THE RELATIONSHIP BETWEEN ATTACHMENT STYLES AND DYADIC ADJUSTMENT IN THE EARLY STAGE OF MARRIAGE AMONG COUPLES IN SELECTED BAPTIST ASSEMBLIES IN NAIROBI NORTH BAPTIST ASSOCIATION ZONE.

KARANJA GRACE WANGUI KAMAU

A DISSERTATION SUBMITTED TO THE
GRADUATE SCHOOL
IN PARTIAL FULFILMENT OF THE REQUIREMENTS
FOR THE AWARD OF THE DEGREE OF DOCTOR OF PHILOSOPHY IN
MARRIAGE AND FAMILY THERAPY

PAN AFRICA CHRISTIAN UNIVERSITY

MAY 2026

DECLARATION

This dissertation is my original work and has not been presented to any College or University for academic credit.

Signed _____ Date: _____
Karanja Grace Wangui Kamau
PMFT/16826/0/20

This dissertation has been presented for examination with our approval as the appointed University Supervisors.

Signed _____ Date: _____
Dr. Anne Wambugu, PhD
Senior Lecturer Department of Psychology

Signed _____ Date: _____
Dr. Jane Kinuthia, PhD
Senior Lecturer Department of Communication, Languages & Linguistic

TABLE OF CONTENTS

DECLARATION.....ii

TABLE OF CONTENTS iii

DEDICATION viii

ACKNOWLEDGEMENTS ix

ABSTRACT.....x

LIST OF TABLES xi

LIST OF FIGURES xiii

ABBREVIATIONS AND ACRONYMS.....xiv

OPERATIONAL DEFINITION OF TERMS.....xvi

CHAPTER ONE: INTRODUCTION AND BACKGROUND TO THE STUDY 1

Introduction.....1

Background to the study 1

Statement of the Problem.....10

Purpose of the Study.....13

Objectives of the Study.....13

Research Questions.....13

Assumptions of the Study 14

Justification of the Study.....14

Significance of the Study 15

Scope of the Study.....16

Limitations of the Study 17

Delimitations of the Study 17

Chapter Summary 18

CHAPTER TWO: LITERATURE REVIEW.....19

Introduction.....19

Literature Review 19

An Overview of Attachment Styles 19
Secure Attachment ***24***
Avoidant attachments ***26***
Anxious Attachments ***27***
An Overview of Dyadic Adjustment 28
The Role of Religion in Dyadic Adjustment 37
Empirical Research and Intervention in Dyadic Adjustment 40
Relational and Ecological Aspects in Early Marriage 46
Relational Aspects in Early Marriage ***47***
Ecological Aspects that affect Early Marriage ***53***
Theoretical Framework 56
The Attachment Theory 57
The Interpersonal Relationship Theory 63
Research Gap 70
Chapter Summary 71
CHAPTER THREE: RESEARCH METHODOLOGY 72

Introduction 72
Research Paradigm 72
Research Design 73
Study variables 73
The Baptist Assemblies 75
Target Population 77
Sampling Technique 78
Sample size 79
Data Collection Instruments 83
The Adult Attachment Scale Questionnaire ***84***
The Dyadic Adjustment Scale ***85***
Validity and Reliability 87
Reliability of the Questionnaires ***87***
Validity of the FGD questions ***88***
Pilot Study 88
Data Collection Procedure 89
Data Analysis 89

Data Presentation.....90
Data protection.....91
Ethical Considerations.....91
Chapter Summary.....92
CHAPTER FOUR: RESULTS AND DISCUSSION.....94
Introduction.....94
The Response rate.....94
Demographic Information.....94
Respondents by Gender**.....*95***
Respondents by Age**.....*96***
Respondents by Church Affiliation**.....*98***
Respondents by Educational Level**.....*99***
Respondents by Number of Years Married**.....*100***
Respondents by Work Status Level**.....*102***
Frequency Tables on the Adult Attachment Scale.....102
The general Interpretation of the Revised Adult Attachment Scale Responses.....147
Frequency Tables on the Revised Dyadic Adjustment Scale Questionnaire.....148
The Revised Dyadic Adjustment Scores.....175
The RDA Consensus Score**.....*176***
The RDA Satisfaction**.....*178***
The RDA Cohesion Scores**.....*180***
The combined RDA Scores**.....*181***
The RDAS Statistics**.....*184***
The RDAS Levels of Dyadic Adjustment.....185
Low Dyadic Adjustment Level**.....*186***
Moderate Level of Dyadic Adjustment**.....*188***
High Dyadic Adjustment Level**.....*190***
The Focus Group Discussion Results.....194
The Bio-data of the FGD Participants.....194
The gender of the FGD Participants**.....*195***
The age bracket of the FGD Participants**.....*196***
The distribution of the Baptist Church Affiliation of the Participants**.....*196***

Highest Academic Qualification *197*

Number of Years the Participants have been Members of the Baptist Assembly *198*

The Number of Years Participants have been Married *199*

The Qualitative Findings of the FGD 201

Findings on Positive Perceptions That Help In Building a Bond in the Early Stages of Marriage 202

Challenges Couples Face in the Early Marriage Stage 203

Coping Strategies for Early Marriage Challenges 207

Spousal Motivation for having Church Weddings 209

Church Support in Marital Adjustment 210

The Church Support in terms of Teaching on Attachment Styles 212

FGDs Suggestions for Marital Support 213

Discussion 220

Objective 1: The predominant attachment styles among couples in the early stages of marriage within selected Baptist Assemblies in Nairobi North Baptist Association Zone *221*

Objective 2: The level of dyadic adjustment among couples during the early years of marriage within selected Baptist Assemblies in Nairobi North Baptist Association Zone *222*

Objective 3: The relationship between different attachment styles and the degree of dyadic adjustment among the couples within selected Baptist Assemblies in Nairobi North Baptist Association Zone. *224*

Objective 4: Identification of suggestions for counseling and support interventions aimed at enhancing dyadic adjustment based on couples' attachment styles within selected Baptist Assemblies in Nairobi North Baptist Association Zone *225*

Summary of the Chapter 226

CHAPTER FIVE: SUMMARY OF FINDINGS, IMPLICATIONS, CONCLUSIONS, RECOMMENDATIONS AND AREAS FOR FURTHER RESEARCH 227

Introduction 227

Summary of Key Findings 227

Objective One: The Predominant Adult Attachment Styles *227*

Objective Two: The Assessment of Revised Dyadic Adjustment Scores.....228

Objective Three: The relationship between attachment styles and dyadic adjustment among the couples.....229

Objective Four: Potential Recommendations for CCounseling and Support Interventions aimed at Enhancing Dyadic Adjustment Based on Couples' Attachment Styles.....231

Conclusions.....235

Recommendations.....239

Areas for Further Research.....241

Summary of the Chapter.....242

REFERENCES.....243

APPENDIX I: INTRODUCTION LETTER.....260

APPENDIX II: INFORMED CONSENT FORM FOR THE RESPONDENT.....261

APPENDIX III: PARTICIPANTS DEMOGRAPHICS.....263

APPENDIX IV: ADULT ATTACHMENT SCALE.....265

APPENDIX V: REVISED DYADIC INVENTORY.....273

APPENDIX VI: FOCUS GROUP DISCUSSION GUIDE.....257

APPENDIX VII INTRODUCTION LETTER BY PACU.....258

APPENDIX VIII: CLEARANCE CERTIFICATE BY PAC-ISERC.....259

APPENDIX IX: CLEARANCE LETTER BY NACOSTI.....260

DEDICATION

This dissertation is dedicated to my spouse and fellow parent Karanja Mbugua, our children: Dr. Karen Ivy Karanja, CPA Andrew Karanja, Mellisa Karanja and Stacy Gakenia. I am forever grateful for your endless prayers and words of affirmation. Thank you for the times you sacrificed important interactions to allow space for one more paragraph particularly when the words countdown began. Your exemplary resilience throughout life and in various fields that you all occupy has strengthened me to stay on course. This victory is as much as yours as it is mine.

ACKNOWLEDGEMENTS

I acknowledge that God in his wisdom has accorded me this opportune time to research and write this dissertation to its successful completion - to Him I accord the honour and glory. My heart is also filled with gratitude towards God for allowing me to enjoy good health and clarity of mind since I began this journey in May, 2020. I am deeply awed by God's presence, grace and mercy every day and every step of the way. Without God's help this venture would have been impossible. He has sustained me through all the challenges and seen me through what seemed insurmountable.

In addition, I am profoundly grateful to my supervisors Dr. Anne Wambugu and Dr. Jane Kinuthia for their unwavering support patience and invaluable feedback. Their mentorship and kindness has transformed me as they shared great academic and professional insights throughout the writing. I wish to express my heartfelt gratitude for the time and energy they put in reading through my work, critique and guidance. Without their support and encouragement during the high and low seasons of writing, it would have been harder to complete this work.

Moreover, I acknowledge the heads of the Baptist Churches who permitted me to access the participants in the various assemblies and in particular Rev. Elijah Wanje who introduced me to the others. Additionally I wish to acknowledge those who assisted me in the administration of questionnaires while collecting data with a specific mention of Tiffany, Ken, Mary and Safari. Thank you for your dedication, time and effort towards achieving this feat.

ABSTRACT

This study focused on the relationship between attachment styles and dyadic adjustment in the early stage of marriage among selected Baptist assemblies in Nairobi North Baptist Association Zone. Using the pragmatic paradigm which allows human subjects to reflect on their experiences and a mixed method approach for data collection, the study sought to address the following objectives: to investigate the predominant attachment styles among couples in the early stages of marriage; to assess the level of dyadic adjustment among couples during the early years of marriage; to explore the relationship between different attachment styles and the degree of dyadic adjustment among the couples in selected Nairobi North Baptist Assemblies. The study also sought to identify potential recommendations for counseling and support interventions aimed at enhancing dyadic adjustment based on couples' attachment styles within selected Baptist Assemblies in Nairobi North Baptist Association Zone. The theories used to underpin the study were the Attachment and the Interpersonal Relationship theories. Additionally, the researcher used purposive sampling for questionnaire respondents and random sampling for the focus group discussion participants. The population of the study comprised of 145 couples who got married in the Baptist Churches within the period of 2019-2023 and using the Yamane formula the sample size of 106 couples for the study was derived. A total of 10 participants were purposefully selected for the focus group discussion from within the four Baptist Assemblies. The researcher collected data using standardized questionnaires: The Revised Dyadic Adjustment Scale and the Adult Attachment Scale. The questionnaires were analyzed using the Statistical Package for Social Sciences (SPSS) Version 29 and presented using inferential and descriptive statistics while the Focus Group Discussion responses were recorded and then transcribed. The qualitative data was analyzed through a systematic process of data familiarization, coding into themes and then interpreting the broader themes into concepts. The descriptive data was presented through summary statistics and visualizations through tables, bar graphs, and pie charts, illustrating distribution, frequency, and patterns within the data. The correlations findings indicated divergent relationships between the attachment styles and dyadic adjustment, with a positive correlation of r-0.456 between secure attachment and dyadic adjustment. The correlation of anxious attachment with dyadic adjustment was ($r = -0.829$) while the correlation of avoidant attachment and dyadic adjustment was ($r = -0.616$) indicating a negative correlation. The recommendation for couples in the early stage of marriage from the selected Baptist Churches included marriage and family therapy, training in communication and psychoeducation on healthy attachment and marital adjustment among others. The researcher recommended further studies in cultural contextualization of attachment styles and dyadic adjustment, the influence of socioeconomic status on attachment styles and the effects of generational transformation on dyadic adjustment.

LIST OF TABLES

Table 1 *Population target from selected Baptist Assemblies in Nairobi North Association Zone* 78
Table 2 *Sampling frame* 83
Table 3 *Respondents by Gender* 95
Table 4 *Age bracket of the respondents* 97
Table 5 *Baptist Church Assembly that participants are affiliated to* 98
Table 6 *Highest educational level achieved* 99
Table 7 *Years Married* 100
Table 8 *Number of years you have been in Baptist Church* 101
Table 9 *Work Status* 102
Table 10 *I find it relatively easy to get close to people.* 103
Table 11 *I find it difficult to allow myself to depend on others* 104
Table 12 *I often worry that other people don't really love me.* 106
Table 13 *I find that others are reluctant to get as close as I would like* 107
Table 14 *I am comfortable depending on others* 109
Table 15 *I don't worry about people getting too close to me* 110
Table 16 *I find that people are never there when you need them.* 112
Table 17 *I am somewhat uncomfortable being close to others* 114
Table 18 *I often worry that other people won't want to stay with me.* 115
Table 19 *When I show my feelings for others, I'm afraid they will not feel the same about me* 117
Table 20 *I often wonder whether other people really care about me* 119
Table 21 *I am comfortable developing close relationships with others* 121
Table 22 *I am uncomfortable when anyone gets too emotionally close to me.* 123
Table 23 *I know that people will be there when I need them.* 125
Table 24 *I want to get close to people, but I worry about being hurt* 127
Table 25 *I find it difficult to trust others completely* 128
Table 26 *People often want me to be emotionally closer than I feel comfortable being.* 129
Table 27 *I am not sure that I can always depend on people to be there when I need them.* 131
Table 28 *The Secure Attachment Scores* 133
Table 29 *Anxious Attachment Score* 135
Table 30 *Avoidant Attachment Score* 138
Table 31 *Combined Adult Attachment Styles Scores* 140
Table 32 *Statistics* 146
Table 33 *Religious Matters* 148
Table 34 *Demonstrations of Affection* 150
Table 35 *Making major decisions* 151
Table 36 *Sex relations* 153
Table 37 *Conventionality (correct or proper behavior)* 154
Table 38 *Agreement on Career Decisions* 156
Table 39 *How often do you discuss or have you considered divorce, separation, or terminating your relationship* 157
Table 40 *How often do you and your partner quarrel* 159

Table 41 *Do you ever regret that you married (or lived together* 160
Table 42 *How often do you and your mate "get on each other's nerves''* 161
Table 43 *Do you and your mate engage in outside interests together* 163
Table 44 *Have a stimulating exchange of ideas* 165
Table 45 *Work together on a project* 169
Table 46 *Calmly discuss something* 172
Table 47 *Consensus Score* 176
Table 48 *Satisfaction Score* 178
Table 49 *Cohesion Score* 180
Table 50 *The Revised Dyadic Adjustment Scores* 181
Table 51 *The RDAS Statistics* 185
Table 52 *Low Dyadic Adjustment* 186
Table 53 *Moderate Level of Dyadic Adjustment* 188
Table 54 *High Dyadic Adjustment Level* 190
Table 55 *Correlation Statistics* 191
Table 56 *Variables Entered/Removed* 192
Table 57 *Model Summary* 193
Table 58 *ANOVA* 193

LIST OF FIGURES

Figure 1 *The Attachment Diathesis-Stress Process Model (Simpson and Steven Rholes, 2017)* 28
Figure 2 *Conceptual Framework (the researcher, 2024)* 69
Figure 3 *Respondents by Gender* 96
Figure 4 *Respondent by Age group* 97
Figure 5 *Respondents by Baptist Church Affiliation* 99
Figure 6 *Distribution of the Secure Attachment Scores* 134
Figure 7 *Anxious Attachment Style* 137
Figure 8 *Avoidant Attachment Scores* 139
Figure 9 *Combined Adult Attachment Scores* 142
Figure 10 *Frequency of mates getting on each other's nerves* 162
Figure 11 *The Consensus Scores* 177
Figure 12 *The RDA satisfaction Scores* 179
Figure 13 *The RDA cohesion Scores* 181
Figure 14 *The Combined Revised Dyadic Adjustment Scores* 183
Figure 15 *Low Dyadic Adjustment* 187
Figure 16 *Moderate Level of Adjustment* 189
Figure 17 *Gender of FGD Participants* 195
Figure 18 *The Age Bracket of the Participants* 196
Figure 19 *Baptist Assembly Memberships* 197
Figure 20 *Highest Education Level Achieved* 198
Figure 21 *Number of Years Participants has been Members of Church* 199
Figure 22 *Number of years Participants have been Married* 200
Figure 23 *Work Status* 201
Figure 24 *The Challenges and Solutions of the Early Stage of Marriage* 206
Figure 25 *Word Frequency on Reasons why couples wedded in Church* 209
Figure 26 *Proposal for Church Support to Couples* 215

ABBREVIATIONS AND ACRONYMS

BARCON- Baptist Regional Convention of Nairobi

BCK- The Baptist Convention of Kenya

BWA- Baptist World Alliance

DF- Demographics Factors

FGD- Focus Group Discussion

IF- Interpersonal Factors

IMM- Internal Models Map

IRT- Interpersonal Relations Theory

IWM- Internal Working Models

NACOSTI - National Commission for Science, Technology and Innovation

NCBA-Nairobi Central Baptist Association,

NEBA-Nairobi East Baptist Association

NNBA- Nairobi North Baptist Association

NNWBA -Nairobi North West Baptist Association

NSBA-Nairobi South Baptist Association

NVIVO- Non-Versioned Information, Versatile Outcomes

NWBA-Nairobi West Baptist Association

PACU-Pan Africa Christian University

PACU ISERC- Pan Africa Christian University Institutional Scientific Ethic Review Committee

RDAS- Revised Dyadic Adjustment Scale

SPSS- Statistical Package for Social Sciences

USA- United States of America

OPERATIONAL DEFINITION OF TERMS

The terms used in this study will be operationalized as follows:

Attachment styles: Attachment is a profound and lasting emotional connection between two individuals in which each pursues intimacy and senses more security whenever in the company of the attachment character (Mikulincer & Shaver, 2018). Attachment styles in psychological research refer to the patterns of behaviors and emotional responses individuals exhibit in relationships, originally stemming from early interactions with caregivers during childhood. These styles are commonly categorized into four main types: secure, anxious (anxious-preoccupied), avoidant (dismissive-avoidant), and disorganized. Each style has its own operational definitions and characteristics (Mikulincer & Shaver, 2023).

Secure Attachment: Individuals with a secure attachment style typically show comfortable levels of intimacy and independence. They are generally able to establish healthy, balanced relationships, feel confident in expressing emotions, and seek support in times of need while also providing support to others. They exhibit positive views of themselves and others. The research indicators of secure attachment in this study included effective communication skills, emotional regulation, and resilience during conflicts in relationships (Mikulincer & Shaver, 2023).

Anxious Attachment (Anxious-Preoccupied): Individuals with an anxious attachment style often seek high levels of intimacy and approval from others but may fear rejection and abandonment. They tend to become overly preoccupied with their relationships and may exhibit clinginess or hyper-vigilance regarding their partner's feelings and needs. The common indicators include heightened sensitivity to partner behaviors, frequent distress in response to perceived threats to the relationship, and a tendency to express anxiety or jealousy (Mikulincer & Shaver, 2023).

Avoidant Attachment: This is the attachment style which is developed in childhood whereby the affected person avoids forming close bonds and often values personal autonomy to the extent that they create emotional distance between themselves and others including their spouses. The avoidant person may exhibit difficulty trusting others and feels uncomfortable with close proximity, leading them to suppress their emotional expressions and avoid seeking help. The research indicators of the avoidant attachment style includes avoidance of close relationships, hesitancy to unveil personal info, and a leaning towards prioritizing self-reliance as opposed to emotional association (Mikulincer & Shaver, 2023).

Dyadic adjustment: this is the same as marital adjustment and it refers to a situation of complete contentment and fulfilment within marriage and about each other. Marital adjustment is also expected to achieve a general gratification for the dyad (Shah & Mishra, 2019). Operationally, dyadic adjustment refers to the quality of the relationship between two partners, including their emotional and behavioral interactions. It is an important construct in relationship and marital research, as it provides insights into the health and satisfaction of intimate partnerships. Here are the key components of an operational definition of dyadic adjustment:

Emotional Gratification: This implies the degree to which married individuals feel emotionally fulfilled through meeting each other's needs in their relationship. This can include feelings of love, spending time together, expressing affection through touching, gifting one another, verbalizing affirming words and supporting each other through service (Mantova, 2023). The measurement indicators of emotional Satisfaction: Items assessing feelings of warmth, affection, and overall happiness within the relationship.

Communication: In the study, communication is used as a vital construct variable to observe how couples exchange ideas, express their emotions, and shape their relational understanding, habitually within the framework of attachment, social exchanges, or interactive relationships (Kozhukhar, 2021). In other words Communication is seen as the effectiveness and openness of verbal and non-verbal interactions between partners whereby one packages a message and conveys while the other one receives, encode and gives feedback which affects how couples converse about their feelings, express their emotional needs, and resolve or manage their conflicts (Mardani et al. 2021). The measurement Indicators of communication in this study are: Questions regarding the frequency and effectiveness of communication styles, ability to discuss issues, and mutual understanding during discussions (Mardani et al. 2021).

Commitment: This is the level of dedication each partner feels toward maintaining the relationship, including their willingness to invest time and effort into the partnership (Mikulincer & Shaver, 2018). Mikulincer and Shaver, in their studies on attachment and interpersonal relationships, define commitment as a fundamental element of intomate relationships that echoes a mindful, deliberate intention to uphold and prioritize the relationship over time, frequently encompassing emotional investment and a sense of loyalty. Commitment involves a conscious decision to maintain a relationship and the psychological attachment that sustains the bond, even in the face of difficulties (Mikulincer & Shaver, 2018) The measurement indicators of commitment are the items assessing intentions to remain together, share resources, and work problems through together.

Intimacy: The emotional closeness and connection felt between partners through shared experiences, trust, and mutual understanding (Reis & Shaver, 2024).

In their earlier work they defined intimacy as a feeling of closeness, warmth, and understanding between individuals, characterized by sharing personal thoughts, feelings, and experiences. They emphasized that intimacy encompasses mutual self-disclosure and receptiveness, nurturing trust and expressive mutual connection (Dandurand & Lafontaine, 2012).

Reis and Shaver (1988) developed several methods of assessing intimacy, including: Self-report by responding to questions about assessing feelings of intimacy, trust, and sharing in their relationships. They also observed behavior, and administered dyadic assessments. In this study, the measurement indicators: Assessment of physical and emotional intimacy, such as engaging in shared activities and feelings of closeness.

Conflict Resolution: The ability of partners to manage and resolve conflicts in a healthy manner, which can include negotiation, understanding each other's perspectives, and finding compromises (Shabani et al., 2022). The measurement indicators of conflict resolution are consensus or agreement on issues that are being handled, satisfaction with conflict resolution processes and open communication that is characterized by positive affirmations, emotional support and physical closeness.

Shared Activities: This is the extent to which partners engage in joint activities or interests, which can foster bonding and strengthen their connection. The RDAS includes items that assess the degree to which partners engage in shared activities, such as spending leisure time together, which is an important component of overall relationship adjustment. (Busby et al.,2012). The measurement indicators of shared activities are operationalized through observing the frequency of shared activities, such as spending time together, engaging in hobbies, or setting mutual goals.

Early stage of Marriage: The early stage of marriage is defined as the period starting from the official marriage ceremony (wedding date) and extending up to five

years thereafter. This phase of 0-5 years is characterized by fundamental adjustment, creation of shared routines, fostering partnerships, sharing activities and developing intimacy. Levinger (1974) describes initial nuptial period as a foundation where couples experience intense tuning, which can impact long-term bond solidity. Karney and Bradbury (1995) highlight that the first few years are marked by intensified susceptibility to fights but also prospects for development and attachment. This can be determined by self-reported measures of time.

CHAPTER ONE: INTRODUCTION AND BACKGROUND TO THE STUDY

Introduction

Chapter one begins with the definition of marriage and moves on to address the contextual background of the research problem using the funnel approach from the worldwide perspective to the regional and local. The other sections of the chapter look into the statement of the problem, the purpose of the study, objectives of the study and the questions being addressed. In addition, the chapter also addresses the significance of the study, scope of the study, limitations, delimitations and justification of the study. At the tail end of chapter one is a summary of chapter one.

Background to the study

The encyclopedia Britannica defines marriage as:

> "a legally and socially sanctioned union, usually between a man and a woman, that is regulated by laws, rules, customs, beliefs, and attitudes that prescribe the rights and duties of the partners and accords status to their offspring (if any).The universality of marriage within different societies and cultures is attributed to the many basic social and personal functions for which it provides structure, such as sexual gratification and regulation, division of labor between the sexes, economic production and consumption and satisfaction of personal needs for affection, status, and companionship. Perhaps its strongest function concerns procreation, the care of children: their education, socialization and regulation of lines of descent. Through the ages, marriages have taken a great number of forms (Encyclopedia Britannica, 2025, p. 1)

The laws of Kenya in Marriage Act Cap 150 further elaborate that marriage is restricted to be between a man and a woman, but goes on to allow monogamy or polygamy status so long as it is voluntary and the person undertaking it is above the

eighteen years of age which is defined as appropriate consent age for nuptials. The Kenya law further breaks down the types of permissible marriage, and in the interest of this study the type of marriage addressed here is Christian and the kind that was officiated by an ordained church minister within the monogamous bounds. The laws of the country also permit the partakers of the matrimonial vows to have equal rights and obligation during the wedding or after and even at the marriage dissolution, should they go that directions.

Marriage comes in phases initially marked by distinctive passionate feeling succeeded by disenchantment and disturbance when couples realize that marriage works as result of hard work, and then disbanding done through tuning with resignation, or adjustment with gratification (Harris, 2012). Marriage becomes an art of delicate balance between the children schooling, working whether employed or self-employed, financial management, child rearing, and other supplementary activities. However, leisure is most likely to take a back seat reducing the bonding time which may lead to poor adjustment and eventual deterioration of the quality of marriage (Harris, 2012).

Research in Marriage is directed by the supposition that one enters into it to stay and therefore expects a close emotional tie with the respective spouse (Wimalasena, 2016) and it begins with guidance on how to select a marriage partner and advances into marriage preparation culminating in the union of the couple (Chiboola, 2020). Marriage exists in various context but in agreement with the definition given by the Encyclopedia Britannica (2025) it is a constituent of family socialization practiced in both religious and non-religious community setups (Yahya et al., 2017). However, with the advent of the fast-evolving spousal roles and responsibilities, immigration, the autonomy of young

adults, societal norms which affect marriage the factors that construe the understanding of marriage have been redefined (Yahya et al., 2021) . Therefore, as couple enters into marriage they may require doing adjustment, a fact that may be affected by the nature of attachment styles (Mikulincer & Shaver, 2018), perceived spousal roles and responsibilities (Horrell et al., 2022) cultural adjustments (Shah & Mishra, 2019) and other areas. Failure to adjust well has led to poor marital quality (Mikulincer & Shaver, 2018).

In a summary, there are stark realities that hit a couple once courtship is over and marriage has begun. Apart from the immediate assumption of brand new responsibilities and newly acquired roles, there is a call for collaborative effort towards building the marriage concretely. This may call for the abandoning of individual autonomies in favor of dyadic adjustment, the desire to acquire a new place where the newlyweds can be domiciled away from the interference of the family of origin and establishing their own financial habits.

Attachment Theory arose from the psychoanalytic field. The British psychoanalysis expert Bowlby (1951) developed it from his clinical practice with emotionally troubled children mainly distressed from separation from care providers (Cassidy & Shaver, 2018). He observed that children were not merely troubled by hunger but also by their desire to form and retaining their emotional ties. While working with the World Health Organization Bowlby (1951) made conclusions that warmth, intimacy, and constant intrapersonal relationship with a mother-figure or biological mother was necessary for the child's mental wellbeing (Cassidy & Shaver, 2016). He affirmed that attachment is an adaptive system which is evolutionary by nature, organically automated

to guarantee the survival of the infant- care provider at close proximity. Bowlby also came up with attachment and loss trilogy (Holmes, 2024) setting the foundation for the 20th century attachment research and theorizing. Holmes (2024) highlights the main findings of the attachment and loss trilogy as the operating dynamics, the influence of trauma on the events of life, self-protective exclusion, loss and grief, and finally the continuous effects of the internal working models. In the 1970s Mary Ainsworth a protégé of Bowlby carried out the strange situation experiments with Ugandan children and their care providers and came up with the characteristics of the three categories of attachment styles (Ainsworth et al., 1978). The markers of secure attachment were that the child was miserable at separation and consoled at reunion while the avoidant attachment were indifference at both departure and return of the care giver. The anxious attachment was marked by high distress at separation, uncertainty upon the return of the care-giver (Ainsworth et al., 1978; Main & Solomon, 1986; Voges et al., 2019).

Other researchers (Main & Solomon, 1986) extended the theory into investigating attachment styles in later adult life. They established the Adult Attachment Interview (AAI), connecting initial exposures to adult attachment configurations. An extra attachment style known as the disorganized attachment related to exposure to abuse or negligence was added. The contemporary applications of the Attachment Theory informs assorted grounds of education and practice such as adult love relationships, clinical practice in Psychology, learning and training, and trauma treatment (Main & Solomon, 1986). Adult attachment Scale was developed by Hazan and Shaver (1987), to chart romantic relationships using attachment styles analogous namely: secure, anxious, avoidant, disorganized similar to those identified as operational in childhood. In

summary, the main concepts of the Attachment Theory are the inherent system to search for closeness to a care-giver; a dependable care-giver provision of a conducive environment to empower the care receiver to discover the world. The other key concepts are the internal working models formation of the conceptual pictures of one-self and others premised on initial life experiences and configurations of interactive mannerisms and prospects based on early ties.

In a study conducted by researchers from four different universities in the United States of America (USA) (Durtschi et al. 2017); the researchers observed that the variables that constitute quality marriage remain indefinite. Durtschi et al. (2017) further stipulate that early marriage processes are crucial to understanding the future quality of a couple's relationship. Durtschi et al. (2017) verified their observation through a study of 280 couples using a longitudinal approach to identify and appraise attributions in marriage. The identified couples had been married for up to four years. They found out that there are intra personal and interactive qualities that affect marital relationship quality.

Elsewhere in Israel, Siegal et al., (2018) explored how each of the dyads contributes to the marital relationship dynamics. The researchers further elaborated marital adjustment as a concept that has many scopes in terms of conceptualization: satisfaction, consensus, cohesion, and affection a fact that was earlier collaborated by (Assari et al., 2009). Siegal et al., (2018) also found out that securely attached couples scored the highest level of adjustment. The anxious and the avoidant attached couples scored the lowest level of adjustment. The couples who reported mixed attachment experienced varying adjustment levels and from the gender lens, avoidant wives with

secure husbands experienced normal adjustment which was contrary for avoidant husbands with secure wives.

Based on the aforementioned, the researchers recommended further studies to examine the relationship between couple attachment and time, since marital adjustment mutates over time. They further suggested that forthcoming studies should address how clinical mediation impacts attachment, or augment marital adjustment (Siegel et al., 2018). Furthermore, they proposed that the research should be carried out among civilian populations because their study was based on military couples who had been married for a long period of time.

In developing the notion of marital adjustment, Shah and Mishra (2019) observed that it is a key contributor of marital satisfaction after carrying out a research among Indian couples. The researchers further opine that couples who adjust well have a satisfying life and have less medical expenses. In addition, couple adjustment is also defined by cultural roles and responsibilities. In presenting a similar observation, other scholars have observed that dyadic cohesion play a substantial part in intervening on secure attachment that leads to marital satisfaction (Wijaya & Widyaningsih, 2021). Therefore, adjustment moves beyond the simple notion of being compatible to emphasize the changing nature of relationships. Apart from focusing on individual partner traits, dyadic adjustment acknowledges the dynamic role of resolving and managing conflicts, mutual communication, and developing shared activities in shaping the relationship. Shah and Mishra (2019) defined marital adjustment as a situation of a complete contentment and fulfilment within marriage and about each other. Marital adjustment is also expected to achieve a general gratification for the dyad. Shah et al. (2021) found out that positive

marital adjustment within the medical professionals working couples contributed to the dyadic well-being, and operational effectiveness in raising children and family development. Therefore, work can contribute positively or adversely to marital relationship quality. Researchers have also found substantial deterioration in marital gratification based on spousal workload increase. (Lavner & Clark, 2017). Imperative inquiries persist about whether involvement at work has lasting impact on relationship quality and this study seeks to address that question within the marital dyads.

Elsewhere among the Iranians, Baghkhasi et al. (2020) carried out a study among Iranian couples that explored the factors that influence marriage and determined that the quality of marital relations decrease during the first three months of marriage. They used the theory of interpersonal relationships based on the fact that the theory stipulates that good relationships require effort and attention. The researchers, Baghkhasi et al. (2020) addressed three variables in their research and these are: demographics, interpersonal factors, and marital relationship quality. Baghkhasi et al. (2020) found out a substantial difference in marital relationship quality results at 0, 1, and 3 months using the Revised Dyadic Adjustment scale (RDAS) questionnaire. The RDAS values reduced from 55.88 and 53.82 within three months of marriage. The researchers identified a gap on the need to incorporate marriage preparation programs and supportive actions during the early marriage years. Baghkhasi et al. (2020) observed that that there are limited studies that addressed factors that affect the early stages of marriage.

Specific research in Africa indicates that traditional culture norms and practices are crucial in forming the attachment styles. Miller et al. (2015) illustrated in their findings that in numerous African cultures, the systems of the extended and communal

approach care-giving contributed to attachment styles that were uniquely African causing different behaviors from the one observed in the west. For example, Kyerematen-Amoah et al. (2019) confirmed that Ghanaian children displayed secure attachment even though they are raised by many care providers because culturally Africans have a general acceptance towards collective nurturing of children. Kyerematen-Amoah et al. (2019) demonstrated adaptive and culture-embedded nature of attachments; in essence insecure behavior in the West could be perfectly normal in Africa (Keller, 2013).

In another regional study in Ethiopia, Ayenew (2016) examined how attachment contributes to marital satisfaction using 309 participants and found out that couples with low scores in ambivalent and anxious attachment styles experienced higher marital satisfaction (Ayenew, 2016). He also cited the scarcity of research on individual characteristics that contribute to satisfaction in marriage. In Nairobi Kenya a study was carried to measure the relationship between attachment and marital satisfaction among religious couples who attend he All Saints Cathedral Church (Hongo, 2019). The researcher observed that the relationship between marital satisfaction and some adult attachment styles is negative and that this differs in a significant way depending with the attachments (Hongo, 2019). Therefore, Hongo (2019) recommended further research among couples from other denominations in the country. This confirms what Frias et al. (2015) argued; that measures of attachment continue evolving in terms of revision, expansion, extension and translation. In addition to Hongo (2019) findings, a study among Pentecostal Church couples in Embakasi Nairobi, (Njeru et al., 2021) identified the causes of conflicts among 600 Christian couples below the age of 45 years. The

researchers also found out the conflicts contributed to anxiety and depression leading to reduced work performance and a corrosion of faith.

Furthermore, Savage, (2020) observed that, the fast-evolving spousal roles and responsibilities interfere with adjustment leading to increased divorce rates. Consequently, the increased individual distress, marital dyad conflict, separation, and divorce has led to the need for corrective therapy and education programs that may lead to prevention and enriching programs (Savage, 2020). On the other hand, Horrel et al. (2022) observed that gender beliefs are concomitant with greater marital fulfilment and advanced psychological health (Horrell et al. ,2022). Horrel et al. (2022) studied how evangelical womenfolk reason about gender roles such as traditional home keeping, how their beliefs relate to their marital happiness and how good they feel about their lives overall. He observed that they were happy when their roles and beliefs matched with societal expectations. Horrel et al., (2022) further stated that women reported feeling happy, fulfilling their purpose, experiencing personal growth and making meaning for their lives. However, conflicted women wanted something different to boost their happiness other than playing the traditional roles. These observations therefore demonstrated the need for married couples to define the roles that befit each dyad in order to adjust to al shared life that creates happiness for both.

In synthesizing the findings on adult attachment, Fraley (2019) argues that adult attachment becomes weak and unpredictable across different measurement areas. The researcher also observed that inflexible adult attachments lead to irregularities in the social and choice selection domains, concluding that the foundations of attachment styles based on early childhood experiences is not the sole determinant of the adult attachment

styles. Fraley (2019) further stipulates that future research necessitates further examination of relationship-specific attachment patterns. Therefore, identifying the factors that contribute to the dyadic adjustment of marriage is viewed as crucial for marriage therapy assessment (Pourshahbaz et al., 2020).

Statement of the Problem

Multiple global studies have been conducted in diverse populations of the world highlighting the roles of attachment in marital satisfaction (Vollman et al., 2019; Yahya et al., 2017) , marital adjustment among working couples (Shah & Mishra, 2019) and the dyadic adjustment changes of marital relationships in Iranian couples at marriage onset (Baghkhasi et al. ,2020) among others . However, these studies have been conducted mainly in the Western and Asian countries where the populations are educated and living in more industrialized countries. Escalating from the universal viewpoint, studies in Africa have started to shed light on how different the African setting is due to social customs and communal constructs that impact attachment and relationship outcomes. Additionally, in many African civilizations, the marital union goes beyond two people and becomes a social contract involving families of origin and the communities they came from. Notwithstanding these traditional distinctions, studies have shown that attachment styles meaningfully influence dyadic adjustment and the general harmony and operation of the dyad. For example, Ayenew (2016; Mbunga, 2010) in his study among Ethiopians observes that secure attachment lead to marital satisfaction but also observes the scarcity of African literature on attachment among couples.

Earlier on in Kenya Mbunga (2010a) had explored marital satisfaction among 40 couples in African Inland Church and came up with a list of issues that cause couples to struggle in marriage. The issues included but are not limited to: work life balance, sexual dissatisfaction, substance abuse, poor communication, domestic violence and others. While seeking to create premarital intervention for couples, the question of adjustment and attachment styles for couples who are already married remains unaddressed (Mbunga, 2010) . Other researchers, Njeru et al. (2021) went ahead and established the causes of marital conflict among married couples in free Pentecostal Churches in Embakasi Nairobi. The researchers observed that conflicts are rife among couples and are contributing to the high rates of divorce. The researchers also elaborated that marital conflicts occur due to verbal abuse, enduring lack of communication, open disapproval, sarcastic comments, intimidations, mortifying comments, and unresponsiveness (Mbwirire, 2017). Njeru et al. (2021) cited the need for psychoeducation among Christian couples to improve the self-worth, inspiration, right attitude to marriage to and enhance the mental wellness of the couple. However, literature gap exists on how to go about these recommendations.

Apart from the regional gap, other studies reveal a time-dependent decline in the dyadic adjustment of marital relationships; (Fellows et al., 2016; Mergenthaler & Cihlar, 2018); while other researchers believe that the attachment styles and adjustment remain constant over time between spouses. Other researchers still believe that there is a mutation of attachment styles and dyadic adjustment over time (Lavner, et al., 2018). In an informal discussion among counsellors at Ridgeways Baptist Church in Nairobi, one counsellor observed that marital adjustment actively takes place in the first 3 years then

couples experience disillusionment. The couples experience budgetary challenges, sharing time, pregnancy, or sexual adjustment that demands new surviving tactics. Couples who fail to adjust may end up breaking their marital vows while those who adjust go on to build satisfying marriages. Thus, it is pertinent that research is undertaken to authenticate how adjustment takes place among Baptist couples in the first five years of marriage. In addition, research about attachment styles in relation to marital adjustment among evangelicals remains limited. Hongo (2019) observed the need to carry out research using qualitative research method or mixed method and larger sample since the researcher's survey was limited to one Anglican Church congregation and the sample was only 80 participants. Hongo, (2019) also recommended further probing of other variables that affect attachment in marriage. Therefore, the researcher in this study seeks to fill the existing gap by diversifying the population from the previously studied populations and using a larger population that the one studied by Hongo (2019). The four Baptist assemblies have 145 couples who got married in the last five years.

In addition, Siegel et al. (2018) carried out studies among Israeli military couples who had been married for over 34 years. Therefore, in varying from a military group, this current study seeks to carry out research among religious couples who are still within the first five years of marriage. The researcher has selected Baptist Church assemblies because these Churches have a sufficiently recommendable population of 145 couples who have been married between the years 2019 to 2024.

Purpose of the Study

This study aimed to research on the relationship between attachment styles and dyadic adjustment in early marriage among Church attending couples in Selected Baptist assemblies in Nairobi North Baptist Association Zone.

Objectives of the Study

The study sought:

1. To investigate the predominant attachment styles among couples in the early stages of marriage within selected Baptist Assemblies in Nairobi North Baptist Association Zone.
2. To assess the overall level of dyadic adjustment among couples during the early years of marriage within selected Baptist Assemblies in Nairobi North Baptist Association Zone.
3. To explore the relationship between different attachment styles and the degree of dyadic adjustment among the couples within selected Baptist Assemblies in Nairobi North Baptist Association Zone.
4. To identify potential recommendations for counseling and support interventions aimed at enhancing dyadic adjustment based on couples' attachment styles within selected Baptist Assemblies in Nairobi North Baptist Association Zone.

Research Questions

The study sought to answer the following questions:

1. What are the predominant attachment styles identified among couples in the early stages of marriage in selected Baptist Assemblies of Nairobi North Baptist Association zone?

2. What is the overall level of dyadic adjustment reported by couples during the early years of their marriage within selected Baptist Assemblies in Nairobi North Baptist Association Zone?
3. How do the different attachment styles correlate with the levels of dyadic adjustment among these couples within selected Baptist Assemblies in Nairobi North Baptist Association Zone?
4. What potential recommendations for counseling and support interventions would enhance dyadic adjustment based on couples' attachment styles within selected Baptist Assemblies in Nairobi North Baptist Association Zone?

Assumptions of the Study

This research was undertaken with the following underlying assumptions: the respondents were to be cooperative and willing to provide correct and valid information pertinent to the study; secondly, that there existed different attachment styles and various factors that hinder or enhance dyadic adjustment between couples upon which different perspectives are formed. Finally, there was the assumption that the selected couples were capable of self-scoring using the RDAS questionnaire and do a self-evaluation of their attachment styles.

Justification of the Study

It is only through an empirical study that the deep wealth of experience and knowledge could be established and documented to provide a foundation for understanding the dynamics of the relationship between attachment and dyadic adjustment in early marriage in selected Baptist assemblies Nairobi North Association Zone. The literature presented in the background showed that research in this area has

been carried out in the western world (Fellows et al. 2016; Mergenthaler & Cihlar, 2018) and mainly in Asian countries (Lu et al., 2024). The scarce regional and local research showed the need to diversify the methodological approach, population sample under study and geographical contexts (Hongo, 2019; Mbunga, 2010; Njeru et al., 2021).Therefore this necessitates the need to study the relationship between attachment styles and dyadic adjustment in the early stage of marriage among selected Baptist assemblies in Nairobi North Baptist Association Zone.

Significance of the Study

Adjustment is a key component towards providing stability in the early stages of marriage. Dyadic adjustment forms the basis of affections and functional alliance upon which the couple can derive consensus, cohesion and satisfaction. This study was geared towards creating a better foundation for a quality marriage and preserving marriage against separation and divorce. This study also shed light on how attachment styles influence dyadic adjustment. The significance of this study included but was not limited to: Couples in the early stages of marriage who would benefit in gaining higher dyadic awareness, improved consensus, increased cohesion and marital satisfaction through addressing the questions raised in the questionnaires and focus group discussions. The gaining of awareness and knowledge was further enhanced through the researcher sharing the findings with the relevant stakeholders.

The study findings could sensitize couple therapists to make use of existing assessment tools and come up with diagnosis that may help them in constructing couple case conceptualization and treatment modalities. Therapists and policy makers stand to gain both theoretical and professional insights in practice and creating policies that are

beneficial to the adjusting couples. Churches can now benefit in creating intervention programs that aid in enhancing adjustment among couples in the early stages of marriage. The researcher would also share the finding with curriculum developers who train marriage therapists. Upon he completion of study, the findings would also be submitted to the repository of knowledge for referencing in Church and the library. Finally, it was through an empirical study that the deep wealth of experience and knowledge was established and documented to provide a foundation for understanding the dynamics of the influence of attachment on dyadic adjustment in early marriage.

Scope of the Study

This study addressed itself to attachment styles as the independent variable and dyadic adjustment as the dependent variables. This study also covered a sample of 106 married couples in Selected Baptist assemblies in Nairobi North Baptist Association Zone. The Churches selected included; Ridgeways Baptist Church, Ruaraka Baptist Church, Kahawa West Baptist Church and Kahawa Sukari Baptist Church. The sample was derived from couples who had been married for five years and below only for the period of January, 2019 to December, 2024. The sample size covered one hundred and six couples for the questionnaires and ten participants for the focus group discussion within the selected Baptist Assemblies. The methodological scope incorporated a mixed method approach which was necessitated by the need to analyze varying aspects that cannot be limited to either of the approaches. The theoretical scope covered attachment and interpersonal theories to allow the researcher to form a basis for the analysis of Dyadic adjustment and attachment styles.

Limitations of the Study

The inclusion criterion was limited to married couples who attend Church in Selected Baptist assemblies in Nairobi North Baptist Association Zone. The selection criterion was also limited to couples, who had been married from one to five years for the period of January, 2019 to December, 2024. The methodological scope was limited to qualitative and quantitative approach which was necessitated by the need to analyze varying aspects that cannot be limited to either of the approaches. The theoretical scope focused on attachment and interpersonal relations theories which allowed the researcher to form a basis for the analysis of Dyadic adjustment and attachment styles. The other limitation was related to the participation of the respondents; despite the consensus that dyadic adjustment is important; the respondents may have experienced as though their lives were being invaded and thus some showed reluctance in filling in the questionnaires. The responses to the questions were also based on self-report. Self-report meant that the responses may have been subject to social desirability or the tendency to answer questions in a manner that can be viewed as more socially acceptable or desirable.

Delimitations of the Study

The inclusion limitation was delimited by carrying out a pilot test from a sample population at Marurui Baptist Church to provide feedback before full deployment of the questionnaires. The selected tools of data collections were also standardized and this ensured that the data collected was valid and reliable. The researcher also employed mixed method approach to ensure that the findings from the questionnaires were cross-checked with responses from the focus group discussion.

In order to delimit the social desirability factor, the researcher assured the participants of complete confidentiality and anonymity. Each participant was also given

the opportunity to fill in the questionnaire privately and thereby reducing pressure and encouraging honesty.

Chapter Summary

The chapter delved into the existing definitions of attachment styles and dyadic adjustment among couples. The background of the problem has been presented citing research work that has been done globally, regionally and locally. The chapter also contains the statement of the problem, purpose of the study, research objectives and questions, and the significance of the study. The researcher also discussed the scope of the study and the limitations as well as the delimitations of the study. The research assumptions have been clarified and the justification of the study has also been presented.

CHAPTER TWO: LITERATURE REVIEW

Introduction

In this chapter, thematic literature review was presented based on the each of the study objective presented in chapter one. The main findings from empirical studies were also shared with the aim of identifying the gaps that needed to be filled by this study. The general structure of the chapter constitute of the chronological overview of attachment styles and dyadic adjustment (Horrell et al. 2021), the characteristics of early marriages and Christian religion settings with a special emphasis on the Baptist assemblies as the subject of interest. The literature presentation also revolves around the attachment and interpersonal relations theories (Fraley, 2019; Mikulincer & Shaver, 2019; Shah & Mishra, 2019; Vollmann et al., 2019) which are discussed on details. A conceptual framework was also developed from the reviewed literature and the research gap is also presented. The summary of the chapter was done at the end of the chapter.

Literature Review

This section covers a write up on existing literature based on the four objectives presented in chapter one. The topics covered include: an overview of attachment styles with an analysis of the secure and insecure attachment styles and dyadic adjustment, highlighting on the main concepts such consensus, satisfaction and consensus.

An Overview of Attachment Styles

Globally, the Attachment Theory, developed by Bowlby (1969) and Ainsworth (1978), posits that early interactions with caregivers shape individuals' expectations and behaviors in adult relationships. Hazan and Shaver's (1987) formative study among adults

in the USA established an approximate 56% prevalence of securely attached individuals, 25% of whom were avoidantly attached, and 19% were anxiously attached (Hazan & Shaver, 1987). They concluded that secure attachment is linked to better relationship satisfaction, while insecure attachment styles correlated with challenges in relationships (Hazan & Shaver, 1987).

In addition, McGarvie (2024) reviews on how children develop attachment in four stages from early infancy through childhood based on the earlier work of ….. The First one is *"pre-attachment stage"* from birth to six weeks, whereby infants do not indicate any preference for specific caregiver. At this stage they only respond to caregivers through crying or smiling. This helps in attracting attention and hasty caregiving reactions (McGarvie, 2024). This stage sets the foundation of connecting through trust that their need will be met. The next is the *"attachment-in-the-making stage"* between six weeks to eight months. During this stage, infants begin to develop a preferred caregiver. They are able to get accustomed to and recognize the familiar faces by showing comfort whenever they are around them, but without protesting when they are separated. Their retorts become easily predictable, forming the groundwork for profound bonds (Ashaq & Singh, 2024).

The third stage is referred to as *"the clear-cut attachment stage"* from eight months to twenty four months. Children develop visible attachments to their main caregiver, indicating distress whenever they are separated. this was named by Ainsworth as "separation anxiety" (Voges et al., 2019). This is a critical stage because the child's and his/her caregiver's emotional bond is defined and secure (McGarvie, 2024). Finally, starting from twenty four months onward, the child enters *"the formation of a reciprocal*

relationship stage". At this stage they develop clearer understanding that even when their caregiver leaves they will return. This helps in reducing separation anxiety. The Child starts to engage more independently in reciprocal interactions, as they realize that relationships encompass give-and-take (McGarvie, 2024).

The value of understanding these stages and the operating dynamics in each of them is the highlight of how early childhood emotional connectivity ties are shaped and the nature in which they influence romantic relationship dynamics in later life. Secure attachments that are formed during early childhood are likely to nurture healthy dyadic adjustment among married couples over the years. Individuals who form secure attachment are prone to communicate efficiently, trust one another, and deal with conflicts constructively (Bowlby, 1988). Conversely, those who form insecure attachment bonds in early childhood including the anxious and avoidant styles may find it difficult to enjoy intimacy, be trusting, and emotionally regulated within adult dyadic relationships (Hazan & Shaver, 1987). In recognizing the progressive development of attachment styles, couples may become aware of how happy and adverse early childhood experiences influence their present relationship behaviors. Understanding these helps promote empathy as well as responsive interactions, eventually fostering secure and supportive partnership which benefits dyadic partners' emotional health and overall dyadic adjustment or satisfaction (Simpson, 2007).

In advancing the tenets of Attachment Theory while incorporating a clinical practice angle, Cassidy and Shaver (2021) details a wide and commanding synopsis of the attachment theory, outlining its progress from early theoretical origins to contemporary studies and clinical applications. The authors begin by retreating to the

foundational ideologies founded by John Bowlby in the 1960s, who accentuated that primary relationships with caregivers serve as a blueprint for later life interactions and emotional wellbeing (Cassidy & Shaver, 2018). They posit that behavioral attachment is dynamic and requires adaptation in order to promote closeness and security, which is critical for survival.

Adult relationships experience attachment styles akin to children and their primary care-givers. They feel safe when the figure of attachment is near, accessible and able to meet their needs (Bowlby & Ainsworth, 1992). This forms the basis of their confidence to explore self and others and be responsive when a significant other is in need (Cassidy & Shaver, 2018). Bowlby (1969) asserted that individuals derived their mental images of self and others depending with the nature of their child-caregiver interactions. They then proceeded to form their internal working models that inform their thinking patterns, emotional experiences and behavioral patterns(Mikulincer & Shaver, 2018a). There are four major styles of attachments: secure, insecure avoidant, insecure anxious, ambivalent/disorganized. In the interest of this study, the researcher reviewed the first three (Korosh Mohammadi, 2016; Simpson & Rholes, 2017 Yahya et al., 2018).

