



PAN AFRICA CHRISTIAN UNIVERSITY
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
END OF SEMESTER EXAMINATION FOR THE BACHELOR OF ARTS
IN COUNSELLING PSYCHOLOGY
SEPTEMBER - DECEMBER 2024 SEMESTER
COURSE CODE: COU4323
COURSE TITLE: PREMARITAL COUNSELLING
DATE: XXX DECEMBER 2024
DURATION: 3 HOURS
TIME: 8.00 – 11.00

INSTRUCTIONS:

- Read the instructions and questions carefully before you write the answers.
- This Exam has TWO SECTIONS.
- **SECTION A** is Compulsory.
- Answer any **TWO** questions in **SECTION B**

SECTION A : COMPULSORY (20 MARKS)

QUESTION ONE

SECTION A: Answer all questions – Total Marks 20

a) Define the following key terms in Premarital Counseling:

- (i) Intimacy (2 Marks)
- (ii) Emotional Infidelity (2 Marks)

a) Discuss **any two** unrealistic expectations that may cause problems to a couple preparing to marry (4 Marks)

(b) Explain **any two** goals of premarital counseling (6 Marks)

(c) Describe **any two** appropriate boundaries that be used by a couple to strengthen their relationship (6Marks)

SECTION B : ANSWER ANY TWO (2) QUESTIONS FROM THIS SECTION

QUESTION TWO

a) Study the case below and answer the following questions

Ngorika met Nyakinyua 5 years ago and they started dating. They have dated on and off since that time. They have now decided to get married so they reached out to a therapist for Premarital Counseling. Ngorika is 35 years while Nyakinyua is 32 years. They have been getting along well for the last three years with occasional disagreements where they have not found a framework that would help them find constructive solutions to problems and disagreements. Ngorika abuses alcohol occasionally and when this happens, they have serious altercations. This worries Nyakinyua but she loves her man so she is willing to give the relationship a chance. The couple have decided to seek premarital counseling and have chosen you as their therapist.

i) Explain the meaning of marriage from a Trinitarian Christian perspective to Nyakinyua and Ngorika. (2 Marks).

ii) Highlight **two** issues you would encourage Ngorika and Nyakinyua to discuss with the aim of ensuring these are addressed almost conclusively before they get together. (4 Marks)

iii) Discuss **two** reasons that could lead to marriage failure between Ngorika and Nyakinyua. (4 marks)

QUESTION THREE

a) Demonstrate **any two** types of negative interactions that can ruin a marriage. (2 Marks)

b) Discuss **any two** goals of premarital counseling. (4 Marks)

c) Explain **any two** benefits of premarital counseling (4 marks)

QUESTION FOUR

- a) Highlight **one way** that a couple intending to get married can benefit by making Christ the center of their relationship. (2 Marks)
- b) Analyze **any two** ways that men and women exhibit psychological differences (4 Marks)
- c) Discuss how Money issues can be a significant cause of relationship disharmony and divorce (4 Marks)

QUESTION FIVE

- a) Explain **any two** ways that in-laws can be a cause for emotional and social dissatisfaction to a couple before and after marriage. (2 Marks)
- b) Discuss **any two** ways barrenness can cause problems that could be detrimental to a marital relationship. (4 Marks)
- c) Explain **any two** psychological causes of sexual dysfunction that could affect couples who are intending to get married. (4 Marks)