marital relationship deciding to take a break hoping to cool down some unbearable situation in their marriage. Sometimes the separation may have no agreement but find it difficult to stay together and none of the two bothers about officiating the separation through traditional or legal means.

## CHAPTER TWO

### LITERATURE REVIEW

#### 2.1 Introduction

In this chapter the researcher carried out a review on various scholarly literatures in relation to the study topic. The chapter specifically addressed the general concept of marriage and divorce, the stand of the church on divorce, selected factors influencing divorce among married couples, counselling approaches that can help prevent divorce, theoretical framework and conceptual framework.

#### 2.2 The Concept of Marriage and Divorce

Marriage is defined as a “social institution (usually legally ratified) uniting a man and a woman (or in certain countries, people of the same sex) in special forms of mutual dependence often maintaining a family” (Hugenberger, 2014). As a social practice it is entered into through a public act, it reflects the purposes, character and customs of the society in which it is found. Monogamy, the union of two people is thought to be the prototype of human marriage and is the most widely accepted form, predominating also in societies in which other forms of marriage are accepted. For instance, polygamy and polyandry is not commonly practiced in the community being studied (Douglas, Doe, Gilliat-Ray & Sandberg, 2012).

The inception of the Christian marriage institution was basically for the divine purpose of long life union, mutual companionship and fellowship of one man and one woman as supported by Genesis 2:17, “Then the Lord God said, “It is not good for the man to live alone. I will make a suitable companion to help him,” (Good News Bible). Additionally, a man and a woman marry for procreation purposes –Genesis 1:28 “God blessed them and



said to them, “Be fruitful and increase in number (International Bible Society). Cohen and Bianchi (2015), citing Taylor (1983), considers marriage as a union of a man and a woman. Living together enhances their growth into a unity of mind and spirit, as well as, body. This is the foundation through which a family is established.

According to Cherchye, Demuynck, De Rock and Vermeulen (2017) citing Kerber (2005), marriage is a sexual union, involving the cohabitation, temporary or permanent of two or more persons, and having for one of its chief ends the production and care of off springs. For instance, in ancient, Rome, Bruze, Svarer and Weiss (2014) argues that marriage was a matter of simple private agreement in which the man and the woman approached each other on a footing of equality. Much as there are conflicts in marriage and divergent values and perspective of marriage values and high rate of divorce, the concept of marriage is still realistic even in today’s world.

According to Hebrews 13:4 (International Bible Society) “Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.” This means that the marriage institution must be highly regarded since it is within divine order. This relationship must be nurtured and maintained for the welfare of all, without which the society will fall. According to Sörgjerd (2012), marriage is a complex affair with economic, social and religious aspects which often overlap so firmly that they cannot be separated from one another.

*“For African peoples, marriage is the focus of existence; the meeting point of the community members, the departed, the living and those yet to be born” (Mbiti, 2008, p.130). Africans consider marriage as a drama where everyone is involved and none is expected to be a spectator. Therefore, it is a duty, a requirement from the corporate society, and a rhythm of life in which everyone must participate. Failure to get married, under normal circumstances, means that the person concerned has rejected society and society rejects him in return. If a person failed*

*to get married and bear children, he/she was considered to have quenched the fire of life. Upon his/her demise they were permanently forgotten. Generally, "marriage and procreation are the greatest hope....." (Mbiti, 2008, p.131).*

In Africa divorce is usually associated with sterility or barrenness, cruelty, magic and witchcraft by the wife, continued unfaithfulness by either of the spouses and desertion of one partner by the other as argued out by Sörngjerd (2012). Therefore, there is a correlation between African marriage, especially on marital unfaithfulness as a ground for divorce and the emphasis on spouses sticking in their marriages as supported by Mathew 19:4-9 (International Bible Society) "Therefore what God has joined together, let man not separate..."

### **2.3 The View of the Church on Divorce**

Divorce is the legal ending of a marriage. The laws of most nations permit divorce only under certain circumstances. According to the World Book (1986), divorce is restricted chiefly because it breaks up a family, the basic unit of a society. Some countries including Argentina and Ireland prohibit divorce. Nevertheless, people seek divorce since they cannot solve certain problems in their marriages, such as, "differences in goals, financial difficulties, or a poor sexual relationship", (World Book, 1986,p.209). For instance, the first written divorce regulations were incorporated in the ancient Babylonian code of Hammurabi. Many early societies permitted only the husbands to get a divorce. The early Christians taught that marriage was permanent until death, and they abolished divorce in the areas they governed. They also established special church courts to deal with marriage matters, (World Book, 1986). By AD 1500 protestant reformers considered it worthy for government to be responsible for matters of marriage and divorce.

In America the state laws consider two grounds for granting divorce as either fault divorce or no-fault divorce. World Book (1986,p.209), in this case defines “fault divorce” as the one commonly determined by such issues as adultery, alcoholism, desertion, drug addiction, failure to support, imprisonment for felony, and mental or physical cruelty. This is subjected to approval by a person filing a divorce”. In “no fault divorce” a person seeking divorce is not required to prove that the spouse committed a wrong. Instead a testimony of marriage failure is enough and divorce is granted despite objection by the spouse. The argument for a no-fault divorce is that many marriage failures are based on causes other than one spouse’s misconduct, hence, the quest for divorce (Kerber, (2005).

Various churches in the global society express mixed feelings in regard to marriage and divorce. The Roman Catholic Church believes that marriage is a sacrament, according to the article on family and relationship, (Fisher, 2018). Once the couple has received the sacrament of marriage, the marriage can never be dissolved or ended in God’s eyes. If a Roman Catholic got a civil divorce, the couple would still be married in the church’s eyes. The article further argues that a divorced catholic cannot get remarried while their ex-spouses are still alive. Generally, the Catholic Church believes that humans simply do not have the authority to divide what God has joined together. More importantly the Catholic Church does not encourage a divorced catholic to partake the sacrament of the Holy Communion. This is in accordance with the measures agreed upon by the church on how to discipline church members who have gone astray (Fisher, 2018).

The Orthodox Christians believe that the church does not have the authority to end marriages and grant divorces. Although remarriage is allowed, this should not be a ground affair to encourage divorce among Christians. Other Protestants on the other hand believe

that Jesus' teaching on marriage and divorce in the New Testament show the ideal way to which all Christians should aspire, (Fison, 2017). The argument is that sometimes humans fall short of this ideal, because we live in a fallen world where humans have rejected God. Many Protestants accept divorce although it would never be encouraged. For instance, John Wesley (1703—1991), the father of Methodism, believed that no divorced person could remarry while their former spouses were still alive.

## **2.4 Factors Influencing Divorce**

Frequent cases of divorce among several married couples are caused by various factors that cut across couples of all walks of life, irrespective of color, race or age. In this section, selected factors that influence divorce are discussed.

### **2.4.1 The influence of infidelity on divorce among couples**

One of the most heartbreaking and devastating issues a married couple can face is infidelity. Infidelity is also known as “cheating “or having an “affair” and when it occurs in a marriage it is called “adultery” (Tuttle & Davis, 2015). Every individual couple has its own definition of infidelity since it can never be defined by a single occasion or circumstance. One couple may view an emotional connection (on the internet or at work) regardless of physical intimacy, as a form of infidelity, while another couple may view infidelity as a physical attachment between two people. Yet some couples may view infidelity as looking at pornography on the internet. What matters is how each couple defines infidelity (Tuttle & Davis, 2015).

Moreover, Tuttle and Davis (2015) argued that most infidelity affairs are built on fantasies, in which the “lover” is idealized. In this case your spouse may see “another person” as

everything that he/she has been looking for or needing, when in reality the “other person” has his/her own baggage and issues.

Additionally, marriage partners engage in infidelity affairs for psychological reasons like pleasure (Munsch, 2015). For instance, some people enter into infidelity affairs with the desire to have more sexual partners for pleasure. In a study by Foran and Wood (2013), a man stated that, “more sex rewards him to performing well at his job.” Moreover, some other people engage into infidelity affairs due to unmet psychological needs. If a person chooses a partner that does not help him/her meet his/her psychological needs, then most probably those unmet needs would make him/her unhappy and might motivate him /her to cheat in their marriage relationship. In essence a spouse who is driven by psychological needs in their marriages most often feel that they made wrong choices of their life partners, hence, attempt to seek the desired psychological needs elsewhere. However, a person who cheats still loves his /her spouse, but practices ineffective and or unhealthy coping and problem-solving strategies, Frederick & Fales (2016). Notably, most marital problems do not arise overnight; rather they mount up slowly by slowly over the years ultimately causing one partner to turn to someone else for solace.

According to Williams, Sawyer and Wahlstrom (2012), citing Powers (1987), the sexual health of marriage is a pretty reliable indicator of the general health of the marriage. If a couple experiences unsatisfactory sexual relationship, some partners decide to go for alternatives, like for instance having external sexual partners “Mpango wa kando”. They do this behind their partners back. Moreover, Williams, et al. (2012), citing Powers, (1987, p.150) confirms that “sexual problems arise from ignorance and misunderstanding amongst the married partners”. For instance, if a couple does not understand all the relevant facts

about sex and the physical functioning of each other's body, or if one of the partners has a negative attitude to sex. Leeker and Carlozzi, (2014) has argued that people engage into infidelity affairs due to the opportunity to do so, the strength of desire. Peer pressure, alcoholism and drugs are also other concerns that fuel infidelity among married couples to the extent of them divorcing. Hawkins and Doherty (2012) addressing the topic on life/relationships/relationship advice in New York, highlighted several innocent actions that lead to infidelity out of the peer pressure. For instance, regular online, emails or room conversations or cell phone communication with an opposite sex "friend". These include regular texting, phone calls, emails, IMs or chat room conversations with a friend of the opposite sex can build strong emotional bonds, which can progress to emotional infidelity. Both cyber infidelity and emotional infidelity start out innocently with regular communication or contact with a person of the opposite sex, and increases over a period of time (Clayton, 2014).

In addition, when people raise complaints regularly, about their marriage mates to a friend, workmate, or a stranger of the opposite sex sends a message of availability. This gives the sympathizer an opportunity to exploit the complainant. If marriage partners have a problem, let them discuss it with each other. Peer pressure is also exercised when friends meet regularly for lunch or coffee breaks with the same persons, especially of the opposite sex. This mostly leads to a kind of emotional dependency. Thus may result to a workplace affair. Instead, it is advisable to engage your spouse for frequent lunch and coffee breaks. It is also important to note that when married persons over indulge in drugs or alcohol with the members of the opposite sex; they easily succumb to infidelity because both lead to impaired judgment and lowered inhibitions (Hawkins & Doherty, 2012). Additionally,

hanging around with closest friends who are cheating on their spouses may eventually start mirroring their bad behaviour. Regular association with them leads to assimilation and this has led several innocent spouses to seek for divorce

Furthermore, when a person regularly socializes with a particular workmate of the opposite sex mostly during non-business hours, it is a way of welcoming trouble especially, if the spouse is not present (Nelson and Salawu, 2017). This has led several marriage partners to go overboard, either carelessly or intentionally. To avoid secret intimacy affairs, let a couple have fun with a friend when both are present, or they have fun the two of them. When peers of the opposite sex engage in an innocent conversation about a topic that is sexually charged, many have ended up getting aroused, thus resulting into infidelity. This action has led and will continue resulting to breaking of many marriages. Thus, the marriage will definitely lose its purpose. Moreover, career advancement and working abroad has also influenced infidelity among several married couples. In Zimbabwe, Tinotenda (2014) addressing the negative impact on long distance relationships among married people quoted:

*“issues of faithfulness come into play for partners in long distance relationships. Human beings have biological feelings and married couples should meet from time to time for sex. That is healthy. Cases of infidelity occur when one of the partners in a long distance relationship ignores moral values that respect sex relationships and resort to quenching the thirst for sexual pleasure outside marriage and long-standing relationship” Gunguwo said.*

Other addictions that have interfered with the marriage bond include internet –watching pornography, face book, WhatsApp and twitter, where some of marriage partners spend more time on them and instead have little or no time for their spouses for either sex or sharing. This trend is making marriage lose its meaning and is more likely to end in divorce.

#### **2.4.2 Domestic violence as a factor influencing divorce among couples**

Domestic violence, also known as domestic abuse, spousal abuse, battering, family violence, intimate partner violence (IPV), is defined as a pattern of abusive behaviours by one partner against another in an intimate relationship such as marriage, dating, family, or cohabitation (Shrivastava & Shrivastava, 2013). Their argument is that domestic violence takes many forms such as; physical aggression or restraining, slapping, throwing objects, or threats thereof; sexual abuse, emotional abuse, controlling or domineering, intimidation, staking and passive/ covert abuse, such as, neglect and economic deprivation. It is on this ground that the researcher will discuss how domestic violence has influenced divorce among married couples, through such behaviors as negligence of responsibilities, gender biases, drug abuse and alcoholism (Shrivastava & Shrivastava, 2013).

Gatwiri, (2013) argue that gender biases provoke domestic violence among several married couples. She further argued that, when men are considered to be strong, muscling and more powerful than women, this prompts them to act violently over women in defense of their physical strength. The shame triggered by the idea that men are appearing weak or unmanly can trigger some of them to become or act on violent impulse.

Moreover, Mamdouh and Sallam (2012), from Hanoi University Social Sciences and Humanities, confirmed that 36% of Vietnamese children witness domestic violence in their families. His argument is that these children are likely to face high risk of mental problems such as anxiety and depression. In New Zealand domestic violence is the most serious social issue and a major human right issue globally. The kind of violence here is associated with crime and injury. Research confirms New Zealand as the leading country in the causes of injury and death to women, and also leads to short and long term health problems such



as mental illness, and problems with sexual and reproductive health (Al Gharaibeh & Bromfield, 2012).

Gatwiri (2013) has highlighted various causes of domestic violence. Quoting Barnett, (1997), she argues that through imitation of observed social and cognitive behaviours, children learn and imitate parents and other people's behaviours. Men, who become abusive, grow up in abusive homes. Some children who grow believing that violence is an acceptable behaviour grew up in abusive homes. Quoting Hawkins and Doherty (2012), Gatwiri moreover stressed that the environment which people grow in, also influence human behaviour through adulthood and marriage, thus maintaining a vicious cycle. It is also notable that most low-income earners engage in domestic violence quite often (Frías, 2013).