In a similar way, appraised empirical research by Okonkwo (2024) on attachment and romantic relationship gratification among heterosexual adults done in Houston Texas, confirmed that securely attached partners enjoy more fulfillment and strength in their partnerships (Okonkwo, 2024). Contrariwise, partners with preoccupied anxious attachment register less satisfaction, based on their amplified uncertainties of rejection and emotive dependency (Feeney & Karantzas, 2017). Cassidy and Shaver (2021) pointed out that securely attached partner's exhibit a more positive view while

interpreting their partners' faults or misdemeanors which enables healthier expressive regulation. On the other hand the insecurely attached, particularly preoccupied anxious attachment, is connected to emotional dysregulation (Team, 2022). The above patterns imply that attachment impacts how persons cope with their emotions in love relationships, but psychotherapeutic studies are rare. Future research should explore the efficacy of attachment-informed treatments intended at refining expressive regulation for the insecurely attached dyadic partners.

Multiple research has also exposed that securely attached persons are more inclined to engage *adaptive coping* strategies, such as tackling their problems and pursuing help with stable emotional regulation, while the insecurely attached are more disposed to *maladaptive coping*, such as avoiding the challenges through denial or drug and substance use (Kural & Kovacs, 2021; Simpson & Rholes, 2017; Team, 2022) They also pointed out that the insecurely attached are characterized by dramatic emotional dysregulation.

Fraley et al. (2020) in auxiliary longitudinal sudy in the USA supported the notion that securely attached adult envisages healthier mental wellbeing, while the insecurely attached displays increased susceptibility to psychopathology. Furthermore, Mikulincer et al. (2022) focused on *the relationship between attachment and resilience*, highlighting that the securely attached develop inbuilt capacity while the insecurely attached hinder it plummeting their capability to overcome adversity. They advocated for attachment-based resilience training, which they deemed as limited. Earlier on they had proposed the priming approach to therapy for individuals with insecure attachments: *subliminal priming* through use of positive messages and images, *security priming*

intended to stimulate safety emotions and *positive affirmation priming* which involves repeatedly exposing individuals to positive statements to boost self-esteem and trust in relationships(Frías et al., 2015; Mikulincer & Shaver, 2020).

In summary, attachment styles determine the shape of dyadic adjustment cutting across diverse contexts. Universally, secure attachment is linked with advanced relationship gratification. In African and Kenyan contexts, social norms and socio-economic features impact attachment styles. Deduction from the research findings implies that accentuating the prominence of secure attachment aids in upholding marital worth and operative conflict resolution. These results propose the essential need for therapeutic interventions that improve the attachment styles amid dyadic couples to enhance relationship outcomes.

Secure Attachment

Secure attachment is characterized by low avoidance and low anxiety. It is also premised on positive internal working models whereby one exhibits confidence and trust for self and the significant others (Simpson & Rholes, 2017). Secure partners are able to control their emotional expressions, communicate what they need to say verbally or non-verbally and respond to their partners, as well as seek out emotional support. They are comfortable alone and in close relationships (Fraley & Roisman, 2019). Secure adult partners also reflect on their actions and are easy to connect with (Ashaq & Singh, 2024). They have high self-esteem and they manage conflicts in a mature way. They are also available emotionally (Fraley & Roisman, 2019). In converging views with previous studies and write ups Ashaq and Singh (2024) explored how diverse attachment styles impact marital relationship satisfaction. They found out that people who have secure

attachment styles have a tendency to be well adjusted in their dyadic relationships exhibiting comfort by being intimate, trusting, and emotionally close (Ashaq & Singh, 2024). Conversely, people with insecure attachment styles experienced low levels of marital satisfaction and lack trust for their partner and reduced emotional closeness (Ashaq & Singh, 2024).The authors highlighted that secure attachment is linked to better communication and improved conflict resolution, which contributed to more relationship happiness. On the contrary, insecure attachment styles often lead to lack of understanding, jealousy, or emotional estrangement, all together negatively impacting the quality of the relationship (Ashaq & Singh, 2024).They emphasized that understanding attachment configurations is valuable in therapeutic intervention or counseling, which helps in improving the relationship (Ashaq & Singh, 2024). Overall, their results suggested that nurturing secure attachments is vital to increasing satisfying relationships.

In another study Mikulincer and Shaver (2020) explored the application of Attachment Theory and how the attachment styles contribute to adults' well-being, relationship dynamics, regulation of emotions, plus other psychosocial consequences. Mikulincer and Shaver (2020) carried out a meta-analysis enlightening that the orientations of secure attachment are regularly related with advanced levels of welfare, while insecure attachment styles, have a correlation with escalated psychological suffering. Mikulincer and Shaver (2020) paid attention to the secure attachment cycle of "broaden and build' that lead to growth enhancement that leads to sustained psychological and emotional welfare. All together securely attached spouses experience regulation of emotions, satisfying interpersonal where a partner trusts that care will be forthcoming whenever needed and be able to reciprocate. Mikulincer and Shaver (2020)

used the attachment behavioral system to describe the intrapsychic and interpersonal manifestation of secure attachment. They further explored the application of secure attachment in the fields of therapy, medical practice and leadership

Avoidant attachments

Fraley and Roisman (2019) did a broad analysis of studies on Attachment Theory, concentrating the way attachment patterns grow and impact people across the lifespan. They surveyed the mechanisms that underlie attachment formation, based by early child-caregiver experiences, and examined how attachment styles influence numerous features of adult functioning, such as love relationships, mental fitness, and health. Their work emphasizes the dynamic and context-dependent nature of attachment, highlighting that attachment behaviors are not fixed and can change over time due to life experiences and relationships. Overall, they aimed to synthesize current knowledge on attachment processes and underscore the importance of considering developmental and contextual factors in understanding attachment across different life phases. The avoidant adult is uncomfortable with closeness and avoids emotional affection in relationships. The degrees of avoidance vary from one person to the next. High degrees of avoidance are marked by negativity about romantic partners and positive but stiff view of self. Avoidant adults make every effort to build and uphold independence, control, and self-sufficiency in their relationships. They view dependency and closeness as undesirable. These beliefs motivate avoidant people to employ distancing/deactivating coping strategies (Fraley &Roisman.2019).

Anxious Attachments

The anxious adult attachment types are apprehensive about being left alone or not being good enough. As a result, they invest heavily in their relationships and become clingy causing their partners to distance themselves(Fraley & Roisman, 2019). Anxious partners view themselves negatively and expect to be validated by their partners. They also remain vigilant over the signs of their partners leaving them which reinforce their insecurity. The internal working model of the anxious partner amplifies their distress and remains chronically worried. They therefore adjust very poorly in marital relationships (Feeney & Karantzas, 2017)

In summary Fraley and Roisman (2019) observe that couple conflicts are triggered by the attachment systems and dynamics resulting from the avoidance and anxious styles of attachment. As a result, failure to address the attachment styles among couples can cause heavy repercussions that will keep stressing the marriage. In addition, studying the relationship between attachment styles and dyadic adjustment (Simpson & Rholes, 2017) also summarizes the impact of attachment style on marital relationship in the following diagram:-

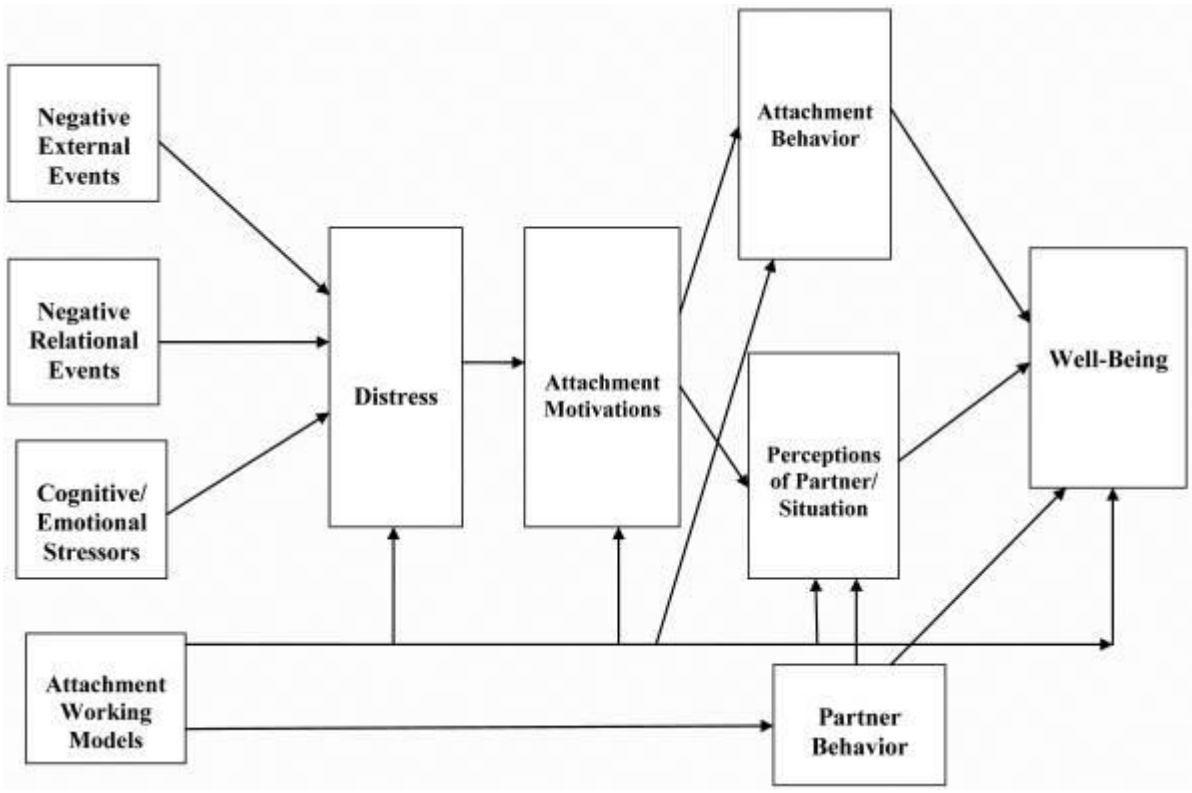


Figure 1 *The Attachment Diathesis-Stress Process Model (Simpson and Steven Rholes, 2017)*

An Overview of Dyadic Adjustment

Dyadic adjustment denotes complete worth, functioning, and gratification in the context of a romantic or matrimonial relationship. It incorporates the management of conflict, dyadic conversational abilities, affectional expression, and maintenance of cohesion and gratification in the marital relationship. The usage of the terms is associated with Spanier's (1976) Dyadic Adjustment Scale (DAS), an extensively utilized tool in marital studies. Spanier (1976) acknowledged four vital scopes of dyadic adjustment: dyadic satisfaction which refers to the level of contentment and gratification with the relationship; dyadic cohesion implying the jointly shared activities and responsive

affectional bonding amid partners; dyadic consensus based on settlement on significant matters like finance, religious conviction, child-rearing and; affectional expression which included affectional and bodily intimacy like love and sex.

Dyadic adjustment which is also referred to as marital adjustment is a concept that consists of varying measurements in terms of the operationalization. Marital adjustment is expected to achieve a general gratification for the dyad (Shah & Mishra, 2019). In this research, adjustment referred to three categories of dyadic adjustment: consensus, satisfaction, and cohesion. Therefore, dyadic adjustment refers to a situation of complete contentment and fulfilment within marriage and about each other. In this study as in others done before, the researcher used the revised dyadic adjustment scale (RDAS) (Wijaya & Widyaningsih, 2021). In reviewing the existing literature on couple adjustment, Baran and Koruk (2024) synthesized that often times married couples encounter numerous causes of pressure or anxiety in the course of their relationships, such as fights, financial hitches, sex related issues, incongruities about child rearing practices, impractical expectations, or difficulties encompassing in-laws. Whereas some couples may be able to deal with the issues , other may require intervention to solve the existing areas of disagreement (Baran & Körük, 2024). Regardless of the fact that escalating differences may lead to separation or divorce, some couples who encounter hurdles in their relationship may refrain from seeking therapeutic intervention (Doherty et al., 2021). The couple may fail to recognize the existence of the problem may also delay seeking for assistance even after they know they have a challenge (Doherty et al., 2021).

Baran and Körük (2024), in putting together a definition for adjustment observed that married couples who are able to communicate effectively and solve their problems positively manner are considered to be well-adjusted generally. Dyadic adjustment denotes the worth of the interpersonal relationship of the couple, comprising of possessing constructive emotional state and beliefs regarding each other, upholding healthy mutual communication, solving problems corporately, and relishing shared time. Dyadic adjustment is further described as the capacity of the dyadic partners to settle marital and family problems as well as to view them in a constructive way. Likewise, (Baran & Körük, 2024) stated that couples who have high achievement of dyadic adjustment remain in close interaction, reach agreement on matters that concern their matrimonial and household affairs, and solve their fights in a constructive manner. Generally, the viewpoints presented in defining couple adjustment focus the fact that well-adjusted couples have a tendency to have healthier mutual communication and problem-solving expertise, which may impact their readiness and capacity to pursue support once required.

Contrariwise, dyadic maladjustment denotes a lowered level of dyadic adjustment, interpreted to mean the absence of cohesion, emotional closeness, and gratification between partners (Gürbüz et al., 2021). Whenever married couples are going through dyadic maladjustment, it is always characterized by fights, feelings of discord, anguish, and sometimes psychological symptoms mental health concerns (Baran & Körük, 2024) Dyadic adjustment encompasses shared thoughts, spending leisure time together, sharing responsibilities related to family and marriage, and providing empathy and understanding to each other. Couples with very low scores in dyadic adjustment have

a tendency toward discontentment or despondency together with continue skirmishes and misery. Based on the aforementioned, dyadic adjustment is regarded as an imperative feature for the well-being of the marriage and the health of the partners involved. When individual partners experience adverse consequences such as misery, displeasure, or negative mental health indicators as a result low dyadic adjustment level, they might seek psychological intervention. Ocal (2019) research supported this observation, demonstrating that dyadic couples who pursued psychological intervention had low dyadic adjustment scores.

Couples who seek psychological intervention experience change of perception regarding their problems and experience relief that boosts their self-esteem and lowered stress levels. Distressed couples lean towards their social support systems first before seeking psychological intervention due to the trust they have for family, friends or significant others.

Baran and Körük (2024) explored dyadic adjustment in the context of the family of origin and what participants saw as family support (Baran & Körük, 2024). These perceptions contributed up to 8% variation of why participants would seek psychological intervention. Participants who perceived poor adjustment with the family of origin also had a higher propensity towards seeking help (Baran & Körük, 2024). Equally, advanced perception of family backing was connected with a better readiness or optimistic attitude towards looking for help in dyadic adjustment. Participants' general outlook toward looking for psychological intervention in managing their dyadic adjustment was reasonably positive at a mean of 3.09 and standard deviation of 0.49. The help sought by the dyads was based on cognitive and relational satisfaction adjustment.

Shah and Mishra (2019) summarized their outcomes on dyadic adjustment by emphasizing the fundamental role of communication, intimacy, and shared understanding in preserving a healthy interpersonal relationship. They stipulated that couples who communicate their needs and concerns tend to experience higher satisfaction and better adjustment over time. Their research highlighted that features such as conflict management and resolution skills, ability to empathize, and sharing of responsibilities add significantly to couples adaptation to various challenges in life. Whereas Shah and Mishra (2019) provided valuable perceptions into the psychological and relationship features that influenced couple adjustment, their study was limited; First, the sample they used was basically drawn from city populations, which in itself limited the generalizability of the study findings to couples in rural or culturally different communities. In addition, the focus was aimed on individual and relational skills leaving out the extensive external features like the socioeconomic status, social norms, or exterior stressors, which also impact couple adjustment. Moreover, Shah and Mishra (2019) cross-sectional design averts understanding the dynamics of couple adjustment's evolution over a period time. The most notable gap in Shah & Mishra (2019) research is the limited investigation of longitudinal special effects. Furthermore Shah and Mishra (2019) did not adequately test the effect of couple's t mental health concerns or disposition traits on couple adjustment. This observation could be valuable areas for future research (Shah & Mishra, 2019)

In a study among Israeli military couples by Siegal et al., (2018) explored how military dyads contribute to the marital satisfaction based on each person's attachment style, a fact that is also collaborated by Assari et al. (2009). Siegal et al. (2018) results

indicate that securely attached couples recorded the highest level of adjustment. The anxiously attached and the avoidant pairs notched the lowest levels of adjustment. The dyads that had mixed forms of attachment experienced fluctuating adjustment intensities. In regard to the gender lens, wives who were avoidant but had secure husbands reported normal adjustment in contrast to avoidant husbands that had secure wives. The researchers advocated that upcoming studies should address the impact of clinical mediation on attachment, or augments marital regulation (Siegel et al. 2018a). Furthermore, they proposed that research should be carried out among civilian populations because their study was based on military couples who had been married for a long period of time having been together for over 34 years.

In developing the notion of dyadic adjustment, Shah and Mishra (2019) observed that dyadic adjustment is a vital supporter of marital gratification after carrying out a research among Indian couples. Shah and Mishra, (2019) further opine that couples who adjust well have a satisfying life and have less medical expenses. The researchers further opine that couple adjustment have defined cultural s and responsibilities (Shah & Mishra, 2019). In presenting a similar observation, Wijaya and Widyaningsih, (2021) observed that dyadic cohesion play a substantial part in intervening on secure attachment that leads to marital satisfaction.

In yet another study Angelova and Zaimova-Tsaneva, (2019) explored the relationship between the degrees of marital cum family gratification based on various interactive communication styles. They intended to, “find out whether the experienced level of marriage and family satisfaction will be different according to partner`s interpersonal relationship style (authoritarian, egoistic, aggressive, suspicious,

submissive, dependent, friendly and altruistic styles).” Angelova and Zaimova-Tsaneva, (2019) undertook a pilot study using one hundred participants: 23 males and 77 females using questionnaires developed by Leary`s Interpersonal Relationships (1957), Family Satisfaction and Marital Satisfaction Questionnaire. The chronological age of the participants alternated from 26 -64 years old the mean age being 43.6 with a standard deviation of 9 years. The results displayed a noteworthy difference between people with different interpersonal relationship styles and the amount of household and matrimonial fulfillment (Angelova & Zaimova-Tsaneva, 2019).

The limitation of this study was cited as the small and unequal sample regarding the socio-demographic factors and thus they recommended that a different research instrument for assessing interpersonal relationships with smaller number of variables be used. (Angelova & Zaimova-Tsaneva, 2019). Furthermore, the researchers recommended an in-depth study of the processes that lead to marital and household fulfillments as opposed to just studying the product only. (Angelova & Zaimova-Tsaneva, 2019).

In a different research in Russia, Kozhukhar, (2021) studied a population that consisted of 108 partners, with 30 married couples and 48 others who participated without spouses making up a total of 44.44% male , 55.56% female of ages of 20 to 35 years with a mean of 28.6 and a standard deviation of 2.83 (Kozhukhar, 2021). The researcher used the Marriage Satisfaction Test Questionnaire, analysis of family anxiety, the Russian-language versions of the questionnaire 'Scale of Love and Sympathy,' and the Partnership Questionnaire to identify the degree of understanding and respect between partners (Kozhukhar, 2021). In this study, the results showed that spousal satisfaction increases when love and sympathy is expressed in interpersonal relationships and

attraction leads to respect (Kozhukhar, 2021) . The researcher observed the complexities of interpersonal relations among young couples and proposed a model for predicting satisfaction at the early stages of marriage.

Therefore, based on the studies by Angelova and Zaimova-Tsaneva, (2019), Kozhukhar, (2021); and Siegel et al. (2021) dyadic adjustment and interpersonal relationships bear an important intersection with attachment styles in the overall contribution to dyadic adjustment which in turns contributes to marital gratification. Both interpersonal relationships and attachment theories suggest that an individual's perception of oneself and others influences their cognitive and affective responses, as well as their behavioral reactions to a partner's interactions. The areas of dyadic adjustment that overlap with interpersonal relationship and attachment offer clear points for integration or disintegration of the couple's relationship.

Couples that are mutually dependent exhibit higher dyadic adjustment that leads to marital satisfaction(Sidhu & Kaur, 2022). Other studies that are similar made conclusions that dyadic adjustment results to stable marriages (Brown et al., 2019). Sidhu and Kaur (2022) investigated the factors which have influence on marital satisfaction for married couples based on how the dyad exercises the art of forgiveness, circumnavigate the differences in their attachment styles and express gratitude towards each other. Sidhu & Kaur (2022) found out that the insecure attachments- anxious and avoidant attachment styles have a negative correlation with marital satisfaction ($r = -0.402$, $p < 0.01$; $r = -0.357$, $p < 0.01$) $r = -.402$, $p < 0.01$, which was significant at 0.01 level interpreted in this study to mean they also had low adjustment. The positive factors such as being grateful towards spouse ($r = 0.521$, $p < 0.01$), expressing that gratitude($r = 0.600$, $p < 0.01$),

exercising the act of forgiveness ($r = 0.675$, $p < 0.01$), and dyadic adjustment ($r = 0.799$, $p < 0.01$) correlated positively with marital satisfaction. Contemporary study on dyadic adjustment during perplexing times of COVID-19 pandemic underscored the significance of reciprocal empathy, positive conflict management, and systemic interaction forms in predicting relationship gratification and hardiness. (Bar-Kalifa et al., 2022) conducted a study that examined the special effects of how married dyads exercised coping with their partners' daily mood and relationship outcomes during the COVID-19 outbreak in May, 2020. They used daily diary entry data from seventy two Israeli couples for twenty one days. Results from the studies indicated that COVID induced stress was associated with low daily positive, and high daily negative, mood (Bar-Kalifa et al., 2022). They also observed that perception of either positive or negative behaviors directed to the spouse affected the relation interactions. Negative dyadic coping was said to exacerbate the consequence of stress on the affected person's mood.

Similarly, Jiménez-Picón et al., (2021) performed a systematic review that explored the relationship between couple dyadic adjustment and family health, highlighting the significance it holds on general family wellness. They analyzed twenty quality research findings published in the years 2012 to 2019, concentrating on family wellbeing: climate, integrity, functioning, resilience, and coping. The main findings were that high couple dyadic adjustment brought about positive family atmosphere to deal with self-expression and manage conflict while the opposite created a climate of aggression, and negative behaviors. Healthy couple adjustment was linked to sturdier parenting unions and helpful co-parenting, leading to cohesion and healthier child development. Healthier dyadic adjustment predicted more operational family roles, clearer

communication, and adaptive reaction to stress, as opposed to chaos, parenting stress, and delinquency in children. The review confirmed the consensus that healthy couple dyadic adjustment meaningfully impacts family wellness traversing numerous dimensions. The insights suggest that healthy marriage and family therapeutic intervention should include valuations of marital dyad relationships, with an am to reinforce the couple sub-system to promote and uphold general family wellness. The study also highlighted the need for further research in qualitative studies, to extend knowledge of marriage and family wellness as a vibrant, multi-dimensional paradigm.

The Role of Religion in Dyadic Adjustment

The depth of religious involvement can significantly influence both relational and ecological aspects of marriage. Only empirical research can demonstrate how participation in Church activities impacts attachments styles and dyadic adjustment. Activities such as attending Bible study groups, prayer meetings, and religious may serve as opportunities for couples to strengthen their bond and community ties. Smith and Denton (2005) set a precedent by examining how religion affects intimate relationships examining how religion based beliefs and practices impact romantic partnerships. They defined religiosity as the religious held belief and practice as well as commitment seen in one's outlooks, actions, and prospects within the marital relationships (Smith & Denton, 2005). The cited central themes as viewed through the lens of religiosity was said to promote core values including faithfulness, obligation, and reverence, which can underwrite inordinate relationship steadiness and fulfilment (Gordon et al., 2012). Partner shared beliefs have a tendency to augment relationship quality. Partners with aligned religious values also practice healthier communication, reciprocated understanding, and

operational conflict resolution (Mahoney et al., 2010). Conversely, variances in religious views can pose difficulties, potentially premiering disagreements whenever they are not openly and respectively addressed in time. The effects of differences in religious views on relationships vary depending on the flexibility and choice to understand by partners (Lammers & Witte, 2019).

The consensus on religion impacts the attitude toward gender roles in marriage, matters of family planning, and conflict resolution. The shaping of couples decisions on sharing domestic chores and responsibilities could be affected by doctrinal teachings that they believe in such as promoting traditionally engendered roles and parenting styles. Religious doctrines can either enhance or hamper relationship congruence, dependent on partners' compatibility and desire to negotiate (Wilcox & Wolfinger, 2017). Citing the study of Ellison and George, (1994) Lakatos and Martos, (2021) observe that religious affiliation and active participation also provides a social network of support that aid couples in navigating their difficulties, by offering communal resources and ethical counsel that reinforces commitment and hardiness. (Lakatos & Martos, 2021) acknowledge that religiosity may also have negative impact where rigidity and fundamentalist interpretations aid in fostering intolerance, conflicts, or unworkable expectations among married couples. Whenever religious beliefs are forcefully imposed, they cause pressure and lead to displeasure or relationship termination. Couples who have incompatible religious beliefs experience rising tensions, which affects reciprocal respect and communication. Therefore, religion and shared faith have potential to foster couples' stability, support system, and values, while variances and inflexible understandings is likely to pause challenges.

In numerous African cultures, religious convictions play a powerful role in construing values, conducts, and outlooks within close relationships. In Africa also religion is viewed as moral compass guiding individuals on how to behave while pursuing love and in marriage. Adebayo and Ojo (2018) cited that marital faithfulness, participation in chores based on gender and commitment are largely determined by the emphasis often done in religious circles. (Adebayo & Ojo, 2018). A couple's bonding is strengthened by shared convictions which serve as the foundation for resolving disputes, communicating, and trusting each other (Nwosu, 2020). Religious teachings in African settings accentuate the significance of marriage as a permanent commitment, which promotes couples' endurance in times of hardships and forgiveness when wronged by the other, contributing to relationship hardiness (Eze, 2017). For example, scriptural emphasis on forgiveness and love enhances patience and reciprocal respect as they are frequently referred to during mediation.

However, Okafor (2019) points out the danger that lacks in the negative influence of religion that interprets marriage role rigidly causing inequality, justifying early marriage, and suppressing the freedom of partners. Ogunleye and Oladipo (2021) posit that in the contemporary Africa there is need to balance the individual rights and freedom with religious norms.

In a nutshell, religiosity in African settings impacts intimate relationships deeply , frequently forming the moral framework that endorse stable relationships with enduring commitment that are supported by the community. However, there challenges that occur when fundamentalist interpretations disputes based on engendered oppressive roles, bar equality and basic personal autonomy. This therefore calls for deeper conversations

backed by research to enable marriage partners determine a balanced view of their beliefs and practices that work for and not against marriage.

Empirical Research and Intervention in Dyadic Adjustment

The existing empirical findings that reflect the cognitions and behaviors of couples indicate that high dyadic adjustment is linked with lesser intensities of mental distress and better relationship gratification (Prouty et al., 2000; Wijaya & Widyaningsih, 2020). Couples, who are securely attached, have meaningfully advanced dyadic adjustment scores Feeney and Krantzas, 2017). A meta-analysis established that the quality of communication and conflict resolution consistently predict the dyadic adjustment abilities (Bradbury & Karney, 2010). A research constituting 508 married couples discovered that supporting each other emotionally and having mutual goals predicts dyadic adjustment positively (Cohen et al., 2019) Dyadic adjustment is a prognosticator of marital steadiness, mental wellbeing, child-rearing quality, and physical wellbeing. In clinical situations, the DAS is utilized in assessing the health of a relationship and guiding therapeutic interventions. Cultural variations have ensured the continuing global use DAS through adaptations and this includes the wider African and regional East African studies, places where family prospects and fiscal stressors impact adjustment (Obidoa et al., 2019). Dyadic adjustment is a major pointer of couple affiliation worth, covering settlement on imperative issues such as emotional bonding, and gratification (Spanier, 1976). Recent studies indicate that mental health factors such as individual depressive symptoms negatively impact dyadic adjustment ($r = -0.38$, $p < .01$), emphasizing the interplay between personal and relational well-being (Pietromonaco et al., 2022).

Empirical study by Baghkhasi et al. (2020) among Iranian couples, the researchers were seeking to find out what causes marriages to decline within the first three months of marriage. The socio-demographic factors of 235 couples who took part in the research included 38.7% between 21–29 years age group. 9.8% were self-employed, 52.8% had a diploma and 12.8% had an income of between 10 and 20 million Iranian Rial. The ethnic group of the couple participants was Azari. The predominant religion of the participants was Islam. The range of the Cohesion, Satisfaction, and Consensus amounts was 14.5–30, 6.5–20, and 1.5–19, based on the dyadic adjustment scale respectively. The researchers Bagkhasi et al. (2020) recommended the need to combine marital guidance and other measures of support to save young marriages and improve their dyadic adjustment as well.

In affirming the significant relationship between the styles of attachment and the dyadic adjustment of the relationship among the young couples Yahya et al. (2017) undertook a study that involved 257 students using the experience in close relationship tool to carry out the assessment. The researchers also used the couples' satisfaction index to appraise the participants' levels of the relationship satisfaction. The results were that couples with secure attachment had a higher level of satisfaction than those with avoidant and anxious attachments.

Additionally, Siegel et al. (2018) carried out a similar study using a cross-sectional sample that comprised of older couples who have been married for long period averaging 34 years in marriage. Culturally, the Israelis experience lower rates of divorce at 14% compared to the west and countries heavily influenced by the West at 50% (Israel's Central Bureau of Statistics, 2016). Consequently, further research is needed to

generate findings that are applicable to spouses in short-term marriages, working in varied professional occupations and of different cultural backgrounds. They observed the limitation of their study as being focused on Israeli heterosexual couples serving in the military and suggested that further research should be done using civilian populations and further recommended that future studies could survey the relations of attachment on relationship over a period of time.

Further studies, they added; could also examine whether psychological intervention can affect attachment styles, and ideally enhance marital adjustment leading to greater satisfaction. Therefore, based on the above recommendations, the researcher found a gap that paves way for a study that can explore a civilian population of religious couples. The researcher also found a gap in the fact that while Yahya et al. (2018) population was among older couples one can study younger couples. In yet a different cross sectional study Vollmann et al.(2019) studied 362 participants (84% female, age range 18–70 years) involved in a romantic relationship in completing an online questionnaire assessing attachment avoidance and anxiety, gratitude toward the partner, and relationship satisfaction. They found out that avoidant couples with lower gratitude have low quality relationships. Vollman (2019) findings are similar to Yahya et al. (2018) and therefore confirm that the dyadic adjustment of a relationship is highly dependent on attachment styles.

While carrying out the aforementioned study among Iranian couples Baghkhasi et al. (2020) explored the factors that influence marriage and determined that the dyadic adjustment of marital relations decrease during the first three months of marriage. The researchers used the theory of interpersonal relationships based on the fact that the theory

stipulates that good relationships require effort and attention. Baghkhasi et al. (2020) addressed three variables in their research and these are: demographics factors, interpersonal factors, and marital relationship quality. Baghkhasi et al. (2020) found out a substantial difference in marital relationship quality results at 0, 1, and 3 months using the revised dyadic adjustment scale (RDAS) questionnaire. The RDAS values reduced from 55.88 and 53.82 after the marriage within three months. The researchers identified a gap on the need to conglomerate marriage training programs and supportive measures during the early marriage years.

The documentation of Banghasi et al.(2020) indicate that there are significant factors that lead to the decreasing of the dyadic adjustment of marriage relationships between Iranian couples during the first quarter of the first year of marriage and observes that there it is essential to pool together pre-marital training programs and supportive measures during the early marriage years. The researchers used a sample size of 235 couples with equal number of males and females with a standard deviation (SD) of ten in a two-tailed t-test of a variation of 80% power and 5% level of significance (Baghkhasi et al., 2020a). Banghasi et al. (2020) concisely stipulated their results on dyadic adjustment by highlighting the significance of responsive communication, emotional support, and shared values in fostering healthy relationships. They emphasized that couples who communicate effectively and demonstrate support to each other have a tendency to to experience greater gratification and healthier general adjustment. Their investigation likewise pointed out that stress from exterior sources or individual complications can influence dyadic adjustment, but robust interpersonal abilities can cushion these special effects. In the study on marital relationship quality, Baghkhasi et al.

(2020) pointed out the need for future research to focus on the psychological well-being of the couple in more extended periods with a more in-depth approach to critical evaluation of the methodological adequacy. The researchers proposed that further research should be carried out on marriage educational courses with an aim of enhancing marriage stability and satisfaction. Furthermore, studies on the impact of spousal characteristics on the dyadic performance and long life of the marriage will open a bright horizon toward the success in marital therapy. Based on the above recommendations for further studies, the researcher has chosen to further this field by studying the relationship between marital adjustment and spousal attachment in the early stage of marriage.

In African settings, social standards and socio-economic factors impact attachment styles to a great extent. Secure attachment was found to correlate with marital satisfaction positively, while avoidant and anxious styles showed negative correlations (Ariyo et al., 2023). A study in Edo, Nigeria on among women found, "12.2% of participants with strong close attachment, 75.6% with moderately close attachments, and 12.2% with weak attachment. Correspondingly, 13.2% exhibited strong anxiety attachment, 73.1% moderate anxiety attachment, and 13.7% had weak anxiety attachment" (Ariyo et al., 2023). Research in East Africa, particularly Kenya, also presented findings on attachment styles amid couples focusing on adults who were raised in children's homes in Kenya. The researchers established that, "42.9% had moderate secure attachment, 78% had low avoidant attachment, and 15.6% had a high anxious attachment style." These findings suggested that initial care-giving surroundings meaningfully influence adult attachment. they recommended organizational support for care givers (Ahmed et al., 2023). Another study by Hongo (2019) that investigated

married Christian couples in Nairobi found a positive correlation between secure attachment and better marital satisfaction. The study established "a negative correlation between insecure attachment styles and marital satisfaction ($r = -0.067$, $p = 0.589$), though this was not statistically significant (Hongo, 2019) On the subject of the way in which the researchers' views relate with supplementary research findings, the results are principally convergent. In summary, the writings on attachment styles and dyadic adjustment amongst couples demonstrate a dominantly convergent viewpoint, accentuating the important impact that individual attachment forms have on relationship worth and steadiness. The results are reliably reinforced by complementary research, which further underpins the knowledge that secure attachment nurtures healthier mutual communication, greater closeness, and overall relationship gratification, whereas insecure attachment styles tend to be associated with bigger challenges and relational difficulties. This meeting point across multiple studies highpoints the strength of the attachment structure in understanding the undercurrents of young romantic relationships and advocates favorable opportunities for forthcoming intervention and support policies targeted towards improving relationship hardiness through attachment-informed methods. Numerous investigations in the field agree that functional communication, reciprocated support, and joint goals are key to strong dyadic adjustment. However, some researchers accentuate supplementary dynamics such as personal psychological health or cultural effects, which Banghasi et al. (2020) momentarily reference to but do not pay attention to extensively. Generally, their deductions line up with the wider unanimity that affiliation abilities and emotional connection are pivotal to dyadic adjustment, even though some varying perceptions occur concerning the weightiness of exterior versus interior factors.

Relational and Ecological Aspects in Early Marriage

Newly wed couples enter into marriage with the expectations that the feeling they have will last forever (Locke & Wallace, 1959). In a dissenting observation, Yahya et al. (2021) opine that disruptions occur in many areas. Some of the issues resulting to problems in the early stages of marriage have been documented as first, communication which is the foundation of a strong marriage. Poor communication affects all areas of life and this is a road that leads to instability (Mutiso, 2020). Secondly, there are budgetary issues that are rooted in a variety of other problems and negotiating how to go about it on the onset may be helpful (Li et al., 2021). Thirdly, there are matters to do with dyadic sexual satisfaction (Lampis et al., 2019) .

Fourthly, in-laws have a lasting effect on the marital dyad, and a functional relationship with them contributes to marital stability. Fifth, is the parenting challenge based on the changing times that require new approaches to raising children (Yahya et al.,2017). Sixth, is conflict resolution: couples should strive to have healthy conflict management (Feeney & Karantzas, 2017). Seventh, are the responsibilities in marriage; Minuchin (1974) argue that a family structure has a code of interaction of expected behavior that guides interaction to enhance harmony. Families need an internal organization that dictates how, when, and with whom to relate.

Lastly, is the career development challenge that requires order working in a way that enhances but does not destroy the relationship (Baghkhasi et al., 2020). These researchers (Baghkhasi et al., 2020; Feeney & Karantzas., 2017; Li et al., 2021; Minuchin, 1974; Mutiso, 2020; Yahya et al., 2017) all observed that there are limited studies and approaches that address factors that affect the early stages of marriage and

therefore recommended further research in in this area. In this regard, the topic under study seeks to address how marriage in its early stages is fairing particularly using the attachment theoretical approach since most of the researchers used the interpersonal approach.

In addition, Baghkhasi et al., (2020) uniquely opine that early marital relationships are also characterized by the interaction of relational and ecological aspects. He cites Dehlin et al., (2019) who observed that Iran was experiencing a high rate of divorce rate of 28.67% , 30.27% in urban societies and 17% amidst rural populations. In addition, Baghkhasi et al., (2020) observes that even a higher rate of divorces has been chronicled within the first months of marital life. The researcher Bagkhasi et al., (2020) further states that marital separations in the early stages are noted to result in depression and stress. Other studies reveal a chronological -dependent deterioration in the dyadic adjustment of marriage relationships; (Mergenthaler & Cihlar, 2018) while other researchers believe that the marital relationship quality between spouses remains constant over time (Lavner et al., 2018).

Relational Aspects in Early Marriage

Communication Patterns

Many studies highlight the importance of effective communication in the early stages of marriage (Anggriyan et al., 2023). Communication can be interpreted to mean mutual sharing whether verbally or non-verbally, one codes a message and passes the message in words or expression of an idea or intention and the other one receives, decodes and gives feedback (Anggriyan et al., 2023). Interpersonal communication is undertaken by people who are relating and are somewhat interdependent, such that

whatever one does affects the other (Ansari, 2021). Interpersonal communication ensures that relationships remain healthy and continuous (Ansari, 2021). The researcher further elucidates that to be able to communicate, one requires varying skills such as verbalization and non-verbalization, empathic ability, a positive outlook in terms of attitude, is able to solve arising problems and make required decisions (Ansari, 2021). Communication is deemed as complex because in the process of achieving all that it is required to attain, there may occur conflicting cues that could be misinterpreted and some researchers further cite the complications that arise from the use of technology (Przywara & Leonowicz-Bukała, 2020) implying that the digitalization of communication affects the world over in the various sectors of life. On the other hand communication can only be viewed as when the persons involved feel in conversation experience contentment and their desired goal achieved (Nguyen et al., 2019). Nguyen et al. (2019) emphasized that for communication to succeed emotional intelligence is required.

Anggriyan et al. (2023) explored communication configurations in early marriage and how this impacted relationship gratification and strength. They emphasized that functional and vulnerable communication is vital in the early stages of marriage, because it helps couples form the building blocks of understanding and trust formation. The study found out that honest dialogue coupled with clear stipulation of how one feels was also fundamental in navigating areas of conflicts. They emphasized active listening as a way of developing stronger emotional ties. Contrariwise, bad communication was marked by avoidance, misconception, or hostility reception and response leading to increased misunderstandings and higher risk of relationship disappointment (Anggriyan et al., 2023). The researchers found that couples are able to resolve issues amicably, cement a

lasting bond and view each other's world view positively. Avoidance of difficult conversations and negativity was highlighted as markers of deteriorating relationship that could end up in dissolution.

In addition, another study was done by Kozhukhar (2021) indicates that couples who practice open and honest communication report higher levels of satisfaction and lower instances of conflict (Kozhukhar, 2021). Kozhukhar (2021) examined the evolution of communication styles throughout early marriage stage, predominantly concentrating on cultural impacts. The researcher noted that numerous newlyweds find themselves struggling to establish effective communication arising from unfamiliarity with spousal expectations and the gravity to abide by cultural norms. Kozhukhar (2021) highlighted that couples who embrace a concerted approach and reverential communication style are able to resolve differences harmoniously and nurture intimacy. The research additionally suggested that early marriage is a sensitive period and a healthy communication configuration is a foundation pillar for enduring relationship (Kozhukhar, 2021). Couples who tussle with communication also struggle building intimacy and trust missing out the benefit of marital relationship longevity.

Additionally, another article on couples within religious contexts, emphasized the role of prayer and shared beliefs in facilitating understanding (Lakatos & Martos, 2019). Lakatos and Martos (2019) investigated the role of communication in conflict resolution in early marriage. They found out the importance of positive communication tactics including; expressing of appreciation, blame avoidance and the use of 'I' statements. These strategies were found better in handling disagreements constructively. The study emphasized that early marriage stage was marked by navigating difference in personality

traits, expectations, and already formed habits, requiring effective communication skills. They observed that when couples communicate vulnerably and respectfully, they were more likely to foster reciprocal understanding and avert trifling disagreements from intensifying into substantial conflicts (Lakatos & Martos, 2019).Their data indicated that kindness and understanding in communication also averted the escalation of crisis within the couple sub system thereby maintain harmony.

Conflict Resolution

Early marriage often involves navigating disagreements and establishing conflict resolution strategies. Feeney and Karantzas (2017) investigated the ways in which couples manage conflict with insights from attachment perspectives citing how conflict resolution strategies affect the quality and length of spousal relationship. The experiences of engaging in conflict is regularly viewed extremely stressful between romantic couples, and exacerbates negative repercussions on the partners and the relationship itself. In the study they reviewed how partners with anxious attachment style activated pursuit to resolve a conflict as opposed to how an avoidant person's approach deactivated the desire to solve a conflict in the presence of a severe or persistent conflict. They further observed that a couple's responses to conflict involved multifarious attachment dynamics, molded by spouses' insecure attachment style whether anxious or avoidant. The implications of the study for both research and clinical practice demonstrated how conflict acts as a source of stress and how it shapes the functioning of the relationship. Feeney and Karantzas (2017) acknowledged that positive conflict management like vulnerable communication, emotional regulation, and concerted problem solving was

associated with advanced relationship gratification and steadiness (Feeney & Karantzas, 2017).

Contrariwise, maladaptive engagement of conflict resolution marked with avoidance, reproach, or aggression, was connected to amplified relationship discontent and emotional detachment. Feeney and Karantzas (2017) underscored the importance of training and promotion of strong conflict management techniques to support lasting relationship welfare.

Intimacy and Relationship Satisfaction

The significance of premarital counseling provided by the Church can be a focal point, detailing how such programs prepare couples for intimacy challenges (Lakatos & Martos, 2019). This is because the attachment styles that couples express within romantic relationships affect sexual and emotional intimacy in the marriage setting (Team, 2020). The securely attached spouse is comfortable with intimacy, he/she is able to express affection and also seeks a lasting emotional bond (Simpson & Rholes, 2017). The secure partner also has a positive view of self and he/she finds it easy to trust. Conversely, the insecurely attached partner has a different view of self and partner. The anxiously attached partner craves for attention through intimacy while the avoidant one withdraws from it (Park & Harris, 2022).

Based on their experience with fear of being abandoned or rejected the anxiously attached exhibits reservation by not talking about their sexual needs and preferences while the avoidant distances himself/herself from showing any emotions (Cassidy & Shaver, 2016). Researchers have however observed that therapy and other intervention based approaches provide the opportunity for all attachment styles to improve on how

they express their need for intimacy and their responsiveness to their partners (Santona et al., 2023). Team (2020), shares debatable sentiments by summarizing that the preoccupied anxious partner is and engages in sex to cover for their need to be loved and provokes the partner attention through sex which spells approval and proximity to them. The more the anxiously attached partner perceives the unavailability of the spouse or fears abandonment the more it triggers *hyper-activation* .Team (2020) further claims that the anxiously preoccupied partner may suffer from jealousy and feelings of obsession while the avoidant suffers low activation or is *deactivated*. The avoidant partner may abstain from being intimate or technically engage to refrain from expressing any emotions as a way of protecting self from the affection of the partner (Team, 2020).

Support Systems

In the article on the role of marriage in building a healthy Church Marriott, 2024 emphasizes the role of family and church community support in early marriages, particularly within Baptist congregations. Marriot (2024) observed that the social networks provided by the church may enhance relational resilience by re-engaging and rejuvenating marriages. The impact of mentorship programs in the Church should emphasize guidance from seasoned couples (Marriott, 2024). Furthermore, Marriott cites that seventy two percent of American Churches do not have significant marriage Ministry and seventy five percent of the churches do not allocate resources for marital support leaving the newlyweds unattended and the married couples without marital relationship nourishment.

Ecological Aspects that affect Early Marriage

Socio-Cultural Influences

The socio-cultural environment surrounding couples in Church assemblies play a crucial role in dyadic understanding of marital dynamics (Marriott, 2024). Lakatos and Martos (2019) also emphasize that cultural expectations and traditional practices influence behavior and relationship roles in dyadic relationships. Therefore, this research explored whether there is interplay between faith-based teachings and marital customs, particularly in context of marriage. Marriott (2024), did a publication in the Baptist Courier, underscoring the substantial influence which churches mount in fostering robust, strong marriages and families. Marriott (2024) contends that the church is exceptionally positioned to offer spiritual nurture, counsel, and communal support that are indispensable for family steadiness and development (Marriott, 2024). The article also emphasized that scriptural principles and lessons can serve as groundwork for solving conflicts, upholding forgiveness, and promoting love within families. Some of the scriptural example that are taught include; "*If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over"* (Matthew 18:15, New International Version, 2011). This points out the significance of speaking about issues openly using a biblical approach to reinstate harmony.

In encouraging forgiveness: admonishes the believers to pardon one another, saying, "*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."* (Ephesians 4:32, New International Version, 2011). Forgiveness is vital for restoration and upholding healthy relationships. In encouraging love, (1 Corinthians 13:4-7 New International Version, 2011) defines love as persevering,

gentle, and durable through all conditions: *"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."* Marriott (2024) advocated for intentional engagement by ecclesiastical leaders in developing matrimonial enhancement programs, pre-marital counseling, and nurturing family ministries. This resourcefulness can prepare couples with hands-on tools and transcendent resources essential to circumnavigate the intricacies of contemporary relationships (Marriott, 2024). Furthermore, the clerics can help as a support system during catastrophes, providing therapy facilities and promoting a sense of affiliation that fortifies family ties. Marriott (2024) also brings to the limelight the prominence of including younger generations in church undertakings associated to couples and family, safeguarding that scriptural standards are handed down and protected traversing generations. Marriott concluded that if churches enthusiastically highlight these efforts, they underwrite communal steadiness by reinforcing families at their core. Generally, the article emphasized that the church's spiritual governance and communal support are important in constructing resilient, devoted families that can confidently influence society (Marriott, 2024).

Economic Factors

Financial stability or lack thereof, is a significant ecological factor that impacts attachment style and dyadic adjustment. A study by Li et al. (2023) investigated how the attachment styles of marriage partners among newlywed couples related to their marital gratification over a period of three, focusing on finances using a national representative

sample. The researchers examined if precise financial mannerism, predominantly views of spouse's lack of prudence in financial management, had any link to attachment styles and future marital gratification. (Li et al., 2023) concluded that how one partner perceives the other in terms of financial management determines their marital gratification in the long term. This research highlighted that the couples attachment style combination influence relationship outcomes in the long run {Citation}. This study underscored the centrality of dealing with financial opinions and mannerism in initial stages of marriage.

Additionally, using the family adjustment and adaptation response model (Kelley et al., 2018) found out a negative correlation between financial and the quality of marriage. Monetory pressure creates a crisis that causes disequilibrium. The couple has to deal with the stress through entering the *adaptation* phase. In order to gain or regain *homeostasis* they have to build their capacity (Li et al., 2023). The researchers proposed that quality of the marriage will be determined by either reducing the financial stress, or changing their interpretation or increasing their capacity to address it.

In yet another study titled *"Financial Management and Marital Quality* (Baisden et al., 2018) inquired on the association between married couples' finance management practices and matrimonial quality using the qualitative approach. They found out that marital partners' historical background affects their approach and behavior towards financial resources which in turn affects the quality of relationship and adjustments. Baisden et al.(2018) noted that couples run joint or separate accounts and sometimes pool their resources together ending up with one default finance manager. they observed that this could lead to unequal decision causing pressure between spouses. Baisden et al. (2018) emerge with eight distinct themes among them; couple independence from

parents, coming of age of the couple financially, selfishness, shared financial principles, management of necessary provisions, domestic recurrent use, default financial administrator, and communication about finances. They observed the following implications for therapists: recognition of finance histories, tailor made or customized approach to couples unique financial operating system, shared finance literacy and improving of couple communication on finances (Baisden et al., 2018).This study contributed valued perceptions into the connection of monetary administration and matrimonial relationships, sharing practical inferences for marriage and family therapists and counselors who work with couples dealing with financial issues.

Theoretical Framework

A theoretical framework is a set of concepts, ideas, and assumptions that guide a researcher in comprehending a specific occurrence (Sreekumar, 2023). It also forms the basis upon which literal knowledge is constructed (Salomão, 2023). The elements of theoretical framework form the blue print for the designing and carrying out a full investigation in s a structured way (Sreekumar, 2023). A theoretical framework illustrate on the key concepts of a theory and guide on how data is collected, presented and analyzed (Salomão, 2023). It also helps in guiding the investigator on how to establish the relationship between variables, visualizing the existing knowledge gap in literature and guiding on how to design the questions or hypotheses (Salomão, 2023; Sreekumar, 2023). In the following section, the researcher explores the attachment and interpersonal theories.

The Attachment Theory

In discussing the Attachment Theory at this point, the aim of the researcher was to clearly underscore the tenets of the theory as applied in the existing scholarly articles and then operationalize them based on empirical studies that have been done. The literature search includes a brief history and transformation of the Attachment Theory while highlighting the gains (Hazan & Shaver, 1987). The aspects of the attachment styles and how they relate to spousal adjustment are discussed (Fraley & Roisman, 2019). The application of the Attachment Theory was addressed in terms of the value addition to marriage and family therapy. Furthermore this study is anchored on the Attachment Theory.

As developed by John Bowlby (1907-1990) in his practice and Mary Ainsworth (1913-1999) in her clinical and laboratory observations, adult attachment originates from primary life care-giving involvements (Bowlby & Organization, 1952). John Bowlby (1907–1990) was the pioneer British psychiatrist and psychoanalyst responsible for fundamentally altering the understanding of human relations by developing the Attachment Theory. He concentrated on the critical ties molded between children and their principal caregivers, usually mothers, emphasizing the way these initial relations are vital for emotional well-being and social growth and development (Bowlby & Organization, 1952). Bowlby (1907–1990) supposed that people are naturally wired to pursue close proximity to the care givers for security and refuge, which aids children in discovering their surroundings with self-confidence (Frías et al., 2015,). Whenever the early attachments are dependable and nurturing, children cultivate the feeling of trust and safety that influences their future relationships in a positive way. Equally, inconsistencies

in caregiving results in insecure attachments leading to complications in believing other people, creating healthy relations, and handling emotional sensations later on in life. Drawing depictions from the annotations of human beings and animal conduct, Bowlby (1907–1990) argued that attachment behavior is an evolutionary adaptation which increases the possibility of continued existence by keeping a child in close proximity with its caregiver (Forslund & Granqvist, 2016). Bowlby (1907–1990) presented the notion that primary capability in early childhood created *internal mental models* which are forms of images of how one perceives himself and other people which in turn shapes how each individual relates to other people during their lifespan. Bowlby (1907–1990) challenged the predominant outlooks of his time, accentuating the significance of emotional ties over exclusively natural or intuitive pushes. Generally, Bowlby (1907–1990) work call attention to the observation that secure attachments early in life are essential for emotional health and that comprehending these ties is indispensable when it comes to promoting wellbeing and growth across one's lifespan.

Mary Ainsworth (1913–1999) in following the footsteps of Bowlby; was a noticeable progressive psychologist who contributed to further elaboration of Attachment Theory especially in early childhood. Building on the foundation of Bowlby's ideas, she created groundbreaking methods to discern how toddlers form emotional ties with their care providers (Ainsworth et al., 1978). One of the outstanding contributions is the *"Strange Situation"* experiment, which was a carefully planned practice whereby she observed how children responded through transitory partings from and get-togethers with their parents. Ainsworth (1913–1999) observations concluded that infants have a tendency to develop varying attachment styles based on the the care providers

responsiveness (Ainsworth et al., 1978). She recognized three major patterns: secure attachment, where the infant feels confident and consoled by their care provider; insecure-avoidant attachment, where the infant avoids closeness; and insecure-ambivalent (or anxious) attachment, where the infant demonstrated clinginess and pain. Later on, other theorists and researchers added another type known as disorganized attachment. Ainsworth (1913–1999) established that thoughtful, responsive care-giving nurtures secure attachments, which is critical for emotional cum social growth and development. Ainsworth (1913–1999) studies demonstrated that initial ties impact how people trust others, deal with their emotions, and create relationships through life. Generally, her investigation provided a comprehensive understanding of the nature in which initial experiences with care providers shape character and communal behavior, accentuating the significance of nurturing and receptive parenting(Ainsworth et al., 1978).

In the field of the theory of attachment there have been other researchers who have comprehensively engaged with adult romantic relationships under the lens of primary attachment styles. Hazan & Shaver (1987). Their proposal was hinged on three types of attachment: secure, anxious, and avoidant. They observed that these three types of attachment style are responsible for shaping how couples view the intimate aspects of their relationship, how well they trust or not trust each other, and their emotional bonding in romantic settings. Their groundbreaking research became the foundation for assessing adult romantic relationships in the settings of attachment styles, underscoring that the relationship between a child and it care giver relational experiences impacts relationship mannerism and conduct throughout life (Hazan & Shaver, 1987).

Building on the above, Mikulincer and Shaver (2016) broadly studied the way attachment impacts adult romantic relationships across the lifespan of the partners. In their later comprehensive work(Mikulincer & Shaver, 2018a), they argued that secure attachment nurtures healthier mutual communication, better emotional closeness, and advanced gratification, whereas the insecure style of attachment namely anxious or avoidant styles may lead to hitches such as lack of trust, skirmishes, and displeasure. Mikulincer and Shaver (2018) further explored how attachment styles affect the way couples resolve their disagreement and how hardy they can be during tough times, highlighting that attachment safety offers a steady basis for circumnavigating relationship difficulties (Mikulincer & Shaver, 2016).

Similarly, researchers like Mary Ainsworth, although primarily focused on childhood, provided the initial framework for understanding how early attachment relationships develop and persist into adulthood. Her work suggested that early interactions with caregivers create internal working models that influence how individuals relate to romantic partners later in life. This idea has been echoed and expanded upon by others who see attachment as a lifelong process shaping romantic dynamics (Ainsworth, 1989).

Mikulincer and Shaver (2016) also delved into how attachment behaviors affect emotional regulation within romantic relationships. They highlighted that securely attached individuals tend to be better at managing conflicts and providing support, whereas insecurely attached partners may struggle with expressing needs or may become overly anxious about the relationship's stability. This insight underscores the importance of attachment security for relationship durability and satisfaction. Researchers have

demonstrated that attachment styles influence key aspects of romantic relationships, including communication patterns, emotional support, and conflict management (Hazan & Shaver, 1987; Mikulincer & Shaver, 2020). Their studies suggest that understanding a partner's attachment style can help explain why some couples experience more harmony while others face recurring difficulties. In summary, these researchers have deeply engaged with Attachment Theory to explore how early attachment patterns shape adult romantic behaviors and outcomes. Their collective work underscores that attachment is not only fundamental for understanding relationship dynamics but also offers pathways for improving relationship quality through targeted interventions that promote secure attachment styles (Hazan & Shaver, 1987; Mikulincer & Shaver, 2016).

Fraley (2019) asserts that the forming of attachment initializes at infancy and is solidified in the first six years. The aim of attachment is to keep the caregiver close to meet the need of a child through provision and to form a secure haven base. However, adult attachment style results may not necessarily be based on early childhood experiences but close proximity and distance factors can lead to the development of adult attachment styles (Fraley, 2019).The Attachment Theory stipulates that satisfying relationships between romantic partners promote physical wellbeing, psychological and emotional health and general outlook of life satisfaction (Fraley & Roisman, 2019). The nature of adult attachment also plays a vital role in predicting marital satisfaction (Baghkhasi et al., 2020). Vollmann et al. (2019) defines attachment as the internal working models that people embrace as they relate with intimate others. Internal working models comprise how someone conceptualizes himself/herself and others. Internal working models are therefore seen as the foundation of self-understanding and

understanding of others (Vollmann et al. 2019b). This framework guides the expectations that one has in regard to their partners and also guides social interfaces and practices (Vollmann et al., 2019).

The conceptualization of attachments in adult relationships is divided into attachment avoidance and attachment anxiety (Fraley, 2019). Fraley (2019) stated that Hazan and Shaver were the first researchers to contextualize Bowlby's theory within romantic relationships in 1987. He affirmed that secure couples feel safe near each other in terms of physical contact and intimacy. They also feel insecure when either of them is inaccessible (Mikulincer & Shaver, 2018a). Similarly, partners who score high in attachment avoidance and/or anxiety exhibit insecure attachment while those who score low in the avoidance and anxious categories are seen as securely attached (Mikulincer & Shaver, 2019) . In synthesizing the findings of studies undertaken by (Mikulincer & Shaver, 2019;Vollmann et al., 2019; Yahya, et al., 2017) the researcher has deduced that attachment between couples begins , evolves and shapes the dyadic adjustment of their relationship either positively or negatively. In addition both internal factors such as Internal working models (Vollmann et al., 2019b) and ecology (Baghkhasi et al., 2020b) contribute to how couples attach and adjust.

In this current study, the researcher used the Attachment Theory because attachment in adult romantic relationships has been highlighted in terms of empirical studies (Murdiana, 2018; Simpson & Steven Rholes, 2017; Team, 2021; Vollmann et al., 2019). This enabled the researcher to form a basis for discussing the converging and diverging views from the studies that have already been done. In addition, attachment-focused therapy is part of the intersystem approach that targets the transformation of the

internal representations of married couples schemata to more secure, adaptive depictions by therapeutic work addressed to human intellect, feelings, and conduct. The therapeutic bearing is mounted on the assessment of each spouse internal working models of attachment (Mikulincer & Shaver, 2018), which are then depicted using the internal models map that are premised one's view of others as trustworthy, view of self as valuable and self-view as effective while interacting with others (Mikulincer & Shaver, 2018).

In spite the achievements that scholars and theorist have achieved through the study and experiments of Attachment Theory, there are limitations. The Attachment Theory proponents are silent in regard to identifying the intensity of the influence of social economic status, sexual role, spirituality, ethnicity, and culture on personality development (Stephanides, 2023). These factors, independent of a spousal attachment, are significant in the early stage of marriage when it comes to adjustments. The Attachment Theory may not be complete as a stand-alone and therefore, the researcher therefore chose to add the Interpersonal Theory of Personality to complement the theoretical underpinnings of the Attachment Theory. This is because it is founded on the conviction that people's senses of affiliation order their feelings of security, self-identity sense, and the energy that motivate their conduct.

The Interpersonal Relationship Theory

This theory of interpersonal relationship established by Hidelgard Peplau in 1952 and later advanced by Harry Stack Sullivan (1892-1949) is premised on the conviction that interpersonal relationship with significant other determines a person's sense of security, self-identity, and behavior motivations. Encyclopedia Britannica, (2023) cites

Sullivan assertion that a sense of feeling good about oneself is likely to lead to feeling good about others. The individual learns how to avert anxiety and change his/her inaccurate insights of other people. They also learn to validate their perception through consensus, and seek to attain real interpersonal relationships at a mature degree.

The Interpersonal Relations Theory (IRT) exists on the assumption that circumstances that govern interpersonal interactions are complementary (Encyclopedia Britannica, 2023). One partner's behavior leads to a predictable behavior, thought or feeling in the other partner. The principal notion of complementarity constitutes of association and domination (Dawood et al., 2018). The interpersonal relations posit that motivations, mannerisms, and actions are theorized along two scopes and the first one is association. Association constitute of: closeness, friendliness, warmth, the desire to connect, love and living in harmony. The second scope is dominance which comprises of power, agency, governance, supremacy, inspiration to influence other people (Mikulincer & Shaver, 2018a). Association and dominance scopes collectively form the "interpersonal circumplex" (Dawood et al.,2018; Kiesler, 1983).The Encyclopedia of personality and individual differences, the following broader definition of the interpersonal circumplex is offered:

> "The interpersonal circumplex is a two-dimensional circular model of the interpersonal domain of personality and a tool for those who study and assess individual differences in interpersonal traits, behaviors, and other related interpersonal constructs. The circumplex serves as guide for model-based interpersonal assessment practices and as a research framework for exploring and

testing hypotheses about the interpersonal domain of personality. Its main applications are in clinical, counseling, and personality psychology."

(Gurtman, 2016)

Dysregulation happens when an individual's needs are not met and this may affect their self-system such as how one views themselves and others as a result of feeling rejected and thus creating a host of other problems within the circumplex (Dawood et al., 2018). The emotional system and the interpersonal field behaviors or actions is drawn as a continuum of two extreme sides of affiliation marked by either coldness or warmth and dominance marked by either dominance or submissiveness (Gurtman, 2016). Dawood et al. (2018) observes that within the cicumplex, dyadic adjustment is adversely affected (Dawood et al., 2018). Dyadic adjustment and Interpersonal Relations Theory dynamics bear an important intersection with Attachment Theory. Therefore, both Interpersonal Relations Theory and attachment theories implicate the role of fundamental depictions of one self and the other, and outline the cognitive, affective and behavioral responses during the interaction of marital partners. The areas of dyadic adjustment that overlap in Interpersonal Relations Theory and attachment offer clear points for integration or disintegration of the couple's relationship hence the researcher's choice of the two theories.

The Interpersonal Theory of personality is founded on the conviction that people's senses of affiliation order their feelings of security, self-identity sense, and the energy that motivate their conduct in spousal subsystem (Dawood et al., 2018). The spouses can learn to keep off anxiety and modify his/her imprecise interpretations of their

spouse, confirm their thoughts through consensus gained via validation, and also seek to gain effective interpersonal relations on a mature level. In the following write up, the researcher looks further into how attachment and interpersonal dynamics interplay to bring about marital satisfaction (Mikulincer & Shaver, 2018).

In their study Angelova and Zaimova-Tsaneva (2019) explored the association between the level of marital cum family gratification based on various mutual interactive communication styles. Angelova and Zaimova-Tsaveva (2019)pooled four wide-ranging classes that form marital and family gratification as follows: "strength - power, financial stability; behavior - spending free time, support in stressful situations; conceptualization - life conceptions and values, expectations; personality - personal characteristics, compatibility, interpersonal relationships" (Angelova & Zaimova-Tsaneva , 2019). Angelova and Zaimova-Tsaneva (2019) advanced the notion that good conduct and mutual communication exercised in interpersonal relationships between spouses influence the emotional ties and marital health either positively or negatively. They looked at the styles of communication such as totalitarian, egocentric, hostile, distrustful, passive, needy, approachable, and self-sacrificing (Angelova & Zaimova-Tsaneva, 2019). They observed that spouses reported subjective feelings of contentment and gratification resulting from the interpersonal relationships with their spouse and family members. The gratification felt by participants affected was also recorded at different levels with variations that were premised on individual's interpersonal relationship style. Greater gratification levels were related with pleasant and self-sacrificing styles, while mistrustful and dependent styles relate with lowered gratification(Angelova & Zaimova-Tsaneva, 2019).

Finally, in this section, the researcher highlighted the attachment in adult romantic relationships in terms of empirical studies and reviewed literature on the Interpersonal Relations Theory (Dawood et al., 2018). This enabled the researcher to form a basis for discussing the congregating and differing observations from the studies that have already been done inrealtion to dyadic adjustment and attachment styles among couples.

Conceptual Framework

The following conceptual framework identifies the independent variable as attachment styles and they include the secure and insecure attachment styles (avoidant and anxious. The dependent variable is dyadic adjustment which consists of four elements namely: dyadic consensus which takes care of all matters that require agreement, affective expression which incorporates the enactment of affection and sensual relationship, dyadic satisfaction, and dyadic cohesion (Busby, et al., 1995). In addition, the Control Variables are Demographic Factors such as the duration of years a couple has been married, the couple's education, the gender of the participant and socio-economic status. The moderating variables are religious commitment and cultural norms while the mediating variables that form the bedrock for the association between the dyadic adjustment and attachment styles mediating variables: are emotional regulation and support systems (Simpson & Rholes, 2017).

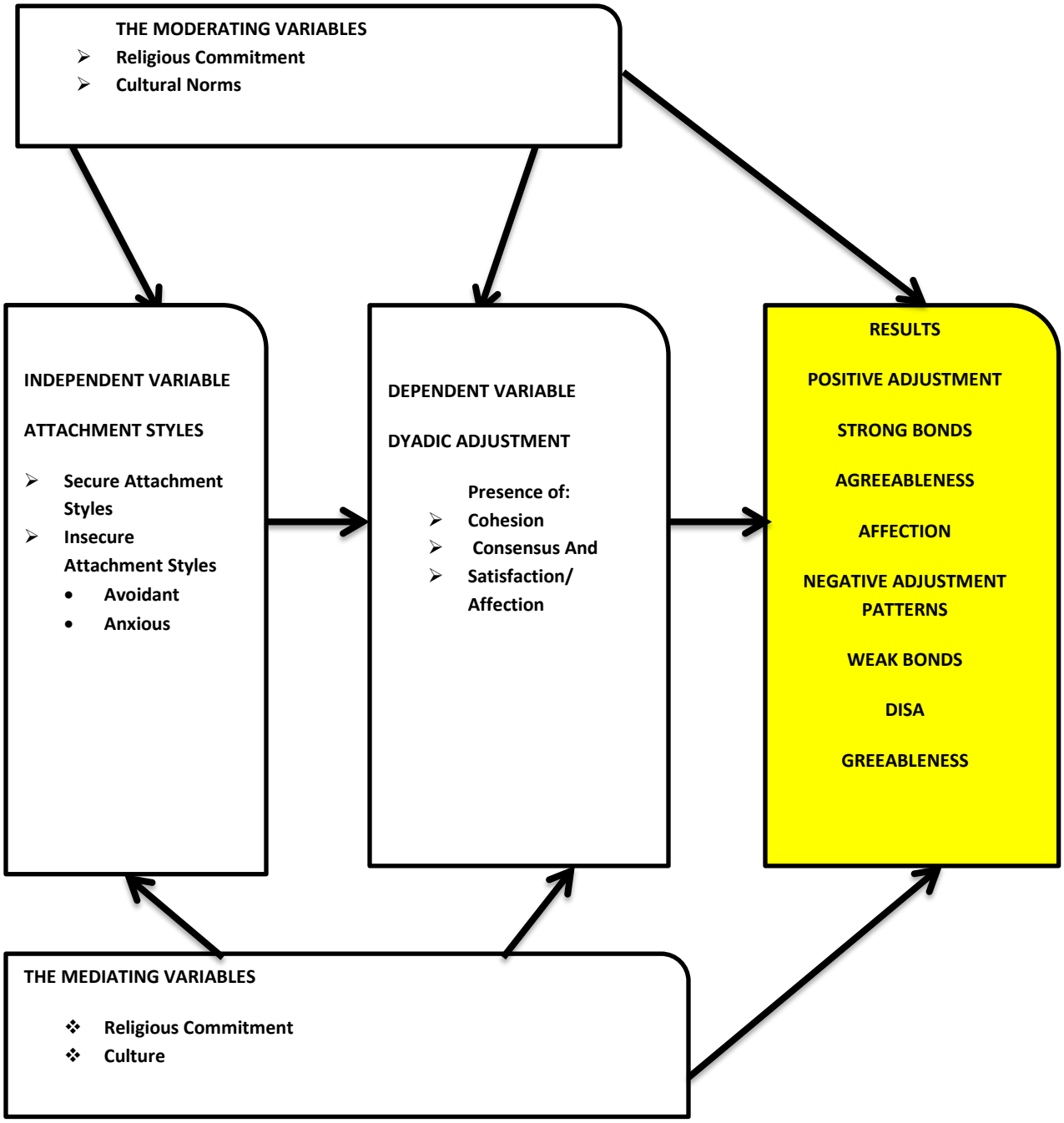


Figure 2 *Conceptual Framework (the researcher, 2024)*

Research Gap

In spite of the studies conducted in diverse populations across the globe (Baghkhasi et al., 2020; Lavner & Clark, 2017; Shah & Mishra, 2019; Vollman et al., 2019; and Yahya et al., 2017) they have mainly been conducted in the Western and Asian countries where the populations are rich, educated and living in more industrialized countries. The aforementioned studies have not been conducted among African populations which comprise of populations that come from varying social economic status, educational backgrounds and mixed cultures. The selected Baptist assemblies also represent a population that is different from the West and Asia since they have shared religious beliefs. In addition, African nations are not fully industrialized and the conditions of living may inform a couple's relationship dynamics.

Apart from the regional gap, other studies reveal a time-dependent decline in the dyadic adjustment of marital relationships; (Fellows et al.,2016; Mergenthaler & Cihlar, 2018), while other researchers believe that the marital relationship quality between spouses remains constant over time (Lavner et al., 2018). Other researchers indicate a mutation of marital relationship quality over time (Vollmann et al., 2019). Thus, it is pertinent that a study authenticates how adjustment happens among Baptist couples in the first five years of marriage to rule out the diverging views. The findings of this study will clarify whether marital adjustment remains constant, declines, mutates or otherwise in the critical period of the first five years of marriage.

In addition, Hongo (2019) observed the need to carry out research using qualitative research method or mixed method and larger sample since her survey was

limited to one Anglican Church congregation and the sample was 80 participants. Hongo (2019) also recommends further probing of other variables that affect attachment in marriage. In addition, Siegel et al. (2018) recommended further studies on dyadic adjustment among non-military couples and couple adjustment over time. Therefore, this current study sought to fill this gap by researching among couples who have been married for 5 years from selected Baptist Assemblies in Nairobi North Zone.

Chapter Summary

This chapter has gleaned through relevant existing empirical studies and presented the various studies have been conducted across the globe highlighting an overview of dyadic adjustment, characteristics of early marriages, styles of attachment, perception of gender s and its impact on marital gratification and work status. A presentation of theoretical and conceptual framework has also been done. A conceptual framework of the relationship between attachment style and marital satisfaction is also included in this chapter.

CHAPTER THREE: RESEARCH METHODOLOGY

Introduction

This chapter discusses the methodology. It addresses the pragmatic research paradigm, the mixed method design of the study that includes both quantitative and qualitative; the overview of the selected Baptist assemblies in the church geographic zone called the Nairobi North Zone as the study location constituting the population. In addition, the chapter explored the purposive sampling technique and the sample size. Study instruments, pilot test, data management, validity, reliability, and ethical considerations are also being addressed. The chapter summary has been done at the end.

Research Paradigm

A paradigm is a framework that aims at mapping a research community by defining the problem they are dealing with then determining the acceptable theory and method to resolve that problem (Alele & Malau-Aduli, 2023). The researcher in this study used the pragmatic paradigm because the subjects under study are humans reflecting on their experiences within a dyadic relationship (Creswell & Creswell, 2018). The interpretation of the findings in this study also derived meaning from the marital dyad culture and how it determines couples' behaviour within the marriage relationship (Creswell & Creswell, 2018). The pragmatic paradigm also allows the convergence of the qualitative and quantitative methods of data collection and analysis through the merging of the data which allows comparison and contrasting (Creswell & Creswell, 2018). The pragmatic paradigm is also based on the subjective view that truth is constructed within the mind of the individual experiencing it. Therefore, this perspective considers the participant as the expert of their marital experience in this study. At the same time, it

allows for the use of quantitative data emphasizing numerical measurement while also accommodating objective data derived from quantitative analysis.. The respondent then becomes the best placed person to attach meaning to their attachment styles and dyadic adjustment. The researcher is also a central player in the application of the pragmatic paradigm approach in the sense that he/she gets involved in the process of data collection and interpretation by presenting the insights of the respondents perspectives through narration and description (Alele & Malau-Aduli, 2023)

Research Design

This study used a mixed method research design. Mixed method research includes both qualitative and quantitative approaches. The researcher used questionnaires and focus group discussion to collect data. Bryman and Bell (2019) elaborate that quantitative research methods are intended to gather mathematical data that can be used to quantity variables. On the other hand, quantitative data is arranged and numerical; and the results are objective and conclusive (Bryman & Bell, 2019; Creswell & Creswell, 2018). Qualitative research uses a grounded theory method that relies on data collection that is systematically analyzed (Huyler & McGill, 2019) Quantitative research is a methodology that provides support when you need to draw general conclusions from your research and predict outcome . Quantitative research is expressed in numbers and graphs. It is used to test or confirm theories and assumptions (Bryman & Bell, 2019; Creswell & Creswell, 2022). This type of research can be used to establish generalizable facts about a topic.

Study variables

Researchers Marooufizadeh et al. (2020) elaborates that an independent variable is the variable that is manipulated or considered as predictors in the study. In this

research, the independent variable is attachment styles: This variable can further be divided into categories, including: secure attachment which is characterized by comfort with intimacy and a positive view of relationships; anxious attachment which involves a preoccupation with relationships and often a fear of abandonment and avoidant attachment which involves discomfort with closeness and a tendency to maintain distance from partners (Creswell & Creswell, 2018).

The dependent variable is the outcome being measured in the study; it depends on the independent variable (Maroufizadeh et al., 2020). In this research, dyadic adjustment is the dependent variable: This reflects the dyadic adjustment of a couple's relationship and includes various sub-components such as Consensus, Satisfaction and Cohesion. The control variables are the variables that are held constant or controlled for in the study to minimize their influence on the dependent variables and these include; demographic variables such as: the number of years a couple has been married, education level, and socioeconomic status (Creswell & Creswell, 2018).

Moderating Variables are the ones that can influence the strength or direction of the relationship between independent and dependent variables (Creswell & Creswell, 2018). In this research there are two moderating variables: religious commitment and cultural norms. Religious commitment is the level of involvement and the practice faith of the participants, which may affect both attachment styles and relationship dynamics and cultural norms which consists of the cultural expectations and norms surrounding marriage and relationships in the context of the Baptist community in Nairobi.

Mediating variables explain the process through which the independent variable influences the dependent variable (Creswell & Creswell, 2018). In this study, they are emotional regulation and support systems. Emotional regulation refers to how individuals manage and respond to their emotions and can mediate the relationship between attachment styles and dyadic adjustment. Additionally, support systems defined as the presence of social support from family, friends, or church communities may also mediate the effects of attachment styles on dyadic adjustment (Murdiana, 2018).

Site of the study

Nairobi North Baptist Association zone was the site of the study. Nairobi has the highest population with more working couples than any other county in the country (Statistics, 2020). The population in Nairobi County which stands at 4.7 million provides an opportunity to sample and collect data from all social economic status, ethnic and religious orientations due to its cosmopolitan nature (Statistics, 2020).The researcher selected members from four Baptist Churches in Nairobi North Association Zone in Nairobi who have been married since 2019 to 2024 to cater for the early marriages.

The Baptist Assemblies

The Baptist Convention of Kenya (BCK) is affiliated to the Baptist World Alliance (BWA).The BCK has its headquarters in Nairobi. It was founded in 1971 originating from the Southern Baptist Convention which started in 1956. The Church records show that BCK has 3412 branches in the country and 737,000 members currently. The BCK is further divided into regions and regions are broken down to associations. The Baptist Regional Convention of Nairobi (BARCON) is divided into 5

Associations (*Baptist Convention of Kenya | Baptist World Alliance*, 2022). The BARCON has Nairobi North Baptist Association (NNBA) Nairobi North West Baptist Association (NNWBA), Nairobi South Baptist Association (NSBA), Nairobi Central Baptist Association (NCBA), Nairobi East Baptist Association (NEBA), and Nairobi West Baptist Association (NEBA). The selected Baptist assemblies in Nairobi North Association Zone fall under the Nairobi North Baptist Association (NNBZ) also previously known as Judah Zone. The Churches selected include; Ridgeways Baptist Church, Ruaraka Baptist Church, Kahawa West Baptist Church and Kahawa Sukari Baptist Church.

The reason why the researcher selected the NNBA zone was because it is a representative of the five regions of the BARCON and therefore general conclusions about dyadic adjustment among married couples in the Baptist assemblies can be drawn. The researcher has further selected four Baptist assemblies in Nairobi North Association Zone because of the proximity of the congregations to each other and the sufficient population of young couples married within the period between January, 2019 and December, 2024. The Nairobi North Association Zone is also cosmopolitan in nature and this provided data that is not premised on one ethnic group. In addition, the Baptist Church registers indicated that there were 145 couples (290 participants) who had wedded within the period of the five years and this would provide a sufficient sample for the research (Huyler & McGill, 2019). The other reason for selecting the Baptist assemblies was because the relationship between attachment styles and Dyadic adjustment in the early stage of marriage has not been studied in this population to the best of the researcher's knowledge which was confirmed through conducting data search

through search engines such as PubMed and Google scholar. The search did not yield any research findings in this area on the proposed topic.

In addition, the Baptist Churches have a clear definition of marriage as an institution sanctioned by God and one that should exemplify godliness. The Baptist Churches further states that marriage is a public covenant union between a man and a woman. The Baptist Church also emphasizes the solemnizing and sanctity of the marriage since it is a lifelong relationship as stipulated in the topic of *Marriage, Divorce, Remarriage and Sexuality* (Baptist Church of Wellsburg, 2022). The above definitions of marriage informed the researcher's basis for selecting couples as well as form the foundations of dyadic adjustment and attachment styles. A Baptist writer, (Duesing, 2016) further state that marriage is viewed as an ordinance of God that should be entered into rendering to the original institution that a man should marry one wife and each woman should have one husband and the two should remain married except either commits adultery (Lumpkin, 1969)

Target Population

A population consists of characters, objects or items where samples are acquired from, for measurement and also share one thing in common (Huyler & McGill, 2019). In addition, population denotes to the complete number of persons, cases, articles or things with mutual qualities or features (Bhandari, 2020). The targeted population consists of the sum total cluster of people or units concerning the research question. Comprehending what a population constitutes serves the highly significant purpose of ensuring that out of the identified target population a study sample is obtained and that the group describes the constructs under study. In identifying the population researchers are expected to

ensure that it possesses the characteristic such as demographic variables, geographical location, and whatever else that could be applicable for study (Ahmed, 2024). This study targets married couples in Ridgeways, Ruaraka, Kahawa Sukari and Kahawa West Baptist Churches which totals to 145 couples (Baptist Church Registers 2019 to 2023).

Table 1 *Population target from selected Baptist Assemblies in Nairobi North Association Zone*

CHURCH/ YEAR	2019	2020	2021	2022	2023	Totals no. of Couples
Ridgeways Baptist	28	26	14	14	20	102
Ruaraka Baptist	3	3	1	0	1	8
Kahawa Sukari Baptist	9	3	3	3	5	23
Kahawa West Baptist	0	1	5	2	4	12
TOTAL	40	33	23	19	30	145

Sampling Technique

Bryman (2016) state that purposive sampling is conducted with reference to a research question. Bryman (2016) further asserts that the units of analysis are selected in terms of criteria that allowed the research questions to be answered. Therefore, the main goal of purposive sampling in this study was to focus on particular characteristics of a population that are of interest, which would best enable the researcher to answer the research questions. Four Baptist assemblies were purposively selected from the Nairobi North Baptist Association (NNBA) which is a Baptist zone administrative area.

Consequently, snowballing method was used as referrals to reach out to married couples who have been married for the last five years through heads of marriage ministries and church secretaries. The researcher also used snowball sampling as a gateway to the head Pastors of the assemblies in that the Reverend in charge of Ridgeways wrote letters of introduction to the head Pastors of Ruaraka, Kahawa West and Kahawa Sukari. The Pastors in turn introduced the heads of marriage ministries who were in touch with the married couples.

Sample size

A sample is a part of the population carefully selected to represent the population (Creswell & Creswell, 2018). The number of items to be selected from the population constituted a sample in this study. The population is 145 and therefore small enough to moderate. The researcher knew all the key values; and hence used the Yamane's standard formula for calculating the sample size per church as follows:

Yamane's formula: $n = \frac{N}{1+N(e)^2}$

The variables in this formula are:

n = the sample size

N = the population of the study

e = the margin error in the calculation

The sample Size Calculation Using Yamane Formula

Purpose: To calculate the sample size per Church based on the total number of couples using the Yamane formula.

Step 1: Determine Total Number of Couples

The total Number of Couples (N): 145

Step 2: Use Yamane Formula for Sample Size Calculation

Formula:

[n = {N} {1 + N (e^2)}]

Parameters:

(N = 145) (Total number of couples)

Choose (e = 0.05) (Margin of error)

Step 2.1: Calculate (e^2)

[E^2 = 0.05^2 = 0.0025]

Step 2.2: Calculate (N (e^2))

[N (e^2) = 145 \times 0.0025 = 0.3625]

Step 2.3: Calculate Sample Size \ (n \)

[n = \frac{145}{1 + 0.3625} = \frac{145}{1.3625} \approx 106.14

Total Sample Size (n): (approx 106) (rounded)

Step 3: Allocate Sample Size Per Church

Allocation Formula:

[n-i = \frac {(N-i \times n)} {N}]

Where:

(n-i) = allocated sample size for Church i

(N-i) = number of couples for Church i

(N) = total number of couples (145)

(n) = total sample size (106)

Step 3.1: Calculate Allocated Sample Sizes

1. Ridgeways Baptist:

(N-i = 102)

[n-i = \frac{102 \times 106}{145} \approx \frac{10712}{145} \approx 73.93 \text{

(rounded to 74)}]

2. Ruaraka Baptist Church:

(N-i = 8)

[n-i = \frac{8 \times 106}{145} \approx \frac{848}{145} \approx 5.86 \text{ (rounded

to 6)}]

3. Kahawa Sukari Baptist:

(N-i = 23)

[n-i = \frac{23 \times 106}{145} \approx \frac{2438}{145} \approx 16.83 \text{

(rounded to 17)}]

4. Kahawa West Baptist:

(N-i = 12)

[n-i = \frac{12 \times 106}{145} \approx \frac{1272}{145} \approx 8.76 \text{

(rounded to 9)}]

Summary of Allocated Samples

1. Ridgeways Baptist: 74
2. Ruaraka Baptist Church: 6
3. Kahawa Sukari Baptist: 17
4. Kahawa West Baptist: 9

Total Allocated Sample Size:

[74 + 6 + 17 + 9 = 106]

The sample sizes per Church were successfully calculated using the Yamane formula, with a total sample size of 106, ensured a balanced representation based on the number of couples in each Church.

Using this formula above: Therefore, the samples was as calculated below:-

Table 2 *Sampling frame*

Church/Year	2019	2020	2021	2022	2023	No of Couples	Sample Frame
Ridgeways Baptist	28	26	14	14	20	102	74
Ruaraka Baptist Church	3	3	1	0	1	8	6
Kahawa Sukari Baptist	9	3	3	3	5	23	17
Kahawa West Baptist	0	1	5	2	4	12	9
Total	40	33	23	19	30	145	106

Data Collection Instruments

This study collected data through the use of two standardized tools: The Revised Dyadic Adjustment Scale (Maroufizadeh et al., 2020) and The Adult Attachment Scale (Assari et al., 2009; Busby et al., 2012; Crane et al., 2000; Farero et al., 2019). The third data collection instrument was a focus group discussion developed by the researcher.

The Adult Attachment Scale Questionnaire

The Adult Attachment Scale (AAS) was developed in 1990 but based on the works of Hazen and Shaver (1987) and Levy and Davis (1988). The inventors converted the initial three archetypal descriptions (Hazen & Shaver, 1987) to 18 items, to form the AAS scale. The 18 items were designed to assess different dimensions of adult attachment styles. The questionnaire captures the complexities of attachment by looking at secure, anxious, and avoidant styles. The AAS aims to identify the attachment styles of adults, which generally fall into categories such as secure, anxious, and avoidant (Adult Attachment Scale (AAS), 1990; Maranges et al., 2022; Mardani et al., 2021a; Sagone et al., 2023). Understanding these styles can provide insights into how individuals relate to romantic partners, friends, and family members. Each item corresponds to a particular attachment style. Scores for each attachment style (secure, anxious, avoidant) are computed, often by summing the item responses for relevant questions. Higher scores normally indicate a stronger presence of a particular attachment style (Vollmann et al., 2019).

In the current study, the three attachment styles were scored using the following categorization: Secure (S); sensing of ease in reliance upon others, trusting others to support whenever in need of help, not worrying about abandonment, being at ease while being close to others, not often worrying whenever others get close and item deriving comfort in others asking for help ("Adult Attachment Scale (AAS)," 1990; Maranges et al., 2022; Mardani et al., 2021a; Sagone et al., 2023).. Avoidant (Av): struggling about relying on others, believing that people are never there when one needs them, finding it difficult to be able to trust other people completely, sensing the hesitation of to be as

close as one needs them , and when often, affectionate partners desire the person to be close that they feel comfortable with, observing that one's craving to merge every now and then alarms people and they flee (Adult Attachment Scale (AAS), 1990; Maranges et al., 2022; Mardani et al., 2021a; Sagone et al., 2023); Anxious (Ax): the uncertainty of whether one can continuously rely on others to be present for them, frequently worrying that the partner may not truthfully love them, wanting to merge entirely with the partner and, often worrying that one's partner does not want to stay with the him/her, feeling a bit apprehensive about being close to other people, being nervy whenever any person gets very close. In summary, the categorizations of the AASQ were: Secure (S): items1, 5, 6, 11, 12 and 14; Avoidant (Av): items 2, 7, 8, 13, and 16; and Anxious (Ax): 3,4,9,10,15,17,and 18, (Adult Attachment Scale (AAS), 1990; Maranges et al., 2022; Ripardo et al., 2019).

The Dyadic Adjustment Scale

The dyadic adjustment scale was developed by Lewis and Spanier in 1979 with an aim of creating an extensive conceptualization of the value of marriage. The dyadic adjustment scale was revised by Busby et al. in 1995 to assess marital satisfaction among clinical and nonclinical couples in USA (Maroufizadeh et al., 2020).The Dyadic Adjustment Scale is a tool used to rate a dyad's adaptation and stability in behavioral terms within a marital relationship (Maroufizadeh et al., 2020). RDAS differs from marriage satisfaction because a couple could be adjusting to each other but they are not satisfied (Wijaya & Widyaningsih, 2021).

The RDAS has 14 items which are marked on a 5 to 6-point Likert measured and then totaled varying from 0 to 69, the higher the scores, the more the positive dyadic

adjustment (Crane et al., 2000). The RDAS indicates the total score and three sub-scores of first, the dyadic consensus which takes care of all matters that require agreement on decision making, values and affection (Crane et al., 2000). Secondly, the RDAS sub scores on dyadic gratification or satisfaction which addresses stability and conflict management (Crane et al., 2000). The third sub score addresses Cohesion and it has items that assess shared activities and discussions (Crane et al., 2000).

The categorization of the revised dyadic adjustments in this study is as follows; the Revised Dyadic Adjustment Scale was categorized into the three dimensions: consensus, satisfaction, and cohesion. The consensus items that assessed the degree of agreement, shared beliefs, and values between partners in RDAS questionnaire are religious matters (Item 1), making major decisions (item 3), conventionality (correct or proper behavior) (Item 5) and career decisions (Item 6). The results for this category were collated to indicate the cohesion levels of the participants(Assari et al., 2009; Busby et al., 2012; Crane et al., 2000; Farero et al., 2019).

Furthermore, the items that assessed satisfaction in this study were those that evaluate overall happiness, contentment, and satisfaction within the relationship such as demonstrations of affection (item 2) sex relations (item 4), how often partner quarrel? (Item 8; the higher frequency the lower the satisfaction), whether partners regret getting married or living together (item 9; the higher frequency the lower the satisfaction), how often the mates “get on each other’s nerves” (item 10; the higher the frequency the lower the satisfaction) (Assari et al., 2009; Busby et al., 2012; Crane et al., 2000; Farero et al., 2019).

Finally, the Cohesion items that examine the emotional connection, teamwork, and overall unity of the couple in this study were: How often the couple discusses or have considered divorce, separation, or terminating their relationship (Item 7; the higher frequency the lower the cohesion) Whether the mate engage in outside interests together (Item 11) Have a stimulating exchange of ideas Item 12), Work together on a project? (Item 13) and calmly discuss something? (Item 14). The discussed categorization was able to provide clarity on the way each item was applicable to diverse characteristics of the forces at work in the dyadic relationship, enabling the researcher to make it easier to pinpoint the areas of strength and potential improvement (Assari et al., 2009; Busby et al., 2012; Crane et al., 2000; Farero et al., 2019).

Focus Group Discussion (FGD)

A focus group consists of four to ten members from the target population who are facilitated to discuss their beliefs, opinions, attitudes as well as in sharing their knowledge to generate their own unique data that contributes in answering the researcher's critical questions (Huyler & McGillm 2019). The researcher selected 10 participants for the FGD. The participants were identified using a snowball sample random sampling method through making a list of all participants and identifying every tenth person in the list of 106 (Huyler & McGill, 2019).

Validity and Reliability

Reliability of the Questionnaires

This study used RDAS which has the reliability coefficient (alpha) of .915 (Pilkonis, 2018), and Adult Attachment Scale (AAS) which has the reliability coefficient

(alpha) of 0.70 or higher. The RDAS and AAS tools are both considered as acceptable reliability. In regard to the FGD test-retest reliability was done. The same FGD interview guide was administered twice to the same respondents in a space of two weeks. It is believed that the space of two weeks is sufficient enough to avoid an exact duplication of respondents and short enough to avert substantial alteration in respondents' variables (Kabir, 2016). The responses for both tests were found to be similar.

Validity of the FGD questions

Validity for the FGD interview guide was established using a panel of experts and a field test. The field experts verified the content validity of the tool used in this study. The checking included whether the questions were measuring what it intended to measure, content, appropriateness for the sample/population and the comprehensiveness to collect all the information needed to address the purpose and goals of the study. The researcher also sought experts' opinion from the supervisors approved by PAC University Department of Psychology. The researcher then made changes, as appropriate, based on both field test and expert opinion.

Pilot Study

A pilot study was done at Marurui Baptist using 10% of the sample selected out of the target population which was 106 amounting to 106/10 (10.6 rounding off to 10 participants) (Huyler & McGill, 2019). The rationale of using the pilot study was to bring to light the weaknesses if any of the questionnaires when applied to an African setting and also of the data collection techniques (Huyler & McGill, 2019). The findings from the pilot test were used to ensure that items were stated clearly and respondents were able

to get the meaning intended (In, 2017).There were no items that were restated after the pilot study. The pilot study participants were selected from Marurui Baptist Church because the Church has similar beliefs to those of the selected Baptists Assemblies in regard to marriage and secondly the Church has a sufficient population of young couples.

Data Collection Procedure

The questionnaires were administered directly by the researcher or research assistants. Four research assistants were trained prior to actual data collection to help in the distribution of the questionnaires to the respondents. The respondents were allowed to view the questionnaires and sign the informed consent. Another set of data was collected through Focus group discussion consisting of 10 participants (Huyler & McGill, 2019). The respondents in the focus group were issued a guide and moderated by one of the research assistants in an interactive discussion while another one recorded. The responses were then transcribed for analysis (Huyler & McGill, 2019)

Data Analysis

In data processing and analysis, the summarized data from the initial stage was coded and keyed into the Statistical Package for Social Sciences (SPSS) Version 29 for interpretation and analysis. SPSS was used in order to generate the output from the quantitative data. The researcher used descriptive statistics to calculate means, standard deviations, and frequencies to understand participants' attachment styles and levels of dyadic adjustment. In addition, Pearson's correlation coefficient was used to assess the strength and direction of the relationship between attachment styles and dyadic adjustment scores. Multiple regression analysis was used to explore the predictive power of various attachment styles on dyadic adjustment, controlling for demographic variables.

Pearson's correlation coefficient provides a straightforward measure of the linear relationship between attachment styles and dyadic adjustment scores, indicating both the strength and direction of their association. Using this metric helps identify whether higher or lower attachment styles are related to better or worse dyadic adjustment. Multiple regression analysis extends this by assessing the predictive influence of different attachment styles on dyadic adjustment while simultaneously controlling for demographic variables, thereby offering a clearer understanding of the unique contribution of each attachment style to the outcome.

Regarding the qualitative data analysis, the researcher used thematic analysis by coding the data from focus group discussions and interviews to identify recurring themes related to attachment styles and relationship dynamics. In addition, the researcher also did content analysis of the verbal content from discussions and interviews for patterns that emerge in relation to attachment styles and dyadic adjustment. This also involved giving meaning to the mass information collected by organizing the data and creating categories and themes (Huyler & McGill, 2019).

Data Presentation

The researcher has presented the results using graphs, tables, and charts to display the demographic characteristics of the sample, descriptive statistics for key variables, and correlation matrices. The use of regression analysis results was done through coefficients, p-values, and effect sizes to indicate the significance and strength of relationships. The FGD findings were presented thematically (Huyler & McGill, 2019). The researcher integrated qualitative and quantitative findings to provide a comprehensive understanding of the relationship between attachment styles and dyadic adjustment and discuss how

qualitative insights complement the quantitative data, providing richer context and deeper understanding of the relationship dynamics in early marriage. The researcher also summarized the key findings, their implications for counseling and relationship interventions, and recommendations for further research.

Data protection

Data protection refers to the act of preventing data from being harmed by safeguarding it throughout the resource process(Creswell & Creswell, 2018; Huyler & McGill, 2019). In Kenya the researchers' are bound to adhere to appropriate data safeguarding regulations and protocols in Kenya (*Data Protection Laws Kenya*, 2024). Awareness of the legal requirements and integrating them into the governing protocols is of paramount importance (Creswell & Creswell, 2018; Huyler & McGill, 2019). The researcher remained committed to the statutory requirements of data protection. The data used in this study was stored in a safe place under lock and key and then the same shall be destroyed or terminated within the first 3-4 months after completion of the study. The soft copies of review were password protected and no personal information was divulged. The recorded FGD information was not broadcasted and neither were the participants asked about personal information such as place of work or residence.

Ethical Considerations

In Psychology, there are various issues that relate to ethics such as the informed consent, debriefing in the event a participant is affected by the ongoing research, security of participants, protecting the participants from dishonesty, upholding confidentiality, and permission to withdrawal from an study at any point one desires to (Huyler & McGill, 2019) . The researcher ensured that the autonomy of the participant was respected by

issuing a detailed informed consent form for signing. The researcher obtained a research authorization letter from the graduate school of Pan Africa Christian University (Appendix VII). In addition, the researcher also obtained clearance from the Ethics Review Board of Pan Africa Christian University Institutional Scientific Ethic Review Committee (PACU ISERC) Certificate (Appendix VIII) and a Research Permit from the National Commission for Science, Technology and Innovation (NACOSTI) (Appendix IX). The researcher also addressed the following ethical issues: since the nature of the research is non-clinical, the respondents were assured of no harm. Before the data collection stage, the respondents' informed consent was obtained before the issuance of the questionnaire. The informed consent statement did not only assure confidentiality but also the respondents' discretion to terminate their participation in the study without any consequence in case they choose to do so. The researcher ensured confidentiality by using codes rather than using the respondents' names. This was done in order to ensure the client of anonymity and as evidence that there is no linkage between the data provided and the respondents. Furthermore, the researcher assured the respondents that data was to be kept in a safe place under lock and key.

Chapter Summary

In this chapter, the researcher discussed the research methodology that was used. The chapter has covered the pragmatic research paradigm, the presentation of the mixed method design of the study. The selected Baptist Assemblies in the Nairobi North Baptist Zone were identified. A population of 145 couples was established and after using the Yamane formula to calculate the sample, the chapter presents a sample of 106 couples. In addition the chapter presents study instruments, the pilot test, data management, validity

and reliability of the RDAS and AAS research tools, data collection, analysis and presentation as well as the ethical considerations.

CHAPTER FOUR: RESULTS AND DISCUSSION

Introduction

This chapter presents the data findings, analysis, interpretation and discussions of the study on the relationship between attachment styles and dyadic adjustment in the early stage of marriage among selected Baptist assemblies in Nairobi North Baptist Association Zone. The qualitative findings were collected through the use of the Adult Attachment Scale and the revised dyadic adjustment scale while the quantitative data was gathered through the focus group discussion using an interview guide. This chapter also presents the response rates and the demographics of the participants. The results in this chapter have been presented by use of tables and figures with an intention of increasing the visualization of the outputs and the information therein. The qualitative findings have been presented through description. Finally, the summary of the chapter is given at the end.

The Response rate

A total of 104 couples out of the target sample of 106 couples participated in the study in responding to the Adult Attachment Scale and the revised dyadic adjustment scale totaling to 98% response rate. The focus group discussion had 10 participants representing the selected Baptist assemblies in Nairobi North Baptist Association Zone. The FGD achieved a 100% response rate.

Demographic Information

This section contains demographics of Baptist Church-going couples in the early stages of marriage typically consisting of young adults, mostly in their twenties, thirties

and early forties, who share a strong commitment to their faith and community involvement. These couples often come from varied socioeconomic backgrounds but generally value religious practices and spiritual growth as central to their new life together. They are actively engaged in church activities, viewing their faith as a vital foundation for their relationship and future. Many have attained at least some college education, reflecting a community that combines spiritual devotion with personal development. Geographically, they are all from the Nairobi North Baptist Association Zone. Overall, this demographic is characterized by a shared emphasis on spiritual connection, community support, and building their marriage within a faith-centered lifestyle.

Respondents by Gender

Table 3 *Respondents by Gender*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Male	48	46.2	46.2	46.2
	Female	56	53.8	53.8	100.0
	Total	104	100.0	100.0	

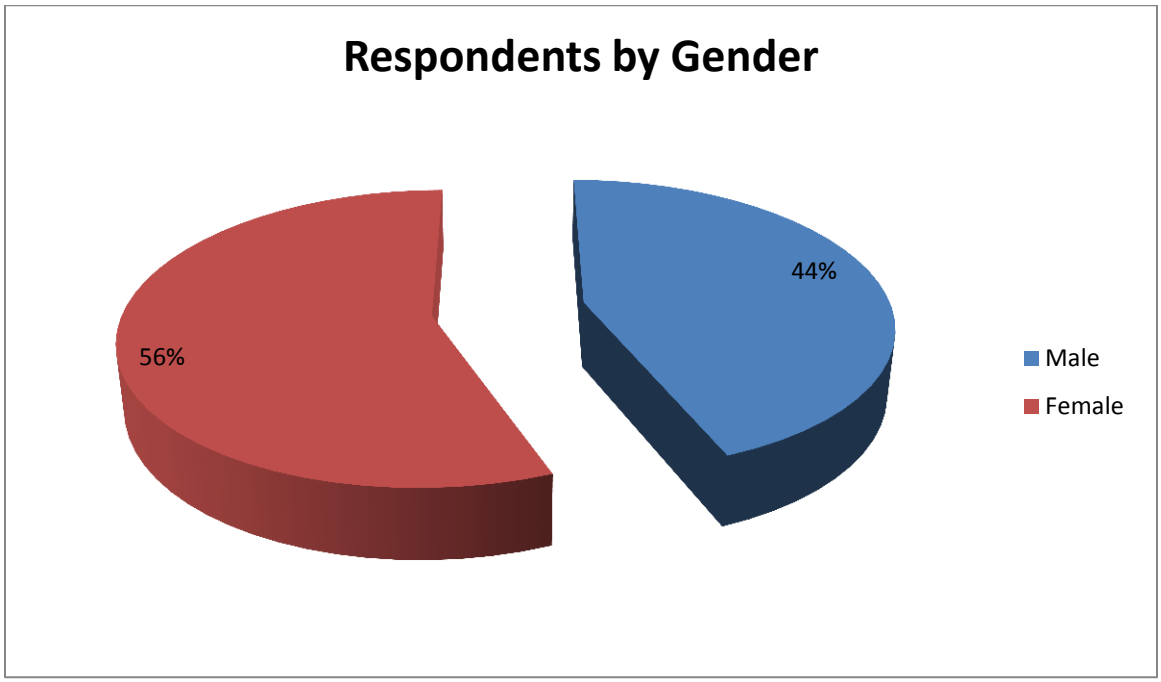


Figure 3 *Respondents by Gender*

The results in the Table 3 above shows that there were 46 (44%) male respondents and females respondents were 58 (56%). This shows that there were more female respondents that their male counterparts who took part in filling the questionnaires on behalf of the couples. This reflected a possible greater interest or desire for women to engage with the issues of relationship than their counterparts. The response rate may have implied that they had more time to spare and engage with the topic.

Respondents by Age

Table 4 *Age bracket of the respondents*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	21-30 years	32	30.8	30.8	30.8
	31-40 years	58	55.8	55.8	86.5
	41-50 years	14	13.5	13.5	100.0
	Total	104	100.0	100.0	

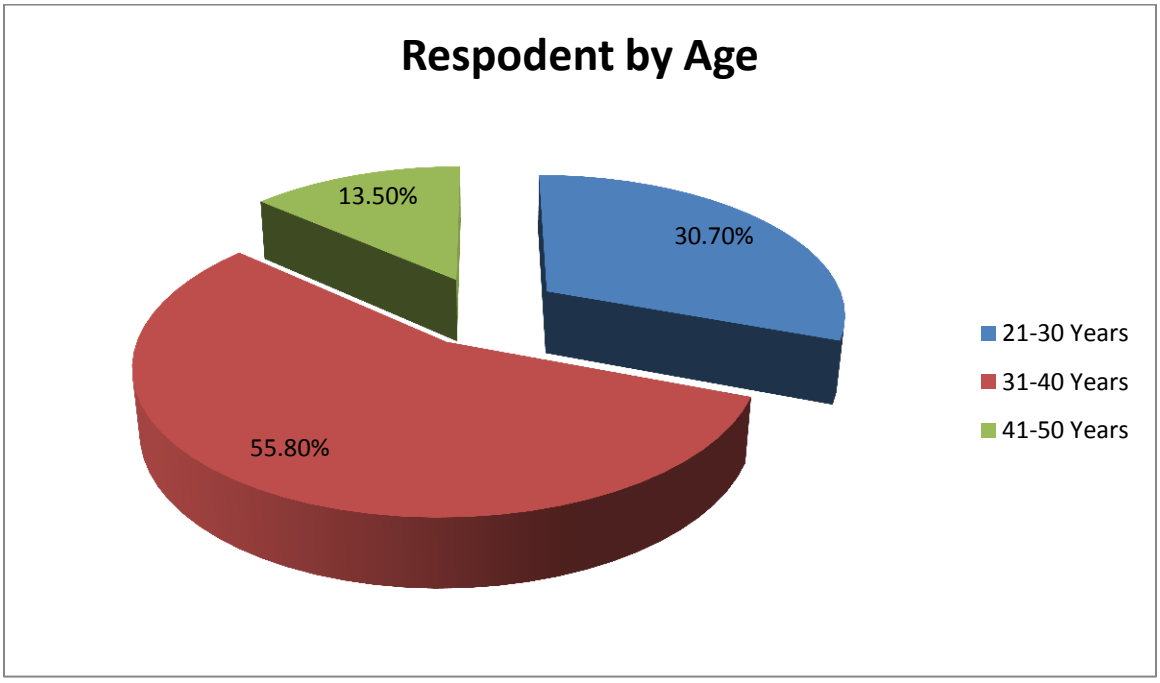


Figure 4 *Respondent by Age group*

The results in Table 4 shows that there were 14 (13.5%) 41-50 years old who took part in the study that were followed by 21-30 year olds who were 32 (30.7%) of the total sample respondents. Finally, the largest portion of the respondents was made of those who were within the age bracket of 31-40 year olds who were 58 (55.8%). More and

more people are getting it to lifelong nuptial commitments later in life and this may explain why there were only 14 respondents in their twenties. The greater number of 58 participants who responded were in their thirties probably implying that they have had time to get into careers and grown to financial stability by the time of wedding. Respondents in their thirties and forties may have also spent time sharpening their self-awareness and also looking for partners who were compatible with them. The 32 who were in their forties and within the first five years of their lives may have married late or could have gone through failed relationships or simply delayed by choice if not other obligations.