Generally, in Africa, men are perceived as bread winners. Failure to do so mostly results to domestic violence. Unemployment or loss of job, laziness and job selection brings about poverty, and this as well results to domestic violence. However, while making reference to Foran, Wright and Wood (2013), Gatwiri likewise, considers mental illness due to personality disorder, as well as, little education to be another cause of domestic violence. This may arise from either genetic or hierarchical abnormalities which may lead to family violence. According to Munsch (2015), patriarchy institutionalized systems are also considered as a cause of domestic violence in all human cultures. This is where women are dominated by men in many cultures. Gatwiri (2013), quoting Sörgjerd (2012), further argues that women in Africa are believed to be properties of their husbands; hence, a man can control his wife anyhow.

According to Tuttle and Davis (2015) alcohol and some other drugs do have traits that lead a non-violent person toward domestic abuse. For instance, Percocet or marijuana, cocaine and amphetamines are said to cause aggressive behaviour especially where a husband reacts violently to the wife.

In Kenya, Gatwiri (2013), citing Muthoni (2012), argues that poverty and alcoholism is likewise considered as a cause of domestic violence by men over their wives. In regard to this, it is important to come up with a programme that directly challenges the destructive thoughts and critical inner voices that feed aggressive behaviours, where every individual should be responsible for his/her own actions. In essence, based on these findings, it is confirmed that many married women who are victims of the domestic violence have ended up in divorce in fear of death Williams et al. (2012).

#### **2.4.3 The socio-cultural factors influencing divorce among couples**

Marriages have always encountered challenges since time immemorial, and they will continue to have challenges due to various underlying factors. The socio-cultural factors in several places seem to be a big challenge which lead to either separation or divorce among the married couples (Gheshlaghi & Najafabadi, 2014). To some extent it may have influenced divorce for that matter. The socio-cultural factors influencing divorce among married couples suggested for this study include intertribal/ethnic marriages, interfaith marriages, in-laws relationships, childlessness or single sex children, gender roles and social relationships (Hasanpoor-Azghdy, Simbar & Vedadhir, 2015).

According to Epstein and Zheng (2014), cultural and ethnic values play a significant role in marital behaviours. In essence, different cultures and sub-cultures organize different

adaptive family arrangements and interactive styles. In addition, the manner in which problems are dealt with; pathways of seeking and obtaining help; what is expected; and how a person interacts with a professional, are all affected by the cultural and social factors.

Jones, Hull and Mohamad (2015), citing Thomas (1961), found that the frequencies of interfaith marriages, which seem to be increasing, were subjected to high divorce rates. According to this research, “it is sometimes assumed that religious differences in a marriage would be a source of marital stress leading to mental health problems for one or both of the spouses. Additionally, Jones et al. (2015) argue that some people who marry outside their religion often indicate a tendency or rebellion toward cultural norms. This tendency may also operate in that the person feels tempted to quit a marriage if it does not meet his/her expectations. In some communities many young couples admire their elders and are obliged to adopt the same cultural behavior and practices.

Bolhari and Saberi (2012), citing Rice (1983) further argued that the mother in-law is usually seen as the one who meddles, interferes, and intrudes on the couples’ privacy. In addition, she is frequently blamed for being possessive, over protective, demanding, criticizing and nagging. In essence cultural and ethnic values play a significant role in marital behaviors. Different cultures and sub-cultures organize different adaptive family arrangements and interactive styles. In addition, the manner in which problems are dealt with, pathways of seeking and obtaining help, what is expected, and how a person interacts with a professional are all affected by the cultural and social factors (Vasudevan, Geetha, Bhaskar, Areekal & Lucas, 2015).

Afifi, Davis, Denes and Merrill (2013), while citing Pelt (2008), argues that the manner in which you speak and listen today is affected by what you learned as a child when growing up. You may have observed destructive patterns, such as hostility, mind reading, silent treatment and yelling. Some spouses may have carried these same patterns into their marriages. The way individual spouses function in a marriage relationship is greatly influenced by his or her family of origin. It is quite evident that the influence of relatives on a marriage usually ranges from subtle to obvious.

Uddin (2015), addressed the theory of multigenerational hypothesis which states that, “values, beliefs, behaviours and symptoms may be passed down from one generation to the next through a complex chain of relatedness.” Thus, has ended up affecting marital and family life. Generally cultural values and social -economic status, combine to shape the character of marriage, particularly role expectations and the nuances of daily experience. This is wholly determined by how each spouse was gendered right from early childhood by the family of origin. In essence, socio-cultural norms can have a predictable impact upon a couple’s willingness to discuss its interactions with outsiders, particularly about extra-marital affairs (Kawano & Wu, 2012). According to Fanta and Worku (2012), religious prejudice often enters into the shaping of attitudes towards other religions, particularly when it is related to the intimate relationship of marriage.

Moreover, the social class including the peers, colleagues, age mates, or even neighbors may at times influence conflicting couples towards seeking a divorce. This most often happens when couples in marital crisis carelessly expose their marriage frustrations with the aim of seeking sympathy and the right advice from their concerned friends. As a result, they end up making wrong decisions, with their marriages breaking up. Some other couples

within the social class have also carelessly ended up breaking their marriages by copying their friends who have done it before with the hope that their problems would be over (Harrell-Bond, 2019).

According to Bolhari and Saberi (2012), parents and in-laws are mostly considered to be a source of friction, especially to young couples, as well as, a source of support and help. Many young couples admire their elders and do not want to be cut off from them. According to this finding, most of the spouses who are too much to their in-laws have little time for their spouses, hence, their marriage is likely to have crisis in the long run. In-laws are mostly considered as easy scapegoats for family tensions. Some mothers fail to understand their sons or daughters desire to distance themselves. They instead hold their daughter's or son's in-laws responsible for alienation of affection. Bolhari and Saberi (2012), citing Nicholas (1988) quoted:

*“it is easier to begrudge your daughter/son in-law for keeping your son/daughter to herself than to admit that your son/daughter is not as responsible as you wish”. On the other hand, “it is easier for a wife to resent her mother in-law's intrusiveness than to confront her husband directly for not keeping his mother from interfering” (Nicholas, 1988, p.141).*

Bolhari and Saberi (2012) further argue that the family of origin shapes how flexible and accommodating the marital pair would be, due to strong cultural ties on gender roles and behavior from childhood. This simply implies that the unfinished business with one's parents gets in the way of a couple's working on their new relationships. With time tension is hoped to strike between the couple and their parents.

In some communities' couples with a single sex child, especially girls, are likely to end in divorce. For instance, Rodriguez-Menes and Safranoff (2012), in his study confirms that

in US couples with daughters only are somewhat more likely to divorce than couples with sons only. In addition, a study carried out in America by Mitchell (2017), likewise confirms that the number and the gender composition of children can affect the marital dissolution of parents. In many developing countries and even developed ones in Asia, parents tend to prefer boys than girls. If children are a marital- specific capital (Gheshlaghi and Najafabadi, 2014), then boys are viewed as highly valuable, unlike the girls. The cost of divorce will be increased in case of sons as opposed to daughters. In some cases, a man can divorce if he has no boys with the current wife. He will remarry with expectation of having a son with future women. Upon getting a son, it reduces the probability of divorce.

Epstein and Zheng (2014), observed that couples with first born daughters are more likely to be divorced than those with first born sons. Mitchell (2017) found that the presence of sons increase women's probability of stability in marriage. Like other Asian countries, parents in Vietnam have a strong preference for boys over girls. Therefore, when the couples in marriage union are exposed to this kind of predicament, there is need to cultivate and integrate a common faith through which their common values can be attained. This can be achieved through a pre-marital counselling by a professional cross-cultural counsellor.

In some places childlessness and single sex children are also considered as grounds for couples' divorce. In the African traditional religion, it was widely held that if a person failed to bear children, he quenched the fire of life and he was considered dead, and above all, his line of his physical continuation was forever blocked (Uddin, 2015). Generally, childlessness in several communities in Africa was usually considered a ground for divorce among couples.

#### **2.4.4 The economic factors influencing divorce among couples**

Economic issues are a contributor to divorce among several couples. Marital economic challenges are experienced differently as determined by each individual couple's prevailing circumstances. In this study, the suggested economic factors that are deemed to influence divorce among couples include those related to employment, career advancement, poverty, and luxury (Cohen, 2014).

According to Raz-Yurovich (2012), money is a potential source of disharmony among married partners, for instance, misuse of family finances on luxuries like alcohol taking and extra-marital affairs for individual gains at the expense of one's spouse. In a marriage money can give vent to feelings of hostility, inadequacy, anxiety, and emotional deprivation (Killewald, 2016). Like other factors such as sex, in-laws, religion, alcoholism and gambling, money is frequently presented by troubled husbands and wives as the problem they cannot resolve in their marital distress.

Personalization of money in terms of "mine and yours" kills the spirit of unity of purpose among the married couples. There is likely to be a lot of mismatch among partners, thus leaving a family to have no clear direction of purpose. When the money is personalized in the family "mine and yours", an individual is most likely to be tempted to spend it anyhow as they wish, and the running of the family matters will end up being a challenge since the couple is not able to plan together (Killewald, 2016). Generally economic factor is considered a key factor affecting young adults' quality of relationship. The findings of the research that was carried out at the University of North Carolina Chapel Hill, suggests that economic hardship has stressed couples, thereby increasing conflict and leading eventually to divorce (Cohen, 2014). Individuals might fight over limited resources and struggle with

disappointment when financial means are meager. Moreover, economic circumstances may diminish quality of relationship by increasing conflict and reducing intimacy. However, Mitchell (2017) observes that financial strain increases couple-level of violence for cohabiting and couples.

To some couples' poverty is considered an issue besides marriage dissolution. This is derived by the expectation a person had at the time of getting married. For instance, some people get married for economic purposes, pairing to a person whom you can live with, and both of you create wealth to avoid dependency and being a burden to the community. When this becomes unattainable some spouses have ended up filing for divorce. According to Chireshe (2015), unemployment has contributed to several married men shifting from rural to urban areas or even from one country to the other, searching for reliable jobs in support of their families. In this case many have ended up pairing with other women to get satisfied sexually. This has led to several marriages ending up in divorce. However, economic challenges should not be encouraged to break marriages. Instead an establishment of common regime of the family with the mutual agreement by the couple must be enforced. There is need for common consultative, budgeting, and planning and control systems.

Clark and Brauner-Otto (2015) confirm that arguments about money are by far the top predictor of divorce. It is not children, sex, in-laws or anything else, but it is money for both men and women. This is a clear indication that money differences between married couples emanate from deeper issues in relationship power, and trust. If these deep issues in relationships are problematic, then the couples involved are more likely to divorce. Probably couples fight about money because they are experiencing negative financial



events like a job loss. The stress that accompanies financial problems may overwhelm the couples.

According to Valenzuela, Halpern and Katz (2014), each couple has a belief on the best way to use money, for instance, using money for status or security. When spouses' differ regarding finances, they end up into conflicts. The financial strains results to increased couples level of violence, both for cohabiting and married couples. Chowdhury (2013) carried out a research at Washington that confirmed high rates of divorce that are mostly influenced by such factors as poverty and low earning.

However, further research by Voena (2015), support the idea of economic status as a key factor affecting young adults' quality of relationship, thus ending in divorce. Moreover, Harrell-Bond (2019) likewise observes that financial strain mostly increases couples' level of violence for both cohabiting and married couples.

## **2.5 Counselling Interventions on Marital Disputes**

Counselling plays a great role in peoples' lives especially when done by expertise of different fields. The ultimate of the study is to suggest some counselling interventions that would alleviate couples' challenging marital disputes. Behavioural marital therapy when used in this study would address several marital challenges. According to Hugenberg (2014), behavioural marital therapy is hoped to improve couples' behaviour on substance abuse to either one or both partners. This therapy focuses on rebuilding trust, improving communication, discouraging or reducing intimate partner violence, as well as, enhancing substance abstinence by the using partner. Good communication enables couples to express their true feelings without fear. At the same time, it improves spouse listening skills while

the partner speaks. Financial therapy may also be applicable in this study for the purposes of strengthening marital relationships.

Money tension influences an individual's perspective from childhood through marriage life. Financial therapy aims at helping couples to check whether their spending habit is healthy or if their money attitudes could be the product of problematic lessons learned in childhood. In addition, financial therapists help individuals to be sure of their financial obligations by learning how to identify ineffective money management strategies, and instead engage into more productive behaviors. Moreover, Emotional Focused Therapy for infidelity is likewise applicable in this study. Emotional Focused Therapy (EFT) is mainly concerned with peoples' emotional effects caused by partners especially in marriage relationship, Sörgjerd (2012). He further argues that the goal of (EFT) in couples' therapy is generally hoped to improve attachment behaviors in order to help distressed relationships. Conflicting couples are, therefore, guided to identify and understand their underlying emotions hoping to establish healthier patterns of interacting to promote openness and trust between partners.

## **2.6 Theoretical Framework**

Various theories of counselling attempt to show why people behave the way they do, their reactions to life issues affecting their personalities, and how they get influenced in their operations, whether consciously or unconsciously. Generally, research confirms that human behavior is basically influenced by cognitions, emotions and relationships. The researcher explored two counselling theories that seem relevant to the topic "Factors influencing divorce.

The social cognitive theory by Albert Bandura applies to this study as it makes considerable contribution on individual's self-efficacy. The self-efficacy either encourages or discourages change because people have little incentive to act until they are convinced that their actions produce the desired outcome to prevent an undesired one. According to Kremer and Hammond (2013), humans are not just under-goers of experiences, but agents as well. The ability that controls quality of life is what makes us human. According to Bandura, people imitate and adopt behavior of those around them and their reactions determine whether or not to adopt certain behaviors (Bandura 2001).

Bandura's theory was useful in this study, as it lays emphasis on how human beings influence each other through shared experiences in their social interactions, especially with guidance for a particular group of people. However, with Bandura's theory, to some extent it is never predictable if the social influence is adding value on individual behavior or spoiling it for that matter. Secondly, the influence could be pointing to individual interests especially in the absence of guidance, thus, failing to address physiological needs such as food, water, sex, that equally apply to all human beings. Moreover, failure to express feeling of safety and self-esteem is likewise a limitation of this theory in laying emphasis on marital relationship as the concern of this study. However, the social concerns raised by Bandura's theory can be qualified by Maslow's theory in the efforts of strengthening marital relationships.

Abraham Maslow's theory of human motivation implies that human beings are motivated to satisfy five basic needs in a hierarchical sequence (Maslow, 2013). The five basic needs described in this theory include; physiological, safety, love/belonging, esteem and self-actualization, with the physiological needs laying the foundation for all other human basic

needs. According to this theory when physiological needs are well taken care of to satisfy individuals in a relationship, the rest of the needs flow easily towards self-actualization. At the same time if physiological needs are not properly attended to, it is most likely for partners in a relationship engaging in continuous conflicts and fights, thus, making it difficult to satisfy the rest of the needs.

Figure 2.1 shows how the five levels of human motivational needs are arranged in a hierarchical sequence. In essence every couple and individual are desirous of improving or actualizing oneself in a marriage relationship. Maslow used a diagram to analyze the five basic human needs. This theory concerns how individuals are expected to bond in a relationship. Self-actualization in a marriage relationship is to be determined by couple's serious attention on physiological needs in a respective manner. The support and motivation of each partner towards self-actualization is so vital in view of the core basic needs that equally apply to all. This theory appeals more on personal therapy, couples' therapy and family enrichment programs for the inspiration of the entire family.

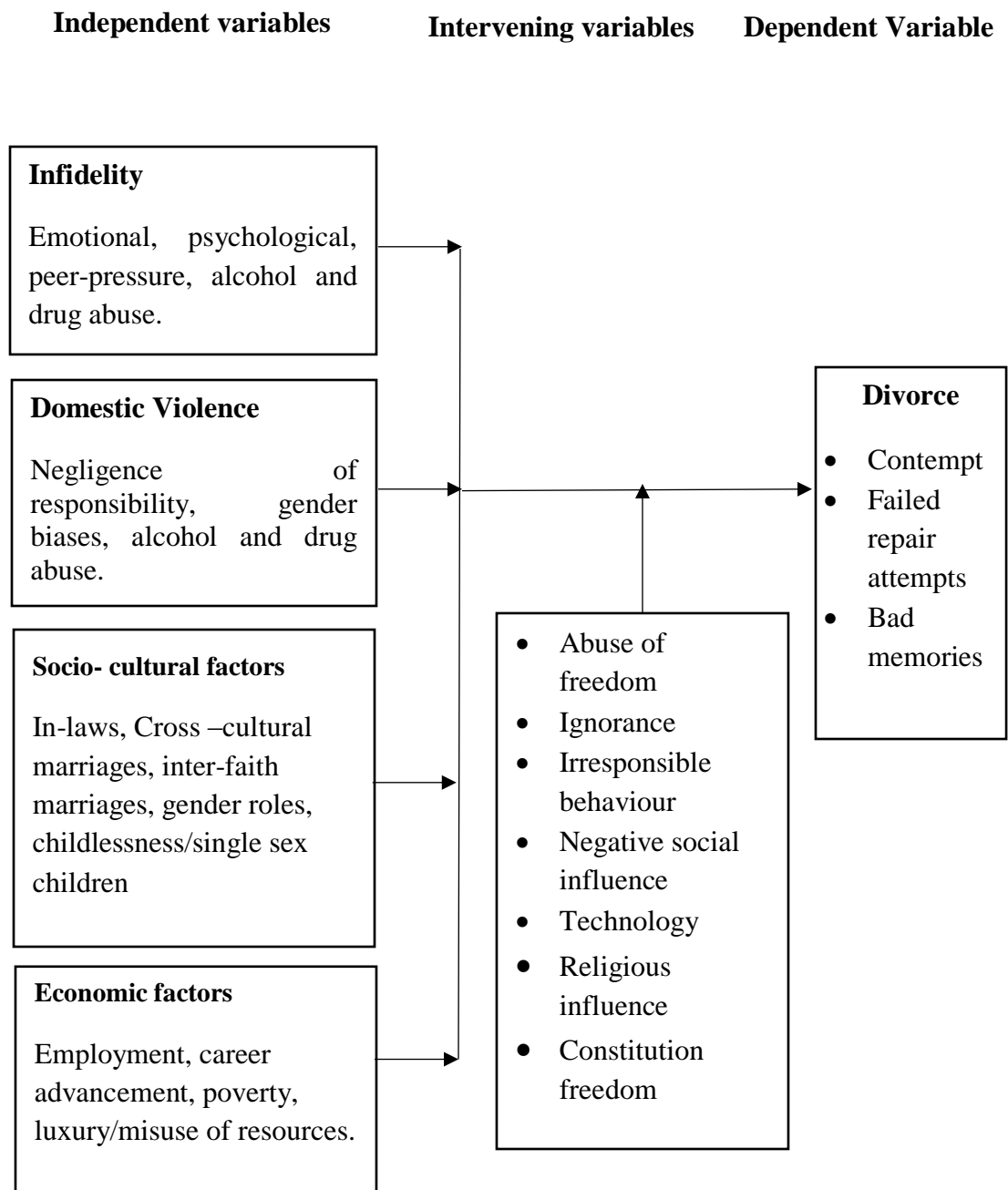


**Figure2.1: Abraham Maslow’s hierarchy of human needs; (Maslow, 2013)**

## **2.7 Conceptual Framework**

The ultimate purpose of the conceptual framework is basically to enable the researcher to have specific direction in the effort towards addressing or rather tackling the research problem on the topic, “Factors Influencing Divorce”. Under this section the researcher describes the relationship between independent and dependent variables identified in the study. The dependent variable in the study is the status of divorce or stability of marriage, among couples. The dependent variable is influenced by independent variables which include infidelity among couples, domestic violence, social-cultural factors and economic factors. Each of these independent variables was measured by evaluating the indicator listed after each of the variable in Figure 2.2. The intervening variables are listed in the figure, these include abuse of freedom, ignorance, irresponsible behavior, negative social influence, technology, religious influence and constitution freedom. It was assumed that

the intervening variables determined how the independent variables (infidelity, domestic violence, socio-cultural factors and economic factors) influenced divorce among Christian couples in MCK Mwiteria Circuit.



**Figure2.2: Conceptual framework on variables in the study**

**Source: Researcher (2019)**

## **CHAPTER THREE**

### **RESEARCH METHODOLOGY**

#### **3.1 Introduction**

This chapter presents the methodology that was used during the study. It includes; research design, location of the study, target population, sample size and sampling procedures. Other aspects considered include research instruments, validity and reliability of the research instruments, piloting of instruments, data collection procedures, data analysis techniques and ethical considerations.

#### **3.2 Location of the Study**

The study locale was MCK Mwiteria Circuit in Kaaga Synod, Imenti North Sub-County in Meru County. The neighbouring Circuits include; St. Paul's, Kaaga, Chugu, Mulathankari and Ntakira circuits. MCK Mwiteria Circuit is made up of four congregations namely: MCK Mwiteria, MCK Gakoromone, MCK Mwirine and MCK St. Mark Kooje. The researcher chose Meru County with the interest of finding out divorce rates among Methodist Christian couples and particularly in MCK Mwiteria circuit. MCK Mwiteria circuit exists amidst several other inter-denominational churches through which couples would be influenced due to a shared environment.

Since Kaaga Synod gives the genesis of how Methodist Church grew in Meru region, it was therefore, in order for the researcher to find out from this study if divorce is a common experience among Methodist Church married men/women. The fact that Mwiteria circuit is situated within the vicinities of the main town of the Meru County, there is a probability of couples getting exposed to multiple influences especially those related to infidelity,



domestic violence, socio-cultural and economic factors as people interact in several social places, thus leading to unstable marriages.

### **3.3 Research Design**

The study used descriptive survey design to explore various challenges experienced by couples as influenced by selected factors to the point of high cases of couples' separation and divorce. Descriptive survey design allowed the researcher to gather information, summarize, and interpret data for the purpose of clarification, (Creswell & Creswell, 2017). He further argues that a descriptive survey design would help the researcher to explore studies, analyze and interpret for the purpose of descriptive research as determined and reported on the findings.

According to Wang (2015), the descriptive survey research provides statistical information for the purpose of equipping the marriage counsellors, church leaders, and the church ministers with the necessary information to enlighten the Christian couples on how to maintain healthy marriages. This design seemed appropriate for this study in the fact that it allowed the researcher to explore various factors that are linked to divorce among couples.

### **3.4 Target Population**

The study targeted married men/women of all ages among Christian marriages, separated/divorced men/women, church elders and Methodist Ministers in MCK Mwiteria Circuit. The target population included couples of different age brackets, education levels, couples' types and periods in marriage, social status and tribal backgrounds of the couples within the study area. The 12 church elders from the four churches of MCK Mwiteria Circuit and

the 2 church ministers was aimed at finding out efforts made towards healthy marriages. The total number of married men/women for the last 3 years in MCK Mwiteria Circuit was 320 (MCK Mwiteria Circuit Desk Report of 2019). The researcher intended to find out whether the categories in the target population had related shared experiences, and perceptions about the positive and negative sides of marriage life in the fact that they are bound by a common shared faith. The target population would likewise show how couples within the Methodist church in this location both react and cope with marital challenges as compared to couples of other faith within the same area. Table 3.1 shows the target population in the study.

**Table3. 1: Target Population**

| <b>Categories</b>  | <b>Target population</b> |
|--------------------|--------------------------|
| Church elders      | 12                       |
| Church ministers   | 2                        |
| Married people     | 320                      |
| Divorced/Separated | 45                       |
| <b>Total</b>       | <b>379</b>               |

### **3.5 Sample Size and Sampling Procedure**

According to Singh and Masuku (2014), 10 – 20% of the target population is adequate for analysis purposes. In this case due to the relatively small sub populations, 10% was used to determine the sample size of the married people whose marriage was intact. For the other category’s namely church elders, church ministers, the divorced/separated, census method was used because their respective population were relatively small numbers. According to Schatz (2012) census method is recommended for population size less than 100. Ten

percent of the 320 couples which was equivalent to 32 couples were selected using random sampling to ensure that all the couples had equal chances of being included in the sample.

Table 3.2 indicates the sample size in relation to the target population.

**Table3. 2: Sampling Matrix for the Couples of MCK Mwiteria Circuit**

| <b>Categories</b>  | <b>Target population</b> | <b>Sample size</b> | <b>Sampling method</b> |
|--------------------|--------------------------|--------------------|------------------------|
| Church elders      | 12                       | 12                 | Census                 |
| Church ministers   | 2                        | 2                  | Census                 |
| Married people     | 320                      | 32                 | Random sampling        |
| Divorced/Separated | 45                       | 45                 | Census                 |
| Total              | 379                      | 91                 |                        |

### **3.6 Research Instruments**

The data collection instruments included a researcher developed interview guide for the Methodist Church Ministers and the church elders. A researcher developed questionnaires was used for the identified married men/women and those separated/divorced. The interview for the church elders and two Methodist Church Ministers was mainly concerned with whether or not they ever offered premarital counselling to couples before marriage, while in marriage, and their intervention in helping couples in marital crisis. The questionnaire was used for couples, as well as, separated and divorced men and women. The questionnaire was appropriate for collecting the data because of the relatively large number of people from whom the data was collected within a short time, (Orodho, 2003). In addition, questionnaires gave respondents freedom of expressing their views or opinions and also to make suggestions (Wendisch & Brenguier, 2013). The researcher used both open-ended and closed questions depending on how the questions were framed to get the

bio-data information from the respondents. It was also a way of getting wide information about the three objectives of this study from the respondents.

### **3.7 Pilot Study of the Research Instruments**

This was carried out in MCK St. Peters' Church in Lang'ata Circuit with 10 participants comprising of five married men/women, two couples from those divorced and separated couples, two church elders and 1 church minister. The married, divorced/separated couples were of different ages, levels of education and types of marriage. The researcher convened a meeting of married men/women from whom she picked five from those married and two from those divorced/separated couples, respectively. After briefing them on the purpose of the study, the questionnaires were distributed and were picked by the researcher herself from the same venue after two days. The same questionnaire administration was repeated after two weeks. The researcher conducted interviews for the two church elders and the church minister at two weeks intervals.

The researcher chose MCK St. Peters' in Lang'ata Circuit because the environment offered a good opportunity to test out the instruments. The fact that couples in both Lang'ata and Mwiteria Circuits are located near capital towns within their counties would expose couples to a wide variety of influences. In both circuits there is variance in education levels of the couples. In addition, the fact that Langa'ta and Mwiteria Circuits operate within the same systems of the Methodist Church, testing instruments was therefore, be very applicable. The study was intended to assess the reliability and validity of the questionnaires. The purpose was to find out whether the items were clear and easily understood and how long it would take to complete the questionnaires or conduct the interviews. The pilot study was carried out on a sample consisting of about 10% of the

respondents in the target population as suggested by Zohrabi (2013). Views given by the respondents during pilot study were analyzed and used to improve the instruments before the actual collection of data.

### **3.7.1 Validity of the research instruments**

According to Heale and Twycross (2015), validity is the accuracy and meaningfulness of inferences, which are based on the research results. It is the degree to which results obtained from the analysis of the data actually represent the phenomenon under investigations. The validity of the questionnaires was assessed by a panel comprising of the researcher's supervisors who are experts in the field and fellow colleagues in the counselling class. They ascertained the validity of the items used and their usefulness in obtaining relevant data. The pilot study results of the two research instruments were also used to ensure that the items were clear to the respondents. The other method was to ensure that all the instrument items adequately represented the research objectives.

### **3.7.2 Reliability of the research instruments**

To test the reliability of the questionnaires, the questionnaires were piloted in one church prior to the study. The reliability was tested using split half test and Cronbach alpha for the purpose of determining the internal consistency of the questionnaires (Mugenda & Mugenda, 2003). This method of testing reliability of test scores uses a single administration of the test. The results of the test were split into two using even and odd numbers. The two halves were correlated using Pearson Moments correlation method. The resulting correlation between the two halves was subjected to Cronbach Alpha formula in order to obtain the reliability coefficient for the whole test. The two questionnaires yielded reliability coefficients of 0.786 and 0.7243 for the divorced/ separated couples and married

couples respectively. The two were considered to have yielded the recommended minimum reliability coefficient of 0.70. Reliability of the interview guides were assessed using integrator concurrencies which were found to be 65% and 69% respectively. Consequently, the two sets of instruments were considered appropriate for the purpose of the study.