Respondents by Church Affiliation

Table 5 *Baptist Church Assembly that participants are affiliated to*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Ridgeways Baptist	69	66.3	66.3	66.3
	Ruaraka Baptist	5	4.8	4.8	71.2
	Kahawa Sukari Baptist	16	15.4	15.4	86.5
	Kahawa West Baptist	14	13.5	13.5	100.0
	Total	104	100.0	100.0	

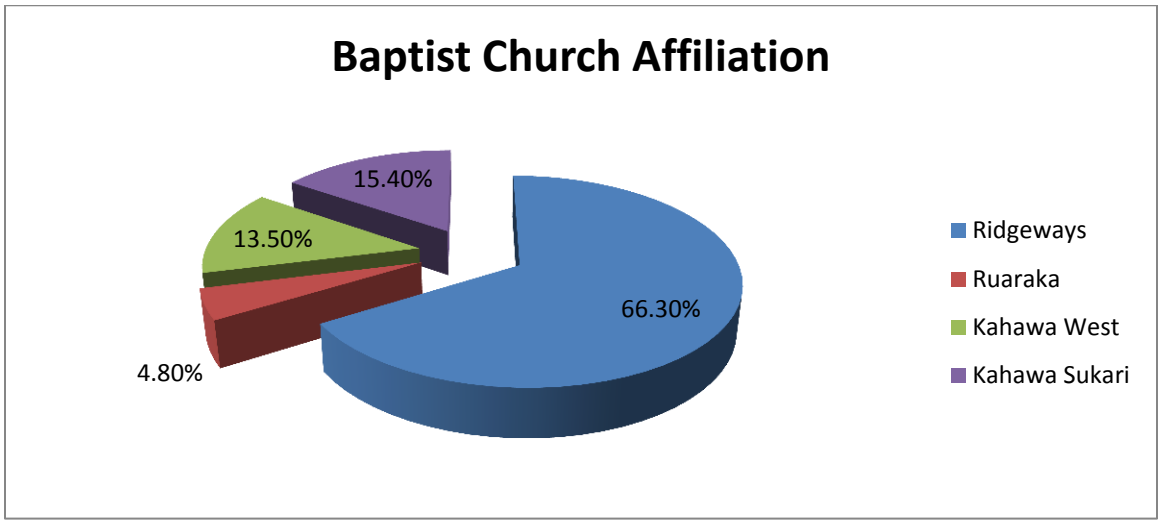


Figure 5 *Respondents by Baptist Church Affiliation*

Table 5 shows the Church affiliation of the participants. The respondents who said that they were from Ridgeways Baptist Church were the highest in numbers with about 69 (66.3%). This was followed by Kahawa Sukari Baptist which came in second at 16 (15.4%) of the total respondents. In third place was the Kahawa West Baptist with a 14 (13.5%) of the total respondents. Ruaraka Baptist constituted 5 (4.8 %) respondents. The aforementioned 104 respondent figures differed slightly from the 106 in the sampling frame initially targeted participants with: Ridgeways having 69/74, Kahawa Sukari 16/17, Kahawa West 14/9 with 5 participants reporting recent transfers from the neighboring churches and Ruaraka 5/6. Achieving a 98% response rate is viewed as an excellent indicator of participation (Holtom et al., 2022).

Respondents by Educational Level

Table 6 *Highest educational level achieved*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Secondary	1	1.0	1.0	1.0
	Tertiary college	13	12.5	12.5	13.5
	Undergraduate	62	59.6	59.6	73.1
	Postgraduate	28	26.9	26.9	100.0
	Total	104	100.0	100.0	

In relation to education the highest education level achieved by the respondents as stipulated on Table 6 shows there were 1(1%) of the respondents who had secondary education level or certificate. This was followed by those who had tertiary college level of education at 13(12.5%) of the total respondents while the portion of the respondents that had acquired graduate academic level was 28 (26.9%). Finally, the highest portion of the respondents was those who had post-graduate academic level at 62(59.6%). In essence this implied that 99% of the participants had tertiary education level and above denoting a high level of literacy.

Respondents by Number of Years Married

Table 7 *Years Married*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	20	19.2	19.2	19.2
	2	15	14.4	14.4	33.7
	3	30	28.8	28.8	62.5
	4	16	15.4	15.4	77.9
	5	23	22.1	22.1	100.0
	Total	104	100.0	100.0	

The results in Table 7 shows that there were 20 participants (19.2%) of the total respondents who had been married for 1 year, this was followed by those who said that

they have been married for 2 years that is 15(14.4%) of the total respondents. Furthermore, those who have been married for 3 years were 30(28.8%) of the total respondents while those who were married for 4 years were 16(15.4%) of the total respondents. Finally, there were also those who said that they have been married for 5 years that is 23 (22.1%) of the total sample members. The fluctuations in numbers of couples wedding in the church could have been a resulting factor associated with the Covid-19 pandemic that had enforced restrictions in terms of movement and social gatherings such as weddings. This could have resulted from postponed weddings that may have rebound later but not entirely recovered based on socio-cultural and economic situations in the following years.

Respondents by the Number of Years Participants have been Church Members

Table 8 *Number of years you have been in Baptist Church*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1-5 years	15	14.4	14.4	14.4
	6-10 years	48	46.2	46.2	60.6
	11-15 years	16	15.4	15.4	76.0
	16-20 years	24	23.1	23.1	99.0
	Above 21 years	1	1.0	1.0	100.0
	Total	104	100.0	100.0	

The information in Table 8 shows the number of years that respondents had been members in the Baptist Church. Those who had been in Baptist Church for 1-5 years were 15(14.4%) while those who had been in Church for 6-10 years were 48(46.2%). Those who have been in the Baptist Church for 11-15 years were 16(15.4%) out of the total respondents while those who had been in the Church for 16-20 years were 24(23.1%). The Category of respondents who had stayed in the Church above 21 years

had 1 person equivalent to 1%. The sample reported that the cluster group that had the highest number of participants in this categories was 6-10 years whereas the lowest was 21 years and above at 1% inferring that majority of the participants were Baptist Church members before their weddings and were marrying fellow Baptists or having their spouses assimilated into the Baptist Church.

Respondents by Work Status Level

Table 9 *Work Status*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Employed	48	46.2	46.2	46.2
	Self-employed	40	38.5	38.5	84.6
	Unemployed	7	6.7	6.7	91.3
	Others	9	8.7	8.7	100.0
	Total	104	100.0	100.0	

The work status presented in Table 9 composed of those respondents who were employed at 48 respondents which is equivalent to 46.2% while those who were self-employed were 40(38.5%). Respondents who were unemployed were 7(6.7%) and those who described their employment status as others were 9(8.7%). The work status statistics of this sample implies a healthy and dynamic labor force probably also inferring a fairly good income for the households. However, there would be need for another study to this sample characteristic to firm the dynamics and implications of their economic activity trend.

Frequency Tables on the Adult Attachment Scale

Based on the Adult Attachment Scale Questionnaire shared with participants, the interpretive scores were categorized into 3 attachment styles, namely: secure, anxious and

avoidant. The aim was to generate frequency tables in order to understand how many respondents would fall into each category. Items 1, 5, 6, 11, 12, and 14 comprise of questions that test secure attachments while items 3,4,9,10,11 15,17and 18 were testing the anxious attachment styles. The remaining items 2, 7, 8, 13, and 16 were testing the avoidant style of attachment. In the tables that follow; the first column indicates the frequency while the second column shows the percentages of the frequencies, the third column indicate all the percentages that were valid and the last column shows the cumulative percentages.

Table 10 *I find it relatively easy to get close to people.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	13	12.5	12.5	12.5
	Somewhat not characteristic of me	24	23.1	23.1	35.6
	Neutral	18	17.3	17.3	52.9
	Somewhat characteristic of me	18	17.3	17.3	70.2
	Very characteristic of me	31	29.8	29.8	100.0
	Total	104	100.0	100.0	

In relation to whether participants found it relatively easy to get close to people, Table 10 above shows that there were 13(12.5%) respondents who said that not all characteristics of them. Those who selected somewhat characteristic of them were 24(23.1%) of the respondents. Those who selected neutral were neutral 18(17.3%) and those respondents who said that it was somewhat characteristics of them were 18(17.3%). The respondents who selected the choice that it was very characteristics of them to find it relatively easy to get close to people were 31(29.8%) of the total respondents. The data indicates that a significant portion of respondents (approximately 29.8%) find it very characteristic of themselves to find it relatively easy to get close to people, suggesting a

tendency toward secure attachment or social comfort. Conversely, smaller groups (around 12.5%) do not see this trait as characteristic of themselves, which may reflect varying levels of comfort with intimacy or attachment insecurity. The distribution across other categories (somewhat characteristic, neutral, etc.) suggests a diversity of experiences and attitudes toward closeness.

Table 11 *I find it difficult to allow myself to depend on others*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	25	24.0	24.0	24.0
	Somewhat not characteristic of me	37	35.6	35.6	59.6
	Neutral	20	19.2	19.2	78.8
	Somewhat characteristic of me	16	15.4	15.4	94.2
	Very characteristic of me	6	5.8	5.8	100.0
	Total	104	100.0	100.0	

Table 11 above presents the responses to the question on whether respondents find it difficult to allow themselves to depend on others. The respondents who said that this was not at all characteristics of them were 25(24%) while those who said that it was somewhat not characteristics of them were 37(35.6%). In addition, those said that they were neutral to the question of allowing themselves to depend on others were 20(19.2%). The respondents who said that it was somewhat characteristics of them to allow

themselves to depend on others were 16(15.4%) of the total respondents. Finally, the respondents who ticked that it was very characteristics of them to allow themselves to depend on others were 6(5.8%).

The results showed dominance of self-reliance at 59.6% of participants feeling that depending on others either does not describe them. The findings show that the sample demonstrates a strong preference for self-reliance and independence. This could be influenced by numerous factors such as cultural norms which accentuate autonomy, individuals who have undergone betrayal before and who feel the need to handle matters independently, or specific personality features that are characterized by autonomous behavior or avoidant attachment styles.

19.2% of participants displayed neutrality which indicates they may be uncertain or ambivalent about relying on others for support. This group may be experiencing phases of individual growth like emerging dependence or relinquishing control. The aptitude to depend on others fluctuates contingent with situational dynamics. The respondents may be having internal struggle between their gratitude for being independence and their need for support. The minority express comfort with dependence. A total of 21.2% of survey participants reported dependence on others as a trait of themselves with 15.4% expressing somewhat and 5.8% indicating a strong sense of dependency. This indicates that: a minority of individuals display comfort with interpersonal dependence which might signal secure attachment patterns or beneficial relational backgrounds. This group may value teamwork and emotional bonds or have had good experiences with support systems in the past. Self-reliance represents strength but it can also reveal challenges in developing trustworthy relationships and a hesitation to ask for assistance which pose

obstacles in therapeutic settings or support groups. By understanding these tendencies counselors can customize their approaches to build trust and address vulnerability concerns. Individuals who exhibit high self-reliance may obstruct effective teamwork and peer support systems in both workplace and community settings. Programs or cultural practices which foster interconnectedness and reciprocal support may prove advantageous when they minimize stigma.

Table 12 *I often worry that other people don't really love me.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me	21	20.2	20.2	20.2
	Somewhat not characteristic of me	42	40.4	40.4	60.6
	Neutral	23	22.1	22.1	82.7
	Somewhat characteristic of me	13	12.5	12.5	95.2
	Very characteristic of me	5	4.8	4.8	100.0
	Total	104	100.0	100.0	

The results on Table 12 are responses to the question if the participant often worries whether other people don't really love them. Respondents who said that it was not at all characteristics of them were 21(20.2%) while those who said that it was somewhat not characteristics of them were 42(40.4%) of the total respondents. The respondents who were neutral were 23(22.1%) of the total sample members. The respondents who said that it was somewhat characteristics of them were 13(12.5%) and those who said that was very characteristics of them were 5(4.8%) of the total respondents. The 21 participants who said that the statement is not characteristic of them typically have a secure attachment style, feeling confident in their relationships and trusting that they are loved. The 42 majority of individuals who find it somewhat

uncharacteristic may also lean toward security but experience occasional doubts. The 23 with the neutral response suggests ambivalence or inconsistency, often associated with a fearful-avoidant attachment style, where the person desires closeness but also fears it. The 13 who felt that the statement is somewhat characteristic of them tend to experience attachment anxiety and frequently seek reassurance from others. Finally, a minority of 5 respondents said that that it was very characteristic of them to often struggle with deep emotional insecurity. This is likely tied to an anxious-preoccupied or fearful-avoidant attachment style, which may stem from past experiences of rejection or emotional inconsistency. Recognizing these responses can help foster empathy and emotional safety in relationships and support systems.

Table 13 *I find that others are reluctant to get as close as I would like*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	32	30.8	30.8	30.8
	Somewhat not characteristic of me	31	29.8	29.8	60.6
	Neutral	27	26.0	26.0	86.5
	Somewhat characteristic of me	12	11.5	11.5	98.1
	Very characteristic of me	2	1.9	1.9	100.0
	Total	104	100.0	100.0	

In Table13 above the results shows the response to whether the participants found others reluctant to get as close as they like and 32(30.8%) respondents said that it was not

at all characteristics of them. Table 13 also reflects 31(29.8%) of respondents who said that it is somewhat characteristics of them that is find that others are reluctant to get as close as they would like. Further, those who responded and ticked neutral to the question were 27(26%) of the total respondents. There were also those who said that it was somewhat characteristics of them to find others being reluctant to get as close as they would like at 12(11.5%) of the total respondents. Finally, there are also those respondents who said that it is very characteristics of them to find others being reluctant to get as close as they would like at 2(1.9%). Responses to the statement that "*I find that others are reluctant to get as close as I would like"* revealed important patterns related to adult attachment styles. Individuals who felt the statement was not at all true for them likely experienced secure attachments; they generally felt comfortable with intimacy and believed others welcomed closeness. Those who found it only somewhat uncharacteristic may have still leaned toward security but were familiar with occasional emotional distance that didn't greatly affect them.

Respondents who were neutral appeared more uncertain, perhaps having mixed experiences with closeness. Their relationships may have felt emotionally inconsistent, suggesting traits of a fearful-avoidant attachment style. People who felt the statement was somewhat characteristic of them likely struggled more with unmet emotional needs, often desiring deeper connection than they received, this aligns with anxious-preoccupied attachment. Finally, those who strongly identified with the statement likely carried high levels of attachment anxiety. They frequently felt emotionally unfulfilled and believed others kept them at arm's length, which often left them feeling unlovable or rejected. Overall, the responses reflected a spectrum ranging from emotional security to deep

vulnerability, highlighting how attachment history influences individuals' perceptions and experiences of closeness and intimacy in relationships. Current literature emphasizes that attachment styles, developed through early caregiving experiences, continue to shape adult relational behaviors and attitudes. Secure attachment is associated with comfort in intimacy and trust, whereas insecure attachment styles anxious or avoidant may lead to difficulties in forming or maintaining close relationships (Mikulincer & Shaver, 2019). Understanding this spectrum is crucial for developing interventions that promote healthier relationship patterns and emotional well-being.

Table 14 *I am comfortable depending on others*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me	18	17.3	17.3	17.3
	Somewhat not characteristic of me	20	19.2	19.2	36.5
	Neutral	34	32.7	32.7	69.2
	Somewhat characteristic of me	19	18.3	18.3	87.5
	Very characteristic of me	13	12.5	12.5	100.0
	Total	104	100.0	100.0	

The Table 14 above shows the results of respondents to the question on whether they are comfortable depending on others. Those respondents who said that it was not at all characteristics of them being comfortable depending on others were 18(17.3%) while those who said that it was somewhat not characteristics of them were about 20(19.2%). The respondents who were neutral on being comfortable depending on others were 34(32.7%) of the total respondents. The respondents who said that it was somewhat characteristics of them being comfortable depending on others were 19(18.3%). Finally,

the participants who said that it was very characteristics of them being comfortable depending on others were 13(12.5%).

Responses to the statement *"I am comfortable depending on others"* reflected a range of attachment styles that reveal how individuals approached trust and emotional closeness in their relationships. Those who said the statement was not at all characteristic of them likely had avoidant attachment styles, shaped by past experiences that taught them to rely primarily on themselves. Participants who were somewhat uncomfortable with dependence also showed avoidant tendencies, though they may have been more open to occasional support.

Neutral responses suggested uncertainty or mixed experiences, often linked to fearful-avoidant attachment where individuals both desired and feared closeness. Those who found the statement somewhat characteristic of them were likely developing more secure patterns, beginning to embrace interdependence while still managing some hesitation. Finally, individuals who strongly agreed with the statement typically had secure attachment styles, feeling comfortable with emotional openness and trust in others. These findings underscore how deeply our early relational experiences continue to shape how we give and receive support in adulthood (Mikulincer & Shaver, 2016).

Table 15 *I don't worry about people getting too close to me*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	27	26.0	26.0	26.0
	Somewhat not characteristic of me	29	27.9	27.9	53.8
	Neutral	29	27.9	27.9	81.7

Somewhat characteristic of me	13	12.5	12.5	94.2
. Very characteristic of me	6	5.8	5.8	100.0
Total	104	100.0	100.0	

The Table 15 above shows the results of respondents to the question whether they do not worry about people getting too close to them. Those respondents who said that it was not at all characteristics of them being comfortable depending on others were 27(26.0%) while those who said that it was somewhat not characteristics of them were about 29(27.9%) The respondents who were neutral on being comfortable depending on others were 29(27.9%) of the total respondents. The respondents who said that it was somewhat characteristics of them being comfortable depending on others were 13(12’5%). Finally, the participants who said that it was very characteristics of them being comfortable depending on others were 6(5.8%). When individuals responded to the statement *"I don't worry about people getting too close to me,"* their answers reflected varying levels of comfort with emotional intimacy—an essential component of adult attachment. Those who strongly agreed with the statement, rating it as “very characteristic,” likely exhibited a secure attachment style. These individuals appeared to feel safe in close relationships and embraced emotional closeness without fear of being overwhelmed or losing their autonomy. They had likely experienced consistent, supportive relationships that helped foster trust in intimacy. Similarly, participants who rated themselves as “somewhat characteristic” may be leaning towards secure or mildly avoidant attachment patterns. They may be prone to feeling generally comfortable with closeness but possibly maintaining some emotional boundaries out of habit or past

disappointments (Gillath et al., 2016). For these individuals, intimacy was often welcomed, though not always easily expressed.

On the other hand, respondents who found the statement “neutral” or “somewhat uncharacteristic” may have experienced fearful or dismissing-avoidant attachment styles, where closeness could feel threatening or overwhelming. These individuals might have struggled with conflicting desires: wanting connection but fearing the vulnerability it required (Fraley et al., 2011). Those who said the statement was “not at all characteristic” of them likely carried a high degree of attachment avoidance, feeling anxious or distrustful when others tried to get emotionally close. For them, intimacy may have triggered discomfort, rooted in early experiences where closeness was unsafe, inconsistent, or suffocating. These patterns often result in emotional distancing as a protective strategy (Shaver & Mikulincer, 2019). Overall, responses to this statement illuminated how one's early relational experiences can significantly influence their comfort with closeness in adult relationships, shaping both emotional boundaries and relational security.

Table 16 *I find that people are never there when you need them.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	22	21.2	21.2	21.2
	Somewhat not characteristic of me	33	31.7	31.7	52.9
	Neutral	27	26.0	26.0	78.8
	Somewhat characteristic of me	17	16.3	16.3	95.2
	Very characteristic of me	5	4.8	4.8	100.0
	Total	104	100.0	100.0	

The results on Table 16 show the response to the question of whether respondents find that people are never there when they need them. The respondents who said that this was not at all characteristics of them were 27(26%) while those who said that it is somewhat not characteristics of them were 29(27.9%) of the total sample members. Respondents who selected neutral were 29(27.9%). In addition, respondents who said that it is somewhat characteristics of them were 13(12.5%). Finally, those who said that it was very characteristic of them not to worry about people getting too close to me were 6(5.8%). The participants' responses to the statement *"I find that people are never there when you need them,"* revealed underlying beliefs about the dependability and accessibility of others, designed by their attachment styles. Those who strongly agreed with the statement were likely to exhibit an avoidant attachment style, characterized by uneasiness with intimacy and a fondness for emotional freedom. This viewpoint frequently shoots from initial experiences where care-givers were indifferent or unpredictable; leading to a cultured expectancy that other people will not meet their emotional requirements (Collins & Read, 1990). Such persons were frequently upholding emotional aloofness in interactions to guard themselves from predicted disillusionment.

Conversely, individuals who strongly disagreed with the statement indicating they do not find it easy to get close to others were likely demonstrating a secure attachment style. Contemporary research supports that secure attachment develops from consistent and responsive caregiving, which fosters trust, emotional regulation, and confidence in others' availability (Mikulincer & Shaver, 2020). Such individuals typically feel comfortable relying on others and believe support will be accessible when needed,

contributing to healthier and more stable relationships. This attachment security is associated with positive relational outcomes and resilience in the face of interpersonal challenges. Those who were selecting neutral or somewhat agree/disagree responses might have been reflecting ambivalent or anxious attachment styles, characterized by uncertainty about others' reliability and a heightened sensitivity to potential rejection. These individuals were often experiencing internal conflicts, desiring closeness but fearing that others would not be there in times of need, which could lead to anxiety and hyper-vigilance in relationships (Mikulincer & Shaver, 2020).

Table 17 *I am somewhat uncomfortable being close to others*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	28	26.9	26.9	26.9
	Somewhat not characteristic of me	32	30.8	30.8	57.7
	Neutral	24	23.1	23.1	80.8
	Somewhat characteristic of me	16	15.4	15.4	96.2
	Very characteristic of me	4	3.8	3.8	100.0
	Total	104	100.0	100.0	

The results on table17 shows that there were 28(26.9%) of the respondents who said that in relation to the question of being somewhat uncomfortable being close to others are not at all characteristics of them, while those who said it is somewhat not characteristics of them feeling somewhat uncomfortable being close to others was 32(30.8%). The portion of the respondents who said that they are neutral to the question of feeling somewhat uncomfortable being close to others were 24(23.1%) of the total sample members. Those who said that they it is somewhat characteristic of them feeling

somewhat uncomfortable being close to others that was 16(15.4%) and finally those who said that being close to others was very characteristics of them were 4(3.8%) of the total sample participants. The analysis of responses from participants reveals that many individuals reporting discomfort with closeness tend to display attachment behaviors associated with avoidance or insecurity. Those who felt this trait was very characteristic of them often described feeling overwhelmed or anxious when forming emotional bonds, which aligns with avoidant attachment patterns identified in psychological research. These participants frequently mentioned a desire to keep their distance and a tendency to avoid sharing personal feelings, possibly as a way to protect themselves from vulnerability rooted in early relationship experiences. In contrast, some individuals indicated only a moderate level of discomfort, suggesting they could sometimes tolerate intimacy without significant distress, pointing toward a more secure or flexible attachment style.

Overall, the data illustrates a range of comfort levels with closeness among the participants. Those who found closeness to be very characteristic of their feelings often struggled with trust and vulnerability, consistent with insecure attachment tendencies. Meanwhile, individuals reporting less discomfort appeared more capable of maintaining emotional connections with less difficulty, which can be indicative of secure attachment patterns. Recognizing these differences is valuable for understanding how attachment styles influence interpersonal relationships and can inform strategies for fostering healthier, more trusting bonds in the future (Cassidy, 2018; Fraley & Shaver, 2016; Mikulincer & Shaver, 2020)

Table 18 *I often worry that other people won't want to stay with me.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	27	26.0	26.0	26.0
	Somewhat not characteristic of me	26	25.0	25.0	51.0
	Neutral	31	29.8	29.8	80.8
	Somewhat characteristic of me	12	11.5	11.5	92.3
	Very characteristic of me	8	7.7	7.7	100.0
	Total	104	100.0	100.0	

The results on Table18 show the tabulation to the question of whether participants often worry that other people will not want to stay with them. The respondents who said that this was not at all characteristics of them to often worry that other people won't want to stay with them were 27(26%), this was followed by 26(25%) of the total respondents who said that its somewhat not characteristics of them to often worry that other people won't want to stay with them. The respondents who selected the neutral option were 31(29.85%) while 12(11.5%) respondents said that it is somewhat characteristics of them. Finally those who said that it is very characteristics of them to often worry that other people won't want to stay with them were 8(7.7%) of the total respondents.

Participants' answers to the statement about worrying that others might not want to stay with them demonstrated a variety of attachment-related patterns. Those who rated this concern as very characteristic often showed signs of anxious attachment, indicating a tendency to fear abandonment and feel insecure about their relationships. These individuals likely experienced heightened sensitivity to rejection and sought frequent reassurance, consistent with research on anxious attachment styles, which suggest that

such individuals tend to worry excessively about losing close bonds (Mikulincer & Shaver, 2016). Conversely, respondents who indicated this worry was not at all or only somewhat characteristic of them appeared to exhibit more secure attachment behaviors. They appeared less preoccupied with fears of abandonment and more confident in their relationships, demonstrating a sense of trust and emotional stability. Current research indicates that individuals with secure attachment styles tend to exhibit higher levels of trust, emotional regulation, and relationship satisfaction, reflecting a stable and positive view of self and others (Mikulincer & Shaver, 2021). These qualities contribute to a resilient approach to intimacy and reduce tendencies toward anxiety or preoccupation with potential rejection or abandonment, fostering healthier and more enduring relationships.

Participants who selected the neutral or moderate options might have experienced fluctuating feelings of insecurity, depending on the context or relationship circumstances. This variability suggests they could possess a more adaptable attachment style or their responses might be influenced by specific situations. Overall, the pattern of responses highlights how attachment orientations influence fears of losing relationships. Those with higher concern scores tended to demonstrate anxious attachment tendencies, while those with lower scores showed signs of secure attachment, which generally supports healthier interpersonal connections. Recognizing these differences can be helpful in understanding relationship dynamics and guiding efforts to foster greater emotional security (Mikulincer & Shaver, 2016).

Table 19 *When I show my feelings for others, I'm afraid they will not feel the same about me*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	25	24.0	24.0	24.0
	Somewhat not characteristic of me	26	25.0	25.0	49.0
	Neutral	36	34.6	34.6	83.7
	Somewhat characteristic of me	10	9.6	9.6	93.3
	Very characteristic of me	7	6.7	6.7	100.0
	Total	104	100.0	100.0	

The results on Table 19 shows response to the question on when participant show their feelings for others, they are afraid they will not feel the same about them. In response to that question, 25(24%) of the respondents said that this was not at all characteristics of them. The respondents who said that it was somewhat not characteristics of them to be afraid were 26(25%) of the total sample members. Those that were neutral in relation to this question were 36(34.6%) of the total respondents. The portion of the respondents that said it was somewhat characteristic of them to be afraid were 10(9.6%) and finally those who said that it was very characteristics of them to be afraid were 7(6.7%) of the total respondents.

Participants' responses to the statement about fearing that others might not feel the same about them when sharing their feelings reflected a range of attachment tendencies. Those who indicated this concern as very characteristic, such as selecting options 4 or 5, appeared to have traits associated with anxious attachment. These individuals often worried about rejection or not being reciprocated, which could lead to feelings of vulnerability and insecurity within their relationships. Their responses aligned with research showing that people with anxious attachment styles tend to seek reassurance and frequently fear losing their emotional connections (Mikulincer & Shaver,

2016). Conversely, participants who chose responses like 1 or 2, indicating that this worry was not at all or only somewhat characteristic of themselves, likely demonstrated more secure attachment patterns. They seemed more at ease expressing their feelings and less preoccupied with how others might respond, reflecting a sense of confidence and trust in their relationships (Cassidy, 2018; Fraley & Shaver, 2016; Mikulincer & Shaver, 2020)

Those opting for neutral or moderate answers might have experienced fluctuating levels of vulnerability depending on the specific relationship or situation. This variability suggests they may possess a more adaptable attachment style or that their fears of rejection were situational rather than constant. Overall, the pattern of responses highlights how different attachment orientations influence emotional expression and fears related to vulnerability. Higher concern scores pointed toward anxious attachment tendencies, characterized by worry over unreciprocated feelings, while lower scores indicated a more secure attachment style marked by comfort and confidence when sharing emotions. Understanding these differences offers insights into individual relationship behaviors and can inform approaches to fostering emotional security (Mikulincer & Shaver, 2016).

Table 20 *I often wonder whether other people really care about me*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	12	11.5	11.5	11.5
	Somewhat not characteristic of me	14	13.5	13.5	25.0
	Neutral	24	23.1	23.1	48.1
	Somewhat characteristic of me	29	27.9	27.9	76.0
	Very characteristic of me	25	24.0	24.0	100.0

Total	104	100.0	100.0

The results in Table 20 shows responses to the question of participants often wondering whether other people really care about them, those who said that this was not at all characteristics of them were 12(11.5%). Those who said that that this was somewhat not characteristics of them were 14(13.5%) of the total respondents while those who were neutral were 24(23.1%). Other respondents who said that this was somewhat characteristic of them were 29(27.95) of the total respondents. Finally, those who said that this was very characteristic of them to often wonder whether other people really care about me were 25(24%).

Responses to the statement about wondering whether others genuinely cared about them showed a range of attachment-related tendencies among individuals. Participants, who rated this concern as very characteristic, such as 4 or 5, appeared to have traits associated with anxious attachment. These individuals often experienced doubts about whether others truly valued them, reflecting a fear of rejection or being unimportant. Such feelings are consistent with findings that suggest people with anxious attachment styles tend to seek reassurance and worry about losing emotional connections (Mikulincer & Shaver, 2016). On the other hand, those who selected 1 or 2, indicating that this concern was not at all or only somewhat characteristic, likely demonstrated more secure attachment. They appeared more confident in others' feelings and less preoccupied with doubts, indicating a higher level of trust and emotional stability in their relationships (Cassidy, 2018; Fraley & Shaver, 2016; Mikulincer & Shaver, 2020)

Individuals choosing neutral or moderate responses might have experienced fluctuations in their confidence about whether others cared for them, depending on the context or their emotional state. This variability suggests that their attachment style may be more adaptable or that their fears of being undervalued were situational rather than constant. Overall, the pattern of responses highlights how attachment orientations influence perceptions of emotional security. Higher concern scores aligned with anxious attachment tendencies, marked by persistent doubts about being genuinely cared for, while lower scores indicated a more secure attachment style, characterized by trust and confidence in others' affections. Recognizing these patterns can provide insight into how individuals approach intimacy and vulnerability in their relationships.

Table 21 *I am comfortable developing close relationships with others*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	24	23.1	23.1	23.1
	Somewhat not characteristic of me	36	34.6	34.6	57.7
	Neutral	23	22.1	22.1	79.8
	Somewhat characteristic of me	16	15.4	15.4	95.2
	Very characteristic of me	5	4.8	4.8	100.0
	Total	104	100.0	100.0	

The results in Table 21 above show the response to the question that the respondent is comfortable developing close relationships with others. The respondents who said that it was not at all characteristic of them were 24(23.1%). The sample members who said that is it somewhat not characteristic of them were 23(22.1%). There were also sample members who selected neutral option to the question at 16(15.4%) of the total sample members. Furthermore, those who said that it was somewhat

characteristic of them were 16(15.4%) while those respondents who said that it was very characteristics of them to be uncomfortable when anyone gets too emotionally close to them were 5(4.8%)

Answers to the statement about feeling comfortable forming close relationships provided insights into individuals' attachment tendencies. Those who responded with high ratings, such as 4 or 5, likely exhibited traits associated with secure attachment, indicating they felt at ease with intimacy and trusted others to support and care for them. These individuals probably experienced a sense of safety and confidence when building close bonds, which is consistent with research showing that secure attachment fosters healthy emotional connections and openness (Mikulincer & Shaver, 2016). On the other hand, participants who chose lower ratings, like 1 or 2, might have shown signs of insecure attachment styles, such as avoidance or anxiety. They may have felt uncomfortable with closeness, possibly due to fears of vulnerability or a tendency to keep emotional distance to protect themselves from potential rejection or hurt.

Similarly, Cassidy (2018) discusses how attachment security is linked to adaptive interpersonal behaviors and emotional stability. Her research underscores that individuals with secure attachment are more resilient to relationship stressors, exhibit less anxiety about abandonment, and maintain higher levels of trust and intimacy. In addition, Fraley and Shaver (2016) provide a comprehensive review of attachment theory, incorporating recent findings that reinforce the association between secure attachment and positive relational outcomes, including trust, emotional stability, and lower levels of preoccupation with abandonment.

Participants who selected middle-range responses could have experienced fluctuating feelings about intimacy, feeling comfortable in some situations but hesitant in others. This suggests a more ambivalent or adaptable attachment style, where comfort with closeness depends on the context or personal experiences. Overall, these responses demonstrated how attachment patterns influence comfort levels with emotional intimacy. Higher scores reflected a secure attachment style characterized by ease and trust in relationships, while lower scores indicated insecure attachment tendencies marked by discomfort or avoidance of closeness. Recognizing these patterns offers valuable insight into how people approach vulnerability and intimacy in their relationships (Mikulincer & Shaver, 2016).

Table 22 *I am uncomfortable when anyone gets too emotionally close to me.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	4	3.8	3.8	3.8
	Somewhat not characteristic of me	18	17.3	17.3	21.2
	Neutral	29	27.9	27.9	49.0
	Somewhat characteristic of me	21	20.2	20.2	69.2
	Very characteristic of me	32	30.8	30.8	100.0
	Total	104	100.0	100.0	

The results in Table 22 show responses to the question that participants were uncomfortable when anyone gets emotionally too close to them. There were 4(3.8%) of the sample who said that that was not all characteristic of them. Those who stated that it was somewhat not characteristic of them were 18(17.3%). Those who were neutral in

responding to the question were 29(27.9%) of the total sample. Furthermore, those who said that it was somewhat characteristic of them were 21(20.2%) while those who said that it is very characteristics of them to be uncomfortable when anyone gets emotionally too close to them were 32(30.8%).

Responses to the statement about feeling uneasy when others become too emotionally close provided insight into different attachment tendencies. Participants who rated themselves low on the scale; such as 1 or 2, did not experience much discomfort with closeness, which could indicate a secure attachment style. These individuals probably felt comfortable sharing their emotions and trusting others, aligning with research that suggests secure attachment fosters ease and confidence in emotional bonds (Mikulincer & Shaver, 2016). In contrast, those who rated themselves high, such as 4 or 5, were more likely to experience discomfort when faced with emotional intimacy. Such responses are consistent with avoidant attachment patterns, where individuals tend to feel uneasy or overwhelmed by closeness and may prefer emotional distance to protect themselves from vulnerability (Cassidy, 2018; Fraley & Shaver, 2016; Mikulincer & Shaver, 2020)

Participants who chose middle-range responses, like 3, might have experienced mixed feelings about closeness, feeling comfortable in some situations but hesitant in others. This variability could reflect an ambivalent attachment style or a tendency to regulate emotional reactions based on context or past experiences. Overall, these responses demonstrated how attachment orientations influence comfort levels with emotional intimacy. Those who felt very uncomfortable often displayed avoidant tendencies, favoring distance, while those who felt less uncomfortable might have had

more secure attachment traits that allowed for greater openness. Recognizing these patterns offers valuable understanding of how individuals approach vulnerability and emotional closeness in relationships (Mikulincer & Shaver, 2016).

Table 23 *I know that people will be there when I need them.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	19	18.3	18.3	18.3
	Somewhat not characteristic of me	33	31.7	31.7	50.0
	Neutral	29	27.9	27.9	77.9
	Somewhat characteristic of me	13	12.5	12.5	90.4
	Very characteristic of me	10	9.6	9.6	100.0
	Total	104	100.0	100.0	

In Table 23 above the results show the responses to the question whether participants knew that people would be there for them when they needed them. There were 19(18.3%) of the respondents who said that it was not at all characteristics of them that to know that people will be there when they need them. Those who said that it is somewhat not characteristic of them were 33(31.7%). The respondents who were neutral to the question were 29(27.9%) of the total sample. Furthermore, those who said that it was somewhat characteristic of them to know that people would be there when they needed them were 13(12.5%). Finally, are respondents who said that it is very characteristics of them to know people would be there when they needed them were 10(9.6%).

Participants' responses regarding their belief that others would be there when needed provided insight into their attachment tendencies. Those who selected lower ratings, such as 1 or 2, probably did not strongly believe that others could be relied upon in times of need. This perspective often aligns with avoidant attachment, where individuals tend to prioritize self-sufficiency and may feel uncomfortable relying on others for support (Mikulincer & Shaver, 2016). Conversely, individuals who chose higher ratings, like 4 or 5, likely believed strongly in the dependability of others, reflecting characteristics associated with secure attachment, which involves trusting that social support will be available when necessary (Cassidy, 2018; Fraley & Shaver, 2016; Mikulincer & Shaver, 2020)

Responses falling in the middle range, such as 3, might suggest ambivalence or uncertainty about the availability of support from others. These individuals could have experienced fluctuating trust in relationships, sometimes feeling confident and other times doubtful. Overall, the pattern of responses indicated how attachment styles influence perceptions of emotional support. Those with high ratings tended to have a more secure view of relationships, trusting others to be there in times of need, whereas lower ratings pointed to more independent or distant attitudes typical of avoidant tendencies. Recognizing these patterns helps to understand how people approach vulnerability and support-seeking behaviors in their relationships (Mikulincer & Shaver, 2016).

Table 24 *I want to get close to people, but I worry about being hurt*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	21	20.2	20.2	20.2
	Somewhat not characteristic of me	30	28.8	28.8	49.0
	Neutral	27	26.0	26.0	75.0
	Somewhat characteristic of me	12	11.5	11.5	86.5
	Very characteristic of me	14	13.5	13.5	100.0
	Total	104	100.0	100.0	

The Table 24 above shows the results to the question whether participants wanted to get close to people but worried of being hurt. The results indicate that 21(20.2%) of the respondents said that it was not at all characteristic of them. On the other hand, 30(28.8%) of the respondents said that it was somewhat not characteristic of them. Those who were neutral were 27(26%) while the respondents who said that it was somewhat characteristic of them were 12(11.5%). Participants who said it was very characteristic of them were 14(13.5%).

Participants' answers to the statement about desiring closeness but feeling apprehensive about being hurt revealed their underlying attachment tendencies. Those who selected lower scores, such as 1 or 2, probably did not see themselves as particularly worried about vulnerability or rejection, indicating a more secure or dismissive attachment style where individuals feel comfortable forming close connections without excessive fear of harm (Mikulincer & Shaver, 2016). Conversely, individuals who chose higher scores, like 4 or 5, likely identified more strongly with feelings of vulnerability and concern about emotional pain, which are characteristic of anxious or preoccupied attachment styles that involve heightened fears of rejection and rejection sensitivity (Cassidy, 2018; Fraley & Shaver, 2016; Mikulincer & Shaver, 2020)

Participants who rated themselves around the middle, such as 3, may have experienced ambivalence or uncertainty regarding intimacy and the potential for hurt. They might have fluctuated between wanting closeness and fearing rejection, reflecting a cautious or insecure attachment orientation. Overall, these responses exemplified how attachment styles influence perceptions of intimacy, with higher ratings indicating greater concern about vulnerability and lower ratings suggesting a more secure or dismissive stance on emotional closeness. This pattern underscores the nuanced ways attachment influences comfort with intimacy and the fear of being hurt in relationships (Mikulincer & Shaver, 2016).

Table 25 *I find it difficult to trust others completely*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	18	17.3	17.3	17.3
	Somewhat not characteristic of me	31	29.8	29.8	47.1
	Neutral	27	26.0	26.0	73.1
	Somewhat characteristic of me	21	20.2	20.2	93.3
	Very characteristic of me	7	6.7	6.7	100.0
	Total	104	100.0	100.0	

Table 25 shows the results to the question whether participants found it difficult to trust others completely. The portion of the respondents who said that it was not at all characteristics of them was 18(17.3%). The respondents who said that it was somewhat not characteristic of them to find it difficult to trust others completely were 31(29.8%) while those who were neutral was 27(26%). Participants who said that it was somewhat characteristics of them to find it difficult to trust others completely were 21(20.2%).

Lastly, those who said that it was very characteristic of them were 7(6.7%) of the total respondents.

Participants' responses to the question about trusting others entirely provided insight into their attachment patterns. Those who selected lower scores, such as 1 or 2, probably did not struggle much with trusting others, suggesting they might possess a secure attachment style characterized by confidence and comfort in close relationships. In contrast, individuals who chose higher scores like 4 or 5 likely found it challenging to trust others completely, which could point to insecure attachment tendencies such as anxious or avoidant styles, where fears of betrayal or emotional vulnerability are more prominent (Mikulincer & Shaver, 2016).

Responses around the middle, such as a score of 3, hinted at a more ambivalent view toward trust. These participants might have experienced moments of confidence mixed with doubts, reflecting a somewhat conflicted attitude often associated with insecure attachment patterns. Overall, the way individuals responded to this statement highlighted how attachment orientations shape perceptions of trust, with higher scores indicating difficulty in trusting and lower scores suggesting a more secure and trusting outlook (Mikulincer & Shaver, 2016).

Table 26 *People often want me to be emotionally closer than I feel comfortable being.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	15	14.4	14.4	14.4
	Somewhat not characteristic of me	25	24.0	24.0	38.5
	Neutral	37	35.6	35.6	74.0
	Somewhat characteristic of me	19	18.3	18.3	92.3

Very characteristic of me	8	7.7	7.7	100.0
Total	104	100.0	100.0	

In Table 26 the results shows response to the question of whether people often want the respondent to be emotionally closer that they feel comfortable being. The results established that there were 15(14.4%) of the respondents who said that it was not at all characteristics of them. The results also show that there were 25(24.0%) said that it was somewhat not characteristic of them that people often wanted them to be emotionally closer than they feel comfortable being. Participants who were neutral were 37(35.6%)while those who said that it was somewhat characteristic of them were 19(18.5%) and finally 8(7.7%) said that it was very characteristic of them that people often want them to be emotionally closer than they feel comfortable being.

Participants' responses regarding others' desire for emotional closeness provided insight into their attachment tendencies. Those who rated themselves low, such as 1 or 2, were not likely to often feel pressured by others to become more emotionally involved than they were comfortable with, which suggests they may have had a secure attachment style that allows for healthy intimacy without feeling overwhelmed. This is in convergence with Ashaq and Singh (2024) concluded that secure attachment is linked to positive dyadic adjustments. On the other hand, individuals who selected higher ratings like 4 or 5 probably experienced frequent efforts from others to deepen emotional closeness beyond their comfort level. This pattern could be indicative of avoidant attachment tendencies, where individuals tend to maintain emotional distance as a way to

protect themselves from vulnerability and potential hurt. According to Fraley and Roisman (2019) this lot engages negative coping mechanism by distancing themselves.

Respondents who chose middle-range options, such as 3, might have experienced a more ambivalent attitude toward emotional closeness, indicating some discomfort but not a consistent rejection of intimacy. These responses could reflect insecure attachment styles, such as anxious attachment, characterized by conflicting feelings about closeness wanting connection but feeling uneasy when it happens. Overall, the pattern of responses highlights how attachment styles influence comfort with emotional intimacy, with higher ratings pointing to discomfort or avoidance, and lower ratings indicating a healthier, more secure approach to close relationships.

Table 27 *I am not sure that I can always depend on people to be there when I need them.*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all characteristic of me.	20	19.2	19.2	19.2
	Somewhat not characteristic of me	23	22.1	22.1	41.3
	Neutral	27	26.0	26.0	67.3
	Somewhat characteristic of me	22	21.2	21.2	88.5
	Very characteristic of me	12	11.5	11.5	100.0
	Total	104	100.0	100.0	

The findings in Table 27 indicate responses to the question whether participants are not sure that they can always depend on people to be there when they needed them. The participants who said that it was not at all characteristics of them to be sure that they

can always dependent on people to be there when they needed them were 20(19.2%) while those who said that it was somewhat not characteristics of them were 23(22.1%). The respondents who were neutral were 27(26%) and who said that it was somewhat characteristic of them not to be that they can always dependent on people to be there when they needed them were 22(21.2%) of the total sample. Finally, the portion of the respondents who said that it is very characteristic of them to be sure that they can always dependent on people to be there when they need them were 12(11.5%).

Participants' responses to the statement about trusting others to be there when needed revealed important insights into their attachment styles. Those who rated themselves low, such as 1 or 2, likely believed they could generally rely on others, reflecting a secure attachment pattern characterized by trust and confidence in close relationships. They may also envisage healthy mental well-being (Ayenew, 2016; Chris Fraley et al., 2015; Fraley & Roisman, 2019). In contrast, individuals who chose higher ratings like 4 or 5 probably felt more uncertain about others' reliability, indicating tendencies associated with insecure attachment styles, such as anxiety or avoidance (Mikulincer & Shaver, 2019). People with anxious attachment might have worried that others would not be dependable, while those leaning towards avoidance could have distanced themselves emotionally to protect against potential disappointment or rejection (Simpson & Rholes, 2017).

Respondents selecting the neutral option, such as 3, might have experienced mixed feelings about the dependability of others, sometimes trusting and other times doubting it. Such ambivalence could suggest insecure attachment patterns where trust fluctuates based on past experiences or current circumstances. Overall, the range of

responses highlighted how attachment orientations shape perceptions of reliability in relationships, with higher scores reflecting insecurity and lower scores indicating a more secure outlook rooted in trust and confidence in others' support (Fraley et al., 2015; Mikulincer & Shaver, 2019b; Tang, 2024).

The Distribution of Scores for Attachment Styles

Table 28 *The Secure Attachment Scores*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	5	2	1.9	1.9	1.9
	8	1	1.0	1.0	2.9
	9	2	1.9	1.9	4.8
	11	4	3.8	3.8	8.7
	12	8	7.7	7.7	16.3
	13	10	9.6	9.6	26.0
	14	9	8.7	8.7	34.6
	15	14	13.5	13.5	48.1
	16	15	14.4	14.4	62.5
	17	11	10.6	10.6	73.1
	18	9	8.7	8.7	81.7
	19	5	4.8	4.8	86.5
	20	3	2.9	2.9	89.4
	21	6	5.8	5.8	95.2

	22	3	2.9	2.9	98.1
	23	1	1.0	1.0	99.0
	24	1	1.0	1.0	100.0
Total		104	100.0	100.0	

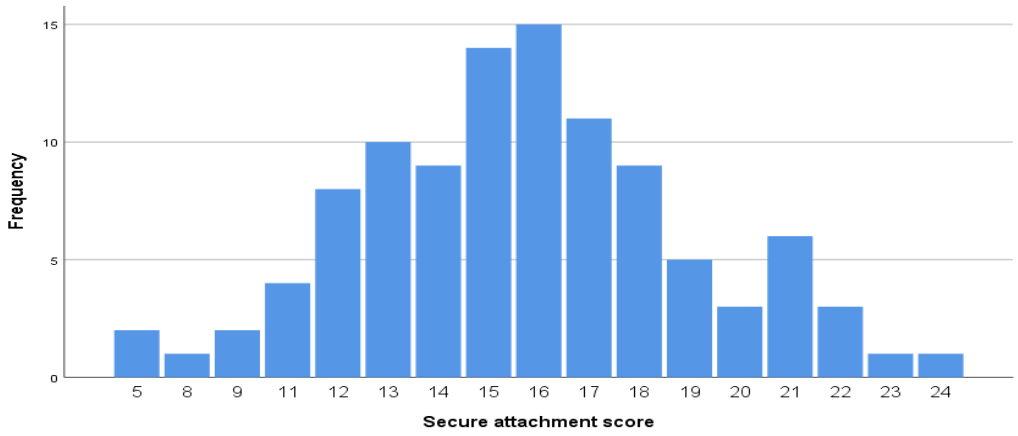


Figure 6 *Distribution of the Secure Attachment Scores*

The secure attachment score as presented in Figure 28 was established to have been normally distributed which is an indication that most of the respondents or couples were found to have scored between 12 and 19 in attachment scores in the middle of Figure 28. The results in Table 28 also show the attachment styles score which shows that those respondents or couples who scored 5 were 2(1.9%) while only 1(1%) couple scored 8. Those who scored 9 were 2(1.9%) respondents. There were 4 (3.8%) couple participants who scored 11 while 8 (7.7%) scored 12 respectively. Those who scored 13 were 10 (9.6%) couples or individuals. The attachment style scores for 9(8.7%) participants were 14. One group of 14 (13.5%) participants scored 15while yet another

group of 15 (14.4%) scored 16. A total of 11(10.6%) participants scored 17 marks while 9(8.7%) participants scored 18 marks.

Furthermore, those who scored 19 were 5(4.8%) participants. A total of 3 (2.9%) respondents scored 20 while another 6 (5.8%) scored 21marks. Another group of 3 (2.9%) participants scored 20 while another 6 (5.8%) scored 22 marks. The participants1 who scored 23 and 24 was 1 (1%) each. The findings in this secure category converges with the observation that the individuals with a secure attachment style tend to feel comfortable relying on others and trusting that support will be available when needed (Bowlby, 1988). They generally do not worry about being abandoned and find it easy to form close relationships without fear of intimacy (Ainsworth et al., 1978). These individuals also feel confident in having others depend on them, which helps foster healthy and balanced connections with those around (Cassidy & Shaver, 2016).