### **3.8 Data Collection Procedure**

For data collection, prior permission was obtained from the regional overseer and the county commissioner after presenting a letter of introduction from Kenya Methodist University. The letter was used to apply for a research permit from the National Commission for Science, Technology and Innovations. The research permit was used to seek for local authorization by the Bishop of Kaaga Synod.

The researcher made prior arrangements on when to deliver the questionnaires to the subjects personally, on appointment to the respective participants in the targeted circuit. The researcher convened a meeting of married men/women; those separated/divorced of MCK Mwitaria Circuit together and distributed questionnaires, accordingly. The participants were given one week to complete the questionnaires. The researcher also organized interview schedules for the 12 church elders (three from each congregation), and the two church ministers who served the four churches, respectively.

### **3.9 Data Analysis Techniques**

The data was edited and a code book of data entry made (Carslaw and Ropkins, 2012). It was analyzed using Statistical Package for Social Sciences (SPSS), version 23, summarized into percentages, means, and frequency distributions. Statistical Package for Social Sciences can accommodate large amounts of data. The computer package is also very

efficient given its wide spectrum of statistical procedures purposefully designed for social sciences. Data analysis was both qualitative and quantitative. Descriptive statistics were used to analyze the quantitative data obtained. Content analysis was used to analyze the qualitative data using themes and categories derived from the responses. Descriptive statistical tools of analysis used included frequencies and percentages (Gunst, 2018). The final results of the study were interpreted and then presented in form of frequency tables.

### **3.10 Ethical Considerations**

The study ensured that the highest professional and ethical standards related to research were observed. Professional principles governing research and counselling ethics were observed as required by the national constitution human rights, for every person and the ethics relating to research and counselling services in general. These include procedures relating to the conduct of the interviews, confidentiality, voluntary informed consent, voluntary disclosure, responsible processing and safe storage of the information as argued by Creswell (2014). The researcher observed maximum confidentiality while conducting oral interviews, as well as, analyzing the questionnaire data without disclosing the respondents. The participants were briefed and debriefed appropriately before and after the interview. The researcher ensured that the information received was used exclusively, for the purpose of research as stated and agreed. Privacy and the dignity of the participants ensured maintaining of anonymity of the informants' identity. All information obtained from published sources was acknowledged following the Publication Manual of the American Psychological Association 2010.

## **CHAPTER FOUR**

### **RESULTS AND DISCUSSION**

#### **4.1 Introduction**

This chapter presents the outcome of the analysis in respect to the stated research objectives. The data used for this research was collected from people spread within MCK Mwiteria Circuit, in Meru County. The questionnaires were administered by the researcher herself through drop and pick method. The respondents willingly accepted the request for the interviews and fully cooperated in providing the required information. All the subjects were either interviewed or responded to the questionnaires, resulting to 100% response rate. This percentage return rate was considered suitable for further analysis of the data received. This chapter presents demographic characteristics, results and discussions of results related to the four objectives of the study.

#### **4.2 Demographic Characteristics**

This section provides various demographic characteristics of the respondents. These characteristics were analyzed so as to understand the subjects being dealt with. These characteristics would also facilitate in the explanation of the findings on the factors under study. The results of these analyses have been given in subsections 4.2.1-4.2.8.

##### **4.2.1 Gender of the respondents**

The respondents were asked to indicate their gender. It was observed that 42 (46.3%) were male while 49 (53.7%) were female. This implies that majority of the church members from MCK Mwiteria Circuit were females. Coincidentally, the results indicate that 30% gender representation as anchored in the Kenya constitution was met.



#### 4.2.2 Marital status

The study sought to establish marital status of the respondents. The findings are portrayed in Table 4.3.

**Table 4. 3: Marital Status of the Respondents**

| Marital status | Period under Separated/Divorced | Frequency | %     |
|----------------|---------------------------------|-----------|-------|
| Married        | Not applicable                  | 71        | 78.0  |
| Separated      | <5 years (3)                    | 16        | 17.1  |
|                | 5-8 years(2)                    |           |       |
| Divorced       | >8 years (2)                    | 4         | 4.9   |
|                | 5-8 years                       |           |       |
| Total          |                                 | 91        | 100.0 |

Table 4.3 shows that majority 71 of the respondents (78%) were married. In addition, 16 (17.1%) of the respondents were separated. The results implied that divorce is not a solution to marital problems as indicated by a small percentage of divorced respondents (4.9%). Since the study found that (17.1%) of the respondents were separated there is need for church ministers and professional counsellors to intervene for a possible reunion, thus preventing breakdown of several families, as well as, some of the married ones who may have been tolerating or accommodating certain challenges. All the respondents who were divorced had stayed for 5 – 8 years. Majority of the respondents who were separated had stayed for less than 5 years. There were more cases of separated couples than divorced couples. This could be due to the fact that divorce is not a solution to marital problems. As a result, it causes psychological, emotional, as well as economical challenge to the children of the married couples under such a situation.

### 4.2.3 Type of marriage

The study sought to determine the type of marriage that existed among the respondents in MCK Mwiteria Circuit. The findings are shown in Table 4.4.

**Table4. 4: Type of Marriage**

| Type of marriage | Frequency | Percentage % |
|------------------|-----------|--------------|
| Customary        | 16        | 17.1         |
| Civil            | 4         | 4.9          |
| Christian        | 71        | 78.0         |
| Total            | 91        | 100.0        |

Table 4.4 shows that 78% of the respondents indicated Christian type of marriage, 17.1% customary and only 4.9% civil marriage. This shows that Christian type of marriage was most common within the study area. Although 17.1% of the respondents appreciated customary marriage there is need for church intervention to appeal for Christian marriages. This is because Christian foundation of the members of the church prepares persons to a fulfilling livelihood. In any case, the 16 members were actually adopting Christian values. It would also be interesting and informative to understand why the 16 had not immersed themselves fully into Christian marriage.

### 4.2.4 Age bracket

The study sought to establish the age bracket of the respondents as shown in Table 4.5.

**Table4.5: Age Brackets of the Respondents**

| Age Bracket | Frequency | Percentage % |
|-------------|-----------|--------------|
| 20-35       | 16        | 17.1         |
| 36 – 45     | 35        | 39.0         |
| Above 46    | 40        | 43.9         |
| Total       | 91        | 100.0        |

The study found that 43.9% of the respondents were aged above 46 years, while 39% aged between 36 – 45 years. This suggests that majority of the respondents had adequate experience in marriage life. This finding is in harmony with a study by Bradbury et al. (2016), citing Landis and Landis (1975) who confirms that, the divorce rate decreases as couples' age at marriage increases. The study showed that the younger the couple, the unhappy they were likely to be in marriage, and the more vulnerable they were to divorce. The reasons being that young couples have most difficulties to cope with sexual relations, handling money, associating with friends, in-law relationships, and social activities or recreation.

#### 4.2.5 Education level of the respondents

The study sought to establish the education level of the respondents as shown in Table 4.6.

**Table4.6: Education Level of the Respondents**

| Education               | Frequency | %    |
|-------------------------|-----------|------|
| KCPE                    | 12        | 12.2 |
| KCSE                    | 25        | 26.8 |
| Certificate             | 20        | 22   |
| EACE                    | 2         | 2.4  |
| Diploma                 | 22        | 24.4 |
| Higher National Diploma | 2         | 2.4  |
| Bachelors               | 9         | 9.8  |
| Total                   | 91        | 100  |

The results in Table 4.6, show that majority of the respondents had secondary education followed by diploma education. Interestingly, only 12.2% of the respondents had attained above diploma qualification (higher diploma and degree). None of the respondents had Masters or PhD qualification. Thus, there is need for emphasis on academic growth in the church membership, who can act as role models within the church. With increased knowledge, married couples, especially Church Ministers, will be in a better position in the way of handling life issues with understanding as they come, hence, lessening divorce and separation cases. This is in line with a study by Gatwiri(2013) who argues that married persons with mental challenges as well as, little education are likely to engage into domestic violence that may end up in divorce. The lowest divorce rates are among people who marry late with more education; while the highest ones are among those who marry young with less education.

#### **4.2.6 Religious background**

The researcher sought to establish the religious background of the respondents before marriage and the findings are stipulated in Table 4.7.

**Table4. 7: Religious Background of the Respondents**

| Religious Background Before Marriage | Marital status | Frequency | Percentage % |
|--------------------------------------|----------------|-----------|--------------|
| Christian                            | Married (66)   | 84        | 92.7         |
|                                      | Divorced (2)   |           |              |
|                                      | separated (16) |           |              |
| Muslim                               | Divorced (2)   | 2         | 2.4          |
| No response                          |                | 5         | 4.9          |
| Total                                |                | 91        | 100          |

Table 4.7 shows that majority of the respondents 92.7% were Christians. Only 2.4% of the respondents were Muslims. In addition, 4.9% of the respondents did not reveal their

religious background. This could be because they had no religion before marriage. Moreover, all the separated respondents were Christians. This finding agrees with a study by Fanta and Worku (2012), who found that religious prejudice often enters into the shaping of attitudes towards other religions, particularly when it is related to the intimate relationship of marriage.

#### 4.2.7 Tribe of origin

The respondents were required to indicate their tribe of origin. The respondents' results indicated that 86(95.1%) and five 4.9% were Meru and Kikuyu, respectively. These results could have been expected because the dominant respondents in the study were from Meru community and the few respondents from the other community found in the area were as a result of marriage and employment in the area. The study sought to establish whether tribe of origin could have influence divorce among the married couple. It was found that all the divorced cases were from Meru tribe.

#### 4.2.8 Years of marriage as couples

The respondents were required to indicate the years of marriage as couples. Their responses are contained in Table 4.8.

**Table4. 8: Years of Marriage before Divorce/Separation**

| Years of marriage before divorce/separation | Married | Divorced | Separated | Frequency | Percent % |
|---|---------|----------|-----------|-----------|-----------|
| 1-5 years                                   | 0       | 0        | 5         | 5         | 4.9       |
| 6-10 years                                  | 20      | 4        | 2         | 27        | 29.3      |
| 11-15 years                                 | 11      | 0        | 2         | 13        | 14.6      |
| 16-20 years                                 | 11      | 0        | 2         | 13        | 14.6      |
| 21+ years                                   | 29      | 0        | 5         | 33        | 36.6      |
| Total                                       | 71      | 4        | 16        | 91        | 100       |

The results in Table 4.8 reveals that majority of the respondents (36.6%) had been married for over 21 years. This suggests that this category of respondents had accumulated sufficient experience in marriage life. The category, therefore, formed a reference point in this study. Nevertheless, 34.2% of the respondents were in marriage for 10 years and below. The rest of the respondents (29.2%) were in marriage for a period of 11 – 20 years. It was noted that the two divorced respondents had been in marriage for a period of 6-10 years.

### 4.3 Main Challenging Marital Problems among Couples

The study sought to establish the main challenging marital problems among couples in MCK Mwitieria Circuit. The results are summarized in Table 4.9.

**Table4. 9: Challenging Marital Problems**

| Most challenging issue in marriage | Frequency | Percentage % |
|------------------------------------|-----------|--------------|
| Infidelity                         | 18        | 19.5         |
| Domestic Violence                  | 20        | 22.0         |
| Socio-Cultural factors             | 18        | 19.5         |
| Economic factors                   | 35        | 39.0         |
| Total                              | 91        | 100.0        |

The results in Table 4.9 reveal that majority of the respondents (39%) had faced economic challenges in their marriages. This could probably be as a result of poverty, unemployment and low income earnings among the married couples. A similar study by Gatwiri (2013), confirms that arguments about money are by far the top predictors of divorce. The table likewise reveals that, 22% of the respondents had faced domestic violence which was contributed by alcoholism, poverty, peer pressure and low self-esteem for some men,

especially when the wife earns more than the man. In addition, infidelity and socio-cultural factors were also mentioned by the respondents with 19.5% in each case. Probably this could be as a result of social peer influence, as well as, poverty and demeaning culture.

#### 4.4 Source of Marital Problems among Couples

The study attempted to explore the source of marital problems among couples in MCK Mwitieria Circuit. Their responses are presented in Table 4.10.

**Table4.10: Sources of Marital Problems among Couples**

| Where marital problem emanated from | Frequency | Percentage % |
|-------------------------------------|-----------|--------------|
| Friends                             | 14        | 14.6         |
| Workmates                           | 2         | 2.4          |
| In-Laws                             | 4         | 4.9          |
| Peer influence                      | 4         | 4.9          |
| Other addictions                    | 9         | 9.8          |
| Social-aspects                      | 2         | 2.4          |
| No response                         | 56        | 61.0         |
| Total                               | 91        | 100.0        |

Table 4.10 shows that only 39% of the respondents responded to the question and the rest did not. The study found that 14.6% of the respondents indicated that marital problems emanated from friends. Moreover, 9.8% of the respondents indicated that other addictions were cited as a source of marital problems probably depending on how different individuals are frequently engaged. A similar study by Hawkins and Doherty (2012), confirms that regular texting, phone calls, emails, IMs or chat room conversations with a friend of the opposite sex can build strong emotional bonds, which can progress to emotional infidelity. Moreover, in the table the study likewise revealed that in-laws, workmates and peer pressure influence, as well as, social aspects were cited as sources of marital problems among couples.

#### **4.5 Desire to Re-unite after Separation**

The study attempted to establish whether there is hope to re-unite the separated couples. The study revealed that, of the seven separated couples, only one of them who desired to re-unite with the spouse.

#### **4.6 Stability of the Marriage among Couples**

The married respondents had been requested to gauge their marriages. The results are portrayed in Table 4.11.

**Table 4.11: Stability of Marriage among Couples**

| How would you gauge your marriage | Frequency | Percent % |
|-----------------------------------|-----------|-----------|
| Strongly stable                   | 10        | 31.3      |
| Stable                            | 12        | 37.5      |
| Fairly stable                     | 6         | 18.8      |
| No response                       | 4         | 12.5      |
| Total                             | 32        | 100.0     |

Table 4.11 shows that 68.8% of the respondents indicated to be enjoying stable marriages and only 18.8% indicated to have fairly stable marriages. This could have resulted to their marriages being under Christian foundation and family growth. Also it was noted that 12.5% of the respondents did not gauge their marriages. This could be as a result of need for privacy in their private lives (my life my choice).

#### **4.7 Duration the Respondents had Marital Issues**

The study sought to establish the period in which the couples had marital issues. The results are provided in Table 4.12.



**Table 4.12: Duration Respondents had Marital Issues**

| How long have you had marital issues | Frequency | Percentage % |
|--------------------------------------|-----------|--------------|
| 1-5 yrs.                             | 9         | 28.1         |
| 6-10 yrs.                            | 7         | 21.9         |
| 11-16 yrs.                           | 2         | 6.3          |
| Above 16 yrs.                        | 2         | 6.3          |
| No response                          | 12        | 37.5         |
| Total                                | 32        | 100.0        |

The study found that 28.1% of the couples had marital issues for a period of 5 years and below, 21.9% for a period of 6 -10 years and 12.6% for a period of more than 10 years. In line with this Bradbury et al. (2016), citing Landis and Landis (1975), argues that, the younger the couple the more unhappy they are in marriages, and the more vulnerable they are to divorce. The reasons being that young couples have most difficulties to cope with sexual relations, handling money, associating with friends, in-law relationships, and social activities or recreation.

Most (37.5%) of the respondents did not indicate duration they had marital issues. This could be because there were no marital issues or they were able to solve marital issues within very short durations not mentioned in this category (less than one year).

#### **4.8 Persons Consulted on Marital Problems**

The respondents were requested to indicate the persons they consulted with when they faced marital problems. Their responses are summarized in Table 4.13.

**Table4.13: Persons Consulted on Marital Problems**

| Who do you consult when having marital problems | Frequency | Percentage % |
|---|-----------|--------------|
| Friends   | 1         | 3.1          |
| Family/ in-laws                                 | 8         | 25.0         |
| Church elders                                   | 9         | 28.1         |
| Church ministers                                | 5         | 15.6         |
| Professional counsellor                         | 2         | 6.3          |
| No response                                     | 7         | 21.9         |
| Total   | 32        | 100.0        |

The study found that majority of the respondents (43.7%) consulted either church ministers or elders. Similarly, 25% of the respondents consulted family and in-laws, when faced with marital problems. This is because in case of marriage breakdown the effect is felt by family members and in-laws. Only 3.1% of the respondents who consulted friends on marital problems. This could be as a result of some friends taking advantage of the situation, thus making the critical situation more critical. The study found that 6.3% of the respondents consulted professional counsellors once there were marital problems. It was noted that majority of the respondents shied away from professional counsellors when faced with marital problems. This could have been as a result of some having been victims of the same people entrusted for marital counselling, cost implications, as well as, the church having failed to help them in times of need (intervening on marital related issues before referring them to the professional counsellors).

Sörgjerd (2012) argues that, Emotional Focused Therapy (EFT) helps improve attachment behaviours in order to help distressed relationships especially among couples. Finally, 21.9% of the respondents did not disclose the person they consulted on marital problems. This could be because they had a problem solving mechanisms to address marital problems.

#### **4.9 Divorce as a Solution to Marital Problems**

The respondents (divorced couples) were required to indicate whether divorce was a problem to marital related problems. The study found that 22.2% of the respondents (separated or divorced) suggested that divorce was a solution to marital related problems for the following reasons; where one had to save his/her life especially where there were death threats and infidelity which could result to transmission of killer diseases, such as, HIV and AIDS. Similarly, 77.8% of the respondents (separated/divorced) suggested that divorce was not a solution to marital related problems because children suffer psychologically, emotionally, as well as, their education. The latter category suggested that seeking forgiveness and change for the betterment of a healthy marriage was a much better solution to marital problems.

#### **4.10 Influence of Infidelity on Divorce among Couples**

##### **4.10.1 Infidelity and marital Status**

The study sought to establish the influence of infidelity on divorce among couples in MCK Mwriteria Circuit. Recently there has been an increase in infidelity among couples as reported by church elders and ministers. The study sought to establish how infidelity related issues are challenging couples. Generally, the church elders felt that lack of trust, attention to each other's feeling and no communication, friends' interference and influence, as well as multiple sexual partners may have contributed to infidelity among married couples

Table 4.14 shows the influence of infidelity on marital status of the respondents.

**Table4.14: Infidelity and Marital Status**

| Issues of Infidelity | Marital status | Total |
|----------------------|----------------|-------|
|----------------------|----------------|-------|

|             | Separated | Divorced | Married   |           |
|-------------|-----------|----------|-----------|-----------|
| Yes         | 11(12.2%) | 4(4.9%)  | 27(29.3%) | 42(46.3%) |
| No          | 5(4.9%)   | 0(0.0%)  | 22(24.4%) | 27(29.3%) |
| No response | 0(0.0%)   | 0(0.0%)  | 22(24.4%) | 22(24.4%) |
| Total       | 16(17.1%) | 4(4.9%)  | 71(78%)   | 91(100%)  |

Table 4.14 shows that infidelity influenced divorce cases as reported in the study. In addition, the study revealed that infidelity influenced separation of couples as shown in the results. Most notably, there existed infidelity among couples. According to the respondents' interview results, this was as a result of poverty, alcoholism, unemployment, peer influence, friends and workmates through social practices such as group trips and social gatherings. These findings are in line with a study by Leeker and Carlozzi, (2014) who argued that people engage into infidelity affairs due to the opportunity to do so, the strength of desire. They further argued that peer pressure, alcoholism and drugs are also other concerns that fuel infidelity among married couples to the extent of them divorcing. This has led several marriage partners to go overboard either carelessly or intentionally. He further noted that when married persons over indulged in drugs or alcohol with members of the opposite sex, they easily succumbed to infidelity because both lead to impaired judgment and lowered inhibitions. In general, 29.3% of the respondents mentioned that infidelity was an experienced marital problem among the couples. This necessitate intervention of church elders, ministers and professional marriage counsellors in order to prevent separation / divorce of couples, which has negative effects on children of these families.

#### 4.10.2 Effect of infidelity on marital relationships

All the respondents were required to mention the effect of infidelity affairs in their marriages. The study sought to establish how infidelity related issues were challenging couples. Generally, the church ministers felt that being apart a result of work distance and related issues such as going for further study, creates doubt among couples and ended up to infidelity affairs. Their responses are summarized in Table 4.15.

**Table 4.15: Effect of Infidelity on Marital Relationships**

| Effect of Infidelity       | Frequency | Percentage % |
|----------------------------|-----------|--------------|
| Causes killer diseases     | 8         | 9.1          |
| Chronic sexual addiction   | 26        | 27.3         |
| Rudeness by spouse         | 8         | 9.1          |
| Affected communication     | 8         | 9.1          |
| Lack of commitment         | 17        | 18.2         |
| Unfaithfulness             | 8         | 9.1          |
| Threats from spouse        | 8         | 9.1          |
| Alcoholism & peer pressure | 8         | 9.1          |
| Total                      | 91        | 100          |

The study found that 27.3% of the respondents mentioned chronic sexual addictions as a major effect of infidelity affairs among couples. According to Hawkins and Doherty (2012), regular online, emails or room conversations or cell phone communication with an opposite sex “friend” has led to infidelity among several married people. These include regular texting, phone calls, emails, IMs or chat room conversations with a friend of the opposite sex can build strong emotional bonds, which can progress to emotional infidelity. Similarly lack of commitment 18.2% was also a major contributor to infidelity among couples. Lack of commitment therefore, suggests a need for intervention of church elders, ministers and professional marriage counsellors to prevent separation and divorce because it impacts on children and families negatively.

## 4.11 Influence of Domestic Violence on Divorce among Couples

### 4.11.1 Domestic violence and marital status

The study sought to establish the influence of domestic violence on divorce among couples. The study sought to determine what influences domestic violence among the couples. According to church elders, lack of patience when dealing with marital problems, stress with families' / in-laws interference, lack of spiritual guidance, “mpango wa kando” and Children out of wedlock were cited as causes to domestic violence among couples. The result in Table 4.14 shows that domestic violence has influenced two divorce and seven separated cases among couples. In general, 12.2% of married couples had experienced domestic violence. According to Gatwiri (2013), when men are considered to be strong, masculine and more powerful than women, this prompts them to act violently over women in defense of their physical strength. The pertinent results are provided in Table 4.16.

**Table 4.16: Domestic Violence and Marital Status**

| Issues of domestic violence | Marital status |          |           | Total     |
|-----------------------------|----------------|----------|-----------|-----------|
|                             | Separated      | Divorced | Married   |           |
| Yes                         | 7(7.3%)        | 2(2.4%)  | 11(12.2%) | 20(22%)   |
| No                          | 9(9.8%)        | 2(2.4%)  | 49(53.7%) | 60(65.9%) |
| No response                 | 0              | 0        | 11(12.2%) | 11(12.2%) |
| Total                       | 16(17.1%)      | 4(4.9%)  | 71(78%)   | 91(100%)  |

### 4.11.2 Effect of domestic violence on marital relationships

The respondents were asked to indicate possible effects of domestic violence among couples in MCK Mwiteria Circuit. The study sought to determine what influences domestic

violence among the couples. According to church ministers lack of openness, poverty, little education and mistrust was cited as cause of domestic violence among the married couples. The study reveals that financial misunderstandings where one partner controls all the income, destruction of property and being sent away from home, abusive language, pre-marital affairs resulting to fighting and psychological and emotional suffering to children, were some of the causes of domestic violence among couples.

These findings are in harmony with a study by Gatwiri (2013), citing Bernett, (1997) who argued that most low-income earners engage in domestic violence quite often. Their responses are summarized in Table 4.17.

**Table4.17: Effects of Domestic Violence on Marital Relationships**

| Effect of domestic violence   | Frequency | Percentage % |
|---|-----------|--------------|
| Pre-marital affairs resulted to fighting                                | 16        | 17.2         |
| Money was never enough to meet all needs                                | 15        | 16.7         |
| Financial misunderstandings where one partner controlled all the income | 15        | 16.7         |
| Abusive language  | 15        | 16.0         |
| Psychological and emotional suffering of children                       | 15        | 16.7         |
| Destruction of property and being sent away from home                   | 15        | 16.7         |
| Total   | 91        | 100.0        |

In another study by Gatwiri (2013), citing Muthoni (2012), observed that poverty and alcoholism are considered a course of domestic violence by men over their wives. She confirmed that married women who are victims of domestic violence have ended up in divorce in fear of death. Moreover, Williams et al.(2012) likewise confirmed that many married women who are victims of the domestic violence have ended up in divorce in fear of death.

## 4.12 Influence of Socio-cultural Factors on Divorce among Couples

### 4.12.1 Socio-cultural issues and marital status

The study sought to establish the influence of socio-cultural factors on divorce among couples. The study further sought to find out how social-cultural factors are interfering with marital relationships. It was found that social media and liberal family theories have disguised respect among couples. In addition, hearsay, failure to honor responsibility, especially by men, was considered as socio-cultural factors interfering with marital relationships. The results are summarized in Table 4.18.

**Table 4.18: Socio-cultural Issues and the Marital Status**

| Encountered Socio-cultural issues | Marital status |          |           | Total     |
|-----------------------------------|----------------|----------|-----------|-----------|
|                                   | Separated      | Divorced | Married   |           |
| Yes                               | 7(7.3%)        | 0        | 9(9.8%)   | 16(17.1%) |
| No                                | 9(9.8%)        | 4(4.9%)  | 53(58.5%) | 67(73.8%) |
| No response                       | 0              | 0        | 9(9.8%)   | 8(9.1%)   |
| Total                             | 16(17.1%)      | 4(4.9%)  | 71(78%)   | 91(100%)  |

The results in Table 4.18 found that socio-cultural affairs rarely influenced divorce among couples. This shows that divorce is as a result of other factors such as infidelity and domestic violence. Alternatively, the study found that 17.1% of the respondents encountered socio-cultural issues such as polygamy family setup, exchanging wives among family friends of the couples and behavior of men having sex with step daughters. Also the study found that 7.3% of respondents were separated as a result of socio-cultural practices within the study area.

These findings agrees with a study by Bolhari and Saberi (2012), quoting Rice (1983), who argue that the mother in-law is usually seen as the one who meddles, interferes, and intrudes



on the couples' privacy. Additionally, Hasanpoor-Azghdy, et al. (2015), confirms that socio-cultural factors influencing divorce among married couples include such as intertribal/ethnic marriages, interfaith marriages, in-laws relationships, childlessness or single sex children, gender roles and social relationships. This can be addressed through a pre-marital counselling by a professional cross-cultural counsellor.

#### **4.12.2 Effect of socio-cultural practices on marital relationships**

The respondents were asked to indicate the effect of socio-cultural issues among couples. The study sought to find out how social-cultural factors are interfering with marital relationships. It was found that inter-tribal language barrier, gender roles in inter-marriage, mobile phone communications were considered as some of socio-cultural issues affecting marriages. The responses are summarized in Table 4.19.

**Table 4.19: Effects of Socio-cultural Issues on Marital Relationships**

| Effect of Socio-Cultural Issues      | Frequency | Percentage % |
|--------------------------------------|-----------|--------------|
| Inferiority complex                  | 30        | 33.3         |
| In-laws interfered with our marriage | 61        | 66.7         |
| Total                                | 91        | 100.0        |

The study found that the major effect of socio-cultural practices was interference by in-laws on marriages among couples. Also inferiority complex was encountered among couples as a result of socio-cultural practices. This led to unhealthy marriage situations among couples. This finding is supported with a similar study by Bolhari and Saberi (2012) who found that, most of the spouses who are too much to their in-laws have little time for their spouses, hence, their marriage is likely to have crisis in the long run.