Table 29 *Anxious Attachment Score*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	7	3	2.9	2.9	2.9
	8	3	2.9	2.9	5.8
	9	1	1.0	1.0	6.7
	10	1	1.0	1.0	7.7
	11	7	6.7	6.7	14.4
	12	5	4.8	4.8	19.2
	13	6	5.8	5.8	25.0
	14	8	7.7	7.7	32.7
	15	7	6.7	6.7	39.4

16	6	5.8	5.8	45.2
17	6	5.8	5.8	51.0
18	9	8.7	8.7	59.6
19	9	8.7	8.7	68.3
20	2	1.9	1.9	70.2
21	4	3.8	3.8	74.0
22	3	2.9	2.9	76.9
23	9	8.7	8.7	85.6
24	3	2.9	2.9	88.5
25	3	2.9	2.9	91.3
26	2	1.9	1.9	93.3
27	1	1.0	1.0	94.2
28	1	1.0	1.0	95.2
30	2	1.9	1.9	97.1
32	1	1.0	1.0	98.1
33	1	1.0	1.0	99.0
34	1	1.0	1.0	100.0
T otal	104	100.0	100.0	

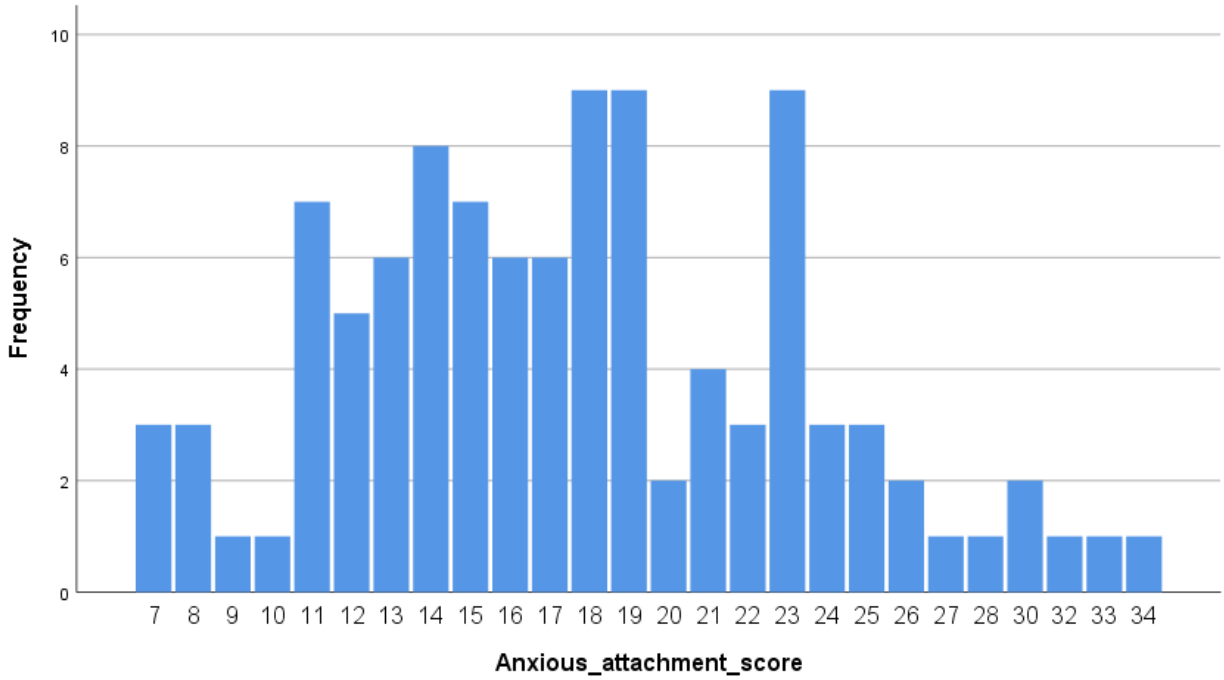


Figure 7 *Anxious Attachment Style*

Table 29 is the presentation of the results in relation to the anxious attachment scores. The researcher established that the anxious attachment scores were not re normally distributed as depicted in Figure 29. The scores between 27 and 34 had a lower number of respondents compared to 11 to 19 which had more respondents. The sample that exhibited the anxious attachment style frequently experience concerns about whether others will be there for them or truly love them (Hazan & Shaver, 1987). They often have a strong desire for merging and intimacy, but this can sometimes scare others away (Simpson et al., 2002). Anxiety about abandonment and the fear that their partner might not be committed are common themes, leading to heightened worries and a tendency to seek reassurance in relationships (Brennan et al., 1998).

Table 30 *Avoidant Attachment Score*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	6	2	1.9	1.9	1.9
	8	1	1.0	1.0	2.9
	9	1	1.0	1.0	3.8
	10	6	5.8	5.8	9.6
	11	6	5.8	5.8	15.4
	12	5	4.8	4.8	20.2
	13	10	9.6	9.6	29.8
	14	10	9.6	9.6	39.4
	15	11	10.6	10.6	50.0
	16	9	8.7	8.7	58.7
	17	4	3.8	3.8	62.5
	18	10	9.6	9.6	72.1
	19	6	5.8	5.8	77.9
	20	6	5.8	5.8	83.7
	21	5	4.8	4.8	88.5
	22	2	1.9	1.9	90.4
	23	4	3.8	3.8	94.2
	24	2	1.9	1.9	96.2
	25	2	1.9	1.9	98.1
	26	1	1.0	1.0	99.0
	28	1	1.0	1.0	100.0
Total		104	100.0	100.0	

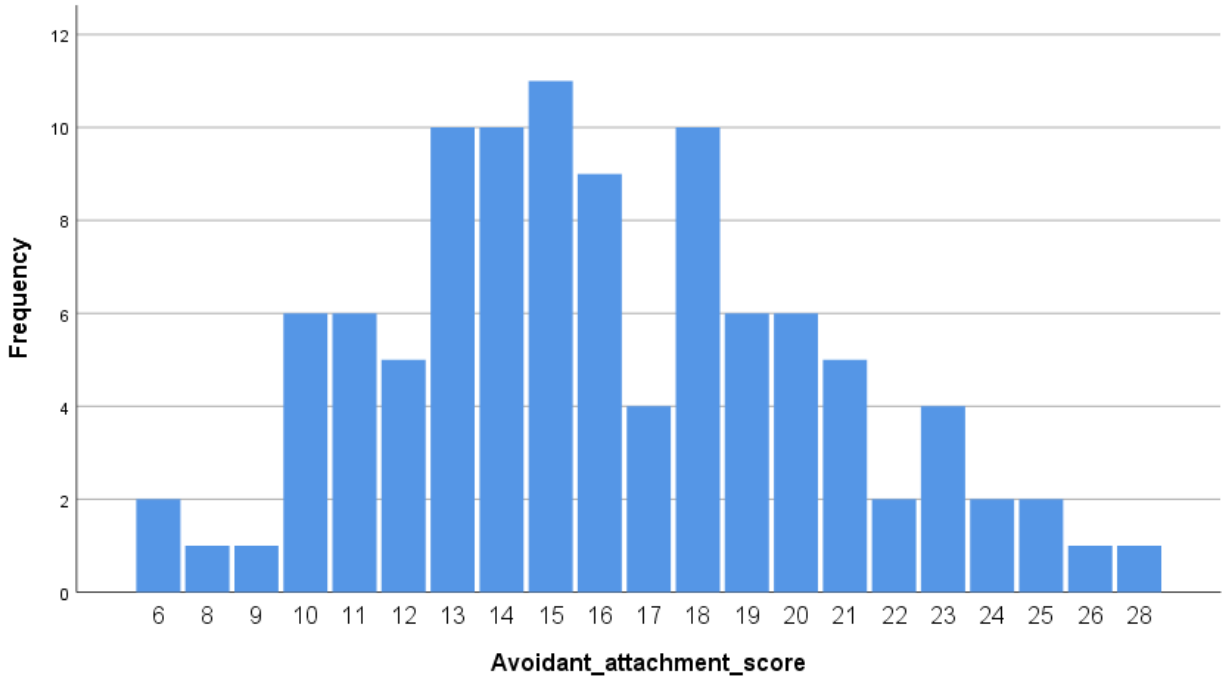


Figure 8 *Avoidant Attachment Scores*

The avoidant attachment scores are presented on Table 30. The study findings established a normal distribution as illustrated in Figure 30 indicating that most of the respondents were concentrated in the middle of the bar graph visualization. The results above indicate that those respondents who had a score of 6 were 2 individuals while those who had a score of 10, 11 and 12 were about 6, 6 and 5 respectively. The higher scores were between 20-28 that were in the later end of the Figure 30 which shows that those who had a score of 20 were 6 individuals or couples, score 21 appeared 5 times, score 22 appeared 2 times while score 23 and 24 appeared 4 and 2 times respectively. The score 25 appeared 2 times. On the other hand, avoidant individuals often struggle with trusting others and rely less on social support (Cassidy, 2018; Fraley & Shaver, 2016; Mikulincer & Shaver, 2020) They tend to believe that people are not

always there when needed and may feel uncomfortable or nervous when others try to get close (Fraley & Shaver, 2000). Many avoidant people worry about their partners not wanting to stay with them or desire more intimacy than they are comfortable giving, which can hinder the development of deep, trusting relationships (Mikulincer & Shaver, 2007).

Combined Adult Attachment Styles Scores

Table 31 *Combined Adult Attachment Styles Scores*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	29	1	1.0	1.0	1.0
	31	1	1.0	1.0	1.9
	35	2	1.9	1.9	3.8
	36	1	1.0	1.0	4.8
	8	2	1.9	1.9	6.7
	39	6	5.8	5.8	12.5
	40	2	1.9	1.9	14.4
	41	3	2.9	2.9	17.3
	42	5	4.8	4.8	22.1
	43	6	5.8	5.8	27.9
	44	5	4.8	4.8	32.7
	45	3	2.9	2.9	35.6
	46	5	4.8	4.8	40.4
	47	8	7.7	7.7	48.1
	48	5	4.8	4.8	52.9
	49	3	2.9	2.9	55.8

50	4	3.8	3.8	59.6
51	5	4.8	4.8	64.4
52	3	2.9	2.9	67.3
53	1	1.0	1.0	68.3
54	4	3.8	3.8	72.1
55	1	1.0	1.0	73.1
56	3	2.9	2.9	76.0
57	2	1.9	1.9	77.9
58	4	3.8	3.8	81.7
59	2	1.9	1.9	83.7
60	3	2.9	2.9	86.5
61	2	1.9	1.9	88.5
62	3	2.9	2.9	91.3
63	3	2.9	2.9	94.2
64	2	1.9	1.9	96.2
65	1	1.0	1.0	97.1
66	2	1.9	1.9	99.0
67	1	1.0	1.0	100.0
Total	104	100.	100.0	

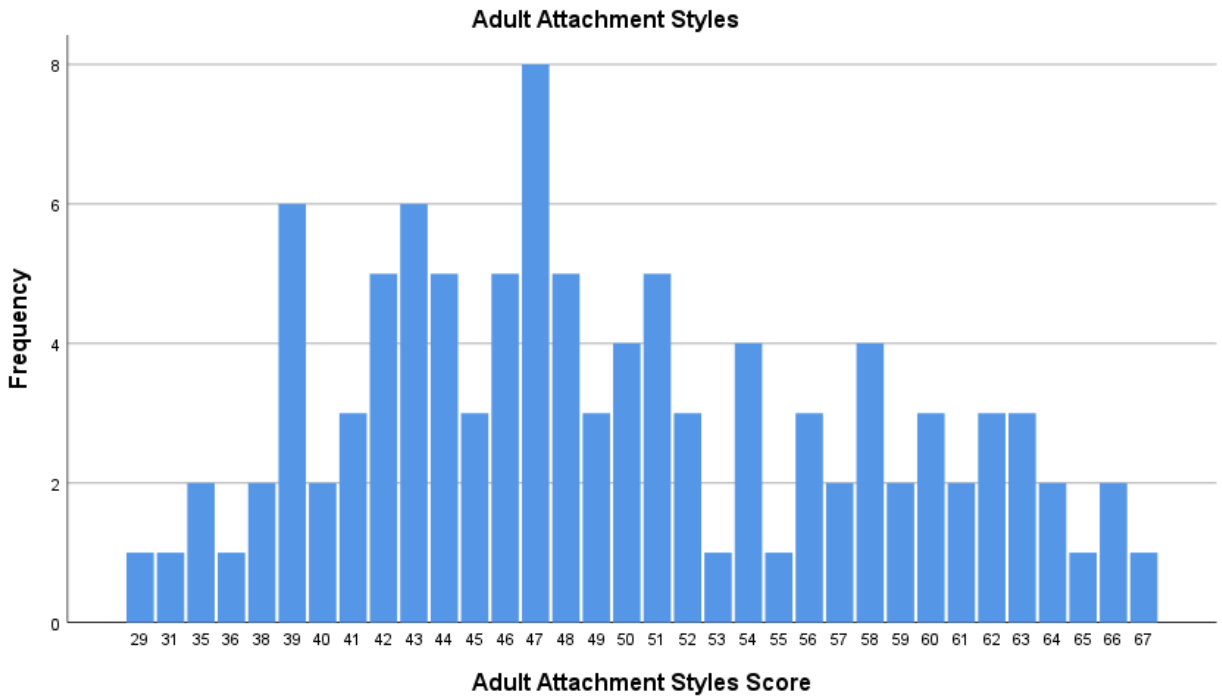


Figure 9 *Combined Adult Attachment Scores*

The data presented on Table 31 and Figure 31 represents a rate of the recurrence of scores distribution of Adult Attachment Scale. The breakdown of the interpretation based on the frequency and distribution of scores indicate total responses of 104 valid participants. The Score Distribution ranges from 29 to 67 out of a possible highest score of 69. The distribution features varied frequencies for different scores, with some scores appearing more frequently than others. The common scores observed was 47 with 8 instances (7.7% of respondents).The other notable scores include 39 and 43, each with 6 instances totaling to 5.8% while 42 and 46, each frequenting 5 times equivalent to 4.8%.

The cumulative percentages indicate that by the 46th score, 40.4% of participants have a score of 46 or lower, which reflects a significant lower levels of secure attachment

which conversely means a moderate levels of anxiety/avoidance in relationships. By the 52nd score, roughly 67.3% of participants are included, implying that a majority fall under an attachment style below this score.

The Attachment Styles Categorization

Based on the Adult Attachment Scale items, the researcher categorized the scores into the attachment styles variable into the secure, avoidant, and anxious. The objective was to construct frequency tables for each attachment styles to comprehend the number of respondents falling under each category. The attachment style categorization included the first category of Secure Attachment Items that comprised of ; “I find it relatively easy to get close to people”, “I am comfortable depending on others”, “I don’t worry about people getting too close to me”, “I am comfortable developing close relationships with others” and “I know that people will be there when I need them” The second category comprised of the anxious attachment Items including; “I often worry that other people don't really love me”, “I find that others are reluctant to get as close as I would like”, “I often worry that other people won’t want to stay with me, when I show my feelings for others”, “I'm afraid they will not feel the same about me”, “I often wonder whether other people really care about me” and “I want to get close to people but I worry about being hurt.” Lastly, the third category was the avoidant attachment items comprising of; I find it difficult to allow myself to depend on others”, “I am somewhat uncomfortable being close to others”, “I find that people are never there when you need them”, “I am uncomfortable when anyone gets too emotionally close to me”, “I find it difficult to trust others completely”, “People often want me to be emotionally closer than I feel

comfortable being" and "I am not sure that I can always depend on people to be there when I need them."

The researcher calculated the secure, anxious, and avoidant attachment scores. A higher score on secure items indicates a more secure attachment, while higher scores on anxious and avoidant items indicate more anxious and avoidant attachment styles, respectively. The scale ranges were from 1 (Not at all characteristic) to 5 (Very characteristic), of which the researcher categorized the frequency data based on calculated scores across the three attachment styles.

Interpretation of the Adult Attachment Scores

Low Scores (29-39)

The low scores indicate insecure attachment styles, characterized by anxiety or avoidance in relationships. For example, a score of 29, although only captured once, indicates a potential for extreme attachment-related anxiety. The total 13 participants had low scores in attachment styles amounting to 12.5%.

Moderate Scores (40-50)

The scores in this range characteristically reflect a mix of secure and insecure attachment traits. Participants in this category might exhibit average levels of anxiety and avoidance. The moderate category constituted a total of 49 participants which is equivalent to 47.1%.

Higher Scores (51-67)

The higher scores tend to be indicative of more secure attachment styles, with individuals likely exhibiting fewer fears regarding abandonment or closeness. The higher scores in this dataset are limited, but they represent personalities who are more confident in their inter-personal relationship abilities. The higher scores had 42 participants comprising of 40.5 %.

In Figure 31 the bar graph visually illustrates the spreading of the sores with 47 scores being the peak occurring around the mid-range suggesting that there is a somewhat normal distribution with a slight tendency towards lower attachment scores. The majority of the scores falling between the mid-40s and low 50s veto a prevalence of moderate attachment styles within the sample.

Inferential Statistics of the Attachment Styles

The inferential statistics in this section presents the relationship between the different variables and the dependent variable as presented in the conceptual framework in chapter two.

The Descriptive Statistics of the Adult Attachment Styles

Table 31 shows the descriptive statistics of the adult attachment scores comprising the sample size N = 104. This indicates that there are 104 valid responses. Since there are no missing values, all participants' scores on adult attachment styles were used in the analysis. The descriptive statistics of the RAAS scores was as follows: - The Mean = 49.34 showing the average score of the adult attachment styles as 49.34. This value provides a central point around which other scores are distributed. In the context of the RAAS, this suggests that, on average, individuals in this sample have a moderately

secure attachment style. The Median is equal to 48.00 representing the middle value of the dataset when arranged in ascending order. Since the median is lower than the mean, this indicates a slight skew in the data. Specifically, it suggests that while there are some individuals with significantly higher attachment scores dragging the mean upward, more respondents scored around or below 48. The Standard Deviation is equal to 8.557. This statistic measures the amount of disparity in the scores from the mean. A standard deviation of 8.557 indicates that the scores for this sample are spread out around the mean of 49.34. This relatively moderate standard deviation suggests that while most scores are clustered around the mean, there are notable differences among individual scores.

Since the mean of 49.34 and the median of 48.00 are relatively close, it indicates a moderately normal distribution of scores; although the slight difference suggests that some individuals score significantly higher, affecting the mean. Generally, the descriptive statistics here portray an image of the participants' adult attachment styles, signifying an average score that leans towards moderate security, accompanied by variability in the answers.

Table 32 *Statistics*

	Adult attachment Styles	
N	Valid	104
	Missing	0
Mean		49.34
Median		48.00
Std. Deviation		8.557

The general Interpretation of the Revised Adult Attachment Scale Responses

The securely attached participants posted higher aggregate scores on the secure category and low on anxious and avoidant categories. The high scores in the secure attachment style category may not mean one should take for granted that spousal relationships will be easy. While a pair of securely attached spouse are in a relationship, begin from a better position, the relationships still requires work. The anxiously attached participants scored higher aggregate scores on anxiety category and moderate average scores on secure and avoidant. The anxiously attached partner can be viewed as "clinging," "destitute" or lacking trust. People with an anxious attachment style can obsess with fear of being abandoned. They seek regular assurance from their partners which may wear their spouses of. This may trigger more anxiety and partner surveillance or finding soothing in other behaviors. The anxiously attached partner(s) can benefit from 'rituals of separation,' whereby the spousal partners settle n kissing before they depart from each other and text during the day (Cleveland Clinic, 2022).

The avoidant attached participants had higher scores in the avoidant category and low aggregate scores on secure and anxious category. Grown-ups who have the avoidant attachment style may be viewed as self-sufficient, confident and emotionally fortified. They may also neither seek emotional security form their partners nor comprehend how to comfort their marital partner grown-ups with the avoidant attachment styles always create a distance from their spouses with the assumption that they will disappoint them. An active self-observing of personal patterns of emotions and bearing in mind the way

they pull away from their spouses can be an eye-opener on how to invite their partner in their world and an effort to contributing in their partner's world.

Frequency Tables on the Revised Dyadic Adjustment Scale Questionnaire

The following frequency tables on the Revised Dyadic Adjustment Scale (RDAS) provide a detailed overview of the participants' responses. These tables summarize how often certain behaviors or perceptions are reported, offering insights into relationship dynamics. They serve as a valuable tool for understanding the distribution of scores across different items. By examining these tables, the researcher can identified common patterns and variations within the sample. Generally, they augment the clarification of the questionnaire results.

Table 33 *Religious Matters*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always Disagree	3	2.9	2.9	2.9
	Almost Always Disagree	19	18.3	18.4	21.4
	Frequently Disagree	23	22.1	22.3	43.7
	Occasionally Agree	27	26.0	26.2	69.9
	Almost Always Agree	21	20.2	20.4	90.3
	Always Agree	10	9.6	9.7	100.0
	Total	103	99.0	100.0	
	System	1	1.0		
Total		104	100.0		

The findings in Table 33 shows that in relation to being involved in religious matters in the relationship there were 3(2.9%) of the total respondents who said that they always disagree in religious matters. Those who said that they almost always disagree

were 19(18.3%) while those who frequently disagree on religious matters were 23(22.1%). Furthermore, 27(26%) stated that they occasionally agree on religious matters that is while those who said that they almost always agree were 21(20.2%) and finally those who said that they always agree were 10(9.6%).

Participants' responses regarding religious consensus reflected a range of experiences with shared beliefs and practices within their relationships. Those who consistently disagreed or almost always disagreed likely felt that there were notable differences in religious views between themselves and their partners or community, which may have influenced their sense of connection and shared values. Such differences could have posed challenges to relationship harmony and satisfaction, as research indicates that religious alignment often plays a role in strengthening relational bonds (Mahoney & Pargament, 2009). On the other hand, individuals who often or always agreed probably experienced a strong sense of religious unity, which fostered feelings of closeness, mutual understanding, and shared purpose that supported their relational stability.

Participants who occasionally agreed or almost always agreed appeared to have experienced a moderate level of religious consensus, suggesting some differences in beliefs but also a degree of tolerance that helped maintain harmony. These responses may reflect flexibility in navigating religious differences, which can be beneficial for relationship resilience when differences are managed constructively. Overall, the pattern of responses highlighted the significance of shared religious values in fostering relationship satisfaction and cohesion. When partners aligned closely in their beliefs, it seemed to promote feelings of unity, whereas frequent disagreements in religious matters

could introduce tensions that challenge relationship stability (Mahoney & Pargament, 2009).

Table 34 *Demonstrations of Affection*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Almost Always Disagree	11	10.6	10.7	10.7
	Frequently Disagree	24	23.1	23.3	34.0
	Occasionally Agree	41	39.4	39.8	73.8
	Almost Always Agree	20	19.2	19.4	93.2
	Always Agree	7	6.7	6.8	100.0
	Total	103	99.0	100.0	
Total		104	100.0		

The results in Table 34 above show the response to the question on demonstration of affection. There were 11(10.6%) of the respondents who said that they almost always disagree about demonstration of affection. There were 24(23.1%) of the respondents who said that they frequently disagree about demonstration of affection while those who said that they occasionally agree about demonstration of affection were 41(39.4%). The respondents who said that they almost always agree about demonstration of affection were 20(19.2%). Finally, the respondents who said that they always agree about demonstration of affection were 7(6.7) of the total sample.

The responses regarding how frequently participants demonstrated affection reflected a spectrum of relationship behaviors. Those who indicated that they almost always or always disagreed with showing affection likely experienced less emotional intimacy, which may have contributed to lower relationship satisfaction. These patterns could suggest that such individuals either expressed love in less overt ways or felt less comfortable with physical or verbal demonstrations of affection. Recent research

highlights that consistent affectionate behaviors are linked with increased emotional closeness and relationship satisfaction (Reis & Shaver, 2020). Conversely, participants who reported almost always or always agreeing showed frequent affectionate exchanges, which are associated with stronger bonds and greater feelings of security within partnerships (Gordon et al., 2019).

Responses that fell into the occasionally agree or almost always agree categories indicated a moderate level of affectionate expression. These individuals sometimes demonstrated affection, but not consistently, which could reflect variability in their comfort or circumstances. Overall, the findings support the idea that regular demonstrations of affection tend to foster greater intimacy and satisfaction in relationships. Conversely, infrequent displays of affection might contribute to emotional distance and dissatisfaction. Maintaining a steady pattern of affectionate gestures appears vital for promoting connection and emotional well-being in partnerships, consistent with recent research emphasizing the importance of affectionate communication in healthy relationships (Reis & Shaver, 2020).

Table 35 *Making major decisions*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Almost Always Disagree	10	9.6	9.7	9.7
	Frequently Disagree	24	23.1	23.3	33.0
	Occasionally Agree	38	36.5	36.9	69.9
	Almost Always Agree	22	21.2	21.4	91.3
	Always Agree	9	8.7	8.7	100.0
	Total	103	99.0	100.0	
	System	1	1.0		
Total		104	100.0		

In relation to the question of agreement on making of major decisions the results in table 35 show that there were 10(9.6%) of the respondents who said that they almost always disagree about making major decisions. Those who said that they frequently disagree about making major decisions were 24(23.1%) while those who said that they occasionally agree were 38(36.5%). Furthermore, there are also those who almost always agree about making major decisions that is 22(21.2%) while those who always agree were 9(8.7%) of the total sample respondents.

The responses regarding how participants handled making major decisions showed a variety of experiences that reflected their level of involvement in important choices. Those who reported always disagreeing or almost always disagreeing might have felt they had little influence over significant decisions or preferred to leave such matters to their partner. This tendency could suggest a lack of collaboration or a sense of imbalance within the relationship, which might have affected overall satisfaction. When partners rarely engaged in joint decision-making, it could imply a pattern of avoidance or deference, potentially leading to feelings of disconnection or reduced mutual understanding (Karney & Bradbury, 2021). Conversely, respondents who occasionally agreed or almost always agreed likely experienced a more balanced dynamic, with shared input and cooperation, fostering a sense of partnership and mutual respect that supports relationship stability and happiness (Le et al., 2022).

Those who indicated they always agreed or almost always agreed on making major decisions probably perceived themselves as actively involved in important choices,

which may have contributed to greater trust and a stronger sense of teamwork. Consistent participation in decision-making processes can reinforce emotional bonds and promote a healthy relationship dynamic. On the other hand, limited involvement or reliance on one partner for significant decisions might highlight underlying issues of imbalance or emotional distance. Overall, these patterns suggest that shared decision-making plays a crucial role in maintaining relationship satisfaction and fostering a sense of partnership (Schwartz et al., 2020).

Table 36 *Sex relations*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always Disagree	1	1.0	1.0	1.0
	Almost Always Disagree	10	9.6	9.7	10.7
	Frequently Disagree	23	22.1	22.3	33.0
	Occasionally Agree	36	34.6	35.0	68.0
	Almost Always Agree	25	24.0	24.3	92.2
	Always Agree	8	7.7	7.8	100.0
	Total	103	99.0	100.0	
	System	1	1.0		
Total		104	100.0		

In regard to the question of agreement about sex relations as reflected on Table 36 it was found that those who always disagree about sex relationships were 1(1%) of the respondents while those who almost always disagree were 10(9.6%). There were also those who frequently disagree about sex relations that is about 23(22.1%) while those who occasionally agree about sex relations were 36(34.6%) of the total respondents. Further, the portion of the respondents who almost always agree about sex relations were 25(24%) while those respondents who always agree were 8(7.7%) of the total respondents. The high levels of agreement reported by participants regarding their sexual

relationship suggest that many experienced mutual understanding and satisfaction. Numerous individuals indicated they almost always or always agreed with their partners, reflecting effective communication and shared perceptions of intimacy. These findings align with research indicating that honest and ongoing dialogue about sexual needs and expectations strengthens relationship quality and intimacy (Mitchell et al., 2013). Such open communication enables couples to address differences constructively, which is crucial for maintaining emotional closeness over time.

On the other hand, the smaller proportion of responses indicating occasional disagreement or uncertainty suggests that minor misunderstandings are common but generally do not significantly detract from overall relationship satisfaction. This pattern corroborates studies demonstrating that mutual understanding and effective communication about sexual matters are key factors in promoting relationship stability and satisfaction (Laumann et al., 1999). Overall, these results highlight the importance of shared perceptions and open dialogue in fostering healthy, mutually satisfying sexual relationships within partnerships.

Table 37 *Conventionality (correct or proper behavior)*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Always Disagree	2	1.9	1.9	1.9
	Almost Always Disagree	7	6.7	6.8	8.7
	Frequently Disagree	22	21.2	21.4	30.1
	Occasionally Agree	33	31.7	32.0	62.1
	Almost Always Agree	34	32.7	33.0	95.1
	Always Agree	5	4.8	4.9	100.0
	Total	103	99.0	100.0	

Missing	System	1	1.0
Total		104	100.0

The results presented on Table 37 show the levels of agreement on the issue of conventionality (correct or proper behaviors). The results shows that those respondents who always disagree about conventionality were 2(1.9%) of the total sample respondents while those who almost always disagree on conventionality matters were 7(6.7%) of the respondents. Those who were said to frequently disagree about conventionality matters were found to be 22(21.2%) while those who occasionally agree were 33(31.7%) of the total sample. Those who almost always agree were established were 34(32.7%) and finally those who always agree were were 5(4.8%) respondents. The responses regarding agreement on what constitutes proper or conventional behavior, as measured by the Likert scale, revealed that most participants believed they consistently aligned with socially accepted standards. Many indicated that they almost always agreed or always agreed with their partners on issues related to appropriate conduct. This pattern suggests that they shared common understandings of expected behaviors, which likely helped foster trust and harmony in their relationships. Such alignment on social norms often contributes to greater relationship stability and satisfaction by reducing misunderstandings and promoting mutual respect (Fletcher & Simpson, 2019).

On the other hand, fewer individuals reported disagreements or occasional agreements about proper conduct, with some responses indicating they frequently disagreed or occasionally agreed. These instances of disagreement appeared to be part of normal relationship dynamics, where occasional differences in perceptions of proper behavior do not necessarily undermine the overall relationship quality. The dominance of

responses leaning toward agreement points to a shared sense of moral understanding and behavioral expectations. This shared perspective supports the idea that mutual adherence to social norms plays a key role in maintaining relationship resilience and emotional connection over time (Miller et al., 2021). Overall, the findings suggest that most participants experienced a common understanding of appropriate conduct that contributed positively to their relational harmony.

Table 38 *Agreement on Career Decisions*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Almost Always Disagree	9	8.7	8.7	8.7
	Frequently Disagree	23	22.1	22.3	31.1
	Occasionally Agree	43	41.3	41.7	72.8
	Almost Always Agree	27	26.0	26.2	99.0
	Always Agree	1	1.0	1.0	100.0
	Total	103	99.0	100.0	
Missing	System	1	1.0		
Total		104	100.0		

Table 38 is a presentation of the results are in relation to the career decisions it was established that there were 9(8.7%) of the respondents who said that they almost always disagree about career decisions while those who frequently disagree were 23(22.1%) of the total respondents. The respondents who said that they occasionally disagree were 43(41.3%) while those who almost always agree were 27(26%). Finally, the respondents who always agree about the career decisions in the relationship were 1(1%) of the total respondents.

The survey responses regarding agreement on careers, assessed through the 7-point Likert scale, showed that most participants believed they generally shared similar views and supported each other's professional ambitions. Many indicated that they almost

always agreed or always agreed on career-related issues, reflecting a strong sense of alignment in their goals and values. This consistency suggested effective communication and a mutual understanding of the importance of career development within the relationship. Such harmony likely contributed to a sense of stability and cooperation, making it easier to navigate challenges related to balancing work and personal life (Johnson & Lee, 2022).

On the other hand, some respondents reported that they frequently disagreed or occasionally agreed pointing to moments when their perspectives on careers diverged. These differences might have been due to individual aspirations or external circumstances, but they did not appear to significantly disrupt the overall relationship. The fact that the majority leaned toward agreement indicated a foundation of shared priorities or respect for each other's choices, which helped maintain emotional connection and trust. Overall, the findings suggested that most couples experienced a significant degree of alignment regarding careers, fostering mutual support and understanding that are crucial for long-term relational satisfaction (Smith & Patel, 2020).

Table 39 *How often do you discuss or have you considered divorce, separation, or terminating your relationship*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	All the Time	3	2.9	2.9	2.9
	Most of the time	3	2.9	2.9	5.8
	More often than not	26	25.0	25.2	31.1
	Occasionally	15	14.4	14.6	45.6
	Rarely	19	18.3	18.4	64.1
	Never	37	35.6	35.9	100.0
	Total	103	99.0	100.0	
	System	1	1.0		
Total		104	100.0		

The results in Table 39 show the responses to the question of agreement on the question of how often the couple discusses or have often considered divorce, separation and termination of the relationships. The results established that 3(2.9%) of the respondents said that they did this all the time. Those who discussed this most of the time were 3(2.6%). The others who said that they discuss divorce, separation and termination of the relationship more often than not were 26 (25%) while those who said that they occasionally have these discussions were 15(14.4%). Other respondents who said that they rarely have these discussions in relation to divorce, separation and termination were 19(18.3% of the total sample while those who said that they never have such discussions were 37(35.6%).

The survey results concerning the frequency with which couples discussed divorce, based on a 6-point scale, indicated that such conversations were generally rare. The distribution of the results on the bar graph in Figure 38 shows skewness to the right. Many participants reported that they never talked about divorce, which suggests that this topic was often avoided or only brought up during times of significant tension. These couples appeared to prefer not to focus heavily on separation, possibly to preserve harmony within their relationship. This tendency to steer clear of frequent discussions about divorce may have helped promote relationship stability, as avoiding constant focus on separation can be linked to greater relationship satisfaction and resilience. This is in agreement with the observations that were made by Williams and Garcia, (2021).

On the other hand, some respondents indicated that discussions about divorce occurred occasionally or rarely. This pattern implied that while the topic was not entirely avoided, it was not regularly discussed unless prompted by specific conflicts or concerns.

Such infrequent conversations might reflect effective conflict management or a general sense of confidence in the longevity of the relationship. Overall, the responses suggested that most couples did not frequently dwell on divorce, which likely contributed to maintaining emotional closeness and reducing unnecessary worry about separation (Martinez & Liu, 2022).

Table 40 *How often do you and your partner quarrel*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	All the Time	3	2.9	2.9	2.9
	Most of the time	2	1.9	1.9	4.9
	More often than not	24	23.1	23.3	28.2
	Occasionally	41	39.4	39.8	68.0
	Rarely	19	18.3	18.4	86.4
	Never	14	13.5	13.6	100.0
	Total	103	99.0	100.0	
	System	1	1.0		
Total		104	100.0		

The results in Table 40 show the responses to the question how often the partners quarrel. There were 3(2.9%) of the couple respondents who said that they quarrel all the time while those who said that they quarrel with their partner most of times were 2(1.9%) of the total respondents. Those respondents who said that they more often than not quarrel with their partners were 24(23.1%) of the total respondents while those who said that they occasionally quarrel with their partners were 41(39.4%) of the total respondents. Further, the portion of the respondents who said that they rarely quarrel with their partners were 19(18.3%) and those who said that they never quarrel their partners being 14(13.5%). According to the responses on a Likert scale, many individuals indicated that they and their partners frequently quarreled, with some reporting conflicts happening

most or all of the time. Such frequent disagreements can point to ongoing issues or unresolved tensions within the relationship. This level of conflict might impact overall relationship satisfaction negatively, especially if conflicts are not managed effectively. Persistent quarrels are often linked to lower relationship quality and can increase the likelihood of dissatisfaction or separation if not addressed constructively (Johnson & Lee, 2020).

On the other hand, some respondents reported that disagreements occurred only occasionally or rarely. These couples experienced fewer conflicts, which could be due to good communication, mutual understanding, or compatible lifestyles. Less frequent quarrels tend to foster a more peaceful and stable relationship, promoting emotional closeness and satisfaction. The variation in how often couples argue highlights the importance of conflict management strategies in maintaining healthy relationships and long-term happiness (Smith & Gonzalez, 2021).

Table 41 *Do you ever regret that you married (or lived together*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	All the time	3	2.9	2.9	2.9
	Most of the time	5	4.8	4.9	7.8
	More often than not	24	23.1	23.3	31.1
	Occasionally	20	19.2	19.4	50.5
	Rarely	16	15.4	15.5	66.0
	Never	35	33.7	34.0	100.0
	Total	103	99.0	100.0	
	System	1	1.0		
Total		104	100.0		

The results in Table 41 present the responses to the question whether the couple regrets being married. The findings established that there were 3(2.9%) of the total

respondents who said that they regret getting married all the time while those who said that they regret getting married most of the times that is 5(4.8%). Those who said that they more often than not regret getting married or living together were 24(23.1%) while the respondents who said that they occasionally regret for getting married were 20(19.2%). Those who said that they rarely regret getting married were 16(15.4%) while those who said that they never regret for getting married were 35(33.7%) of the total respondents.

The frequency with which individuals feel regret about their decision to marry or live together varies widely. Some may experience feelings of regret often, which could indicate dissatisfaction or unresolved issues within the relationship. Others might rarely or never feel regret, reflecting a higher level of contentment and confidence in their choice. Frequent feelings of regret can arise from unmet expectations, communication problems, or incompatibility, and may negatively affect relationship stability and personal happiness. Conversely, infrequent or absent regret often suggests a healthy, satisfying partnership. Recognizing how often regret occurs can provide insight into relationship quality and highlight areas that may need attention or improvement.

Table 42 *How often do you and your mate "get on each other's nerves''*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	All the time	3	2.9	2.9	2.9
	Most of the time	4	3.8	3.8	6.7
	More often than not	23	22.1	22.1	28.8
	Occasionally	40	38.5	38.5	67.3
	Rarely	21	20.2	20.2	87.5
	Never	13	12.5	12.5	100.0
	Total	104	100.0	100.0	

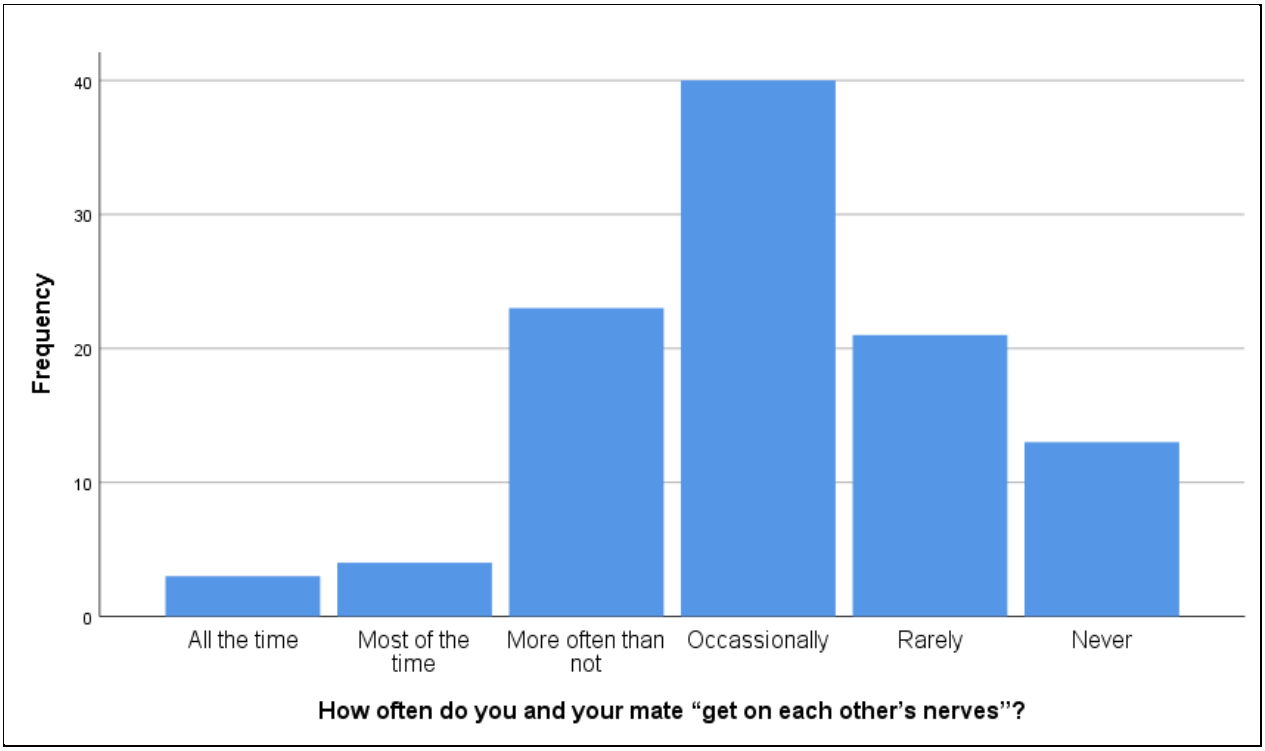


Figure 10 *Frequency of mates getting on each other's nerves*

In Table 42, the results show the response to the question of how often couples get on each other's nerves. It was found that those who said that they get on each other's nerves all the time were 3(2.9%) while those who said that they get on each other's nerves most of the time were 4(3.8%) of the total respondents. Those who said that they more often than not get on each other's nerves were 23(22.1%) of the total respondents while those who said that they occasionally get on each other's nerves were 40(38.5%). Those who said that they rarely get on each other's nerves or never get on each other's nerves were 21(20.2%) and 13(12.5%) respectively.

When individuals indicated that their partners often got on each other's nerves, it suggested that feelings of irritation or annoyance were a common aspect of their relationship. Such responses reflected frequent conflicts or misunderstandings that may

have been part of their daily interactions. These ongoing tensions could have led to feelings of frustration and might have negatively impacted overall relationship satisfaction. When irritability was a regular occurrence, it often pointed to deeper issues such as communication problems or incompatible expectations, which could hinder emotional closeness and harmony between partners. Research highlights that persistent irritability is associated with lower levels of relationship quality and increased risk of dissatisfaction over time (Feeney & Karantzas, 2017).

On the other hand, when respondents reported that their partners got on their nerves most of the time or all of the time, it indicated a relationship characterized by constant conflict or annoyance. This pattern of frequent tension suggested that disagreements and frustrations were a regular part of their interactions, potentially making it difficult for the relationship to feel supportive or nurturing. Such high levels of irritation often signaled unresolved issues or fundamental incompatibilities that needed attention. Chronic conflicts like these are linked to decreased emotional intimacy and higher chances of relationship breakdowns (Feeney & Karantzas, 2017). Conversely, reports of occasional or rare irritations implied that conflicts were infrequent and possibly more manageable, allowing couples to enjoy periods of harmony. These less frequent disagreements are often viewed as normal parts of relationships, which, when handled well, do not threaten overall stability or satisfaction. Overall, the frequency with which partners got on each other's nerves reflected the ongoing balance between tension and harmony that influences relationship health.

Table 43 *Do you and your mate engage in outside interests together*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	2	1.9	1.9	1.9
	Rarely	10	9.6	9.7	11.7
	Occasionally	50	48.1	48.5	60.2
	Almost everyday	37	35.6	35.9	96.1
	Everyday	4	3.8	3.9	100.0
	Total	103	99.0	100.0	
Missing	System	1	1.0		
Total		104	100.0		

In Table 43 the results show the responses to the question of whether the rate at which respondents and their mates engage in outside interests together. Table 43 shows that those who said that they never engage in outside interests together in their mates were 2(1.9%) of the total sample. Those respondents who said that they rarely engage in outside interests together with their mates were 10(9.6%). Those who occasionally engage in outside interest together with their mates were 50(48.1%) of the total respondents and those who engage in outside interests together almost every day were 37(35.6%) of the total respondents. Finally, those who engage in outside interests together every day were 4(3.8%) of the total respondents.

When respondents indicated how often they and their partners engaged in outside interests together, their answers reflected their level of shared recreational activities. If someone reported never participating in joint outside interests, it suggested that the couple primarily pursued separate activities, which might limit opportunities for bonding and emotional connection. Such a pattern could imply a more individualistic approach within the relationship, where each partner prioritized personal pursuits over shared experiences. Prior research suggests that couples who regularly engage in joint activities tend to experience higher relationship satisfaction and greater intimacy because shared

pursuits foster positive interactions and strengthen the sense of companionship (Reis & Gable, 2015).

On the other hand, responses showing that couples participated in outside interests together once or twice a week or more often indicated active engagement in shared leisure. This consistent involvement in joint activities pointed to a strong partnership and a commitment to spending quality time together. Regular shared pursuits can serve as a foundation for emotional bonding, helping couples manage stress and build positive memories. Such frequent joint activities often correlate with higher overall relationship satisfaction, as they support both individual independence and shared connection, creating a balanced and fulfilling partnership (Neff & Karney, 2017). The frequency with which couples engaged in outside interests together thus provided insight into their level of mutual involvement and emotional closeness.

Table 44 *Have a stimulating exchange of ideas*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	3	2.9	2.9	2.9
	Less than once a month	7	6.7	6.8	9.7
	Once or twice a month	32	30.8	31.1	40.8
	Once or twice a week	34	32.7	33.0	73.8
	Once a day	20	19.2	19.4	93.2
	More often	7	6.7	6.8	100.0
	Total	103	99.0	100.0	
Missing	System	1	1.0		
Total		104	100.0		

In relation to the question of whether couples have a stimulating exchange of ideas in the relationship and among the partners, Table 44 presents those who said never to having stimulating exchanges of ideas as 3(2.9%). Those who said that they have a stimulating exchange of ideas less than once a month were 7(6.7%). Those who said that

thy hada stimulating exchange of ideas once or twice a month were 32(30.8%) of the total respondents who took part in the study. Those who said that they have a stimulating exchange of ideas once or twice a week were 34(32.7%) while those who said that thy had a stimulating exchange of ideas with their partners once a day were 20(19.2%) while those who do so more often were 7(6.7%).

Item 7: Sharing personal feelings and thoughts with each other

Participants who indicated they "never" shared their personal feelings or thoughts with their partners likely experienced a significant emotional barrier, which could have led to feelings of emotional distance and reduced intimacy. When sharing occurred less than once a month, or only a few times a month, it suggested limited opportunities for emotional exchange, potentially hindering the development of trust and closeness. On the other hand, individuals who reported sharing their inner thoughts and feelings more regularly, such as weekly or daily, probably fostered a stronger emotional connection. Regular openness in communication is often associated with higher relationship satisfaction because it encourages vulnerability and mutual understanding (Reis & Shaver, 2018). Overall, the frequency of emotional sharing reflected the level of emotional intimacy present in the relationship, with more frequent sharing contributing positively to relationship quality.

Participants who engaged in sharing their feelings daily or multiple times a day likely experienced a high degree of trust and emotional safety, which can serve as a foundation for long-lasting bonds. Such consistent openness helps partners navigate challenges together and build resilience based on the developed trust and vulnerability in

communication. Studies support the idea that ongoing emotional disclosure enhances feelings of closeness and satisfaction, emphasizing the importance of open communication for relationship health (Hendrick & Hendrick, 2019). Thus, the responses indicated that more frequent emotional sharing was associated with a more emotionally connected, satisfying partnership.

Item 8: Discussing and resolving differences

Those who responded that they "never" or "less than once a month" discussed and worked through disagreements likely faced unresolved conflicts, which might have contributed to emotional distance and dissatisfaction. Infrequent conflict resolution could have allowed issues to build up, creating barriers to intimacy. Conversely, couples who engaged in discussions about their differences more regularly, such as weekly or daily, probably had better opportunities to resolve misunderstandings and foster mutual respect. Regular conflict management, when done constructively, tends to strengthen relationship resilience and promote a sense of teamwork (Gottman & Silver, 2016).

Respondents who frequently discussed their differences likely experienced fewer misunderstandings and felt more connected, as open dialogue promotes clarity and emotional safety. This ongoing communication about disagreements is linked to higher relationship satisfaction because it allows couples to address problems early and collaboratively (Kurdek, 2019). Conversely, avoiding or infrequent discussions might have led to unresolved tensions, which could erode trust over time. Therefore, the frequency of addressing disagreements served as an indicator of how actively couples engaged in maintaining harmony and understanding.

Item 9: Finding it easy to discuss problems

Participants who said they "never" or "less than once a month" found it difficult to talk about problems with their partners, which could have contributed to frustration or emotional withdrawal. Limited openness in discussing issues might have prevented couples from resolving conflicts effectively, increasing the risk of emotional disconnection. Those who reported that discussing problems occurred weekly or daily likely experienced a higher level of comfort and trust, making it easier to address issues as they arose. Frequent, open communication about problems often correlates with relationship satisfaction because it fosters a sense of safety and mutual support (Markey & Markey, 2018).

When partners found it easy to talk about their difficulties regularly, they were more likely to navigate challenges constructively, strengthening their bond over time. Conversely, difficulty in discussing problems might have led to frustration, misunderstandings, and emotional distance. The responses indicated that the ease of discussing issues played a crucial role in maintaining a healthy, communicative relationship.

Item 10: Talking about the future together

Participants who responded that they never or less than once a month discussed their future plans with their partners probably lacked shared goals or vision, which could have led to feelings of uncertainty or detachment. Infrequent conversations about future aspirations might have signaled a lack of engagement or commitment. Conversely, individuals who discussed their future regularly, such as weekly or daily, likely shared a common vision and felt more connected through joint planning. Frequent conversations

about future plans are often linked with higher relationship satisfaction because they reflect ongoing commitment and shared aspirations (Hendrick & Hendrick, 2019).

Couples who frequently discussed their future tended to feel more aligned and hopeful about their partnership, fostering a sense of partnership and mutual purpose. On the other hand, limited dialogue about future plans might have indicated ambivalence or disconnection, which could threaten long-term stability. Overall, the frequency of future-oriented conversations served as an indicator of shared commitment and emotional investment, with more regular discussions supporting stronger relational bonds.

Table 45 *Work together on a project*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	2	1.9	1.9	1.9
	Less than once a month	20	19.2	19.4	21.4
	Once or twice a month	35	33.7	34.0	55.3
	Once of twice a week	28	26.9	27.2	82.5
	Once a day	12	11.5	11.7	94.2
	More often	6	5.8	5.8	100.0
	Total	103	99.0	100.0	
	System	1	1.0		
Total		104	100.0		

Table 45 is the presentation of the results to the question of couples working together on a project. It was established that those who said never to working together on a project were 2(1.9%) and those who said less than once a month to working together on a project were 20(19.2%) of the total respondents who took part in the study. Furthermore, the respondents who said that they work together on a project once or twice a month that is 35(33.7%) of the total respondents. Those who said that they work

together on a project once or twice a week were 28(26.9%) and those who said that they did the same once a day were 12(11.5%). Those who said that they did the same more often were 6(5.8%) of the total sample members or respondents.

Participants who reported that they never shared their personal feelings or thoughts with their partners likely experienced a significant emotional barrier that limited their emotional closeness. Such individuals may have felt distant or disconnected, which can hinder the development of trust and intimacy in a relationship. When sharing was less frequent than once a month or only a few times monthly, it suggested that opportunities for emotional exchange were limited, potentially preventing the couple from building a deep sense of understanding and mutual support. On the other hand, those who communicated their feelings more frequently, such as weekly or daily, probably fostered stronger emotional bonds characterized by openness and vulnerability. Regularly sharing personal thoughts is often linked to higher levels of relationship satisfaction because it promotes emotional safety and mutual understanding, which are vital components of intimacy (Reis & Shaver, 2018). The frequency of such exchanges served as an indicator of emotional closeness, with more frequent sharing correlating with healthier, more satisfying relationships.

When couples engaged in sharing their feelings multiple times a day, it indicated a high level of trust and emotional safety. Such frequent openness often supported resilience against stress and challenges, contributing to a more robust and supportive partnership. Recent research underscores that ongoing emotional disclosure is essential for maintaining closeness and satisfaction within romantic relationships. Therefore, the

responses demonstrated that greater frequency in sharing personal feelings was associated with a deeper emotional connection and overall relationship well-being.