#### 4.12.3 Economic factors and marital status

The study attempted to assess the association between economic factors and divorce among couples. The study sought to find out how economic factors were a challenge to couples. According to church elders, high life style expectations and demands on family finances, comparisons with friends and neighbours, man's dictatorship on money uses, low self-esteem to men at the expense of wives earning more than them, lack of transparency on money matters, financial crisis due to unemployment of one or both parties mostly were indicators of economic challenges among married couples. The results in Table 4.20 reveal that there is an association between economic factors and divorce among couples. These findings are in line with a study by Raz-Yurovich (2012), who confirms money be a potential source of disharmony among married partners; for instance, misuse of family finances on luxuries like alcohol taking and extra-marital affairs for individual gains at the expense of one's spouse. The study found that 7.3% of the separated couples were as a result of economic related issues.

**Table 4.20: Economic Factors and Marital Status**

| Economic issues | Marital status |          |           | Total     |
|-----------------|----------------|----------|-----------|-----------|
|                 | Separated      | Divorced | Married   |           |
| Yes             | 7(7.3%)        | 4(4.9%)  | 31(34.1%) | 42(46.3%) |
| No              | 9(9.8%)        | 0        | 29(31.7%) | 38(41.5%) |
| No response     | 0              | 0        | 11(12.2%) | 11(12.2%) |
| Total           | 16(17.1%)      | 4(4.9%)  | 71(78%)   | 91(100%)  |

#### 4.12.4 Effects of economic factors on marital relationships

The study sought to establish the effect of economic related issues among couples. The study sought to find out how economic factors were a challenge to couples. According to

church ministers, lack of financial transparency, poverty, couples not able to meet their daily needs especially basic needs were major issues among married people. Their responses are generally summarized in Table 4.21.

**Table4.21: Effects of Economic Factors on Marital Relationships**

| Effect of economic issues                              | Frequency | Percentage % |
|--|-----------|--------------|
| Much money spent on alcoholism                         | 5         | 5.6          |
| Much money spent on immoral practices                  | 5         | 5.6          |
| Failure to take part in the family expenses            | 36        | 38.9         |
| Lack of agreement between couples before taking a loan | 5         | 5.6          |
| Lack of financial commitment toward family investment  | 40        | 44.4         |
| Total  | 91        | 100          |

The study found that 44.4% of the respondents said that lack of financial commitment towards family investments was a major economic challenge among couples. Also failure to take part in family expenses was classified as a major economic related issue among married parties. This finding is in line with the study by Chowdhury (2013) who carried out a research at Washington that confirmed high rates of divorce that are mostly influenced by such factors as poverty and low earning. Moreover, Raz-Yurovich (2012), also confirms that money to be a potential source of disharmony among married partners. It is on this ground that the church ministers organize frequent training for couples on financial creation and management by professional counsellors.

#### **4.13 Strategies Suggested for Addressing Marital Related Issues**

The study attempted to establish the strategies that can be adopted to address marital problems such as; infidelity, domestic violence, socio-cultural and economic factors, among couples. In responding, each subject was free to suggest more than one strategy.

The results in Table 4.22 show that majority of the respondents (19.5%) suggested that couples must be dedicated in prayers together more often. Probably this is meant to defend their Christian faith in which their marriages are founded on. A group of the respondents (14.6%) pointed to couples understanding each other, nurturing their marriage in true love, address causes of infidelity openly and honour marriage vows by upholding the fear of God. The results (9.8%) further suggested good communication, economic empowerment, faithfulness, couples' seminars and living within achievable budgets, joint participation on family affairs, as well as, seeking help from professional counselors whenever need be. Moreover, the results (1.0%) pointed the need to advocate against domestic violence among couples, while 2.4% of the results suggested that divorce laws be drawn through the church, probably with the aim of hearing the voice of the church on issues to do with divorce. The results are summarized in Table 4.22.

**Table4.22: Strategies Suggested for Addressing Marital Related Issues**

| Strategies to address marital issues                  | Frequency | Percentage % |
|---|-----------|--------------|
| Being faithful in the marriage                        | 10        | 4.9          |
| Each party taking part in the family affairs          | 3         | 1.5          |
| Frequent couples' seminars                            | 8         | 3.9          |
| Community policing against domestic violence          | 2         | 1.0          |
| Economic empowerment workshops                        | 15        | 7.3          |
| Overcome negative ethnicity                           | 2         | 1.0          |
| Plan achievable budgets                               | 6         | 2.9          |
| Fear God and abiding to marriage vows                 | 20        | 9.8          |
| Understanding one another in all ways                 | 30        | 14.6         |
| Both parties to seek professional marriage counseling | 4         | 2.0          |
| Couple to nurture marriage to keep their love growing | 25        | 12.2         |
| Proper communication among couples                    | 15        | 7.3          |
| Address the causes of infidelity openly               | 20        | 9.8          |
| Divorce marriage laws be drawn through the church     | 5         | 2.4          |
| Couple to commit their leisure time in prayers        | 40        | 19.5         |
| Total   | 205       | 100          |

## **CHAPTER FIVE**

### **SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

#### **5.1 Introduction**

This chapter presents a summary of the study, conclusions and recommendations. As indicated in the discussion in the process of literature review, the causes of divorce ultimately have very many psychological effects such as, anxiety, stress, violence, emotional imbalance, embarrassment, nagging and state of helplessness, among others. Consequently, it was expected that the effects of the factors studied could be alleviated by counselling interventions. The chapter ends with a presentation on the suggestions for further research.

#### **5.2 Summary of the Study**

The purpose of this study was to explore factors influencing divorce among couples, with a hope of identifying ways of reducing the divorce cases among Christian couples. This study employed descriptive survey design to enable the researcher explore various challenges experienced by couples as influenced by selected factors through which couples end up either in separation or divorce. The descriptive design was appropriate for the study since the data was collected without manipulating the quantitative and qualitative information and was appropriate for obtaining information concerning the current status of the married, separated and divorced couples with respect to the variables. The descriptive survey design was useful as it enabled the researcher explore studies, analyze and interpret data for the purpose of determining and reporting on the findings. A sample of 91

respondents was selected for the study. The study utilized questionnaires and interview schedules for data collection.

The first objective of the study sought to explore the influence of infidelity on divorce, among couples in MCK Mwiteria Circuit. The study found that 46.3% of the respondents mentioned infidelity as enormous marital problems among couples. The findings further revealed that 27.3% of married respondents mentioned chronic sexual addictions as a major effect of infidelity affairs. Similarly, 18.2% of respondents mentioned lack of commitment as cause of infidelity affairs among couples.

The second objective of the study evaluated the influence of domestic violence on divorce among couples of MCK Mwiteria Circuit. The study found that domestic violence influenced both separation and divorce among couples. However, 22% who indicated that domestic violence led to divorce among couples may probably have meant that the couple lacked serious intervention of the church elders, ministers and professional counsellors.

The third objective of the study sought to assess the impact of socio-cultural factor influence on divorce among married couples of MCK Mwiteria Circuit. The study found on one hand that socio-cultural factors did not influence divorce among couples. The findings proved that divorce is mainly influenced by infidelity and domestic violence. However, the study found that 17.1% of the respondents encountered socio-cultural issues such as polygamy family setup, exchange of wives among married friends, as well as, most men having sex with step daughters. Similarly, 7.3% of the respondents reported to have separated due to socio-cultural related practices.

The fourth objective sought to establish the economic factors that influence divorce among married couples in MCK Mwitaria Circuit, the study found that 44.4% of the respondents reported that lack of financial commitments towards family investments to be a major economic related issue among couples that could lead to divorce. In addition, failure to take part in discussions regarding family expenses eventually could lead to divorce or separation among married parties.

### **5.3 Conclusions**

Based on the findings of the study, the following conclusions were drawn;

- i. The study established that, infidelity strongly contribute to divorces among couples as supported by divorced respondents in the study.
- ii. Domestic violence factors such as, spousal battering, sexual abuse and death threats lead to both separation and divorce among couples.
- iii. Socio-cultural affairs do not seriously influence divorce among couples as in the case of infidelity and domestic violence. However, socio-cultural practices, such as, polygamy family setup, exchange of wives by married friends and men having sex with step daughters have impacted negatively on married couples as reported by separated respondents.
- iv. Economic factor, such as, poverty, low earning and unemployment influence divorce among couples.

### **5.4 Recommendations**

On the basis of the findings of this study, the following recommendations were made:

- i. Since infidelity strongly contributes to divorce among couples, there is need to create more enlightenment and awareness on the need for transparency and mutual



fidelity among couples. There is need for serious interventions by the church ministers and professional counsellors. Frequent couples' seminars, serious pre-marital counselling and a strong emphasis on fear of God from the pulpit would promote fidelity among couples.

- ii. In order to address domestic violence among couples, there is need to advocate and sensitize couples on its effect and consequences in a family set up. The study therefore, recommends end in domestic violence in families in order to create a cohesive society. This can be achieved by encouraging faithfulness in marriage, good communication, overcoming negative peer pressure and alcoholism in order to either eliminate or end domestic violence among couples. Action by Church ministers and chief baraza.
- iii. There is need to advocate and sensitize people on embracing good cultural practices that facilitate stability in marriages. This calls for intervention by professional cross-cultural counsellors in order to cultivate and integrate a common faith through which common values can be attained among couples.
- iv. There is need for couple's seminar with arrangement of the church ministers through which couples can be taught about financial accountability and transparency, as well as, financial sustainability conducted by specialized counsellors in that field.
- v. There is need for Church elders to sensitize couples to seek help from Church ministers or professional counsellors on certain issues any time there is a marital problem.

### **5.5 Suggestions for Further Studies**

- i. To establish the causes of chronic sexual addiction among couples in Kenya.
- ii. To examine the level of sexual fidelity among couples in Kenya.
- iii. To establish the contribution of culture and religion to marital fidelity.

## REFERENCES

- Afifi, T. D., Davis, S., Denes, A., & Merrill, A. (2013). Analyzing divorce from cultural and network approaches. *Journal of Family Studies*, 19(3), 240-253. doi/10.1108/JPBAFM-18-03-2006-B001/full/html
- Al Gharaibeh, F., & Bromfield, N. F. (2012). An analysis of divorce cases in the United Arab Emirates: A rising trend. *Journal of Divorce & Remarriage*, 53(6), 436-452. doi/10.1016/S0573-8555 (04)68814-6/full/html
- Bandura A. (2001); Social Cognitive Theory of Mass Communication. *Media Psychology*, 3(3), (265- 299).http://dx.doi.org/10.1207/S1532785XMEP0303\_03
- Bible Society of Kenya (2009). *Good News Bible*, Nairobi, Kenya: Harper Collins.
- Bolhari, J., &Saber, S. M. (2012). To explore identifying the influencing factors of divorce in Tehran. *Iranian Journal of Epidemiology*, 8(1), 83-93. doi/10.1108/JEFAS-07-2018-0066/full/html
- Burnham, P. (2018). *Changing themes in the analysis of African marriage. In Transformations of African marriage*. London: Routledge.
- Carslaw, D. C., &Ropkins, K. (2012). Openair—an R package for air quality data analysis. *Environmental Modelling & Software*, 27(1)52-61. DOI: 10.1016/j.envsoft.2011.09.008
- Cherchye, L., Demuynck, T., De Rock, B., &Vermeulen, F. (2017). Household consumption when the marriage is stable. *American Economic Review*, 107(6), 1507-34. Retrieved from https://www.aeaweb.org/articles?id=10.1257/aer.20151413
- Chireshe, E. (2015). Barriers to the utilisation of provisions of the Zimbabwean Domestic Violence Act among abused Christian women in Zimbabwe. *Journal of International Women's Studies*, 16(2), 259-273. doi/10.1108/S1058-7497 (2010)0000019005/full/html
- Chowdhury, A. (2013). Till recession do us part: booms, busts and divorce in the United States. *Applied Economics Letters*, 20(3), 255-261. doi/10.1108/QRAM-02-2013-0003/full/html
- Clark, S., &Brauner-Otto, S. (2015). Divorce in sub-Saharan Africa: Are unions becoming less stable. *Population and Development Review*, 41(4), 583-605. Retrieved fromhttps://doi.org/10.1111/j.1728-4457.2015.00086.x

- Clayton, R. B. (2014). The third wheel: The impact of Twitter use on relationship infidelity and divorce. *Cyberpsychology, Behavior, and Social Networking*, 17(7), 425-430. doi/10.1108/JPBAFM-24-04-2012-B001/full/html
- Cohen, P. N. (2014). Recession and divorce in the United States, 2008–2011. *Population research and policy review*, 33(5), 615-628. doi:10.1016/j.jsams.2010.03.007
- Cohen, P. N., & Bianchi, S. M. (2015). *Marriage, Children, and Women's Employment: Women and the Economy*. Retrieved from [http://www.holisticonline.com/stress/stress\\_pet-therapy.htm](http://www.holisticonline.com/stress/stress_pet-therapy.htm)
- Creswell, J. W., & Creswell, J. D. (2017). *Research design: Qualitative, quantitative, and mixed methods approaches (5<sup>th</sup>ed.)*. University of Michigan:Sage publications.
- Douglas, G., Doe, N., Gilliat-Ray, S., & Sandberg, R. (2012). The role of religious tribunals in regulating marriage and divorce. *Child & Family Law Quarterly*, 24(2), 139-157. Retrieved from [https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=2245027](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=2245027)
- Epstein, N. B., & Zheng, L. (2014). Therapy with families in China: Cultural factors influencing the therapeutic alliance and therapy goals. *Contemporary Family Therapy*, 36(2), 201-212. doi/10.1108/S1058-749720140000021002/full/html
- Fanta, W., & Worku, A. (2012). Determinants for refusal of HIV testing among women attending for antenatal care in Gambella Region, Ethiopia. *Reproductive Health*, 9(1), 1-13. Retrieved from <https://doi.org/10.1186/1742-4755-9-8>
- Fisher, J. (2018). *The uninvited guest: Emerging from narcissism towards marriage*. New Delhi: Routledge.
- Fison, L. (2017). *Kamilaroi and Kurnai: group-marriage and relationship, and marriage by elopement*. BoD—Books on Demand. Retrieved from <https://archive.org/details/kamilaroikurnaig00fiso>
- Foran, H. M., & Wood, M. D. (2013). Do combat exposure and post-deployment mental health influence intent to divorce. *Journal of Social and Clinical Psychology*, 32(9), 917-938. doi/10.1108/S1058-749720140000021002/full/html
- Frederick, D. A., & Fales, M. R. (2016). Upset over sexual versus emotional infidelity among gay, lesbian, bisexual, and heterosexual adults. *Archives of Sexual Behavior*, 45(1), 175-191. doi/10.1108/02686909710155957/full/html
- Frías, S. M. (2013). Strategies and help-seeking behavior among Mexican women experiencing partner violence. *Violence Against Women*, 19(1), 24-49. doi/10.1108/S1058-749720140000021002/full/html
- Gatwiri, S. M. (2013). *Domestic violence and abuse: an ethical and pastoral challenge to the Methodist Church in Kenya*. (Master Thesis, Mf Norwegian School of Theology, Oslo, Norway). Retrieved from <http://hdl.handle.net/11250/161409>

- Gheshlaghi, F., & Najafabadi, G. M. (2014). The study of sexual satisfaction in Iranian women applying for divorce. *International Journal of fertility & sterility*, 8(3), 281. doi/10.1108/S0573-8555 (2007)0000284010/full/html.
- Gunst, R. F. (2018). *Regression analysis and its application: A data-oriented approach*. New Delhi: Routledge.
- Harrell-Bond, B. (2019). *Modern marriage in Sierra Leone: A study of the professional group*. Berlin: Walter de Gruyter.
- Hasanpoor-Azghdy, S. B., Simbar, M., & Vedadhir, A. (2015). The social consequences of infertility among Iranian women: A qualitative study. *International Journal of Fertility & Sterility*, 8(4), 409-420. doi:10.22074/ijfs.2015.4181
- Hawkins, A. J., & Doherty, W. J. (2012). Reasons for divorce and openness to marital reconciliation. *Journal of Divorce & Remarriage*, 53(6), 453-463. doi/10.1108/10222529201000003/full/html
- Heale, R., & Twycross, A. (2015). Validity and reliability in quantitative studies. *Evidence-based Nursing*, 18(3), 66-67. doi/10.1108/10222529201000023/full/html
- Hugenberger, G. P. (2014). Marriage as a covenant: A study of biblical law and ethics governing marriage developed from the perspective of Malachi. *Vetus Testamentum*, 46 (3), 345-367. Retrieved from <https://doi.org/10.1163/1568533962580739>
- International Bible Society (1984). *The Holy Bible (New International Version-NIV)*, Great Britain: Colorado Springs.
- Isiugo-Abanihe, U. (2018). Stability of Marital Unions and Fertility in Nigeria. *Journal of Biosocial Science*, 30(1), 33-41. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/9746812>
- Jones, G. W., Hull, T. H., & Mohamad, M. (Eds.). (2015). *Changing marriage patterns in Southeast Asia: Economic and socio-cultural dimensions*. Manila: Routledge.
- Kabintie, C. (2012, December 19). Consumer Insight. *Daily Nation*. Retrieved from <https://www.nation.co.ke/lifestyle/lifestyle/How-your-parents-could-influence-your-marriage/1214-5203630-fuq8qy/index.html>
- Kawano, K., & Wu, K. C. (2012). Towards a reassessment of the role of divorce in suicide outcomes: Evidence from five Pacific Rim populations. *Social science & medicine*, 75(2), 358-366. doi: 10.1016/j.socscimed.2012.03.009. Epub 2012 Apr 19.
- Kerber L.K, (2005), *Marriage, Procreation and Divorce*, India: Global Vision Publishing House.

- Killewald, A. (2016). Money, work, and marital stability: Assessing change in the gendered determinants of divorce. *American Sociological Review*, 81(4), 696-719. <https://doi.org/10.1177/0003122416655340>
- Kremer, W., & Hammond, C. (2013, September). Abraham Maslow and the pyramid that beguiled business. *BBC news magazine*. Retrieved from <https://www.bbc.com/news/magazine-23902918>
- Kubania, J. (2018, February 10). The-perils-and-changing-face-of-Kenyan-marriages. *The Daily Nation*. Retrieved from <https://www.nation.co.ke/news/The-perils-and-changing-face-of-Kenyan-marriages/1056-4834668-ao7139/index.html>
- Leeker, O., & Carlozzi, A. (2014). Effects of sex, sexual orientation, infidelity expectations, and love on distress related to emotional and sexual infidelity. *Journal of Marital and Family Therapy*, 40(1), 68-91. doi/10.1108/13590790710828190/full/html
- Mamdouh, H. M., & Sallam, H. N. (2012). Prevalence and risk factors for spousal violence among women attending health care centres in Alexandria, Egypt. *Relationship Journal*, 1(123), 1327 - 4469. DOI: 10.26719/2012.18.11.1118
- Maslow, A. H. (2013). *A Theory of Human Motivation*, Australia: Simon and Schuster.
- Mbiti S.J, (2008). *African Religions and Philosophy* (2<sup>nd</sup>ed.). Nairobi, Kenya: Heinemann.
- Melgosa J. & Melgosa D. A. (2006). *To Couples*, European Union: Editorial Safeliz.
- Mitchell, B. (2017). *The boomerang age: Transitions to adulthood in families*. Florida: Routledge.
- Mugenda A. & Mugenda O. (2003); *Research Methods: Quantitative and Qualitative Approaches*, Nairobi: ACT.
- Munsch, C. L. (2015). Her support, his support: Money, masculinity, and marital infidelity. *American Sociological Review*, 80(3), 469-495. doi:10.1016/j.j533s.2010.03.007
- Ndikwe, A. W. (2017). The Use of marital property agreements for the division of matrimonial property upon divorce in Kenya (*Doctoral dissertation*, Strathmore University, Nairobi, Kenya) Retrieved from <https://suplus.strathmore.edu/handle/11071/5202>
- Nelson, O., & Salawu, A. (2017). Can my wife be virtual-adulterous? An experiential study on Facebook, emotional infidelity and self-disclosure. *Journal of International Women's Studies*, 18(2), 166-179. Retrieved from <https://vc.bridgew.edu/jiws/vol18/iss2/12>

- Olaniyi, A. A. (2015). Analytical Study of the Causal Factors of Divorce in African Homes, *Research on Humanities and Social Sciences* 5(14), 18-29. Retrieved from <https://www.iiste.org/Journals/index.php/RHSS/article/view/24539>
- Orodho, J.A (2003). *Access and Participation in Secondary Schools in Kenya, Emerging Issues and policy*, Nairobi: Bureau of Research Education.
- Orodho, J.A (2003); *Fundamental Statistics Mode, User Friendly for Educational and social Science Research*, Nairobi: Masola Publishers.
- Pakhomova E. L. (2010). Marriage and Divorce: What Has Changed in the Perceptions of Russians? *Russian Social Science Review* 51(3), 4-15. DOI:10.1080/10611428.2010.11065389
- Raz-Yurovich, L. (2012). Economic determinants of divorce among dual-earner couples: Jews in Israel. *European Journal of Population/Revue Européenne de Démographie*, 28(2), 177-203. Doi/10.1016/j.jsams.2010.03.007
- Rodriguez-Menes, J., & Safranoff, A. (2012). Violence against women in intimate relations: A contrast of five theories. *European Journal of Criminology*, 9(6), 584-602. Retrieved from <https://doi.org/10.1177/1477370812453410>
- Rome, B, G., Svarer, M., & Weiss, Y. (2014). The dynamics of marriage and divorce. *Journal of Labor Economics*, 33(1), 123-170. Doi: 10.1080/54678412462911.
- Schatz, E. (2012). Rationale and procedures for nesting semi-structured interviews in surveys or censuses. *Population Studies*, 66(2), 183-195. Doi: 10.1080/5467899930802462911
- Shrivastava, P. S., & Shrivastava, S. R. (2013). A study of spousal domestic violence in an urban slum of Mumbai. *International Journal of Preventive Medicine*, 4(1), 27-43. Doi: 10.1080/15567030802462911
- Singh, A. S., & Masuku, M. B. (2014). Sampling techniques & determination of sample size in applied statistics research: An overview. *International Journal of Economics, Commerce and Management*, 2(11), 1-22. Doi: 10.1080/1556704330802462911
- Sörgjerd, C. (2012). *Reconstructing marriage: The legal status of relationships in a changing society*. Cambridge, UK: Intersentia
- Tinotenda, S. (2014). *Long distance relationships: Out of sight out of mind?* Retrieved from <https://www.newsday.co.zw>.
- Tuttle, J. D., & Davis, S. N. (2015). Religion, infidelity, and divorce: Reexamining the effect of religious behavior on divorce among long-married couples. *Journal of*

*Divorce & Remarriage*, 56(6), 475-489. doi/10.1108/IJLMA-03-2017-024/full/html

- Uddin, M. (2015). Family socio-cultural values affecting early marriage between Muslim and Santal communities in rural Bangladesh, *International Journal of Sociology and Social Policy*, 35(3/4), 141-164. <https://doi.org/10.1108/IJSSP-06-2014-0046>
- Valenzuela, S., Halpern, D., & Katz, J. E. (2014). Social network sites, marriage well-being and divorce: Survey and state-level evidence from the United States. *Computers in Human Behavior*, 36, 94-101. <https://doi.org/10.1016/j.chb.2014.03.034>
- Vasudevan, B., Geetha, D. M., Bhaskar, A., Areekal, B., & Lucas, A. (2015). Causes of divorce: a descriptive study from Central Kerala. *Journal of Evolution of Medical and Dental Sciences*, 4(20), 3418-3427. doi/10.1016/S0573-8555 (04)68808-0/full/html
- Voena, A. (2015). Yours, mine, and ours: Do divorce laws affect the intertemporal behavior of married couples? *American Economic Review*, 105(8), 2295-2332. doi/10.1108/135934556710828190/full/html
- Wang, K. T. (2015). *Research design in counseling*. Auckland: Nelson Education.
- Wendisch, M., & Brenguier, J. L. (Eds.). (2013). *Airborne measurements for environmental research: Methods and instruments*. Fort Brag, CA: John Wiley & Sons.
- Williams, B. K., Sawyer, S. C., & Wahlstrom, C. M. (2012). *Marriages, families, and intimate relationships*. New Zealand: Pearson Higher Ed.
- World book, (1986), *The World Book Encyclopedia*, Chicago, USA: World Book Inc.



## APPENDICES

### Appendix I: Introduction Letter to the Research Participants

Kenya Methodist University

P.O Box 267- 60200

Meru

Date: 5<sup>TH</sup> AUGUST, 2017

Dear Sir/Madam,

#### **RE: LETTER OF INTRODUCTION**

I am a student at Kenya Methodist University, pursuing a master's degree in counseling psychology. Currently I am carrying out a research on "Factors Influencing Divorce: A Case of Mwiteria Circuit in Imenti North-Meru County, Kenya". You were randomly selected to participate in this study. Your assistance in responding honestly to all the items in the questionnaire will help to generate data to be used in the study. Your response will be treated confidentially; therefore, do not write your name on the questionnaire. Please complete all the items in the questionnaire.

Thank you in advance for your co-operation.

YOURS SINCERELY,

LYDIA GACHERI KIRIMI

## Appendix II: Questionnaire for the Divorced/Separated Couples

This is a questionnaire for the divorced/separated persons. Please, answer the questions by using a tick (✓) or provide the required information in the given spaces. Do not write your name anywhere on the questionnaire.

### SECTION A: DEMOGRAPHIC INFORMATION

1. Name of your church .....
- Gender:                      Male                      [   ]                      Female                      [   ]
2. Marital status:                      Separated                      [   ]                      Divorced                      [   ]
3. Type of marriage. Please tick (✓)
- Customary                      [   ]                      Civil                      [   ]
- Christian                      [   ]
- Any other (specify).....
4. Age bracket.                      20 – 35 years                      [   ]                      36-45 years                      [   ]
- Over 45 years                      [   ]
5. Which is your highest educational qualification?
- KCPE                      [   ]                      Diploma                      [   ]
- KCSE                      [   ]                      Bachelors                      [   ]
- Certificate                      [   ]                      Masters                      [   ]
- Doctorate                      [   ]
- Any other (Specify).....
6. How many years have you been in marriage before divorce or separation?
- 1-5 years                      [   ]                      16-20 years                      [   ]
- 6-10 years                      [   ]                      Above 20years                      [   ]
- 11-15 Years                      [   ]
- Any other (specify).....
7. Tribe of origin.....
8. Religious background before marriage.....

**SECTION B: FACTORS INFLUENCING DIVORCE AMONG MARRIED PARTNERS**

9. For how long have you been separated/divorced? Years [ ] Months [ ]

10. Do you think that infidelity affected your marital relationship in any way?

Yes [ ] No [ ]

11. If 'YES' please explain how infidelity affected your marital relationship to the point of your separation or divorce

.....  
.....  
.....

12. Have you had issues of domestic violence in your marital relationship?

Yes [ ] No [ ]

13. If 'YES' what were the causes and the extent of domestic violence that led to your present status?

i) Indicate causes:

.....  
.....

ii) Extent of violence:

.....  
.....

14. Have you encountered socio-cultural and economic issues in your marital relationship?

Yes [ ] No [ ]

a) If 'YES' please explain the root causes and the degree of challenge that led to your present status (separated /divorced)

i) Root causes of socio-cultural and economic issues:

.....  
.....  
.....  
.....

ii) Degree of challenge of the issue:

.....  
.....  
.....

15. If separated; do you hope to re-unite to your spouse?

Yes [ ] No [ ]

i) If 'YES' please give reasons

.....  
.....

ii) If "NO" please give reasons

.....  
.....

16. If divorced; do you think divorce is the solution to all marital conflicts? Please explain

.....  
.....

17. What strategies would you suggest to help prevent or minimize divorce/separation among couples in respect to discussed factors in this study?

(i) Infidelity:

.....  
.....

(ii) Domestic violence:

.....  
.....

(iii) Socio-cultural issues:

.....  
.....

(iv) Economic issues:

.....  
.....  
.....

18. What would counsellors do to support the work of church ministers?

.....  
.....  
.....  
.....

### Appendix III: Questionnaire for the Couples

This is a questionnaire for the married. The Participants will be required to respond to the questions in all the sections. Please don't write your name anywhere on the questionnaire. Kindly tick (√) where applicable or give answers on the spaces provided.