Regarding discussions and resolutions of disagreements, respondents who indicated that they seldom or never discussed differences likely experienced unresolved conflicts that could have created emotional distance. When issues remained unaddressed, underlying tensions could have accumulated, undermining trust and intimacy over time. Conversely, couples who engaged regularly in conversations about their differences, whether weekly or daily, probably had more opportunities to clarify misunderstandings and reach mutual agreements. Constructive conflict resolution is known to strengthen relationships by fostering respect and understanding, provided that the discussions remain respectful and solution-oriented (Gottman & Silver, 2016). Those who talked about their disagreements frequently appeared better equipped to manage conflicts healthily, which contributed positively to their overall relationship satisfaction. Infrequent or avoided discussions might have allowed problems to fester, potentially leading to dissatisfaction or emotional detachment.

When considering how easily partners discussed problems, those who found it difficult or rarely talked about issues likely experienced frustration and emotional withdrawal. This difficulty could have stemmed from fear of conflict or poor communication skills, making it hard to address challenges constructively. Conversely, individuals who reported that they could talk about difficulties regularly and with ease probably experienced greater trust and felt safer sharing their concerns. Open and honest communication about problems is crucial for preventing misunderstandings and maintaining a strong emotional connection. When partners could comfortably discuss

their difficulties often, it generally contributed to better problem-solving and increased relationship satisfaction, whereas difficulty in discussing issues could lead to unresolved conflicts and emotional distancing (Markey & Markey, 2018).

Finally, those who seldom or never discussed their future plans with their partners might have lacked a shared vision or sense of direction, which can create feelings of uncertainty or disengagement. Infrequent conversations about future goals may have reflected ambivalence or a lack of investment in the relationship's long-term success. Conversely, couples who frequently talked about their future, whether weekly or daily, often shared similar aspirations and felt more committed to building a life together. Regular discussions about future plans are associated with greater relationship stability and satisfaction because they demonstrate ongoing commitment and shared purpose (Hendrick & Hendrick, 2019). Engaging in future-oriented conversations reinforced emotional bonds and helped couples navigate life's challenges together. In contrast, limited dialogue about future aspirations might signal disconnection, which can threaten long-term relationship stability.

Table 46 *Calmly discuss something*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Less than once a month	12	11.5	11.5	11.5
	Once or twice a month	28	26.9	26.9	38.5
	Once or twice a week	38	36.5	36.5	75.0
	Once a day	14	13.5	13.5	88.5
	More often	12	11.5	11.5	100.0
	Total	104	100.0	100.0	

In Table 46 the results shows that there were 12(11.5%) of the total respondents who said that they calmly discuss something less than once a month while those who said that they calmly discuss something once or twice a month being 28(26.9%) of the total respondents. The respondents who said that they calmly discuss something once or twice a week were 38(36.5%) and those who said that they calmly discussed something once in a day were 14(13.5%) and finally 12 (11.5%) of the respondents said that they more often discussed something calmly.

When individuals indicated that they shared their feelings with their partner less than once a month, it suggested that emotional openness was quite limited in their relationship. This infrequent sharing could have meant they avoided discussing personal thoughts and feelings, potentially leading to emotional distance. Such limited communication might have made it harder for partners to feel truly connected or understood, possibly contributing to feelings of detachment or dissatisfaction over time. Research has shown that infrequent emotional disclosures often correlate with lower relationship satisfaction because they restrict opportunities for intimacy and mutual understanding (Reis & Shaver, 2018). Without regular exchange of feelings, the emotional bond may have remained superficial, preventing the relationship from deepening.

On the other hand, those who shared their feelings once or twice a month might have experienced slightly more openness, but still not enough to foster significant closeness. This level of sharing might have been cautious or reserved, perhaps reflecting comfort levels or personal boundaries. While some degree of emotional sharing is beneficial; frequent quarrelsome exchanges can limit the development of trust and

intimacy, leaving partners feeling somewhat distant or disconnected. Contemporary research indicates that more frequent emotional communication such as weekly or daily tends to be associated with higher relationship satisfaction because it fosters ongoing connection and trust (Gottman & Silver, 2016). Thus, increasing the frequency of sharing feelings often helps strengthen the emotional foundation of a partnership.

When responses indicated that feelings were shared once or twice a week, it pointed to a moderate but consistent level of emotional communication. This pattern likely allowed partners to stay connected without feeling overwhelmed or overexposed. Regular weekly conversations can promote understanding, address concerns early, and maintain emotional closeness. Such consistency often helps couples feel more aligned and supported, reducing misunderstandings and enhancing overall satisfaction (Hendrick & Hendrick, 2019). This balance suggests that both individuals valued emotional expression while respecting each other's boundaries, which is conducive to healthy relationship dynamics.

Participants who reported sharing feelings once or twice a day demonstrated a high level of emotional openness. This frequent communication indicated that both partners felt comfortable being vulnerable on a regular basis, which is often linked to strong bonds and high satisfaction in relationships. Daily sharing can keep emotional connections vibrant, allowing partners to feel consistently supported and understood. This ongoing exchange might also help navigate daily challenges more effectively, fostering resilience within the relationship (Markey & Markey, 2018). Although intense, such frequent sharing typically reflects a deep commitment and a desire for continuous emotional closeness.

Finally, when respondents indicated that feelings were shared more often than once a day, it suggested an extremely high level of emotional engagement. Such frequent communication could mean that partners were much attuned to each other's emotional states, possibly leading to a very close connection. While this level of openness can deepen intimacy, it also requires balance to prevent emotional fatigue or dependency. Nonetheless, in many cases, this pattern of frequent sharing was associated with a very strong bond, high levels of trust, and a sense of being emotionally in tune. Overall, the variations in how often feelings were shared illustrated different relationship dynamics, each influencing satisfaction and closeness in unique ways.

The Revised Dyadic Adjustment Scores

In this study, the Revised Dyadic Adjustment Scale (RDAS) was categorized into the three dimensions: Consensus, Satisfaction, and Cohesion. The Consensus
Items that assess the degree of agreement, shared beliefs, and values between partners in RDAS Questionnaire were Religious matters (Item 1), Making major decisions (Item 3), Conventionality (correct or proper behavior) (Item 5) and Career decisions (Item 6).

The items that assessed satisfaction in this study were those that evaluate overall happiness, contentment, and satisfaction within the relationship such as demonstrations of affection (Item 2). Sex relations (Item 4), how often partner quarrel? (Item 8; the higher frequency the lower the satisfaction), whether partners regret getting married or living together (Item 9; the higher frequency the lower the satisfaction), How often the mates "get on each other's nerves" (Item 10; the higher the frequency the lower the satisfaction)

The Cohesion items that examine the emotional connection, teamwork, and overall unity of the couple in this study were: How often the couple discusses or have considered divorce, separation, or terminating their relationship (Item 7; the higher frequency the lower the cohesion) Whether the mate engage in outside interests together (Item 11) Have a stimulating exchange of ideas Item 12), Work together on a project? (Item 13) and calmly discuss something? (Item 14)

The RDA Consensus Score

Table 47 *Consensus Score*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	4	1	1.0	1.0	1.0
	5	2	1.9	1.9	2.9
	12	1	1.0	1.0	3.8
	13	4	3.8	3.8	7.7
	14	7	6.7	6.7	14.4
	15	2	1.9	1.9	16.3
	16	3	2.9	2.9	19.2
	17	2	1.9	1.9	21.2
	18	6	5.8	5.8	26.9
	19	7	6.7	6.7	33.7
	20	6	5.8	5.8	39.4
	21	12	11.5	11.5	51.0
	22	11	10.6	10.6	61.5
	23	10	9.6	9.6	71.2
	24	4	3.8	3.8	75.0
	25	6	5.8	5.8	80.8
	26	6	5.8	5.8	86.5
	28	2	1.9	1.9	88.5
	29	4	3.8	3.8	92.3
	31	1	1.0	1.0	93.3
	32	5	4.8	4.8	98.1
	33	1	1.0	1.0	99.0
	40	1	1.0	1.0	100.0
	Total	104	100.0	100.0	

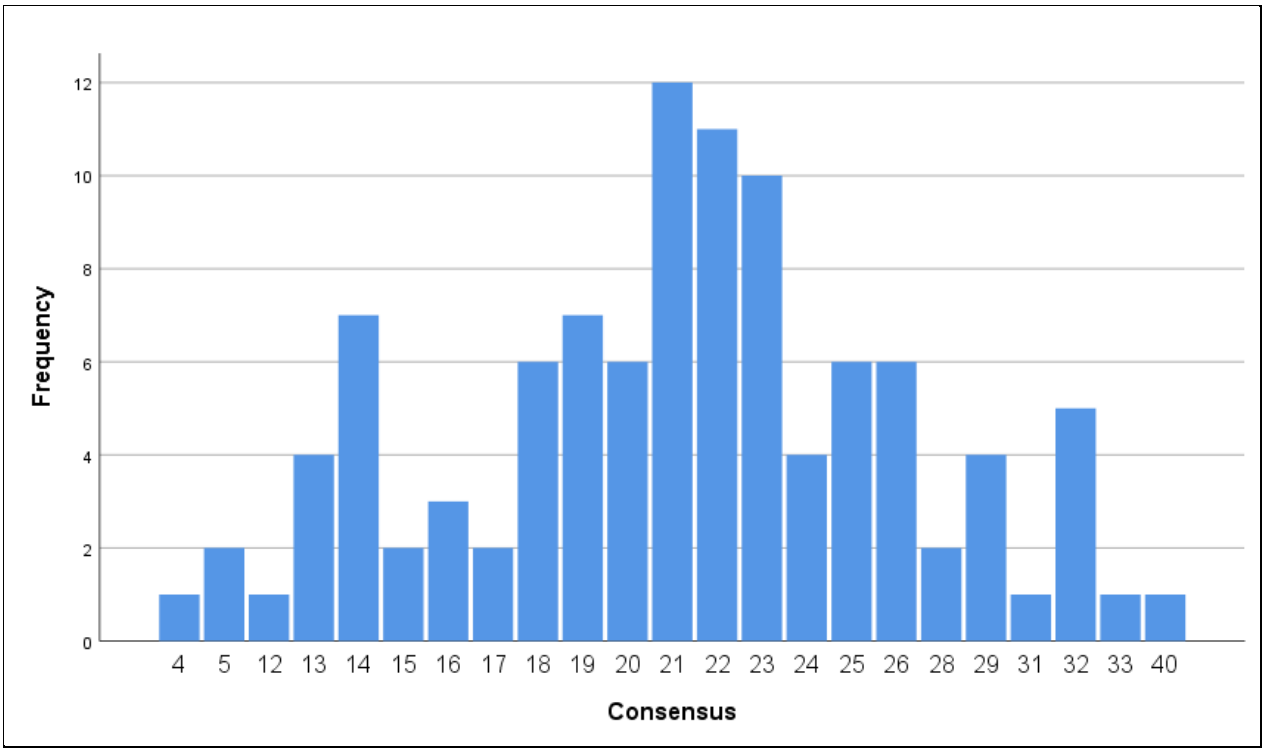


Figure 11 *The Consensus Scores*

The consensus scores were established to have been normally distributed as shown above in Figure 46. The highest frequency occurring was 21 scores, with 12 entries making 11.5% of the total sample; his was followed by 22, which garnered 11 entries accounting for 10.6%. The value of 23 accounted for 10 entries (9.6%) while 19 had 7 entries (6.7%). The lower frequencies, such as 4, 12, 31, 33, and 40 posted either 1 or 2 entries. Other values including 5, 15, 17, and 28, exhibited marginal occurrences, signifying that respondents were less disposed to choose the options. Overall, the cohesion dataset shows that the majority of responses huddled around the middle to high range values of 21 to 26, while showing fewer responses for the lower scores and higher extremes. The cumulative percentages reveal that 51% of participants selected values between 21 and 22, indicating a notable clustering of responses within this narrow range.

This suggests a relatively trivial variation in sentiments or inclinations among the respondents, reflecting a consensus or limited dispersion in their perspectives within this interval.

The RDA Satisfaction

Table 48 *Satisfaction Score*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	3	2.9	2.9	2.9
	3	1	1.0	1.0	3.8
	4	1	1.0	1.0	4.8
	5	2	1.9	1.9	6.7
	6	10	9.6	9.6	16.3
	7	14	13.5	13.5	29.8
	8	9	8.7	8.7	38.5
	9	9	8.7	8.7	47.1
	10	10	9.6	9.6	56.7
	11	12	11.5	11.5	68.3
	12	8	7.7	7.7	76.0
	13	9	8.7	8.7	84.6
	14	5	4.8	4.8	89.4
	15	4	3.8	3.8	93.3
	16	4	3.8	3.8	97.1
	17	3	2.9	2.9	100.0
	Total	104	100.0	100.0	

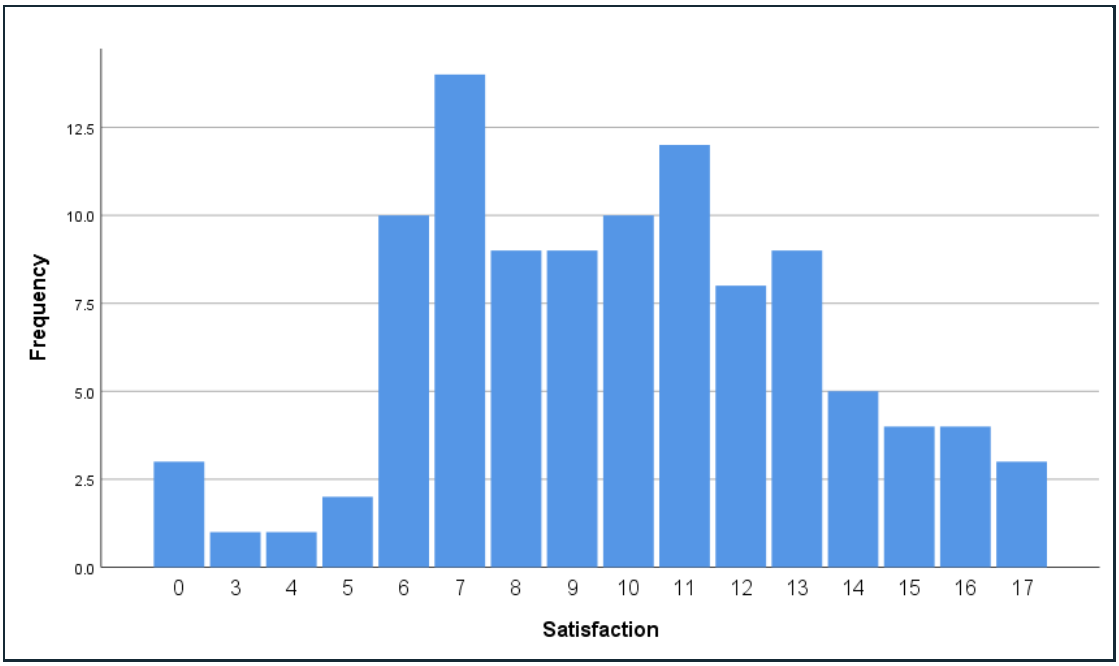


Figure 12 *The RDA satisfaction Scores*

The results on Table 49 show that there were about 3 couples or respondents who scored a zero while those who had 3 and 4 scores respectively were 1, those who scored 56 and 7 were 2, 10 and 14 respectively. Figure 47 depicts a normal distribution of scores indicating that most of the people were in the middle between 6 and 14 scores. This statement suggests that the dyadic adjustment being measured has a distribution where most individuals scored within a central range (between 6 and 14), indicating that this range represents the typical or most common scores in the sample. In terms of the dyadic adjustment, it means that the majority of participants tend to have moderate levels of satisfaction, and extreme scores (either very low or very high) are less frequent. This pattern reflects a normal distribution, implying that the variable is likely normally

distributed in the population, with most scores clustered around the average and fewer scores at the extremes.

The RDA Cohesion Scores

Table 49 *Cohesion Score*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2	1	1.0	1.0	1.0
	3	3	2.9	2.9	3.8
	4	1	1.0	1.0	4.8
	5	1	1.0	1.0	5.8
	6	2	1.9	1.9	7.7
	7	10	9.6	9.6	17.3
	8	14	13.5	13.5	30.8
	9	11	10.6	10.6	41.3
	10	10	9.6	9.6	51.0
	11	10	9.6	9.6	60.6
	12	14	13.5	13.5	74.0
	13	9	8.7	8.7	82.7
	14	7	6.7	6.7	89.4
	15	4	3.8	3.8	93.3
	16	4	3.8	3.8	97.1
	17	2	1.9	1.9	99.0
	20	1	1.0	1.0	100.0
	Total	104	100.0	100.0	

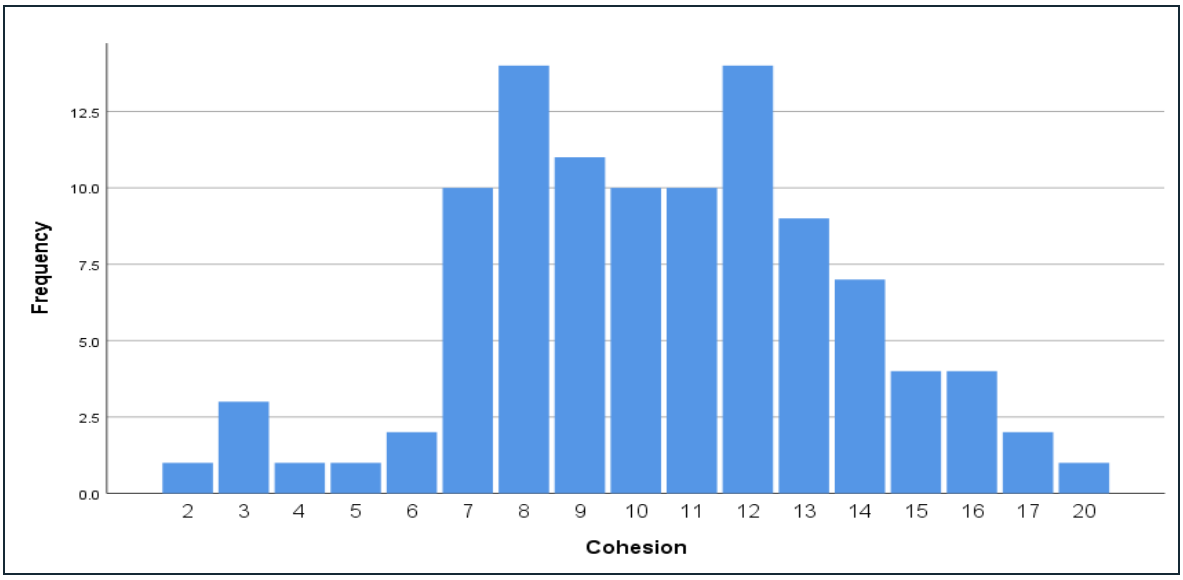


Figure 13 *The RDA cohesion Scores*

The information on Table 49 shows that there was 1 individual who scored 2, 45, and 20 each. Those who scored 3 were 3 individuals or couples while those who scored 7 were 10 individuals and those who scored 6 were 2. The higher portion of the respondents were those who scored 12, 10, 11 and 9 respectively that is about 14, 10, 10 and 11 that is frequency.This distribution indicates that most participants tend to score in the higher brackets, suggesting a tendency towards higher levels on the variable being measured.

The combined RDA Scores

Table 50 *The Revised Dyadic Adjustment Scores*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	7	2	1.9	1.9	1.9
	8	1	1.0	1.0	2.9
	20	1	1.0	1.0	3.8
	27	2	1.9	1.9	5.8
	28	1	1.0	1.0	6.7
	30	4	3.8	3.8	10.6
	31	1	1.0	1.0	11.5

32	2	1.9	1.9	13.5
33	2	1.9	1.9	15.4
34	3	2.9	2.9	18.3
35	4	3.8	3.8	22.1
36	3	2.9	2.9	25.0
37	4	3.8	3.8	28.8
38	6	5.8	5.8	34.6
39	2	1.9	1.9	36.5
40	6	5.8	5.8	42.3
41	6	5.8	5.8	48.1
42	4	3.8	3.8	51.9
43	7	6.7	6.7	58.7
44	1	1.0	1.0	59.6
45	9	8.7	8.7	68.3
46	6	5.8	5.8	74.0
47	3	2.9	2.9	76.9
48	2	1.9	1.9	78.8
49	3	2.9	2.9	81.7
50	1	1.0	1.0	82.7
51	3	2.9	2.9	85.6
52	3	2.9	2.9	88.5
53	2	1.9	1.9	90.4
54	1	1.0	1.0	91.3
55	3	2.9	2.9	94.2
57	1	1.0	1.0	95.2
58	1	1.0	1.0	96.2
59	2	1.9	1.9	98.1
61	1	1.0	1.0	99.0
62	1	1.0	1.0	100.0
Total	104	100.0	100.0	

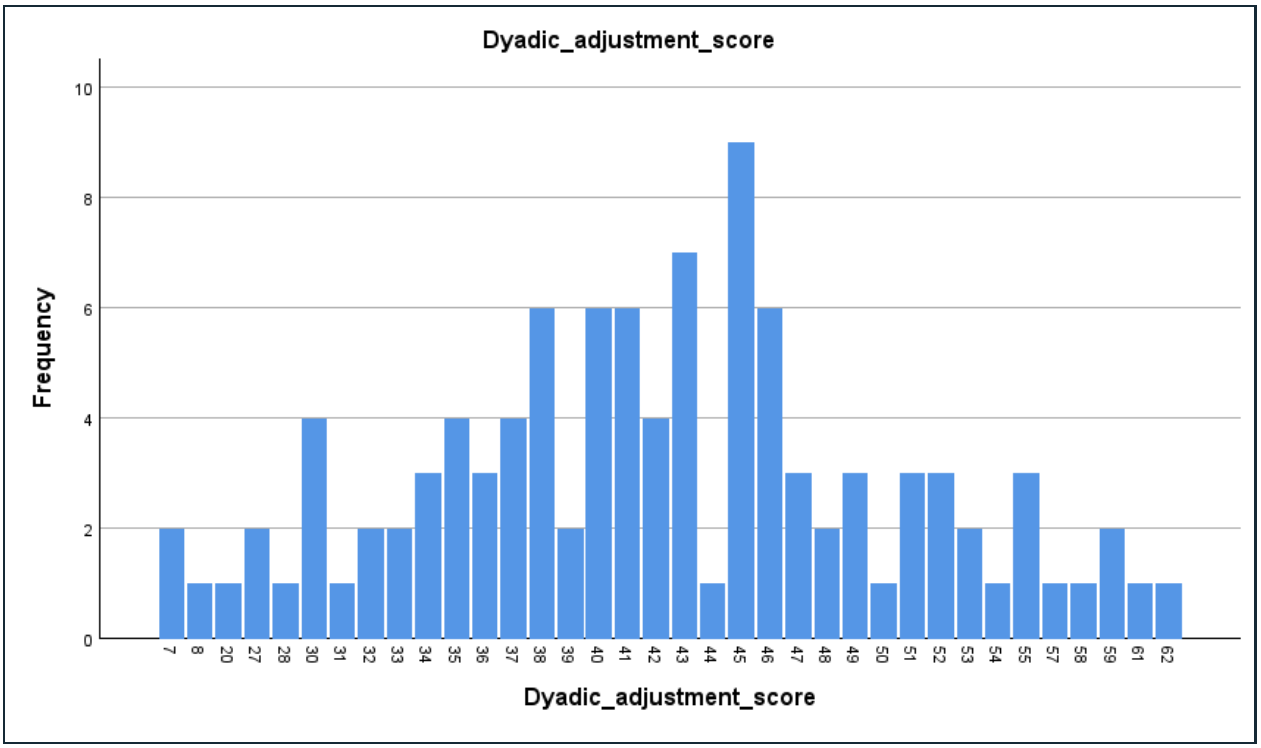


Figure 14 *The Combined Revised Dyadic Adjustment Scores*

Figure 49 shows that there is a normal distribution in the dyadic adjustments score as indicated above, this means that the bell shaped curve above in Figure 49 visualization was to this effect. The portion of the respondents or couples who were moderately adjusted were more than those who were dissatisfied and those who were significantly satisfied or with high levels of satisfaction with high emotional satisfaction and good interactions.

The frequency distribution of the RDA scores illustrated diverse forms of relationship adjustment among the 104 respondents. The scores ranged from 7 to 62, signifying a gamut of experiences on matters dyadic adjustment. The score 45 had the highest frequency, of 9 individuals (8.7% of the total), signifying a moderate level of

dyadic adjustment within the sample. Contrariwise, scores like 8, 20, 28, 31, 44, 50, and 54 registered a single participant each, indicating less participants experiencing dyadic adjustment challenges at the those particular adjustment levels. The aggregate percentages underscore that by the time participants reached the score of 43, it account for approximately 59% of respondents. This shows that a extensive part of the sample recognizes their dyadic adjustment as moderately satisfactory.

The implications of these findings suggest that the majority of respondents perceive their dyadic adjustment as moderately satisfactory, indicating generally healthy relationship dynamics within the sample. However, the wide range of scores also highlights variability in relationship experiences, with some individuals experiencing significant challenges while others report high levels of adjustment. This variability underscores the need for targeted interventions to support those with lower scores and to strengthen relationship satisfaction across the sample. Additionally, the prominence of moderate scores suggests that many couples may benefit from relationship enhancement programs to improve their dyadic functioning and overall relationship quality.

The RDAS Statistics

The RDAS statistics presented in Table 50 pertains to the variable dyadic adjustment that measured couple's adjustment in the relationships. The Statistics are as follows. The Sample Size (N) has 104 valid responses which were used in the analysis. The Mean for the dyadic adjustment is 41.47. The Median is 42.00. The Standard deviation is 10.004 which indicate that the scores are spread out range.

Table 51 *The RDAS Statistics*

Revised Dyadic Adjustment Score		
N	Valid	104
	Missing	0
Mean		41.47
Median		42.00
Std. Deviation		10.004

The results in Table 51compare favorably with the findings of Baghkhasi et al. (2020) amongst Iranian dyadic couples; the researchers were seeking to find out what causes marriages to decline within the first three months of marriage. The socio-demographic factors of 235 couples who took part in the research included 38.7% between 21–29 years age group. 9.8% were self-employed, 52.8% had a diploma and 12.8% had an income of between 10 and 20 million Iranian Rial. The ethnic group of the couple participants was Azari. The predominant religion of the participants was Islam. The range of the Cohesion, Satisfaction, and Consensus amounts was 14.5–30, 6.5–20, and 1.5–19, based on the dyadic adjustment scale respectively. The researchers Bagkhasi et al. (2020) recommended the need to combine marital guidance and other measures of support to save young marriages and improve their dyadic adjustment as well.

The RDAS Levels of Dyadic Adjustment

The RDAS levels are a critical measure which was used to assess the quality and stability of intimate relationships among couples in selected Baptist Assemblies in the Nairobi North Zone. The levels were used to evaluate key aspects such as consensus,

cohesion, satisfaction, and affectional expression within a partnership, providing valuable insights into the overall health and functioning of the dyad.

Low Dyadic Adjustment Level

Table 52 *Low Dyadic Adjustment*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	7	2	3.6	4.8	4.8
	8	1	1.8	2.4	7.1
	20	1	1.8	2.4	9.5
	27	2	3.6	4.8	14.3
	28	1	1.8	2.4	16.7
	30	4	7.3	9.5	26.2
	31	1	1.8	2.4	28.6
	32	1	1.8	2.4	31.0
	33	2	3.6	4.8	35.7
	34	3	5.5	7.1	42.9
	35	4	7.3	9.5	52.4
	36	2	3.6	4.8	57.1
	37	4	7.3	9.5	66.7
	38	6	10.9	14.3	81.0
	39	2	3.6	4.8	85.7
	40	6	10.9	14.3	100.0
	Total	42	76.4	100.0	
Total		55	100.0		

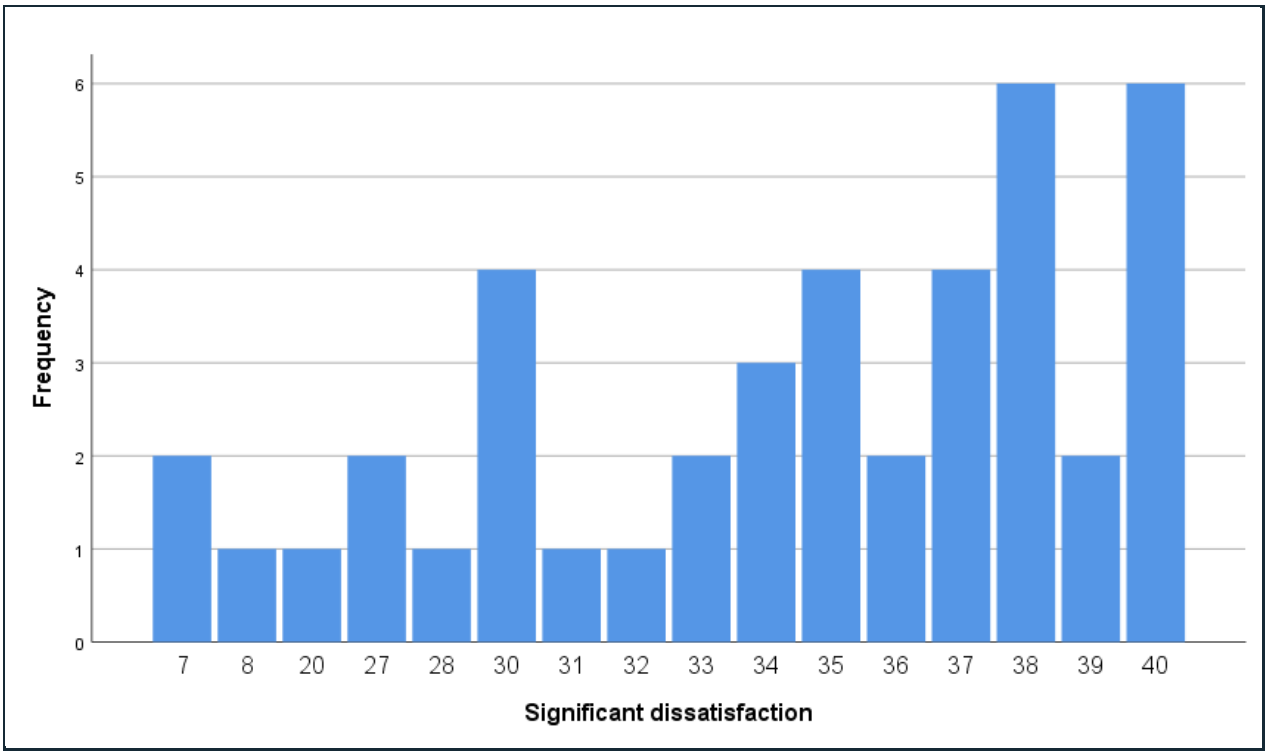


Figure 15 *Low Dyadic Adjustment*

The results presented in Table 52 above show that there were significant levels of dissatisfactions among couples; that is for 14-40 lower scores sub-scales. These include those who scored 7 reported as 2 observations, 1 observation for the scores of 8 and 20 respectively. Those who scored 27 had 2 observations and 28 had 1 observation. There were also 4 observations for a score of 30 while 31 and 32 had 1 observation each. There were 2 observations for 33 scores. Participants who scored 34 and 35 had 3 and 4 observations respectively while a score of 36 and 37 had 2 and 4 observations. Finally, those who scored 38, 39 and 40 had 6, 2 and 6 respectively. The statement indicates that 40.8% of the participants scored in the lower range of the measurement, which suggests that a significant portion of the sample has relatively low levels of the variable being assessed. Additionally, the mention that scores are skewed towards the middle scores, as

shown in Figure 54, means that the distribution of scores is not perfectly symmetrical but tends to cluster around the middle range. This skewness implies that most participants have moderate scores, with fewer participants scoring very low or very high, highlighting a central tendency in the data.

Moderate Level of Dyadic Adjustment

Table 53 *Moderate Level of Dyadic Adjustment*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	41	6	10.9	10.9	10.9
	42	4	7.3	7.3	18.2
	43	7	12.7	12.7	30.9
	44	1	1.8	1.8	32.7
	45	9	16.4	16.4	49.1
	46	6	10.9	10.9	60.0
	47	3	5.5	5.5	65.5
	48	2	3.6	3.6	69.1
	49	4	7.3	7.3	76.4
	50	1	1.8	1.8	78.2
	51	3	5.5	5.5	83.6
	52	3	5.5	5.5	89.1
	53	2	3.6	3.6	92.7
	54	1	1.8	1.8	94.5
	55	3	5.5	5.5	100.0
	Total	55	100.0	100.0	

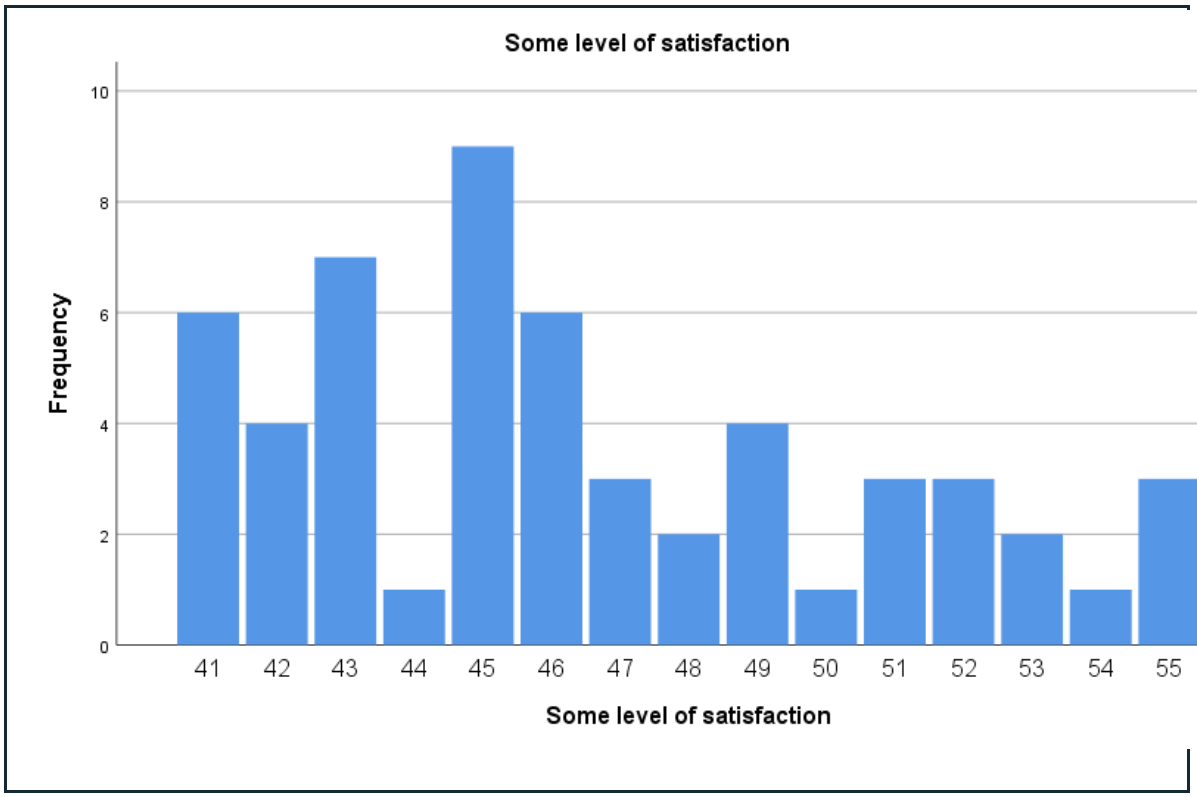


Figure 16 *Moderate Level of Adjustment*

The results in Table 51 above show that there were 6 couples who scored 41, while those who scored 42 were 4, those who scored 43 were 7 while there was only 1 who scored 44. The dyadic score for 45 were 9 participants while those who scored 46 were 6, there were 3 respondents or couples who scored 47 and those who scored 48 were 2. Figure 51 above shows the scores between 41-55 accounting for 55 couples. The scores in this category indicate a moderate dyadic adjustment level. This means that more than half of the participants, specifically 52.88%, scored in the moderate range. The mention of skewness to the left (also known as negative skewness) indicates that the distribution of scores is concentrated more towards the higher end of the moderate range, with fewer participants having lower scores within that range. As shown in Figure 51, this skewness suggests that while most participants posted moderate scores, there's a

tendency for the distribution to be pulled toward the higher side of the moderate category, reflecting a slight asymmetry in how the scores are spread across the spectrum.

High Dyadic Adjustment Level

Table 54 *High Dyadic Adjustment Level*

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	57	1	1.8	16.7	16.7
	58	1	1.8	16.7	33.3
	59	2	3.6	33.3	66.7
	61	1	1.8	16.7	83.3
	62	1	1.8	16.7	100.0
	Total	6	10.9	100.0	
Missing	System	49	89.1		
Total		55	100.0		

Table 54 above show the results of the dyadic adjustment scores that indicates high adjustment for 6 couples, It shows that there was 1 score that shows a score of 57, 1 score for 58, 2 scores for 59, 1 score for 61 and 1 score for 62 respectively which demonstrates. It is also an indication that there was strong agreement among the couples or partners; it also means that there is high emotional connection between the spouses. The high scores accounted for 5.77% of the total sample with a normal distribution as shown in Figure 52.This means that a small portion of the participants, specifically 5.77%, achieved high scores. The fact that these scores are described as following a normal distribution indicates that the high scores are spread out in a symmetric, bell-shaped pattern around a central value within that high-score range. In other words, most participants with high scores tend to cluster around a typical high score, with fewer

participants having extremely high or slightly lower high scores. Overall, this suggests that high achievement among participants is relatively rare but tends to be evenly distributed around a central high score point.

The Correlation Statistics of Adult Attachment Styles and Dyadic Adjustment

Table 55 *Correlation Statistics*

		Secure attachment	Anxious attachment	Avoidant attachment	Dyadic_adjustment1
Secure attachment	Pearson Correlation	1	.458	.553	.456
	Sig. (2-tailed)		.000	.000	.000
	N	104	104	104	104
Anxious attachment	Pearson Correlation	.458	1	-.631	-.829
	Sig. (2-tailed)	.000		.000	.000
	N	104	104	104	104
Avoidant attachment	Pearson Correlation	.553	-.631	1	-.616
	Sig. (2-tailed)	.000	.000		.000
	N	104	104	104	104
Dyadic_adjustment1	Pearson Correlation	.456	-.829	-.616	1
	Sig. (2-tailed)	.000	.000	.000	
	N	104	104	104	104

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

Table 55 shows that there is a moderate positive correlation between secure attachment and dyadic adjustment (r = 0.456), demonstrating that people with a secure

attachment style have an inclination to experience healthy dyadic adjustment. Contrariwise anxious attachment in the selected sample reported a negative correlation with dyadic adjustment (r = -0.829), signifying that persons with anxious attachment often experience lower levels of relationship quality and adjustment. There is a moderate negative correlation between avoidant attachment and dyadic adjustment (r =- 0.616), implying that those with avoidant attachment may struggle to connect.

Overall, when interpreting psychological constructs correlations , it does not point toward one variable triggering variation in the other variable always (Creswell & Creswell, 2018). There is a possibility that a third variable is confounding the result. The observation from the selected sample indicate that all attachment styles are significantly correlated with dyadic adjustment, with anxious attachment showing the strongest negative correlation followed by avoidance. The results from this sample further suggest that attachment styles play a substantial role in how couples adjust and function as a dyad in the relationships. All correlations were statistically significant at the 0.01 level, indicating that these findings are robust and unlikely to be due to chance. At 1% happening by chance means that the results are reliable (Creswell & Creswell, 2018)

Table 56 *Variables Entered/Removed*

Model	Variables Entered	Variables Removed	Method
1	Avoidant attachment, Secure attachment, Anxious attachment		Enter

a. Dependent Variable: Dyadic_adjustment1

b. All requested variables entered.

The results in Table 56 above shows the different variables and information that was used in the estimation of the regression model for this study on the relationship between the Attachment styles and dyadic adjustment.

Table 57 *Model Summary*

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.838[a]	.703	.694	1.74016

a. Predictors: (Constant), Avoidant attachment, Secure attachment, Anxious attachment

The results in the model summary Table 57 above shows that the r-squared was found to have a coefficient of 0.703 which is an indication that the independent variable which is attachment styles variables explained about 70.3% of the changes in the dyadic adjustment which is the dependent. This is an indication that there was statistical significant in the established model and that the avoidant attachment, secure attachment and the anxious attachment explained or influence 70.3% of the changes in the dependent variable that is the dyadic adjustments.

Table 58 *ANOVA*

Model	Sum of Squares	df	Mean Square	F	Sig.

1	Regression	715.799	3	238.600	78.94	.000[b]
	Residual	302.816	100	3.028		
	Total	1018.615	103			

a. Dependent Variable: Dyadic_adjustment1

b. Predictors: (Constant), Avoidant attachment, Secure attachment, Anxious attachment

The analysis of variance Table 58 above was found to have a probability value that is not greater than the critical value that is 0.05. This is an indication that the estimated model had goodness of fit, it is also a testament or evidence that the model estimated was statistically significant and that the different independent variables fully explained the changes in the dependent variable that is the dyadic adjustments in the early stages of marriages among couples in selected Baptist Churches in Kenya.

The Focus Group Discussion Results

This section presents the key insights and themes that emerged from the Focus Group Discussions (FGDs) with participants from the selected Baptist churches. The discussion aimed to explore participants' perceptions, experiences, and attitudes related to the study topic, providing qualitative data to complement quantitative findings.

The Bio-data of the FGD Participants

The bio-data section provides a brief overview of the demographic and background characteristics of the participants involved in the FGDs. It includes details such as age, gender, occupation, number of years married, and the duration of affiliation with one of the four selected Baptist churches. This information helps contextualize the

discussion responses and ensures a diverse representation of perspectives within the group. Collecting bio-data of FGD participants, even if not directly tied to the core research questions, is important because it provides essential context that enhances the understanding and interpretation of their responses. It helps ensure diverse representation, reveals potential patterns or differences among participants, and situates their perspectives within their social and cultural backgrounds. Additionally, this information supports the credibility, transparency, and depth of the analysis, allowing for a more comprehensive and nuanced understanding of the qualitative data collected.

The gender of the FGD Participants

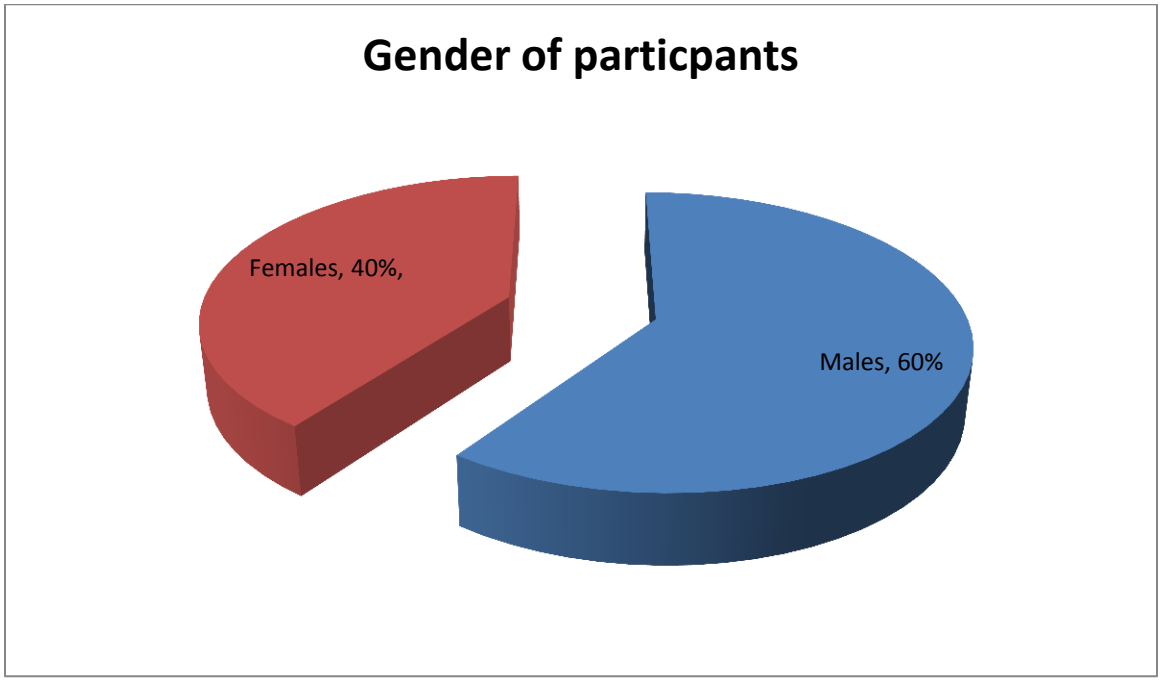


Figure 17 *Gender of FGD Participants*

The Figure 53 above shows the visualization of the gender of the respondents who took part in the FGDs: there were six male respondents and four female respondents.

The age bracket of the FGD Participants

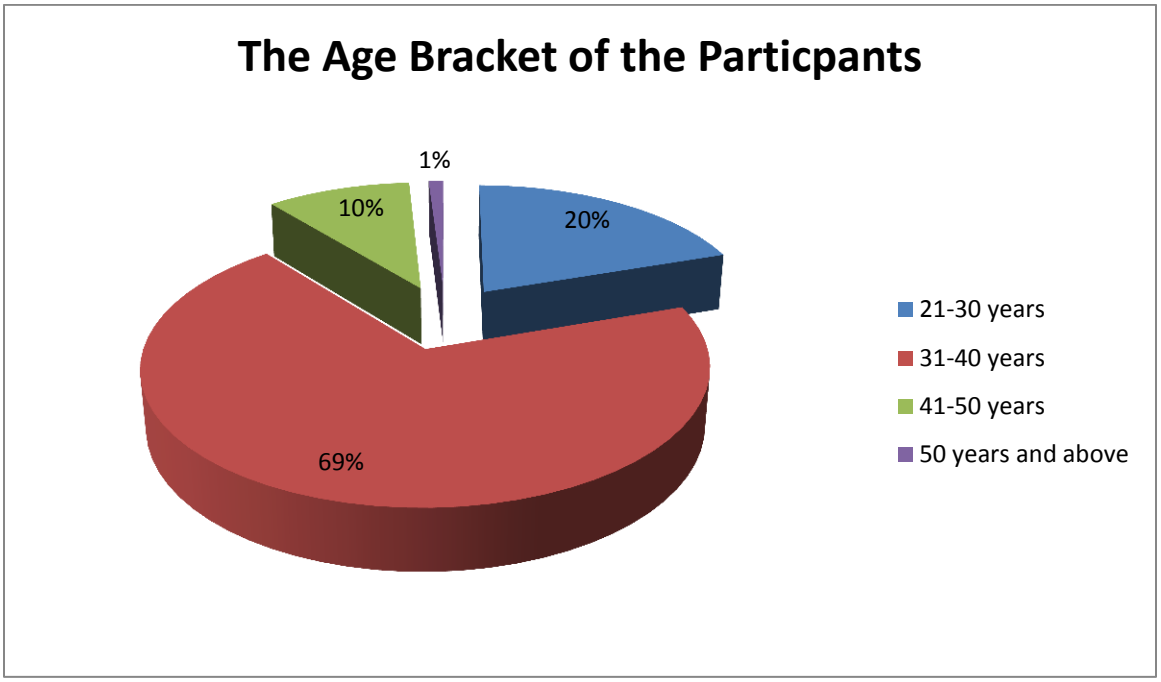


Figure 18 *The Age Bracket of the Participants*

The individuals who participated in the FGDs as depicted in Figure 54 were between the age brackets of 21-30 years (20%), 31-40 years (69%) , 41-50 years (10%) and 51 and years (1%)50.

The distribution of the Baptist Church Affiliation of the Participants

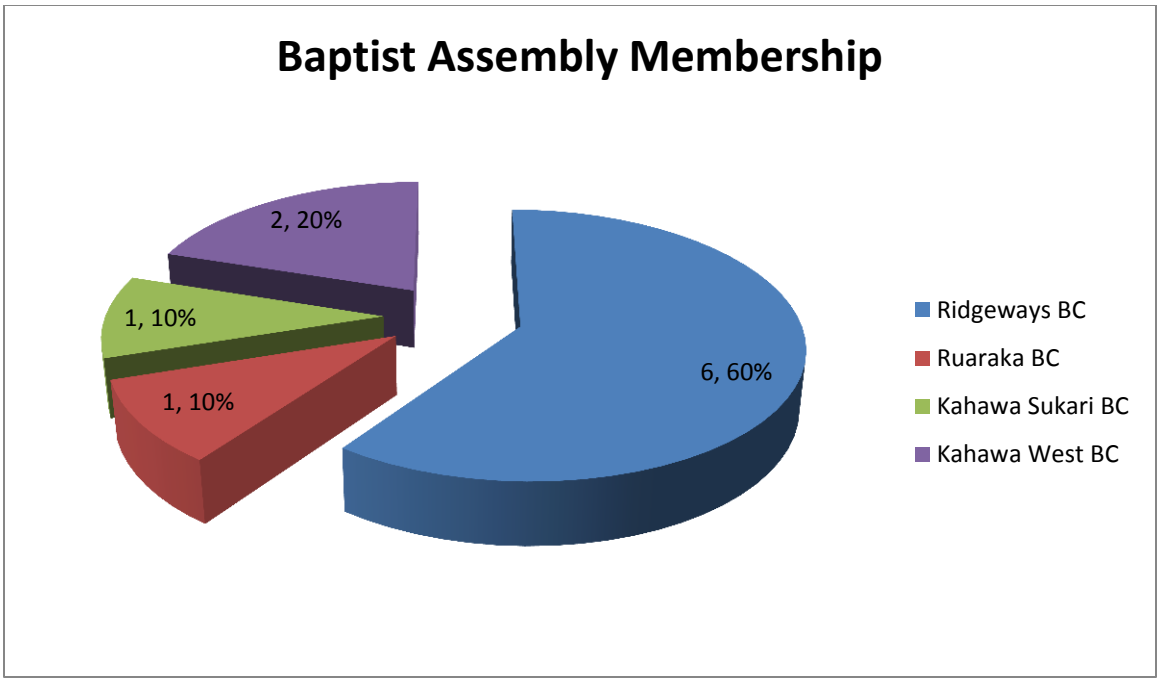


Figure 19 *Baptist Assembly Memberships*

The composition of the FGD participants cut across members from the four targeted Baptist Assembly. Figure 55 indicates that there 6(60%) participants from Ridgeways Baptist Church while there was 1(10%) from Ruaraka Baptist Church. There was 1(10%) participant from Kahawa Sukari Baptist and 2 (2%) from Kahawa West Baptist Church respectively.

Highest Academic Qualification

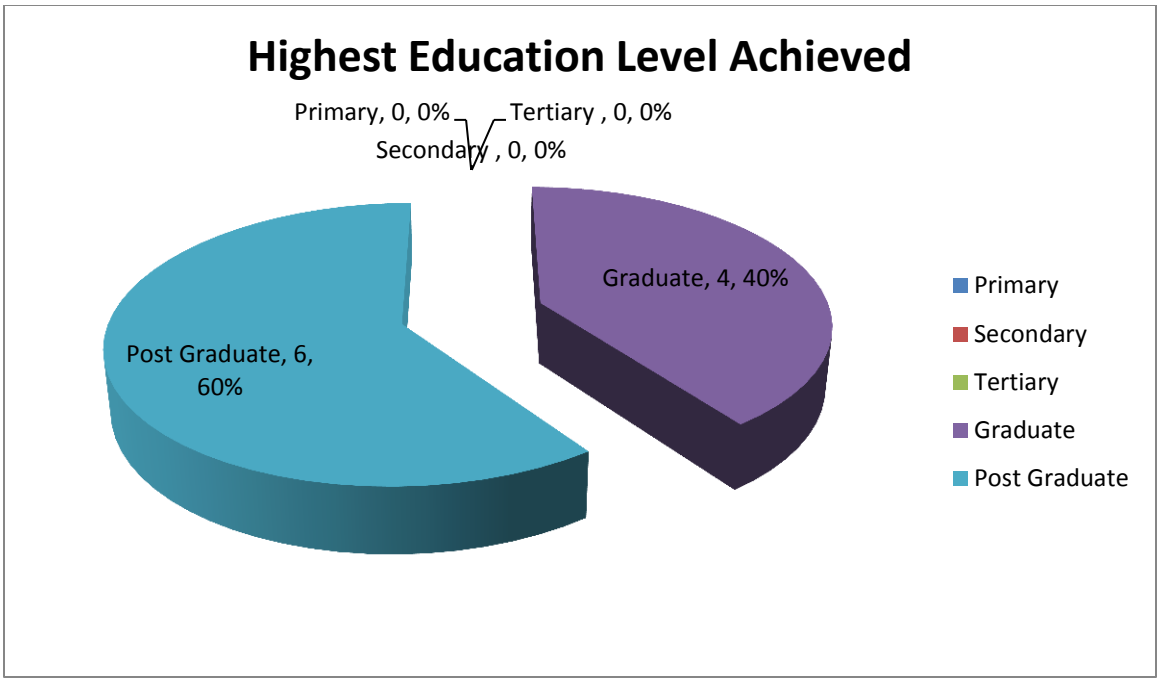


Figure 20 *Highest Education Level Achieved*

In relation to academic qualification Figure 56 shows the highest levels the participants had obtained. The FGD group did not record any primary, secondary and tertiary college options as the highest levels of education. However, 4(40%) of the respondents had achieved graduate level education while 6/(60%) had achieved postgraduate level in education.

Number of Years the Participants have been Members of the Baptist Assembly

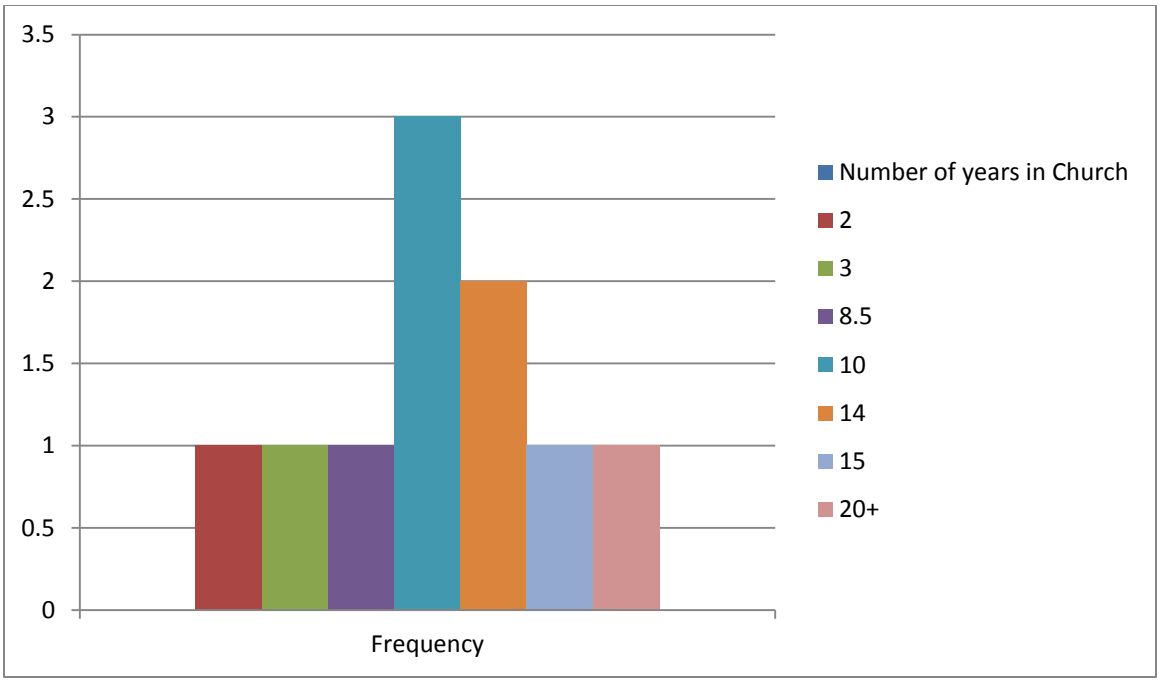


Figure 21 *Number of Years Participants has been Members of Church*

Figure 57 above shows the number of years the participants have been members of the Baptist Church assemblies indicating that one member has been in the Church for 2 years, while another one has been there for 3 years. The fourth participant had been a member for 8.5 years and 3 participants had been members for 10 years. There were 10 participants who had been members for 14 years and yet another one for 15 years. The tenth participant had been a member for 20 plus years.

The Number of Years Participants have been Married

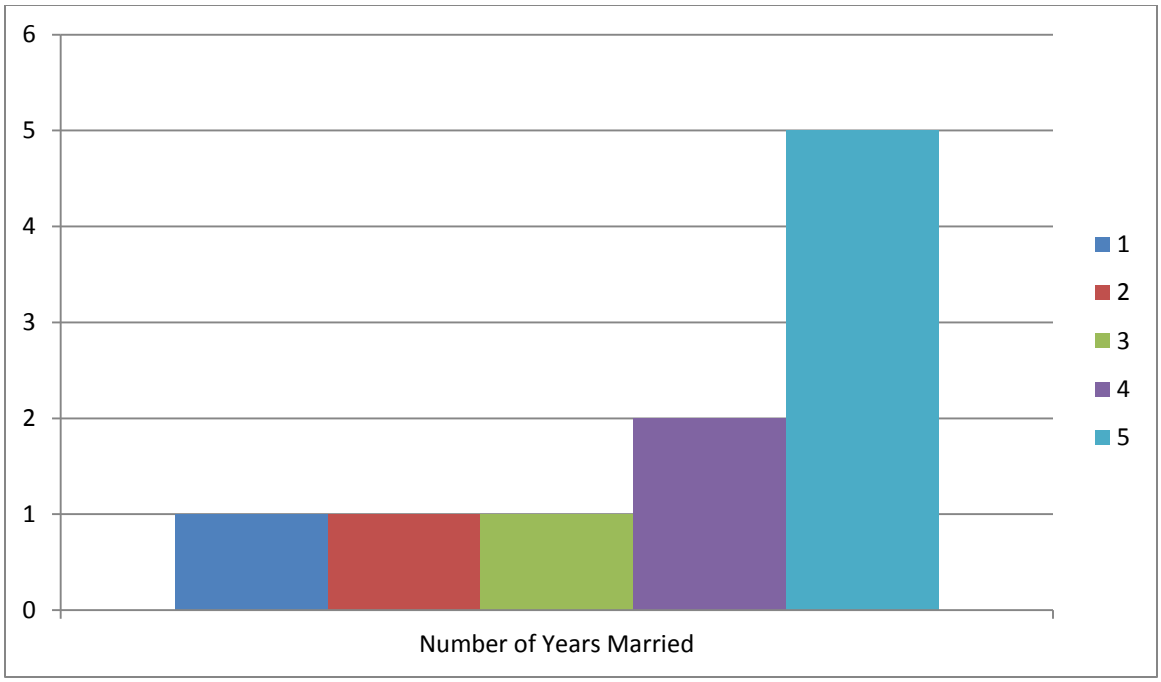


Figure 22 *Number of years Participants have been Married*

Figure 58 above depicts the number of years the FGD participants had been married. One participant had been married for 1 year while the second and the third had been married for 2 and 3 years respectively. The fourth and fifth participants had been married for 4 years while the remaining five had been married for 5 years each.

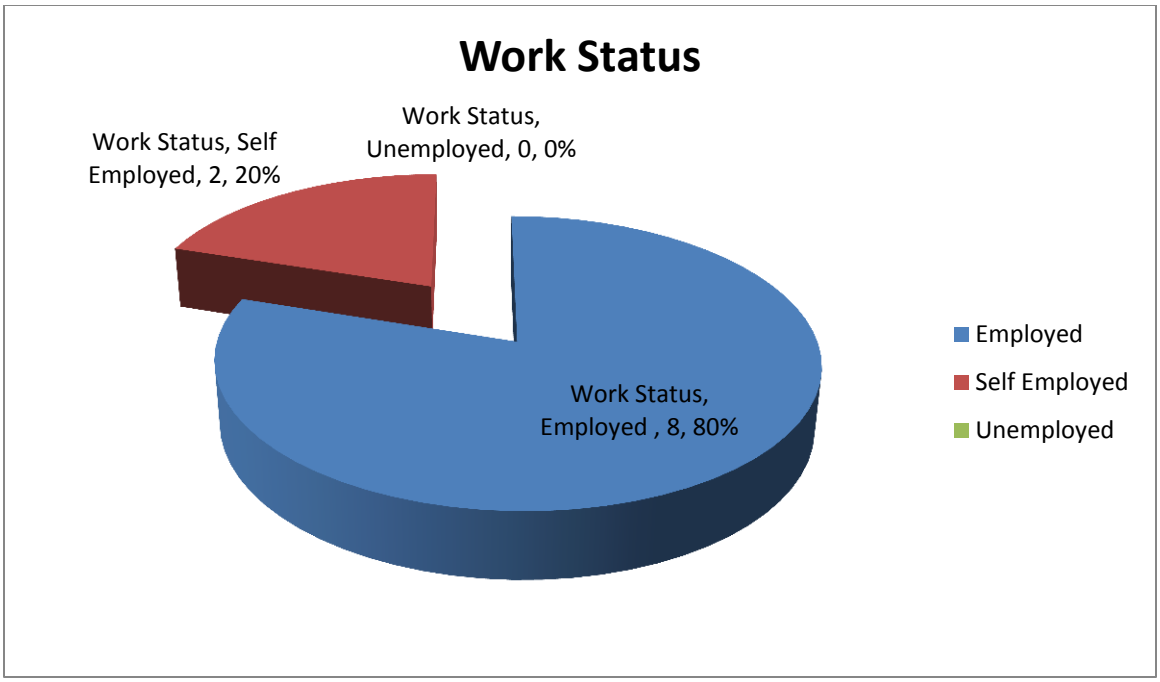


Figure 23 *Work Status*

Figure 59 above shows the work status of the FGD participants indicating that 2 (20%) were self-employed while 6(60%) were employed.

In presenting the findings from the NVIVO analysis of responses regarding the early stages of marriage and factors contributing to a lasting marital bond, the data was organized into themes and subthemes. Based on the 10 responses provided by participants, the following is the summary that condenses the perspectives that were shared.

The Qualitative Findings of the FGD

Qualitative Analysis of the Focus Group Discussion Results

The results and findings in this section are based on the information derived from the FGD. The discussion was carried out and recorded, transcribed and then rearranged in

themes and sub-themes. The quality data in this section is presented as a supplement to build up the results that were obtained from the quantitative outputs from the Adult Attachment styles questionnaire and the Revised Dyadic Adjustment Scale data sets.

Findings on Positive Perceptions That Help In Building a Bond in the Early Stages of Marriage

The main theme that cuts across the Focus group discussions was on building an enduring marital bond through clear communication. The respondents emphasized the significance of strong and vulnerable communication as a stronghold in the relationships. Communication ought to be continuous as well. Participants highlighted communication as essential for both for clarity and as an avenue for conflict resolution.

The other theme that cut across the FGD is shared dyadic activities in which the dyad shared quality time together in things like watching sports and playing games. This was repeatedly mentioned and emphasized as vital for bonding in the early stage of marriage. One respondent reflected on watching football together and said that it helped create a sense of closeness. PFGD 7 stated that playing poker together was not only fun but an engaging way of connecting shared physical activities such as exercising was also cited as a means of constructing a positive view of the other partners. PFGD 2 stated that they love biking together.

In concluding this section, the analysis of the FGD responses indicate that a merger of effective communication, pooled activities, reciprocal support, alignment of values, effective conflict management approaches, and robust pre-marital therapy ominously underwrite in building a long-lasting marital union. Participants credited their

experiences and practices in the initial stages of marriage as instrumental in fostering a foundation stronghold for the dyadic adjustment.

The other dominant theme was creating support and cooperation through helping each other with the family roles and responsibilities. One participant said that this fosters a sense of cooperation within the marital dyad. PFGD 6 said that the friendship bond created before the marriage was a substantial contributor to dyadic adjustment.

In addition, shared values and conflict management was cited as a significant contributor to dyadic harmony in the early stage of marriage relationship. Participants also agreed that effective strategies of resolving and managing differences are crucial in forming a foundation for long term dyadic adjustment. Finally, the participants pointed out that a robust premarital counseling program adds great value in preparing couples for adjustment once they marry. This was underscored as a critical step in getting ready for marital adjustment.

Challenges Couples Face in the Early Marriage Stage

The first theme highlighted in the challenges faced by couples in early marriage was adjustment to the marriage lifestyle: the participants reported hitches in transitioning from being single to being married. This included acclimatizing to new habits and shared responsibilities. Handling a conjoint routine and navigating the adjustments that come along with staying together was pointed out as strenuous to dyadic adjustment relationships. Interdependence and forming mutual reliance on one another was reported as being overwhelming for some couples. This finding converges with the study done by Assari et al. (2009) which defined adjustment as the ongoing process by which spouses

adapt to numerous life stressors, experiences, and variations in their atmosphere to sustain psychological welfare and relationship steadiness. They emphasized that fruitful adjustment includes operative coping approaches, regulations of emotional, and communication skills that enable couples to manage conflicts and external pressures.

Financial constraints challenge was frequently cited by respondents who pointed out the stress that come with budgeting and debt management. Some of the debts are accrued during the wedding preparation while others are old or new debts. PFGD 1 said that, *"lack of the desire to align on financial management often leads to fights."* PFGD 3 said that, *"partners come into marriage with different money personalities whereby one could be a saver and the other one a spender."*

The other challenge that was cited was breakdown in communication. The participants pointed out that as couples they experienced difficulties in communication, which affected their ability to resolve conflicts effectively. In addition, misaligned expectations regarding roles, responsibilities, and different communication styles were cited as a trigger for tension. PFGD 6 stated that, " *I struggled with expectations especially when I realized that we were so different based on our upbringing, I thought that my wife would do all the grocery shopping because that is what my mother did while my father handled heavier things like compound repairs and buying meat."*

The FGD participants ominously brought out the theme of family of origin dynamics as a major challenge right from the influence of parental advice. The influences of advice from both sets of parents seem to complicate the early marriage relationships, as divergent viewpoints on practically every subject were introduced. The clash arising from different backgrounds pronounced the fact that growing up with varying upbringing

and cultural backgrounds generated challenges in integrating and incorporating each partner's perspective. PFGD 2 pointed out that, *"views on finances, communication and clash of ideas, life goals, and seasons of career growth were quite challenging".* She also added that*, "this was complicated by the fact that my mother was reinforcing my viewpoint which made it difficult for me and my husband to create our own nuclear family culture"*

Personality differences and varying relationship dynamics also emerged as a theme in challenges that affect dyadic adjustment in the early stage of marriage. The participants said that it was difficult to adjust to spousal personality traits and preferences. The lack of accommodation brought about frictions which in turn would affect sex and other interactions. Some participants reported that they felt as if they were competing in terms of career goals and aspirations. PFGD 7 pointed out that, "*The struggle to find the right balance between maintaining our individuality and nurture our partnership from "I" to "We" was challenging. This could often lead to feelings of smothering and rejection."* PFGD 9 added that, *"sharing of domestic chores, allocation of resources to what mattered was a dominant feature when it came to adjustment*." In emphasizing on personality clashes PFGD 10 said that, "*personality clashes affected our sexual intimacy, physical closeness, self-expression and it generally felt like I was suffocating."* PFGD 8 also stated that balancing work, social life, and personal time became more challenging because of their different preferences.

The analysis of this section reveals that young couples in the early stages of marriage come across a range of challenging experiences, predominantly orbiting around adjustment to a married life, finance related stress, communication teething troubles,

negative influence from families of origin, and differing personalities and expectations. These findings highlight the complex dynamics that can have emotional impact on dyadic adjustment and stability as spouses navigate their married life together.

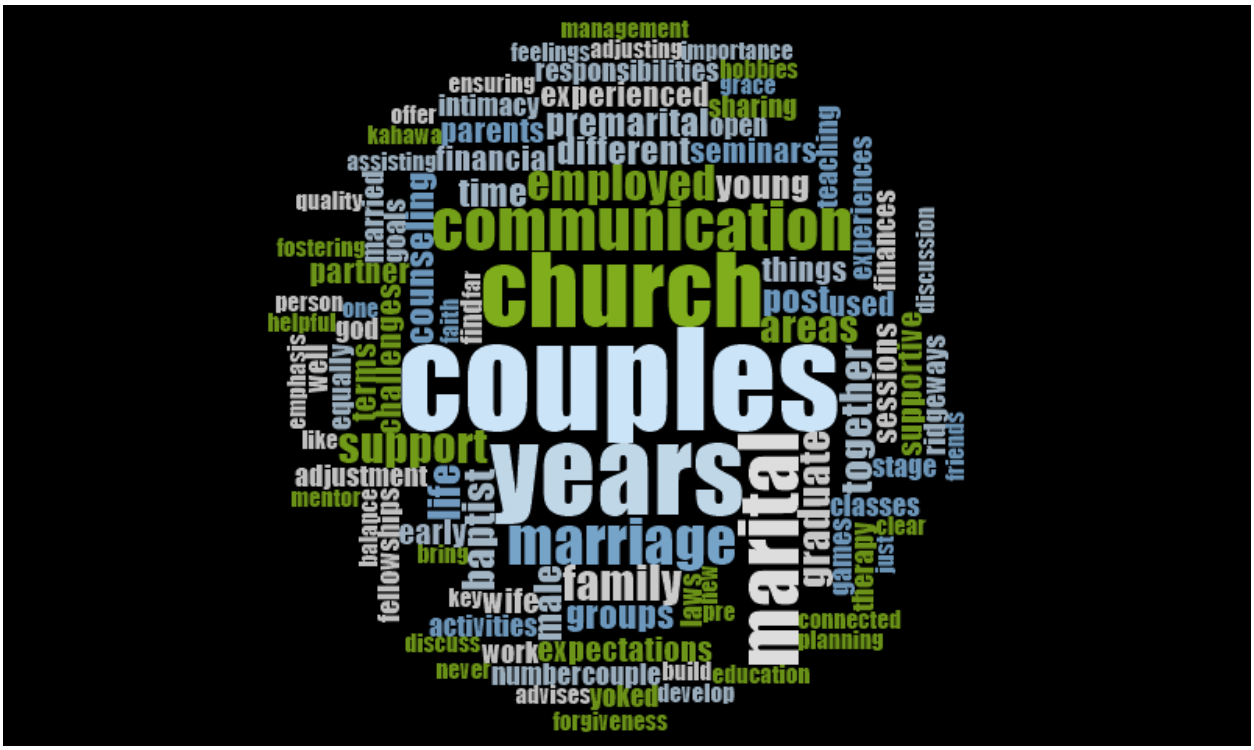


Figure 24 *The Challenges and Solutions of the Early Stage of Marriage*

The information in the Figure 60 above shows that most of the respondents said communication breakdown was the biggest challenge and therefore proper communication is the most applicable solution for dealing with challenges when faced with major issues in marriages. This might be due to the fact that the communication allows for people talk over issues and express themselves in a way that will be understood by the other party. There was also the issue of financial constraints hateful in-laws which were also mentioned by the respondents.

Coping Strategies for Early Marriage Challenges

The predominant theme that emerged under coping strategies in early marriage was deliberate effort towards growing together and keeping an open stance towards the other spouse. PFGD 4 said, *"I have sought to enlighten myself by learning..."* "*Being deliberate and willing to be the bigger person in the relationship..."* Couples demonstrated a pre-emptive approach in acclimatizing to the challenges of early marriage by paying attention to self-improvement and desire to change behaviors by being more accommodating. Each partners desire to grow helped the dyad establish and maintain a healthy adjustment.

In addition, communication also stood out as a helpful approach towards coping with challenges in early stage of marriage. PFGD 2 said that *"Open and clear communication on finances was very helpful."* Another participant PFGD 5 said that, *"We talk about the issue at hand always, in order to avoid backlog"* Effective communication was a common coping mechanism among the 10 FGD participants indicating that couples had a collaborative approach to solving conflicts and handling expectations.

The other themes that emerged in handling challenges were humility and compromise. The FGD participants ominously used the words "Compromising" and "Humility." The importance of concession and humbleness exemplifies crucial relationship qualities that safeguard harmony. Couples recognized that upholding plasticity and admiration for each other's wishes and outlooks was crucial in building a foundation where positive adjustment would flourish and in turn lead to a long lasting relationship.

The FGD participants also cited that a functional support system goes a long way in addressing the early marriage challenges. PFGD 1 said, *"We engaged in creating a network of support comprising of friends, people with similar hobbies with ours which helped us create a feeling of affiliation."* In essence the FGD group agreed that communal support was crucial in dealing with early marriage challenges since in the group people were able to share experiences which made adjustment appear as a natural pathway towards a desired end.

Finally spousal focus on long term commitment helped the couple become a better version of themselves. One PFGD 7 said that her mantra was *"Be the person you want the other person to be..."* Some were able to achieve a shared long term vision of marriage by spending more time together. The forward thinking perspective emphasizing commitment and mutual support was prevalent among the couples. This encourages a cooperative stance in tackling marital challenges.

The findings in regard to coping with challenges in the early stage of marriage indicate that spouse employ an assortment of self-reflection, open communication, and communal support to circumnavigate marriage's initial difficulties. The emphasis on humility and compromise imply that interpersonal relationship skills require critical emphasis during this adjustment period.

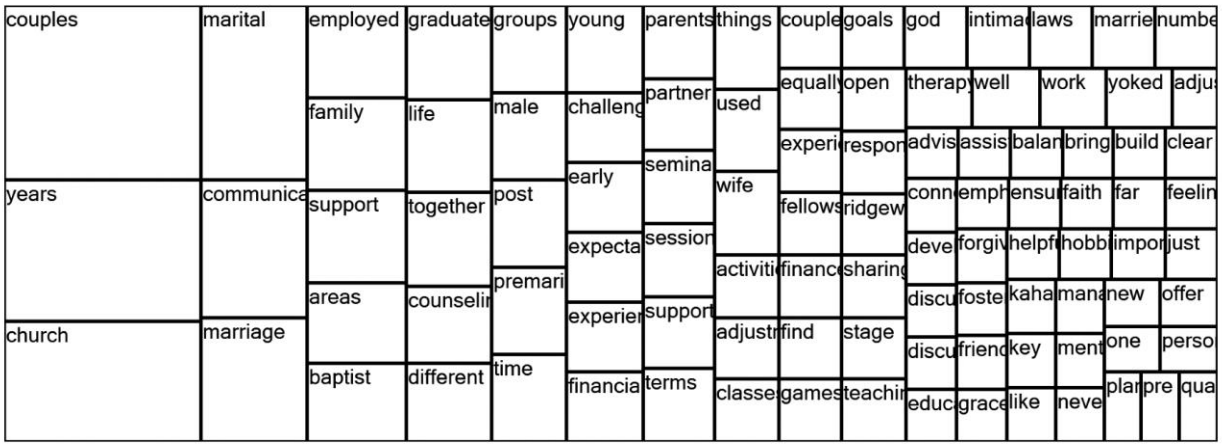


Figure 25 *Word Frequency on Reasons why couples wedded in Church*

Assari et al. (2009) emphasized the adaptation of couples to stressors by coping, regulation of emotions, and communication which aligns with wider scholarly perceptions on dyadic adjustment. Shah and Mishra (2019) also highlighted the vital role of communication, intimate feelings towards the spouse, and conflict resolution as fundamental to the wellbeing of the couple, perceiving adjustment as a progression deep-rooted in mutual understanding and relational skills development. Both Assari et al. (2009) and Shah and Mishra(2019) distinguish adjustment as a vibrant process that engages emotional regulation and functional communication. Their opinions converge at the fact that successful adaptation depend on abilities such as coping skills and conflict management, which underwrite the relationship satisfaction.

Spousal Motivation for having Church Weddings

The spousal motivation for having church wedding cut across several themes such as faith based convictions, Influence from the family, communal ties in church and

creating a legacy. The faith based convictions were expressed through sentiments offered by PFGD 9 such *as "My faith in God requires my obedience to the laid down rules of marriage."*; *"I believe that the occasion deserves blessing in a sacred place."* During the discussion the strong theme on faith based convictions emerged around the spiritual significance of church weddings acutely rooted in their beliefs, stressing on the significance of a solid religious groundwork. PFGD 3 said, *"We wanted our marriage to be blessed in Church so that we could build on godly foundation and bring up our children in a Church"*

Additionally the influence from family members was also cited as motivating factor towards having a church wedding. PFGD 5 said that *"My wife's dad insisted on it."* PFGD 9 said that, *"My parents are clergy."* These sentiments implied that family expectations played a substantial role in the choice to marry in a church. These highlight the convergence of individual faith and family values, impacting marriage traditions.

The community participation and the creation of a legacy were also highlighted with responses such as what PFGD 10 stated, *"The church congregation becomes a witness." "We wanted our marriage to be blessed..."* Thus Marrying in church enabled the FGD participants' couples to inaugurate their matrimonial union within a communal context, underpinning communal support and public verification of their marital commitment.

Church Support in Marital Adjustment

The feedback from the FGD participants indicated that Baptist churches offer educational resources and counseling for marital adjustment. PFGD stated that *"Marital teachings are done once per month..."* PFGD 8 applauded the thoroughness of their

premarital counselling while the PFGD 4 said that they joined a church ran support group/fellowship for couples who have been married less than ten years. Deduced from the discussion, the Baptist seems to converge with the findings that Christian counsellors should embark on offering their services in their congregations (Njeru et al., 2021)

Churches offer various marital seminars, workshops and fellowships that aid adjustment into marriage. Systematic teachings on prayers, finance management and counseling assist couples in filling gaps on various areas of adjustment. Moreover, the Baptist Churches emphasize on scripture grounded communication ensuring that couples engage in prayer as they navigate their differences. A strong highlighting on communication as PFGD 10 said, *"A soft answer turns away wrath."* This approach helps in adjusting a scriptural way of conflict resolution that is related to adjustment as opposed to using individual styles of resolving differences.

Additionally, a strong spiritual foundation of "Being equally yoked with a fellow believer" as one participant put it helps one spouse to view the other empathetically. This view helps ease forgiveness process where applicable. Another participant added that, "The scriptural emphasis on forgiveness reinforces the values of caring and unity of purpose."

In view of the above discussion on the church's role in building and maintaining marital adjustment has a multi-faceted approach that ensures that on one hand they offer training and counselling and on the other hand equip couples to circumnavigate the new marriage life together through primary support systems for couples. This is in convergence with the observation that religious teachings and community support serve as buffers to conflict escalation (Feeney & Karantzas, 2017).

The Church Support in terms of Teaching on Attachment Styles

The initial part of discussing the theme of Church's help in supporting participants acquire knowledge in understanding the attachment styles, there was both limited awareness and focus in this area. One respondent PFGD 1 said that, *"I have not experienced any this far."* Another participant PFGD 2 said that *"Attachment styles are not really taught in Church."* Therefore, this exposes a gap in either knowledge or commitment to educate couples on attachment styles. This lack of knowledge in turn creates blind spots on relational patterns which also leads to disconnection and failure to adjust in a satisfying way, eventually distressing the continuing steadiness and development of the matrimonial relationship.

PFGD 10 stated that encouragement of healthy interactions in his assembly has contributed directly or indirectly to healthy attachments even though the teachings may not be referred to as attachment styles. The respondent PFGD 10 further said that *"Emphasis on forgiveness encourages healthy attachments."* Therefore, while there exist a gap in the unambiguous teaching on attachment styles, the church's emphasis on clemency and grace cultivates healthier interpersonal relationships ultimately impacting attachment dynamics. Clemency and grace nurture a strong relationship through encouraging pardon and empathetic consideration, which are vital for overcoming fights and plummeting antipathy. Researchers argue that these virtues facilitate emotional safety, allowing partners to navigate challenges with compassion rather than judgment (McDonald et al., 2018; Sidhu & Kaur, 2022). Additionally, practicing grace encourages mutual respect and patience, thereby strengthening relational bonds and supporting long-

term relational resilience (Adegbenga Ade et al., 2017; Kozhukhar, 2021; Park & Harris, 2022).

PFGD 4 and 7 echoed that the Church was instrumental in their journey of healing from adverse childhood traumas which were perpetrated on them, the Church counsellors pointed out how this would not only affect attachment styles but also adjustment and the quality of a relationship. In this regard the FGD participants appreciated the counselling sessions offered in Church because it helped them become aware of the insecurities they were bringing into their marriage. Researchers agree that counselling intervention aid clients in negotiating trauma healing, developing motional regulation and adjusting in significant relationships to achieve marital quality (Amani & Khosroshahi, 2021; Jiménez-Picón et al., 2021; Lakatos & Martos, 2019b; Park & Harris, 2022; A. P. Wijaya & Widyaningsih, 2021b)

The participants' responses reveal the acknowledgement that while the church may not unequivocally impart knowledge about attachment styles, the fundamental values of forgiveness and empathic support are a great foundation for strong attachments. Based on the FGD interactions the researcher observed that the opportunities to start or enhance the existing couple programs that integrate teachings on attachment styles are available and that the couples in the early stage of marriage are open and willing to participate.

FGDs Suggestions for Marital Support

The FGD participants discussed their recommendations about other marital adjustment support by the Church. They suggested that the Church can organize seminars

to address the following topics: embracing teamwork as a couple, healthy communication, partner appreciation, marriage friendly habits, changing from 'I' to 'WE'. The FGD participants also suggested more forums for where newlywed couples have interactions with older experienced couples and having an accountability group with two or three couples married around the same time (Frías et al., 2015; Mikulincer & Shaver, 2018b, 2019a)

The other additional recommendations were related with more structured premarital classes with a well thought out curriculum, strong couples fellowships, and biblical teaching. Another suggestion was to take time before having children in order to have time to know one another and build a lasting bond. The FGD group discussed importance agreeing on several areas during premarital counselling ; family planning, functional expectations, family and friends boundaries, development of a supportive relationships ; accountability couples, sexual awkwardness during the first few times in the first year of marriage and the complications that come with pregnancy and mismatched sexual needs, couple therapy et cetera. Structural establishment as discussed in the group converges with expressions on the importance of structures in building quality relationships (Young et al., 2017). The FGD group unanimously agreed that since faith is an imperative feature in their lives, couples should plan on engaging in spiritual practices together, such as attending Church services, praying together, or participating in communal service. They said that these have potential of expanding their connection and mutual values. Additionally the Church should be encouraging young couples to develop book reading culture and listening to podcasts on marriage. The participants said that the Church should stock literature by authors such as John Gottman,

Gary Chapman, and Sue Johnson who offer prized perceptions into interpersonal dynamics. In view of the discussion, the observation that religiosity expresses itself across the negative and positive aspects of a couples (Lakatos & Martos, 2019b) holds true. Therefore psycho education within the religious circles holds a significant place in empowering couples in the early stage of marriage as they negotiate around their attachment styles and adjustment issues.



Figure 26 *Proposal for Church Support to Couples*

Figure 62 above is a word cloud representation of the FGD group suggestions on the marital adjustments support that the participants recommended for the young couples. The discussion can be summarized into three sub themes: creating structured programs

and support groups; enhancing premarital education and counselling; and mutual participation in spiritual practice and communal engagements. The FGD respondents suggested that the Church should create more forums for the new and experienced couples alike in order for the older couple to guide the younger ones. PFGD 5 said that, *"There is need for couples to engage with the church and older couples as a team in order to do and achieve more things together*." PFGD 6 added that, *"The partners should be in the marriage with their entire soul as opposed to being in the marriage partly if the Church intervention would make any difference."* This is because there is need for them to participate as a unit not as two separate entities. This converges with the findings of other scholars who observed that attachment constructs, marriage dynamics, couple orientations are important in contributing to attachment styles and dyadic adjustment among couples (Ayenew, 2016; Frías et al., 2015; Novak et al., 2017). In their perspectives; dyadic engagement aid in contributing towards mutual bonding and emotional regulations as well as coping with difficulties and psychopathology.

The other recommendation by FGD was the sub-theme of enhancing premarital education and counselling. Couple workshops, seminars and fellowships should be done in order to share sound biblical teachings on how to establish strong foundations on marital attachments and adjustment. The members proposed that family Pastors and best couples should engage the young couples in therapy sessions among others. The proposed activities that the young couples can engage in which the Church should facilitate were hiking and biking for couples, board games and others. PFGD 10 said that, *"Fostering a safe environment for open discussion can help couples feel connected; Host date nights with themes that encourage couples to have fun together while also*

incorporating elements of growth, such as activities that promote deeper conversations or teamwork; Couples games; Pairing young couples with more experienced couples for mentorship can provide guidance and support". While the research was focused on the period after wedding, the FGD group strongly felt that premarital foundation played a paramount role in enhancing attachment and dyadic adjustment after the wedding a notion that agrees with Mbunga's finding in his study with the African Inland Church (Mbunga, 2010). Other suggestions that were put forward by the participants to help couples adjust in early marriages includes the online meetings, extended couple counseling sessions, coming up with post marital counseling program, training and seminars for couple and therapy in agreement with other scholars (Lakatos & Martos, 2019b).

Finally, the last emerging subtheme that was suggested was mutual engagement in spiritual practice and communal participation. The FGD group suggested that couples in the early stage of marriage should identify spiritual nurture programs that would help them have shared time, movies they can watch together, podcasts they can listen to. Shared outreach programs that are organized by the Church to places such as children's or elderly persons' homes, juvenile centers and prisons. PFGD 9 said that, *"Visiting some places allows you to see each other differently and sometimes open up discussions such as disciplining children and aging together."* Additional recommendations for Church support for couples in the early stage of marriage included: celebrating marriage by acknowledging anniversaries and other milestones. A respondent suggested a shared valentine lunch or dinner for couples or a boot camp retreat. Another participant suggested inviting experts who are well versed in relationship couching while PFGD 3

and 6 pointed out the need for clergy and church leaders to role model to young couples. *"The Church can also have a service that is dedicated to couples who have weathered the storm and stayed together in love for a period such as twenty five years, fifty years and other jubilees."*

In synthesizing the role the Baptist Assemblies in the Nairobi North zone, the researcher observed that the church plays an integral role in nurturing young couples before and during the wedding as well as post wedding in the development of their dyadic relationships. However, areas of improvement towards educating couples on attachment styles and dyadic adjustment. The existing psycho education gaps may likely lead to couples bound to enter marriage or durable partnerships without understanding fully how marital bonds are shaped or how to circumnavigate conflicts efficiently. In the absence of this knowledge, married couples might end up struggling with communication, emotional intimacy, or trust which may lead to separation or irreparable relationship breakdowns as time advances. The scriptures as advocated by the Church speaks indirectly about attachment styles as bonds that should not be broken in Mathew 19:6 and Mark 10:9 stating that what God has put together, no man should put asunder (Bible Authors, 2008). Genesis 2:24 also states, *"That is why a man leaves his father and mother and is united to his wife and they become one flesh"* (Bible Authors, 2008). Therefore the church can still promote healthy attachment styles in dyadic relationships through fellowships, seminars and workshops by teaching on marriage as depicted in the bible. For example, pastors and marriage leaders can integrate teachings that accentuate the significance of emotional wellbeing, reciprocated understanding, and love. These values align with canonical principles but are also reinforced by psychological research

(Bible Authors, 2008; Cassidy & Shaver, 2018; Mikulincer & Shaver, 2018b). The church leadership can invite competent counselors and psychologists to run workshops and seminars to help couples gain self and spousal awareness as they develop relationship skills (Lakatos & Martos, 2019b; Njeru et al., 2021).

Additionally, the Baptist assemblies can embolden couples to pursue professional counseling whenever the need arises needed, aiming at strengthen the marital relationship alongside biblical teachings on harmony and love. Budgeting for training, reading resources, or mentorship plug-ins focused on healthy marital affiliation can contribute in making a big difference. In a nut shell, the Baptist assemblies can do more by integrating teachings on attachment and dyadic adjustment even though these concepts are not openly mentioned in scripture. The findings of the recommendations by the FGD are in agreement with the literature reviewed in chapter 2. Assari et al. (2009) viewed adjustment like a continuum, the dyad adjust to relational and life stress by mounting up managing skills to cope, dealing with their emotions, and engaging with mutual communication. They observed that efficacious adjustment aids in maintaining mental health and relationship steadiness, highlighting hardiness in facing exterior challenges. On the other hand, Shah & Mishra (2019) focused more on the interactive side of adjustment. They emphasized that effective communication, emotional intimacy, and solving fights are important in the whole adjustment process. They stated that adjustment is mainly determined by how partners collaborate, comprehend each other's view, and share duties to preserve their relationship and keep in moving forward in a healthy and satisfying way. In addition, Siegal et al., (2018) brought a slightly different viewpoint by

highlighting the significance of comprehending each other's ways of expressing their emotions and moods by engaging empathically in the process of adjustment. They argued that marital couples who have developed the capacity to distinguish and authenticate each other's emotions have a tendency to adjust better to stressors and the changing nature of relationships(Siegel et al., 2018a). Their findings imply that spousal emotional attuning coupled with empathetic responsiveness is fundamental for nurturing hardiness and upholding a robust bond in challenging times. The perspectives (Assari et al., 2009; Shah & Mishra, 2019) converge in agreeing that adjustment is an ongoing process that constitute of stress management and upholding the marital relationship in good health. Assari et al. focused on individual resilience and strategies for coping, Shah and Mishra (2019) highlighted the prominence of communication and intimacy, while Siegal et al., (2018) stressed the implication of empathic responsiveness and understanding of partner's emotions. Combining these ideas and the findings of the current study, the observation is that for couples to adjust successfully, they require to have hardiness to withstand stress, effective mutual communication, and partner's emotional attunement.

Discussion

The pattern that was revealed in this study is that there was a positive relationship between the changes in the attachment styles and the variation in the dyadic adjustments among the early years or stages of marriages in couples from the selected Baptist Churches in Nairobi Kenya. In the findings it was established that there was a positive relationship between the secure attachments and the dyadic adjustment and it was also found that the insecure attachments had a positive relationship to the dyadic adjustments.

The following discussions address each of the four objectives that the researcher set out to achieve.

Objective 1: The predominant attachment styles among couples in the early stages of marriage within selected Baptist Assemblies in Nairobi North Baptist Association Zone.

This study established the prevalence of attachment styles among couples in the early stages of marriage low, moderate and high level scores at 12.5%, 47.1% and 40.5 5 respectively. This implies that secure attachment is fairly high with more participants scoring above the median at 48 while the mean was 49.34 indicating that the data set has a proportioned dispersal. This implies that the sample studied is marked by secure attachment which is characterized by healthier responsive communication, trustworthiness, and reciprocated expressed feelings as patterned in other studied populations (Ashaq & Singh, 2024; Cassidy & Shaver, 2016; Fraley & Roisman, 2019). This is also in convergence with the findings of scholars like Simpson and Rholes (2017) who accentuated that people who have secure attachments have a tendency to circumnavigate fights more successfully and demonstrate better gratification in their interpersonal relationships. Current studies also demonstrate that secure attachment operates as protecting factor, which fosters hardiness and facilitates constructive affiliation results (Ashaq & Singh, 2024) implying that this group correlated positively with high dyadic adjustment.

In divergence from the findings on attachment styles, avoidant attachment is related to lessened dyadic adjustment, repeatedly revealing emotional estrangement, reduced intimacy, and trouble in communicating vulnerability (Mikulincer & Shaver,

2019; Carter & McGoldrick, 2021). These individuals may suppress their attachment desires, resulting in poor relationship standards and increased dissatisfaction (Johnson & Whiffen, 2020). Research by Collins and Feeney (2020) emphasized that avoidant persons often perceive interpersonal interactions as less rewarding, which hinders their capacity for intimacy.

Anxious attachment is related with intensified emotional reactivity, dependence, and fear of desertion, which can unfavorably influence dyadic operations (Ahmed et al., 2023; Maranges et al., 2022). Anxiously attached spouses tend to encounter escalated conflict intensities and reduced gratification which demonstrates their amplified sensitivity to their significant relationship fears (Park & Harris, 2022). Current results submit that these attachment apprehensions can lead to dysfunctional patterns in communication, which in turn undermines dyadic adjustment (Okonkwo, 2024).

Objective 2: The level of dyadic adjustment among couples during the early years of marriage within selected Baptist Assemblies in Nairobi North Baptist Association Zone.

Regarding dyadic adjustment, the established level among the 104 sample participant's found using RDAS scores was 40.8% at low level, 52.8% at moderate level and 5.77% at high level. The results point to the fact that the majority of the sample respondents (52.8%) validated a moderate level of relationship gratification as measured by RDAS scores, signifying a largely well-adjusted insight of filial functioning within the sample group. Another significant percentage (40.8%) demonstrated low levels of gratification, underscoring probable zones of distress that merit tailor made interventions to augment the quality of the relationship. The comparatively insignificant percentage

(5.77%) at high gratification echelons accentuates the unpredictability in relationship experiences among participants. These outcomes highlight the importance of custom-made relationship support policies intended at uplifting dyadic adjustment levels, predominantly for the ones with low adjustment levels. Generally, the statistics deliver valuable awareness into the distribution of dyadic satisfaction within this sample, superintending imminent investigation and intervention programs to address identified needs effectively. This also points out to the fact that there may exist other spurious variables that influence dyadic adjustment apart from attachment styles.

Contemporary researchers have underscored the multi-faceted nature that encompasses dyadic adjustment namely consensus, cohesion, satisfaction, and affectional expression noting the robust connection with attachment styles (Baghkhasi et al., 2020; Bean et al., 2021; Baran & Körük, 2024). Baran and Körük (2024) further highlight that secure attachment has a positive correlation with the dimensions of dyadic adjustment, including consensus, cohesion, and satisfaction. On the contrary, insecure styles namely anxious and avoidant predict negative dydic adjustment outcomes. Other studies accentuate that dyadic adjustment is a dynamic construct, influenced by individual attachment patterns and contextual factors (Shah & Mishra, 2019; Wijaya & Widyaningsih, 2020).

The emerging patterns and new insights in the research show that attachment styles are also dynamic; they can change and impact dyadic adjustment over the phases of life and as time elapses, particularly with mediations targeted at nurturing secure attachment conducts (Fraley & Roisman, 2019). Additionally, modern research proposes that the interaction of attachment styles within couples who have combined attachment

styles of secure and insecure nature regulates the quality of the relationship, implying that the prominence of dyadic operations over an individual's traits unaided (Ashaq & Singh, 2024).

Objective 3: The relationship between different attachment styles and the degree of dyadic adjustment among the couples within selected Baptist Assemblies in Nairobi North Baptist Association Zone.

The researcher on Table 46 found a moderate positive correlation between secure attachment and dyadic adjustment (r = 0.456), demonstrating that 40..5% of the participants with a secure attachment style have an inclination to experience healthy dyadic adjustment. Contrariwise anxious attachment in the selected sample reported a negative correlation with dyadic adjustment (r = -0.829), while there was a moderate negative correlation between avoidant attachment and dyadic adjustment (r =- 0.616), implying that those with insecure attachments were experiencing struggles to adjust. Modern studies' finding converge with the findings of this study in establishing that functional relationship dynamics or secure attachment was linked to communication and conflict management. This aligns with the research findings here on the positive correlation between secure attachment style and dyadic adjustment. In a separate study the authors emphasizes the importance of secure base functions in promoting relational satisfaction (Mikulincer & Shaver, 2023). Feeney also highlighted that anxious attachment often leads to heightened relational anxiety, which can destabilize partnerships (Feeney & Fitzgerald, 2019). This parallels the findings in this study suggesting a strong negative correlation of insecure attachments with dyadic adjustment.

The findings of other previous studies also support the results presented in this study. Siegal et al., (2018) established that the couples were able to score highest especially in situations where the couples were securely attached compared to where the couples were anxious and or avoidant, in which case the score by the couples were found to be significantly lower in terms of the adjustments levels. However, the study by Durtschi et al. (2017) observed that apart from the attachment styles there are other personal and interpersonal qualities of the partners and individuals which might have a direct impact on the quality of the marriage that is between the spouses thus affecting dyadic adjustment. Wijaya & Widyaningsih (2021a) and Shah and Mishra (2019) observed that when there are increased levels of satisfactions among couples due to secure adjustments then there is increased wellness in terms of health and happiness. Shah and Mishra (2019) established that the participants were able to adjust well in the marriage when thy had a life that is satisfactory with reduced medical expenses.

Objective 4: Identification of suggestions for counseling and support interventions aimed at enhancing dyadic adjustment based on couples' attachment styles within selected Baptist Assemblies in Nairobi North Baptist Association Zone.

Other researchers (Baghkhasi et al. 2020; Feeney & Karantzas, 2017; Li et al. 2021; Minuchin, 1974; Mutiso, 2020; Yahya et al. 2017) converge with the finding of this study in terms of challenges that are faced by young couples citing poor communication affecting the foundation of a strong marriage leading to instability (Mutiso, 2020). Secondly, there are budgetary issues that are rooted in a variety of other problems and negotiating how to go about it on the onset may be helpful (Li et al., 2021). There are matters to do with dyadic sexual satisfaction (Lampis et al., 2019) . In-laws

also have a lasting effect on the marital dyad and a functional relationship with the in-laws contributes to marital stability or the lack of it. conflict resolution: couples should strive to have healthy conflict management (Feeney & Karantzas, 2017). The responsibilities in marriage; Minuchin (1974) argued that a family structure has a code of interaction of expected behavior that guides interaction to enhance harmony. Families need an internal organization that dictates how, when, and with whom to relate. The FGD in this study highlighted all the above challenges although in a different setting with varying cultural and religious backgrounds.

Summary of the Chapter

Chapter four has covered the presentation of the findings for this study on the response rate and the demographics of the participants. It has also covered the summary of findings on the relationship between attachment styles and dyadic adjustment using pie charts, bar graphs, table, Nvivo word frequencies and trees. Interpretation of the findings has also been done. In addition, a comprehensive qualitative presentation of data collected form the FGD has been done in this chapter. Finally, the chapter has objective based discussions that comprises of the researcher's observations and views by other scholars.

CHAPTER FIVE: SUMMARY OF FINDINGS, IMPLICATIONS, CONCLUSIONS, RECOMMENDATIONS AND AREAS FOR FURTHER RESEARCH

Introduction

The study investigated the relationship between the attachment styles and the dyadic adjustments in the early stages of marriages among the couples within selected Baptist assemblies in Nairobi North Baptist association zones. Chapter Five is a presentation of summary of key finding, discussions and recommendations of further areas that require study. It also covers the section on conclusions.

Summary of Key Findings

A total of 104 couples out of the target sample of 106 couples responded to the adult attachment questionnaire and the revised dyadic adjustment scale totaling to 98% response rate. The focus group discussion had 10 participants. The study established the attachment styles and the RDAs Scores among the targeted sample. The relationship between the attachment styles and dyadic adjustment was correlated and the FGD discussion was also transcribed and presented thematically. The following is the summary of the findings as per the research objectives.

Objective One: The Predominant Adult Attachment Styles

The first objective of this study was to investigate the predominant attachment styles among couples in the early stages of marriage within selected Baptist Assemblies

in Nairobi North Baptist Association Zone. The distribution of scores for adult attachment styles oscillated between a low of 29 to a high of 67, with the maximum possible score being 69.

The results indicated a notable prevalence of insecure attachment styles, suggesting higher levels of anxiety and avoidance in relationships. Approximately 67.3% of participants fell below the inception of secure attachments, inferring that the bulk of the sample exhibited attachment styles concomitant with insecurity. Overall, 13 respondents (12.5%) of respondents scored below 40. The moderate range (40-50), reflected a blend of secure and insecure attachment personality traits, whereby participants display average levels of anxiety and avoidance. This group embodied a noteworthy share of the sample, with 49 participants (47.1%).Conversely, the higher scores (51-67) indicated additional secure attachment styles, with low scores in both the anxious and avoidant attachment styles. The participant who scored between51-67 accounted for 42 participants, (40.5%) of the total sample.

Objective Two: The Assessment of Revised Dyadic Adjustment Scores

The second objective of this study was to assess the level of dyadic adjustment among couples during the early years of marriage within selected Baptist Assemblies in Nairobi North Baptist Association Zone. The RDA scores statistics indicate a mean dyadic adjustment score of 41.47 and a median of 42.00, with a standard deviation of 10.004, suggesting variability in the scores. The subcategories of consensus, satisfaction, and cohesion show specific trends. The RDA scores had three levels: low level 14-40 scores accounting for 40.8%, moderate scores of 41-55 totaling to 52.88% and a high level of 56-69 scores amounting to 5.77%.

The results also showed a normal distribution in the overall dyadic adjustments score as indicated in Figure 50. The frequency distribution of RDA scores among 104 respondents revealed a wide range of relationship adjustment experiences, from 7 to 62. The most common score was 45, with 9 individuals (8.7%), indicating a moderate level of dyadic adjustment. Scores such as 8, 20, 28, 31, 44, 50, and 54 were each recorded by only one participant, suggesting fewer individuals faced challenges at those specific levels. Notably, approximately 59% of respondents had scores around 43, reflecting that a significant portion of the sample perceives their dyadic adjustment as moderately satisfactory.

Objective Three: The relationship between attachment styles and dyadic adjustment among the couples

The third objective was to explore the relationship between different attachment styles and the degree of dyadic adjustment among the couples within selected Baptist Assemblies in Nairobi North Baptist Association Zone. Findings of this study revealed a number of crucial relationships observations between attachment styles and dyadic adjustment: There is positive correlation of 0.458 between secure and anxious attachment styles indicating that individuals with secure attachment may tend to have some levels of anxious attachment. This implies that couples who feel secure in their relationships may also experience some anxiety, perhaps owing to their sensitivity to interpersonal bond dynamics.

The correlation between secure attachment and avoidant attachment was stronger within this sample at 0.553, signifying that secure couples may display a measure of avoidant behaviors. However, the association is mild since it is below the critical values

such as 0.8. The findings from this sample accentuates the complicated nature of attachment styles, whereby secure attachment can exist alongside the avoidant style tendencies without causing substantial relational problems. The secure attachment styles and dyadic adjustment had a positive correlation of 0.456 signifying that people who have secure attachment styles have a higher probability to experience high levels of adjustment in their relationships. The 0.456 correlation is weighty, underscoring that secure attachment contributes positively to dyadic adjustment.

The overall correlations findings indicate divergent relationships between the attachment styles and dyadic adjustment, which refers to how poor or well off couples in a relationship cope with their interdependence and uphold dyadic gratification. The implications of the correlations between secure attachment and dyadic adjustment (r = 0.456) is a positive one suggesting that couples with a secure attachment style tend to exhibit higher levels of dyadic adjustment. This indicates that those who have secure attachment styles have healthier, steady partnerships, branded by operational communication, confidence, and mutual support. The correlation of anxious attachment with dyadic adjustment(r = -0.829) indicate a strong negative correlation implying that anxious attachment is greatly linked with low dyadic adjustment. Couples with anxious attachment may possibly experience uncertainty and dread of desertion, resulting to conflict, low dyadic satisfaction, and diminished partnership quality. The correlation of avoidant Attachment and dyadic adjustment (r = -0.616) is a negative correlation suggesting that avoidant attachment style correlates with low dyadic adjustment, nonetheless not as powerfully as anxious attachment. Couples with avoidant attachment may possible refrain from opening up emotionally or investing in the relationship.