#### SECTION A: DEMOGRAPHIC INFORMATION

1. Name of your church

.....

2. Gender

Male

Female

3. Type of marriage

Customary

Civil

Christian

Any other (specify).....

4. Age bracket

20-35 years

36-45 years

Over 45 years

5. Which is your highest education qualification?

KCPE

Diploma

KCSE

Bachelor

Certificate

Masters

Doctorate

Any other (Specify).....

#### SECTION B: FACTORS INFLUENCING DIVORCE AMONG COUPLES

6. How many years have you been in marriage? Please tick ((√) from the choices given below.

- |             |                          |                          |                          |
|-------------|--------------------------|--------------------------|--------------------------|
| 1-5 years   | <input type="checkbox"/> | 16-20 years              | <input type="checkbox"/> |
| 6-10 years  | <input type="checkbox"/> | Above 20years            | <input type="checkbox"/> |
| 11-15 years | <input type="checkbox"/> | Any other (specify)..... |                          |

7. Tribe of origin.....

8. Religious background before marriage  
.....

9. Have you had family/marital problems?

- |     |                          |    |                          |
|-----|--------------------------|----|--------------------------|
| Yes | <input type="checkbox"/> | No | <input type="checkbox"/> |
|-----|--------------------------|----|--------------------------|

10. If yes, state the cause(s) from the list below (tick ((√) as many as may have applied)

- |                   |                          |
|-------------------|--------------------------|
| Infidelity        | <input type="checkbox"/> |
| Socio-cultural    | <input type="checkbox"/> |
| Domestic violence | <input type="checkbox"/> |
| Economic          | <input type="checkbox"/> |

11. Please explain why the marital problems you have indicated has/have been a challenge to your marriage.

i. Infidelity:

.....  
.....  
.....

ii. Domestic violence:

.....  
.....  
.....

iii. Socio-cultural issues:

.....  
.....  
.....

iv. Economic issues:

.....  
.....  
.....

12. What would you consider could have been the source of your marital problems?

Friends [ ] Peer influence [ ]

Workmates [ ] In-laws [ ]

Any other (specify).....

13. Whom do you consult when you have problems?

Friends [ ] Church Ministers [ ]

Family/in-laws [ ] Professional counsellor [ ]

Church elders [ ] Doctor/Psychiatrist [ ]

14. a) Do you think medical issues ever caused conflict between you and your spouse?

Yes [ ] No [ ]

b) If so, state the medical issue.....

c) What reasons do you have for the stated medical issue.....

15. For how long have you had marital conflicts?

Less than 10 years [ ] 11-16 years [ ]

6 - 10 years [ ] Over 16 years [ ]

15. If not separated/divorced how would you gauge your marriage?

Strongly stable [ ] Fairly stable [ ]

Stable [ ] Unstable [ ]



17. What strategies would you suggest to help prevent or minimize divorce/separation among couples in respect to discussed factors in this study?

a) Infidelity:

.....  
.....

b) Domestic violence:

.....  
.....

c) Socio-cultural issues:

.....  
.....

d) Economic issues:

.....  
.....

**Appendix IV: Interview-Guide for the Church Elders**

- 1. Have there been couples in your church with marital conflicting issues?.....
- 2. What age bracket of the couples are mostly challenged by marital conflicting issues did you attend?

20-35 years            [   ]            36-45 years            [   ]

Over 46 years            [   ]

- 3. What are the main marital conflicting issues have you handled?  
.....  
.....

- 4. What do you think mostly influence infidelity among couples in reference to those you have attended to before?  
.....  
.....

- 5. Based on the reported cases you have attended to before, what do you think influence domestic violence among couples?  
.....  
.....

- 6. According to your opinion and experiences, how do socio-cultural factor interfere with marital relationships?  
.....  
.....

- 7. How are economic factors a challenge among couples in marital relationships according to the cases you have attended to before?  
.....  
.....

8. Have you participated in any family enrichment programme?

.....  
.....

9. If yes, mention type(s) of the family enrichment programme you have ever conducted?

.....  
.....

10. How often were such enrichment programmes held?.....

11. If never what reasons would you give?

.....  
.....

12. Do you think these marriage enrichment seminars help in stabilizing marriages? Please explain.

.....  
.....

13. Were there special cases of referral whenever a marital enrichment session was conducted?

.....  
.....

14. If yes, where do you think they may have been referred to for further special attention?

.....  
.....

15. What reasons would you give for the referral?

.....  
.....

16. What strategies would you suggest for addressing the factor of infidelity, domestic violence, social-cultural, and economic among couples in ensuring healthy relationships?

i. Infidelity:

.....  
.....

ii. Domestic violence:

.....  
.....

iii. Socio-cultural issues:

.....  
.....

iv. Economic issues:

.....  
.....

**Appendix V: Interview-Guide for the Church Ministers**

1. Name of your circuit  
.....
2. Have you ever conducted counselling to couples?  
.....
3. a) What was the type of counselling? .....  
Pre-marital counselling [ ]      Couples' seminar [ ]  
Family therapy [ ]      Pastoral counselling [ ]  
b) How often?  
Frequently [ ]      Rarely [ ]      Never [ ]  
c) If never what reasons would you give? .....
4. What age bracket of the couples have you ever counselled?  
20-35 years [ ]      36-45 years [ ]      Above 45years [ ]
5. How do you think infidelity related issues are challenging couples in reference to reported cases  
.....  
.....  
.....
6. What do you think causes domestic violence among the couples based on the cases you have attended to?  
.....  
.....  
.....
7. How are socio-cultural issues interfering with marital relationship in reference to the reported cases?  
.....  
.....  
.....

8. How do economic factors interfere with marital relationship based on the cases you have attended to?

.....  
.....

9. Have you participated in any family enrichment programme?

.....

i. If yes, what family enrichment programmes did you participate in? For instance

Family therapy [ ] Pastoral ministries [ ]

Couples' seminars [ ] Family enrichment seminars [ ]

Any other (specify).....

ii. How often?

Frequently [ ] Rarely [ ] Never [ ]

10. If never what reasons would you give?

.....

11. Have you ever made any referral of the couples you attended to?.....

a. If yes, where did you refer them?

Hospital [ ] Church Minister [ ]

Court/chief [ ] Psycho-spiritual counselor [ ]

b. What reasons would you give for the

referral?.....

12. What strategies would you suggest to help prevent or minimize divorce/separation among couples in respect to discussed factors in this study?

i. Infidelity:

.....  
.....

ii. Domestic violence:

.....  
.....

iii. Socio-cultural issues:

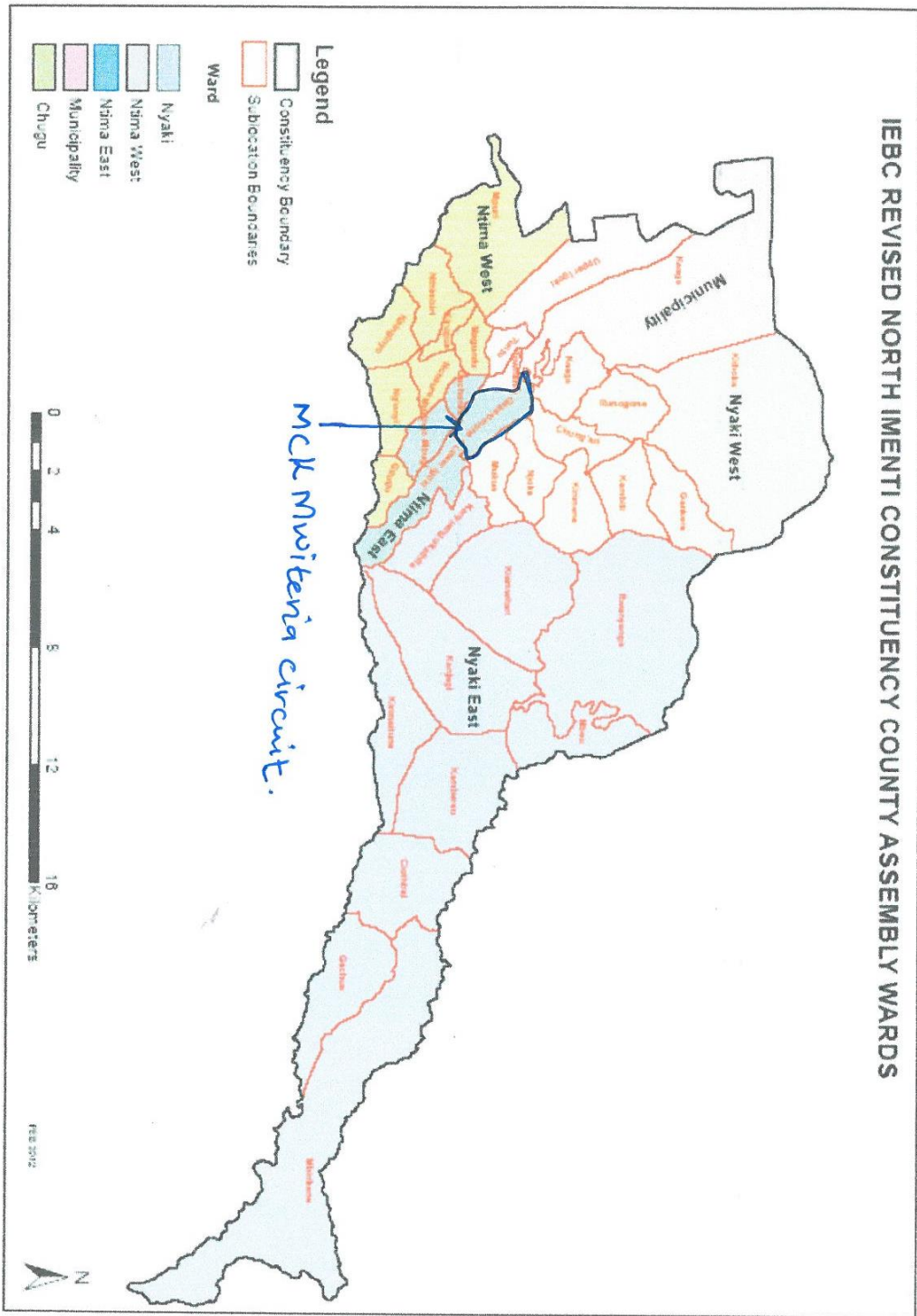
.....  
.....

iv. Economic issues:

.....  
.....

*Thank You*

**Appendix VI: MCK Mwiteria Circuit Location in the Map**





## Appendix VII: Ethical Clearance of Masters' Research Thesis



### KENYA METHODIST UNIVERSITY

P. O. BOX 267 MERU - 60200, KENYA  
TEL: 254-064-30301/31229/30367/31171

FAX: 254-64-30162  
EMAIL: [INFO@KEMU.AC.KE](mailto:INFO@KEMU.AC.KE)

21<sup>ST</sup> JULY, 2017

Kirimi Lydia Gacheri  
MCO-3-0307-2/2013  
Kenya Methodist University

Dear Kirimi,

**SUBJECT: ETHICAL CLEARANCE OF A MASTERS' RESEARCH THESIS**

Your request for ethical clearance for your Masters Research Thesis titled "Factors Influencing Divorce among Married Couples: A Case of Mwiteria Circuit in Imenti North, Meru County" has been provisionally granted to you in accordance with the content of your project proposal subject to tabling it in the full Board of Scientific and Ethics Review Committee (SERC) for ratification.

As Principal Investigator, you are responsible for fulfilling the following requirements of approval:

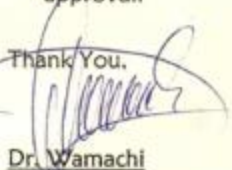
1. All co-investigators must be kept informed of the status of the project.
2. Changes, amendments, and addenda to the protocol or the consent form must be submitted to the SERC for re-review and approval prior to the activation of the changes. The Proposal number assigned to the project should be cited in any correspondence.
3. Adverse events should be reported to the SERC. New information that becomes available which could change the risk: benefit ratio must be submitted promptly for SERC review. The SERC and outside agencies must review the information to determine if the protocol should be modified, discontinued, or continued as originally approved.
4. Only approved consent forms are to be used in the enrollment of participants. All consent forms signed by subjects and/or witnesses should be retained on file. The

SERC may conduct audits of all study records, and consent documentation may be part of such audits.

5. SERC regulations require review of an approved study not less than once per 12-month period. Therefore, a continuing review application must be submitted to the SERC in order to continue the study beyond the approved period. Failure to submit a continuing review application in a timely fashion will result in termination of the study, at which point new participants may not be enrolled and currently enrolled participants must be taken off the study.

Please note that any substantial changes on the scope of your research will require an approval.

Thank You.



Dr. Wamachi

Chair, SERC

Cc: Dean, RD&PGS

## Appendix VIII: Research Permit

### CONDITIONS

1. The License is valid for the proposed research, research site specified period.
2. Both the Licence and any rights thereunder are non-transferable.
3. Upon request of the Commission, the Licensee shall submit a progress report.
4. The Licensee shall report to the County Director of Education and County Governor in the area of research before commencement of the research.
5. Excavation, filming and collection of specimens are subject to further permissions from relevant Government agencies.
6. This Licence does not give authority to transfer research materials.
7. The Licensee shall submit two (2) hard copies and upload a soft copy of their final report.
8. The Commission reserves the right to modify the conditions of this Licence including its cancellation without prior notice.



REPUBLIC OF KENYA

National Commission for Science,  
Technology and Innovation

RESEARCH CLEARANCE  
PERMIT

Serial No.A 15680

CONDITIONS: see back page

**THIS IS TO CERTIFY THAT:**  
**MS. KIRIMI LYDIA GACHERI**  
**of KENYA METHODIST UNIVERSITY,**  
**0-208 Ngong Hills, has been permitted**  
**to conduct research in Meru County**  
**on the topic: FACTORS INFLUENCING**  
**DIVORCE AMONG MARRIED COUPLES:A**  
**CASE OF MWITERIA CIRCUIT IN IMENTI**  
**NORTH-MERU COUNTY**  
**for the period ending:**  
**11th September, 2018**

Permit No : NACOSTI/P/17/96639/18961  
Date Of Issue : 12th September, 2017  
Fee Received :Ksh 1000



*[Signature]*  
Director General  
National Commission for Science,  
Technology and Innovation