Objective Four: Potential Recommendations for CCounseling and Support Interventions aimed at Enhancing Dyadic Adjustment Based on Couples' Attachment Styles

Building a Bond in the Early Stages of Marriage

In summary, the findings indicated that a merger of effective communication, pooled activities, reciprocal support, alignment of values, effective conflict management approaches, and robust pre-marital therapy favorably underwrite in building a long-lasting marital union. Participants credited their experiences and practices in the initial stages of marriage as instrumental in fostering a foundation stronghold for the dyadic adjustment. The other dominant theme was creating support and cooperation through helping each other with the family roles and responsibilities. In addition, the FGD results showed that shared values and conflict management was a significant contributor to dyadic harmony in the early stage of marriage relationship. Robust premarital counseling program was also said to add value to marital adjustment.

Handling Challenges Faced Couples in the Early Stage of Marriage

The first theme highlighted in the challenges faced by couples in early marriage was adjustment to the marriage lifestyle, followed by financial constraints challenge accompanied by the stress that come with budgeting and debt management, breakdown in communication, family of origin dynamics , personality differences and varying relationship dynamics emerged as themes that affect dyadic adjustment in the early stage of marriage. These findings highlight the complex dynamics that can have emotional impact on dyadic adjustment and stability as spouses navigate their married life together.

Coping Strategies for Early Marriage Challenges

The predominant theme that emerged under coping strategies in early marriage was deliberate effort towards growing together and keeping an open stance towards the other spouse coupled with clear and open communication also stood out as a helpful approach towards coping with challenges in early stage of marriage. The other themes that emerged in handling challenges were humility and compromise. The FGD participants also cited the effectiveness of a functional support system. Finally, spousal focus on long term commitment helped the couple become a better version of themselves. The findings in regard to coping with challenges in the early stage of marriage indicated that spouses employ an assortment of self-reflection, open communication, and communal support to circumnavigate marriage's initial difficulties. The emphasis on humility and compromise imply that interpersonal relationship skills require critical emphasis during this adjustment period.

Spousal Motivation for having Church Weddings

The spousal motivation for having church wedding cut across several themes such as faith based convictions, Influence from the family, communal ties in church and creating a legacy. Additionally the influence from family members was also cited as motivating factor towards having a church wedding. Marrying in church also enabled participants' couples to inaugurate their matrimonial union within a communal context, underpinning communal support and public verification of their marital commitment.

Church Support in Marital Adjustment

The feedback from the FGD participants indicated that Baptist churches offer educational resources and counseling for marital adjustment Churches offer various marital seminars, workshops and fellowships that aid adjustment into marriage. Systematic teachings on prayers, finance management and counseling assist couples in filling gaps on various areas of adjustment. The Baptist Churches emphasize on scripture grounded communication ensuring that couples engage in prayer as they navigate their differences.

In view of the above discussion on the church's role in building and maintain marital adjustment as a multi-facet approach ensures that on one hand training and counselling is offered and on the other hand couple equipping is done to help the couples to circumnavigate the new marriage life together through primary support systems for couples.

The Church Support in terms of Teaching on Attachment Styles

There was both limited awareness and focus in this area. One respondent said that, "I have not experienced any this far." Another participant said that "Attachment styles were not really taught in Church." Therefore, this exposes a gap in either knowledge or commitment to educate couples on attachment styles. This lack of knowledge in turn creates blind spots on relational patterns which also lead to disconnection and failure to adjust in a satisfying. However, one participant stated that encouragement of healthy interactions in Church contributes directly or indirectly to healthy attachments even though they may not be referred to as attachment styles. The

respondent said that "Emphasis on forgiveness encourages healthy attachments." Therefore while there exist a gap in unambiguous teaching on attachment styles, the church's emphasis on clemency and grace cultivates healthier interpersonal relationships ultimately impacting attachment dynamics.

Two participants echoed that the Church was instrumental in their journey of healing from adverse childhood traumas which were perpetrated on them, the Church counsellors pointed out how this would not only affect attachment styles but also adjustment and the quality of a relationship. In this regard the FGD participants appreciated the counselling sessions offered in Church because it helped them become aware of the insecurities they were bringing into their marriage.

The participants' responses reveal the acknowledgement that while the church may not unequivocally impart knowledge about attachment styles, the fundamental values of forgiveness and empathic support are a great foundation for strong attachments. The opportunity to enhance programs that integrate teachings on attachment styles is available.

The FGD participants suggested that the Church can organize seminars to address the following topics: embracing teamwork as a couple, healthy communication, partner appreciation, marriage friendly habits, changing from 'I' to 'WE'. The FGD participants also suggested more forums for where newlywed couples have interactions with older experienced couples and having an accountability group with two or three couples married around the same time. The other additional recommendations were related with more structured premarital classes with a well thought out curriculum, strong couples

fellowships, and biblical teaching. Another suggestion was to take time before having children in order to have time to know one another and build a lasting bond.

The FGD group discussed importance agreeing on several areas during premarital counselling; family planning, functional expectations, family and friends boundaries, development of a supportive relationships ; accountability couples, couple therapy et cetera. The FGD group also said that couples should plan on engaging in spiritual practices together, such as attending Church services, praying together, or participating in communal service. Additionally the Church should be encouraging young couples to develop book reading culture and listening to podcasts on marriage.

The FGD group suggestions on the marital adjustments also included creating structured programs and support groups, enhancing premarital education and counselling and mutual engagement in spiritual practice and communal engagements. The FGD respondents suggested that the Church should create more forums for the new and experienced couples alike in order for the older couple to guide the younger ones. Another subtheme that dominated the discussion was enhancing premarital education and counselling. Couple workshops, seminars and fellowships should be done in order to share sound biblical teachings on how to establish strong foundations on marital attachments and adjustment. The members proposed that family Pastors and best couples should engage the young couples in therapy sessions among other.

Conclusions

This study was on the relationship between attachment styles and dyadic adjustment among couples in the early stage of marriage among selected Baptist

assemblies in Nairobi North Baptist Association Zone. The study has for the first time established the prevalence levels of attachment styles among couples in the early stages of marriage in the Nairobi North Baptist Association zone with low, moderate and high level mean scores at 12.5%/ 47.1% and 40.5 5 respectively. The researcher also assessed the level of dyadic adjustment among the 104 couple participant's couples and found RDAS mean scores of 40.8% low level, 52.8% moderate level and 5.77% high level dyadic adjustment. The researcher went on further to explore the relationship between different attachment styles and the degree of dyadic adjustment among the couples in selected Nairobi North Baptist Assemblies and found that the overall correlations indicated divergent relationships between the attachment styles and dyadic adjustment, with a positive correlation of r-0.456 between secure attachment and dyadic adjustment. The correlation of anxious attachment with dyadic adjustment was ($r = -0.829$) while the correlation of avoidant attachment and dyadic adjustment was ($r = -0.616$) indicating a negative correlation. The study also sought to identify potential recommendations for counseling and support interventions aimed at enhancing dyadic adjustment based on couples' attachment styles within selected Baptist Assemblies in Nairobi North Baptist Association Zone. The recommendations for couples in the early stage of marriage from the selected Baptist Churches included marriage and family therapy, training in communication and Psychoeducation on healthy attachment and marital adjustment among others.

In conclusion, the research has established link between attachment styles and dyadic adjustment, with secure attachment nurturing better spousal affiliations and

insecure styles posing difficulties. Based on the findings, numerous evocative conclusions can be depicted in regard to attachment styles and dyadic adjustment within the selected Baptist Churches sample. The conclusions focus on how religion may influence the formation of attachment behaviors and spousal connection outcomes, assimilating spiritual and social scopes into gaining more insights into dyadic operations.

First and foremost, secure attachment appears to promote healthier dyadic adjustment in religious populations. The Church faithful stand a chance to change from insecure patterns of attachments to secure attachment styles based on scriptural teachings that emphasize more spousal trust, emotional closeness, and forgiveness as part of conflict resolution ; which are backed by emphasis on compassion and commitment as other scholars have established . Religious contexts may assist as safeguards, nurture hardiness and provide moral direction that line ups with secure interpersonal behaviors

Conversely, insecure avoidant t attachments styles may be particularly confronted within religious settings that highlight communal, interconnectedness, and emotional intimacy. Avoidant spouses may experience difficulty in engaging in religious observance that embolden susceptibility and emotional vulnerability, possibly worsening relational aloofness and displeasure. Nonetheless, religious views promoting for fortitude and persistence might, in some instances, alleviate avoidance through endorsing receptivity and clemency, thus impelling dyadic adjustment in a positive or negative way depending on different personality traits

Anxiously attached persons might experience sharp intra-person conflicts in religious surroundings, particularly when religious dogmas highlight perfect relationship

values or judgmental approaches. The fear of being abandoned and dependence might be deepened, which might upsurge relationship straining and decrease dyadic satisfaction. Nonetheless, religious groups providing social support and spiritual strategies of coping mechanisms can shield some of these apprehensions, possibly improving dyadic adjustment. Scholars who have studied dyadic adjustment among religious populaces advocate that devoutness frequently acts as a regulating factor, augmenting spousal affiliation resilience whenever aligned with secure attachment patterns (Baghkhasi et al., 2020; Baran & Körük, 2024). Religious people who assimilate their devotion into their spousal relationship practices incline to reporting higher fulfillment, dyadic cohesion, and confidence, particularly those with secure attachment styles (Shah & Mishra, 2019). Conversely, misalignment of dyadic adjustment, attachment styles and spiritual expectations may result to relationship discord, predominantly amid the insecurely attached individuals a notion that Wijaya and Widyaningsih (2020) agree with.

The deduction from the research finding imply that religious teachings on secure attachment can function as a groundwork for constructive dyadic adjustment, armored by emphasizing the promotion of spousal trust, clemency, and emotional openness. Insecure attachment styles such as avoidant and anxious, might face extra challenges owing to religious standards highlighting emotional expressiveness, and community participation. Religious dogmas and communal support may be viewed as protective and risky, impelling the degree of dyadic adjustment. Therefore, future studies should investigate how religious dogmas, observance, and communal contexts interrelate with attachment configurations to form dyadic adjustment, addressing possible social and spiritual mediators in this dynamic.

Recommendations

The study established that there was a positive relationship between the insecure and secure attachments and the dyadic adjustments among the couples in their early stages of marriages. However, even though the results are clear and findings are in agreement with some of the studies that have been done in the past; it is important to note that the study could not have exhaustively addressed all aspects of the dyadic adjustments, secure and insecure attachments. Therefore, there is need for the following recommendations to put in place:

Marriage and Family therapy Interventions: marriage therapy can be valuable, particularly for individual with anxious and avoidant attachment styles. Marriage and family therapy will equip the partners in understanding their spouse's attachment styles, develop communication, and learn skills for emotional regulation. The unique noteworthy developments is the appreciation that attachment styles are not permanent traits but are flexible over a period and can be swayed by life experiences, the nature of relationship , and targeted intermediations (Fraley & Roisman, 2019). Longitudinal studies prove that people can progress towards more secure attachment behavioral patterns through therapy, constructive relationship experiences, and augmented emotional regulation, which in turn enrich dyadic adjustment (Cassidy & Shaver, 2016).

Spousal communication skills training can be provided by the Church for couples with gearing towards enhancing communication which may likely lead to improved relationship quality thus achieving healthy dyadic adjustment. The communication skills

including attentive listening and articulating physical, emotional, spiritual needs efficiently is likely to mitigate the damaging impact of insecure attachment styles.

Pairing young couples with older couples in the churches: this will serve as a source of inspiration through modelling. Modeling secure attachment behaviors that nurture trust and foster emotional availability, predominantly couples with anxious or avoidant tendencies thereby improving dyadic adjustment.

Organizing psycho educational seminar and workshops focusing on interpersonal relationships and attachment theories targeted at building marital dyadic adjustment. The implication of this is that couples can be equipped to increase self and partner awareness on how their attachment styles influence their dyadic adjustment. Research is increasingly focusing on the interplay between socio-cultural, social, and other contextual factors. Researchers recognize that attachment styles and their influence on dyadic adjustment are molded by traditional norms, spirituality, and collective communal expectations (Okonkwo, 2024). For example, communalist cultures might construe attachment comportments inversely, impacting how insecure attachment reveals and distress relationships and dyadic adjustment.

Enhanced pre-marital counseling programs: The programs should be based on a structured comprehensive curriculum. The challenges that were observed during the FGD meeting show that disagreements are imminent among the partners in the marriages and as such it is important for pastors to address all wide topics that are likely to cause major conflicts in the early marriage. The FGD group suggested topics such as family planning, functional expectations, family and friends boundaries, development of a supportive

relationships; sexual awkwardness during the first few times in the first year of marriage and the complications that come with pregnancy and mismatched sexual needs.

Areas for Further Research

Future studies on the relationship between attachment styles and dyadic adjustment in Kenyan couples could explore several areas among them but not limited to:

Cultural Contextualization of attachment style considering the ethnical diversity of Kenya: future studies could investigate deeper into how specific ethnical values and norms might impact the expression and influence of attachment styles on relationships. One might consider a topic such as; the role of family structures in shaping the expression of attachment styles within the spousal subsystem.

The influence of socioeconomic factors on attachment styles among Couples: this could examine the interaction of the participants' socio economic status with attachment styles and how it impact couple interpersonal relationship quality in Kenya. This is crucial, as socioeconomic challenges can significantly influence stress levels and coping mechanisms within a relationship.

Effects of generational transformation dyadic adjustment: there exist generational variations in the way couples adjust in marriage. The millenials and generation z might be influenced global cultural values and patterns of communication, resulting in unique experiences and prospects in romantic relationships such as could arise from online dating and virtual sex.

Summary of the Chapter

Chapter five addressed the summary of the findings based on the four study objectives that the researcher set out to achieve. The chapter also contains the discussion of the findings and draws conclusions from it. Recommendations for church intervention for couples who are experiencing a struggle based on their attachment styles and level of adjustment is likewise presented in this chapter. Finally the researcher had cited possible areas of consideration for future studies.

REFERENCES

Adegbenga Ade, O., Jimoh Wale, O., & Ayodele Oiukunle E. (2017). Three-factor Predictors of Marital Adjustment among Couples in Abeokuta Metropolis, Ogun State, Nigeria *Universal Journal of Psychology*, *5*(5), 225–230. https://doi.org/10.13189/ujp.2017.050503

Ahmed, H., Waithima, C., & Karume, M. (2023). Adult Attachment Styles of Adults Who Were Raised in Children's Homes in Kenya. *East African Journal of Arts and Social Sciences*, 6(2):186-199. -https://doi.org/10.37284/eajass.6.2.1495

Ainsworth, M. D. S., Blehar, M. C., Waters, E., & Wall, S. (1978). *Patterns of attachment: A psychological study of the strange situation.* Lawrence Erlbaum.

Alele, F., & Malau-Aduli, B. (2023). *Research Paradigms and Philosophical Assumptions* https://jcu.pressbooks.pub/intro-res-methods-health/chapter/1-3-research-paradigms-and-philosophical-assumptions/

Amani, R., & Khosroshahi, A. S. (2021). The Structural Model of Marital Quality Based on Secure Attachment Style through the Mediating Role of Self-Compassion, Resilience, and Perspective- *The American Journal of Family Therapy*, *49*(1), 16–36. https://doi.org/10.1080/01926187.2020.1813653

Angelova, N., & Zaimova-Tsaneva, E. (2019). Marital and Family Satisfaction According to the Couple's Type of Interpersonal Relationships *Problems of Psychology in the 21st Century*, *13*, 47–64. https://doi.org/10.33225/ppc/19.13.47

Anggriyan, F., Utari, P., & Sudarmo, S. (2023). Family Interpersonal Communication Patterns in Preventing Early Marriage in Magelang Regency *Journal of Social Interactions and Humanities*, *2*, 239–252. https://doi.org/10.55927/jsih.v2i3.6413

Ansari, A. (2021). The Role of Interpersonal Communication Skills in Human Resource and Management *International Journal of Science and Research (IJSR)*, *10*, 916–922. https://doi.org/10.21275/SR211118020911

Ariyo, J., Akinnawo, E., & Akpunne, B. (2023). Sexuality and Attachment Styles as Predictors of Romantic Jealousy Among Women in Edo State, Nigeria: A Cross-Sectional Study *Iranian Journal of Psychiatry and Behavioral Sciences*, *17*. https://doi.org/10.5812/ijpbs-129617

Ashaq, I., & Singh, D. (2024). Attachment Styles, And Relationship Satisfaction *Educational Administration Theory and Practices*, *30*. https://doi.org/10.53555/kuey.v30i4.2805

Assari, S., Lankarani, M., & Tavallaii, A. (2009). Revised Dyadic Adjustment Scale as a Reliable Tool for Assessment of Quality of Marital Relationship in Patients on Long-Term Hemodialysis Iranian *Journal of Kidney Diseases*, *3*, 242–245.

Ayenew, E. (2016). The Effect of Adult Attachment Style on Couples Relationship Satisfaction *International Journal of Indian Psychology*, *3*(2). https://doi.org/10.25215/0302.041

Baghkhasi, M., Akbari, N., Birashk, B., Khedmat, L., & Haghani, H. (2020a). The Quality Changes of Marital Relationships in Iranian Couples at Marriage Onset: A Descriptive and Analytical Study *The American Journal of Family Therapy*, *48*(4), 317–339. https://doi.org/10.1080/01926187.2019.1710621

Baisden, E., Fox, J., & Bartholomae, S. (2018). Financial Management and Marital Quality: A Phenomenological Inquiry *Journal of Financial Therapy, 9*. https://doi.org/10.4148/1944-9771.1153

Baptist Church of Wellsburg. (2022). *Marriage, Divorce, Remarriage, and Sexuality – First Baptist Church of Wellsburg*. https://wellsburgfirstbaptist.org/marriage-divorce-remarriage-and-sexuality/

Baptist Convention of Kenya | Baptist World Alliance. (2022, January 12) https://baptistworld.org/member/baptist-convention-of-kenya/

Baran, D., & Körük, S. (2024). The Predictive Role of Dyadic Adjustment and Perceived Social Support in Explaining Psychological Help-Seeking Attitudes of Married Individuals *British Journal of Guidance & Counselling, 52*, 676–684. https://doi.org/10.1080/03069885.2023.2292093

Bar-Kalifa, E., Randall, A. K., & Perelman, Y. (2022). Daily dyadic coping during COVID-19 among Israeli couples. *Emotion*, *22*(8), 1713–1722. https://doi.org/10.1037/emo0000971

Bhandari, P. (2020,). *Population vs. Sample | Definitions, Differences & Examples* Scribbr. https://www.scribbr.com/methodology/population-vs-sample/

Bowlby, J., & Organization, W. H. (1952). *Maternal care and mental health: A report prepared on behalf of the World Health Organization as a contribution to the United Nations programme for the welfare of homeless children*. World Health Organization. https://iris.who.int/handle/10665/40724

Brown, M., Whiting, J., Fessler, E., Banford Witting, A., & Jensen, J. (2019). A Dyadic Model of Stress, Coping, and Marital Satisfaction Among Parents of Children With Autism *Family Relations*, *69*. https://doi.org/10.1111/fare.12375

Busby, D. M., Christensen, C., Crane, D. R., & Larson, J. H. (2012). *Revised dyadic adjustment scale [Dataset]*. American Psychological Association https://doi.org/10.1037/t06318-000

Cassidy, J., & Shaver, P. R. (2018). *Handbook of Attachment: Theory, Research, and Clinical Applications*. Guilford

Cassidy, J., & Shaver, P. R. (2016). *Handbook of Attachment: Theory, Research, and Clinical Applications*. Guilford

Chiboola, H. (2020). Theoretical Perspective of Traditional Counseling . IntechOpen. https://doi.org/10.5772/intechopen.90418

Chris, F. R., Hudson, N. W., Heffernan, M. E., & Segal, N. (2015). Are adult attachment styles categorical or dimensional? A taxometric analysis of general and relationship-specific attachment orientations. *Journal of Personality and Social Psychology*, *109*(2), 354–368. https://doi.org/10.1037/pspp0000027

Cleveland Clinic. (2022). *Dialectical Behavior Therapy (DBT).* Cleveland Clinic. https://my.clevelandclinic.org/health/treatments/22838-dialectical-behavior-therapy-dbt

Cohen, J. R., So, F. K., Hankin, B. L., & Young, J. F. (2019). Translating Cognitive Vulnerability Theory Into Improved Adolescent Depression Screening: A Receiver Operating Characteristic Approach *Journal of Clinical Child &*

Adolescent Psychology, *48*(4), 582–595. https://doi.org/10.1080/15374416.2017.1416617

Crane, D. R., Middleton, K. C., & Bean, R. A. (2000). Establishing criterion scores for the Kansas Marital Satisfaction Scale and the Revised Dyadic Adjustment Scale *American Journal of Family Therapy*, *28*(1), 53–60. https://doi.org/10.1080/019261800261815

Creswell, J. W., & Creswell, J. D. (2018). Research design: Qualitative, quantitative, and mixed methods approaches (5th ed.). SAGE Publications.

Dandurand, C., & Lafontaine, M.-F. (2012). Intimacy and Couple Satisfaction: The Moderating Role of Romantic Attachment *International Journal of Psychological Studies*, *5*. https://doi.org/10.5539/ijps.v5n1p74

Data Protection Laws Kenya. (2024, March 21). https://www.odpc.go.ke/data-protection-laws-kenya/

Dawood, S., Dowgwillo, E.A., Wu, L.Z., & Pincus, A.L. (2018).Contemporary integrative interpersonal theory of personality. In V. Ziegler-Hill & T.K.Shackelford. (Eds.), The SAGE Handbook of Personality and Individual Differences. New York:Guilford.

(PDF) Contemporary integrative interpersonal theory of personality. .....https://www.researchgate.net/publication/314330311_Contemporary_integrative_interpersonal_theory_of_personality [accessed Jun 23 2025].

Doherty, W. J., Harris, S. M., Hall, E. L., & Hubbard, A. K. (2021). How long do people wait before seeking couples therapy? A research note. *Journal of Marital and Family Therapy*, *47*(4), 882–890. https://doi.org/10.1111/jmft.12479

Duesing, J. (2016). *Marriage and the family in the Baptist tradition*. ERLC. https://erlc.com/resource-library/articles/marriage-and-the-family-in-the-baptist-tradition/

Durtschi, J. A., Soloski, K. L., & Kimmes, J. (2017). The Dyadic Effects of Supportive Coparenting and Parental Stress on Relationship Quality Across the Transition to Parenthood *Journal of Marital and Family Therapy*, *43*(2), 308–321. https://doi.org/10.1111/jmft.12194

Encyclopædia Britannica. (2025, April 14). Marriage | Definition, history, types, customs, laws, & facts. *Britannica*..... https://www.britannica.com/topic/marriage

Encyclopædia Britannica. (2023). Harry Stack Sullivan | Biography, contributions, & facts. *Britannica*..... https://www.britannica.com/biography/Harry-Stack-Sullivan

Farero, A., Bowles, R., Blow, A., Kees, M., & Guty, D. (2019). Rasch Analysis of the Revised Dyadic Adjustment Scale (RDAS) with Military Couples *Contemporary Family Therapy*, *41*. https://doi.org/10.1007/s10591-018-09486-2

Feeney, J. A., & Karantzas, G. C. (2017). Couple conflict: Insights from an attachment perspective. *Current Opinion in Psychology*, *13*, 60–64. https://doi.org/10.1016/j.copsyc.2016.04.017

Feeney, J., & Fitzgerald, J. (2019). Attachment, conflict and relationship quality: Laboratory-based and clinical insights. *Current Opinion in Psychology*, *25*, 127–131. https://doi.org/10.1016/j.copsyc.2018.04.002

Feeney, J., & Noller, P. (1990). Attachment Style as a Predictor of Adult Romantic Relationships *Journal of Personality and Social Psychology*, *58*, 281–291. https://doi.org/10.1037/0022-3514.58.2.281

Forslund, T., & Granqvist, P. (2016). John Bowlby: Pioneer of attachment theory. In *Encyclopedia of evolutionary psychological science* (pp. 1–8). Springer. .....https://doi.org/10.1007/978-3-319-16999-6_3593-1

Fraley, R. C. (2019). Attachment in Adulthood: Recent Developments, Emerging Debates, and Future Directions *Annual Review of Psychology*, *70*(1), 401–422. https://doi.org/10.1146/annurev-psych-010418-102813

Fraley, R. C., & Roisman, G. I. (2019). The development of adult attachment styles: Four lessons. *Current Opinion in Psychology*, *25*, 26–30. https://doi.org/10.1016/j.copsyc.2018.02.008

Frías, M., Shaver, P., & Mikulincer, M. (2015). Measures of Adult Attachment and Related Constructs *Measures of Personality and Social Psychological Constructs*, 417–447. https://doi.org/10.1016/B978-0-12-386915-9.00015-2

Gurtman, M. B. (2016). Interpersonal Circumplex In V. Zeigler-Hill & T. K. Shackelford (Eds.), *Encyclopedia of Personality and Individual Differences* (pp. 1–10). Springer International .https://doi.org/10.1007/978-3-319-28099-8_1233-1

Harris, V. (2012). Three stages of marriage. UF/IFAS extension publication (edis-fy1274). https://doi.org/10.32473/edis-fy1274-2012

Hazan, C., & Shaver, P. (1987). Romantic love conceptualized as an attachment process. *Journal of Personality and Social Psychology*, *52*(3), 511–524. https://doi.org/10.1037/0022-3514.52.3.511

Holmes, J. (2024). Bowlby's trilogy. *BJPsych Advances*, *30*(5), 326–328. https://doi.org/10.1192/bja.2023.53

Huyler, D., & McGill, C. (2019). Research Design: Qualitative, Quantitative, and Mixed Methods Approaches, by John Creswell and J. David Creswell Sage https://doi.org/10.1002/nha3.20258

In, J. (2017). Introduction of a pilot study. *Korean Journal of Anesthesiology*, *70*(6), 601–605. https://doi.org/10.4097/kjae.2017.70.6.601

Jiménez-Picón, N., Romero-Martín, M., Ramirez-Baena, L., Palomo-Lara, J. C., & Gómez-Salgado, J. (2021). Systematic Review of the Relationship between Couple Dyadic Adjustment and Family Health *Children*, *8*(6), 491. https://doi.org/10.3390/children8060491

Kabir, S. M. S. (2016). Methods of Data Collection. In Basic Guidelines for Research: An Introductory Approach for All Disciplines (Chap. 9, pp. 201-275). Bangladesh: Book Zone Publication. https://www.researchgate.net/publication/325846997

Kelley, H. H., LeBaron, A. B., & Hill, E. J. (2018). Financial stress and marital quality: The moderating influence of couple communication. *Journal of Financial Therapy*, *9*(2). https://doi.org/10.4148/1944-9771.1176

Kozhukhar, G. (2021). The Quality of Interpersonal Relationships and Satisfaction with the Marriage of Young People *Social Psychology and Society*, *12*, 143–161. https://doi.org/10.17759/sps.2021120110

Kural, A. I., & Kovacs, M. (2021). Attachment anxiety and resilience: The mediating role of coping. *Acta Psychologica, 221*, 103447. https://doi.org/10.1016/j.actpsy.2021.103447

Lakatos, C., & Martos, T. (2019a). The Role of Religiosity in Intimate Relationships *European Journal of Mental Health, 14*, 260–279. https://doi.org/10.5708/EJMH.14.2019.2.3

Lakatos, C., & Martos, T. (2019). The role of religiosity in intimate relationships. *European Journal of Mental Health, 14*(2), 260–279. .....https://doi.org/10.5708/EJMH.14.2019.2.3

Lampis, J., Cataudella, S., Agus, M., Busonera, A., & Skowron, E. A. (2019). Differentiation of Self and Dyadic Adjustment in Couple Relationships: A Dyadic Analysis Using the Actor-Partner Interdependence Model *Family Process, 58*(3), 698–715. https://doi.org/10.1111/famp.12370

Lavner, J. A., & Clark, M. A. (2017). Workload and Marital Satisfaction over Time: Testing Lagged Spillover and Crossover Effects during the Newlywed Years *Journal of Vocational Behavior, 101*, 67–76. https://doi.org/10.1016/j.jvb.2017.05.002

Li, X., Curran, M. A., LeBaron-Black, A. B., Jorgensen, B., Yorgason, J., & Wilmarth, M. J. (2023). Couple-Level Attachment Styles, Finances, and Marital Satisfaction: Mediational Analyses Among Young Adult Newlywed Couples *Journal of Family and Economic Issues*, *44*(1), 125–142. https://ideas.repec.org//a/kap/jfamec/v44y2023i1d10.1007_s10834-021-09808-x.html

Li, X., Curran, M., LeBaron-Black, A., Jorgensen, B., Yorgason, J., & Wilmarth, M. (2021). Couple-Level Attachment Styles, Finances, and Marital Satisfaction: Mediational Analyses Among Young Adult Newlywed Couples. *Journal of Family and Economic Issues*, *44*, 1–18. https://doi.org/10.1007/s10834-021-09808-x

Lu, S., He, Y., Li, Q., Chen, Z., & Fang, X. (2024). Dyadic effects of attachment styles on marital satisfaction among Chinese couples: The mediating role of perceived partner responsiveness. *Journal of Social and Personal Relationships*, *41*, 1–21. https://doi.org/10.1177/02654075241277227

Main, M., & Solomon, J. (1986). Discovery of an insecure-disorganized/disoriented attachment pattern. In *Affective development in infancy* (pp. 95–124). Ablex Publishing.

Maranges, H. M., Chen, S. K., & Conway, P. (2022). Insecure and insensitive: Avoidant and anxious attachment predict less concern for others in sacrificial moral dilemmas. *Personality and Individual Differences*, *185*, 111274. https://doi.org/10.1016/j.paid.2021.111274

Mardani, M., Marashi, S. A., & Abbaspour, Z. (2021a). On the Causal Relationship Between Attachment Styles and Marital Satisfaction: Mediating Role of Gottman's Marital Communication Model *Iranian Journal of Psychiatry and Behavioral Sciences*, *15*(2), Article 2. https://doi.org/10.5812/ijpbs.108339

Mardani, M., Marashi, S. A., & Abbaspour, Z. (2021b). On the Causal Relationship Between Attachment Styles and Marital Satisfaction: Mediating Role of

Gottman's Marital Communication Model *Iranian Journal of Psychiatry and Behavioral Sciences, 15*. https://doi.org/10.5812/ijpbs.108339

Maroufizadeh, S., Omani-Samani, R., Hosseini, M., Almasi-Hashiani, A., Sepidarkish, M., & Amini, P. (2020). The Persian version of the revised dyadic adjustment scale (RDAS): A validation study in infertile patients. *BMC Psychology, 8*(1), 6. https://doi.org/10.1186/s40359-020-0375-z

Marriott, R. (2024, August 14). The Church's Role in Building Healthy Marriages and Families *Baptist Courier*. https://baptistcourier.com/2024/08/the-churchs-role-in-building-healthy-marriages-and-families/

Mbunga, J. (2010a). *An exploratory study of marital satisfaction of forty couples at the Africa Inland Church, Jericho, Nairobi, with the view to inform premarital counseling practices in Kenya* (Unpublished master's thesis). ATS Dissertations. https://place.asburyseminary.edu/ecommonsatsdissertations/373

McDonald, J. E., Olson, J. R., Lanning, A. H., Goddard, H. W., & Marshall, J. P. (2018). Effects of Religiosity, Forgiveness, and Spousal Empathy on Marital Adjustment *Marriage & Family Review*, *54*(4), 393–416. https://doi.org/10.1080/01494929.2017.1403992

McGarvie, S. M. (2024, November 28). *Attachment Theory, Bowlby's Stages & Attachment Styles* PositivePsychology.Com. https://positivepsychology.com/attachment-theory/

Mikulincer, M., & Shaver, P. R. (2018a). Attachment theory as a framework for studying relationship dynamics and functioning. In *The Cambridge handbook of personal*

relationships (2nd ed., pp. 175–185). Cambridge University Press. https://doi.org/10.1017/9781316417867.015

Mikulincer, M., & Shaver, P. R. (2019a). Attachment orientations and emotion regulation. *Current Opinion in Psychology*, *25*, 6–10. https://doi.org/10.1016/j.copsyc.2018.02.006

Mikulincer, M., & Shaver, P. R. (2020). Applications of attachment theory and research: The blossoming of relationship science. In *Applications of social psychology: How social psychology can contribute to the solution of real-world problems* (pp. 187–206). Routledge/Taylor & Francis Group..... https://doi.org/10.4324/9780367816407-10

Mikulincer, M., & Shaver, P. R. (2023). *Attachment theory applied: Fostering personal growth through healthy relationships*. The Guilford Press.

Murdiana, S. (2018). Adult attachment support to emotion regulation when marital conflicts happen to married women. In *Proceedings of the 2nd Asian Conference on Psychology, Counseling, and Humanities* (ACPCH 2017)..... https://doi.org/10.2991/acpch-17.2018.26

Mutiso, L. K. (2019). *Communication cues in marriage conflicts: A case study of middle-class couples in Embakasi Constituency in Nairobi County* (Master's thesis). Kenyatta University.

New International Version, (2011), Zondervan

Nguyen, T., White, S., Hall, K., & Bell, R. (2019). *Emotional Intelligence and Managerial Communication***.** Social Science Research Network. https://papers.ssrn.com/abstract=3737206

Njeru, E., Ireri, N. W., & Menecha, J. B. (2021). Causes of marital conflicts among young married Christian couples in Free Pentecostal Church-Embakasi, Nairobi County, Kenya. *Journal of Sociology, Psychology & Religious Studies*, 3(3), Article 3. .....https://doi.org/10.30560/jsprs.v3n3p1

Novak, J. R., Sandberg, J. G., & Davis, S. Y. (2017). The Role of Attachment Behaviors in the Link between Relationship Satisfaction and Depression in Clinical Couples: Implications for Clinical Practice *Journal of Marital and Family Therapy*, *43*(2), 352–363. https://doi.org/10.1111/jmft.12201

Okonkwo, D. (2024). The Role of Attachment Styles in Marital Stability: A Psychological Approach to Strengthening Relationships. *American Journal of Psychology*, *6*, 35–50. https://doi.org/10.47672/ajp.2474

Park, C., & Harris, V. (2022). The Impact of Attachment Styles on Attitudes Toward Marriage: The Mediating Role of Emotional Intimacy. *The Family Journal*, *31*, 106648072211242. https://doi.org/10.1177/10664807221124271

Pietromonaco, P. R., Overall, N. C., & Powers, S. I. (2022). Depressive Symptoms, External Stress, and Marital Adjustment: The Buffering Effect of Partner's Responsive Behavior. *Social Psychological and Personality Science*, *13*(1), 220–232. https://doi.org/10.1177/19485506211001687

Pilkonis, P. (2018). *Dyadic Adjustment Scale (DAS)—Personality Studies*. University of Pittsburgh. .....
http://d-scholarship.pitt.edu/35427/

Pourshahbaz, A., Eftekhar Ardebili, M., Dolatshahi, B., Ranjbar, H., & Taban, M. (2020). Gender role conflict: Is it a predictor of marital dissatisfaction? A cross sectional

study in Tehran. *Medical Journal of the Islamic Republic of Iran, 34*, 84. https://doi.org/10.34171/mjiri.34.84

Prouty, A., Markowski, E., & Barnes, H. (2000). Using the Dyadic Adjustment Scale in Marital Therapy: An Exploratory Study *The Family Journal*, *8*, 250–257. https://doi.org/10.1177/1066480700083006

Sagone, E., Commodari, E., Indiana, M. L., & La Rosa, V. L. (2023). Exploring the Association between Attachment Style, Psychological Well-Being, and Relationship Status in Young Adults and Adults—A Cross-Sectional Study *European Journal of Investigation in Health, Psychology and Education*, *13*(3), 525–539. https://doi.org/10.3390/ejihpe13030040

Salomão, A. (2023, June 19). Understanding What is Theoretical Framework *Mind the Graph*. https://mindthegraph.com/blog/what-is-theoretical-framework/

Santona, A., Vismara, L., Gorla, L., Tognasso, G., Ambrosini, C., Luli, A., & Rollè, L. (2023). The Relationship between Attachment, Dyadic Adjustment, and Sexuality: A Comparison between Infertile Men and Women *International Journal of Environmental Research and Public Health*, *20*(4), Article 4. https://doi.org/10.3390/ijerph20043020

Savage, M. (2020, December 3). Why the pandemic is causing spikes in break-ups and divorces. BBC Worklife. Retrieved December 23, 2021, Retrieved from https://www.bbc.com/worklife/article/20201203-why-the-pandemic-is-causing-spikes-in-break-ups-and-divorces

Shabani, G., Qerimi, A., & Qerimi, F. (2022). The Impact of Conflict Management Styles on Organizational Performance: A Comparative Analysis *Emerging Science Journal*, *6*, 758–775. https://doi.org/10.28991/ESJ-2022-06-04-07

Shah, M., & Mishra, S. (2019). *Marital adjustment among working couples: Some preliminary evidence* [Unpublished manuscript]. Academia.edu. https://www.academia.edu/39006529/Marital_Adjustment_among_Working_Couples_Some_Preliminary_Evidence

Sidhu, H., & Kaur, S. (2022). Attachment styles, gratitude, forgiveness, and dyadic adjustment as predictors of marital satisfaction [Master's thesis, Thapar University]. https://tudr.thapar.edu:8443/jspui/handle/10266/6235

Siegel, A., Levin, Y., & Solomon, Z. (2018). The Role of Attachment of Each Partner on Marital Adjustment *Journal of Family Issues*, *40*, 0192513X1881200. https://doi.org/10.1177/0192513X18812005

Simpson, J. A., & Steven Rholes, W. (2017). Adult Attachment, Stress, and Romantic Relationships *Current Opinion in Psychology*, *13*, 19–24. https://doi.org/10.1016/j.copsyc.2016.04.006

Sreekumar, D. (2023, August 21). *What is a Theoretical Framework? How to Write it (with Examples) | Researcher.Life* https://researcher.life/blog/article/what-is-a-theoretical-framework-how-to-write-it/

Stephanides, E. (2023, June 14). What Are the Limitations of Attachment Theory? *Hello, Love*. https://medium.com/hello-love/beyond-attachment-acknowledging-the-limitations-of-a-singular-theory-in-understanding-human-d7dbc0031b83

Tang, X. (2024). The Effects of Attachment Styles on Resilience and Emotion Regulation *Journal of Education, Humanities and Social Sciences, 26,* 755–759. https://doi.org/10.54097/shp3g660

Team. (2020, September 13). How Your Attachment Style Influences Your Sex Life *Attachment Project*. https://www.attachmentproject.com/blog/casual-sex-and-attachment-styles/

Team. (2021, March 23). 10 Attachment Style Questionnaire for Adults. Attachment *Attachment Project*. https://www.attachmentproject.com/blog/attachment-style-questionnaire-adults/

Team. (2022, April 18). Emotional Dysregulation & Insecure Attachment in Relationships *Attachment Project*. https://www.attachmentproject.com/blog/insecure-attachment-emotional-dysregulation/

Voges, J., Berg, A., & Niehaus, D. J. H. (2019). Revisiting the African origins of attachment research-50 years on from Ainsworth: A descriptive review. *Infant Mental Health Journal*, *40*(6), 799–816. https://doi.org/10.1002/imhj.21821

Vollmann, M., Sprang, S., & van den Brink, F. (2019). Adult attachment and relationship satisfaction: The mediating role of gratitude toward the partner. *Journal of Social and Personal Relationships*, *36*(11–12), 3875–3886. https://doi.org/10.1177/0265407519841712

Wijaya, A. P., & Widyaningsih, Y. A. (2021). The Role of Dyadic Cohesion on Secure Attachment Style toward Marital Satisfaction: A Dyadic Analysis on Couple

Vacation Decision. *Journal of Quality Assurance in Hospitality & Tourism*, *22*(1), 119–142. https://doi.org/10.1080/1528008X.2020.1756022

Yahya, F., Hui, J., Ghazali, N., Anuar, A., & Abu Bakar, M. A. (2017). Attachment Styles and Relationship Quality among Young Couples. *Journal of Cognitive Science and Human Development*, *3*. https://doi.org/10.33736/jcshd.643.2017

Yahya, F., Yusoff, A., Talib, A. T., Darshan Singh, S. S., Mohad, A. H., Mohd Isa, N. A., & Ahmad Khiri, M. J. (2021). Attachment Styles and Marital Quality Between Spouses. *Journal of Cognitive Sciences and Human Development*, *7*(1), 57–71. https://doi.org/10.33736/jcshd.2876.2021

Young, M., Riggs, S., & Kaminski, P. (2017). Role of Marital Adjustment in Associations Between Romantic Attachment and Coparenting: Attachment, Marital Adjustment, and Coparenting *Family Relations*, *66*. https://doi.org/10.1111/fare.12245

APPENDIX I: INTRODUCTION LETTER

My name is Grace W.K. Karanja, a PhD in Marriage and Family Therapy student at Pan African Christian University. This study is about The Relationship between Attachment Styles, and Dyadic Adjustment in Early Marriage. The information gathered in this study is purely for research purpose. Your response will be of great value to the study. Please read the questions and then answer as truthfully as possible and to the best of your knowledge. Utmost confidentiality is assured.

Researcher Signature  Date **2nd December, 2024**

APPENDIX II: INFORMED CONSENT FORM FOR THE RESPONDENT

The Relationship between Attachment Styles and Dyadic Adjustment in the Early Stage of Marriage among Couples in Selected Baptist Assemblies in Nairobi North Baptist Association Zone

I_____ (Participant\s name), agree to participate in the research project titled **: The Relationship between Attachment Styles and Dyadic Adjustment in the Early Stage of Marriage among Couples in Selected Baptist Assemblies in Nairobi North Baptist Association Zone,** conducted by **Grace Wangui Kamau-Karanja** who has discussed the research project with me.

I have received, read and kept a copy of the information letter/plain language statement. I have had the opportunity to ask questions about this research and I have received satisfactory answers. I understand the general purposes, risks and methods of this research.

I consent to participate in the research project and the following has been explained to me:

- the research may not be of direct benefit to me
- my participation is completely voluntary
- my right to withdraw from the study at any time without any implications to me
- the risks including any possible inconvenience, discomfort or harm as a consequence of my participation in the research project

- the steps that have been taken to minimise any possible risks
- public liability insurance arrangements
- what I am expected and required to do
- whom I should contact for any complaints with the research or the conduct of the research
- I am able to request a copy of the research findings and reports
- security and confidentiality of my personal information.

In addition, I consent to:

- audio-visual recording of any part of or all research activities (if applicable)
- publication of results from this study on the condition that my identify will not be revealed.

Name: (please print)

Signature: Date:

APPENDIX III: PARTICIPANTS DEMOGRAPHICS

SECTION I

Tick in the appropriate space:

Gender

__Male

__ Female

Age bracket:

__ 21-30

__ 31-40

__ 41-50

__ 51 and above

Which Baptist Church/Assembly do you belong to?

__ Ridgeways Baptist

__ Ruaraka Baptist

__ Kahawa Sukari Baptist

__ Kahawa West Baptist

What is your Highest educational level achieved?

__Primary

__Secondary

__Tertiary College

__Graduate

__ Postgraduate.

Number of years you have been in Baptist Church__

Years Married:__ 1 __2 __3 __ 4 __5

Work Status

__ Employed

__ Self-employed

__ Unemployed

Any other: specify _____

APPENDIX IV: ADULT ATTACHMENT SCALE

The following questions concern how you ***generally*** feel in ***important close relationships in your life***. Think about your past and present relationships with people who have been especially important to you, such as family members, romantic partners, and close friends. Respond to each statement in terms of how you ***generally*** feel in these relationships.

Please use the scale below by placing a number between 1 and 5 in the space provided to the right of each statement.

1----------2----------3----------4----------5

Not at all characteristic of me **Very characteristic of me**

		1. Not at all characteristic of me.	2. Somewhat not characteristic of me	3. Neutral	4. Somewhat characteristic of me	5. Very characteristic of me
1	I find it relatively					

	easy to get close to people.					
2	I find it difficult to allow myself to depend on others.					
3	I often worry that other people don't really love me.					
4	I find that others are reluctant to get as close as					

	I would like.					
5	I am comfortable depending on others.					
6	I don’ t worry about people getting too close to me.					
7	I find that people are never there when you need them.					
8	I am somewhat uncomfortabl					

	e being close to others.					
9	I often worry that other people won’t want to stay with me.					
10	When I show my feelings for others, I'm afraid they will not feel the same about me					
1	I often					

1	wonder whether other people really care about me.					
12	I am comfortable developing close relationships with others.					
13	I am uncomfortable when anyone gets too emotionally close to me.					

14	I know that people will be there when I need them.					
15	I want to get close to people, but I worry about being hurt.					
16	I find it difficult to trust others completely					

17	People often want me to be emotionally closer than I feel comfortable being.					
18	I am not sure that I can always depend on people to be there when I need them.					

APPENDIX V: REVISED DYADIC INVENTORY

Dyadic Adjustment Scale Questionnaire

Most persons have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

	Always Agree	**Almost Always Agree**	**Occasionally Agree**	**Frequently Disagree**	**Almost Always Disagree**	**Always Disagree**
1. Religious matters	5	4	3	2	1	0
2. Demonstrations of affection	5	4	3	2	1	0
3. Making major decisions	5	4	3	2	1	0
4. Sex relations	5	4	3	2	1	0
5. Conventionalit	5	4	3	2	1	0

y (correct or proper behavior)						
6. Career decisions	5	4	3	2	1	0

	All the Time	**Most of the time**	**More often than not**	**Occasionally**	**Rarely**	**Never**
7. How often do you discuss or have you considered divorce, separation, or terminating your relationship?	0	1	2	3	4	5
8. How often do you and your partner quarrel?	0	1	2	3	4	5
9. Do you ever regret that you	0	1	2	3	4	5

married (or lived together)?						
10. How often do you and your mate "get on each other's nerves''?	0	1	2	3	4	5

	Everyday	**Almost Everyday**	**Occasionally**	**Rarely**	**Never**
11. Do you and your mate engage in outside interests together?	4	3	2	1	0

How often would you say the following events occur between you and your mate?

	Never	**Less than once a month**	**Once or twice a month**	**Once or twice a week**	**Once a day**	**More often**

12. Have a stimulating exchange of ideas	0	1	2	3	4	5
13. Work together on a project	0	1	2	3	4	5
14. Calmly discuss something	0	1	2	3	4	5

APPENDIX VI: FOCUS GROUP DISCUSSION GUIDE

MARITAL ADJUSTMENT FOR COUPLES IN EARLY MARRIAGE

MARITAL ADJUSTMENT ISSUES

1) When you reflect on your marriage in the early stage, what positive things would you identify as being helpful in building a lasting marital bond?
2) What are some of the major challenges couples face in the early marriage stage?
3) How have you dealt with similar challenges mentioned in question 2?

CHURCH SUPPORT FOR COUPLES IN EARLY MARRIAGE

4) What are the factors that led you to wed in a Church?
5) In which marital areas do you find the Church supportive in terms of teaching on marital adjustment?
6) In which marital areas do you find the Church supportive in terms of teaching on attachment styles?

POST MARITAL SUPPORT

7) Reflecting on your experience, what other marital adjustment support would recommend for young couples?
8) Which activities would you suggest that the Church should prepare and engage the young couples who are still adjusting in marriage?
9) What other suggestions would you offer to the Church in helping couples adjust in early marriage?

APPENDIX VII INTRODUCTION LETTER BY PACU



Pan Africa Christian University

Thika Road Campus | Valley Road Campus
P.O. Box 56875-00200 | +254 730955000 | +254 730955501/2
enquiries@pacuniversity.ac.ke | www.pacuniversity.ac.ke

REF: PAC/ISERC/71/12/24 Date: 19/12/2024

TO:
GRACE WANGUI KAMAU-KARANJA
PAC UNIVERSITY

Dear Madam,

RE: THE RELATIONSHIP BETWEEN ATTACHMENT STYLES AND DYADIC ADJUSTMENT IN THE EARLY STAGE OF MARRIAGE AMONG COUPLES IN SELECTED BAPTIST ASSEMBLIES IN NAIROBI NORTH BAPTIST ASSOCIATION.

This is to inform you that PAC_ ISERC has reviewed and approved your above research proposal. Your application approval number is PAC/ISERC/71/12/24. The approval period is 19th December 2024 – 19th December 2025.

This approval is subject to compliance with the following requirements;

i. Only approved documents including (informed consent and study instruments,) will be used
ii. All changes including (amendments, deviations, and violations) are submitted for review and approval by *PAC_ISERC*.
iii. Death and life-threatening problems and serious adverse events or unexpected adverse events whether related or unrelated to the study must be reported to *PAC_ ISERC* within 72 hours of notification
iv. Any changes, anticipated or otherwise that may increase the risks or affect the safety or the welfare of study participants and others or affect the integrity of the research must be reported to *PAC_ISERC* within 72 hours
v. Clearance for export of biological specimens must be obtained from relevant institutions.
vi. Submission of a request for renewal of approval at least 60 days prior to the expiry of the approval period. Attach a comprehensive progress report to support the renewal.
vii. Submission of an executive summary report within 90 days upon completion of the study to *PAC_ ISERC*.

Before commencing your study, you will be expected to obtain a research license from the National Commission for Science, Technology and Innovation (NACOSTI) https://research-portal.nacosti.go.ke and also obtain other clearances as needed.

Yours sincerely,

Dr. Jane Kihuthia

Chair, ISERC

Where Leaders are Made

APPENDIX VIII: CLEARANCE CERTIFICATE BY PAC-ISERC



Pan Africa
Christian University

Thika Road Campus Valley Road Campus
P.O. BOX 56875 - 00200 +254 730955000 +254 730955501/2
enquiries@pacuniversity.ac.ke www.pacuniversity.ac.ke

19th December 2024

TO WHOM IT MAY CONCERN

Dear Sir/Madam,

RE: RESEARCH AUTHORIZATION & ETHICS CLEARANCE LETTER FOR KAMAU GRACE WANGUI KARANJA REG. NO: PMFT/16826/0/20

Greetings! This is an introduction letter for the above-named person a final year student at Pan Africa Christian University (PAC University), pursuing Doctor of Philosophy in Marriage and Family Therapy.

She is at the final stage of the programme and she is preparing to collect data to enable her finalize on the dissertation. The dissertation title is ***"The Relationship Between Attachment Styles and Dyadic Adjustment in the Early Stage of Marriage among Couples in Selected Baptist Assemblies in Nairobi North Baptist Association."***

We kindly request that you allow her obtain a research permit so as to proceed and collect data from Couples in Selected Baptist Assemblies in Nairobi North Baptist Association.

Kind Regards,

PAN AFRICA CHRISTIAN UNIVERSITY
REGISTRAR
P.O. Box 56875 - 00200
TEL: 0721 932050 0734 400694
NAIROBI KENYA

Dr. Lilian Vikiru
Registrar Academic Affairs
Pan Africa Christian University
Lumumba Drive, Roysambu, off Kamiti Rd, off Thika Rd
P.O Box 56875-00200, Nairobi, Kenya
Tel: +254 721-932050/726-595863/734-400694
Email: registrar.aa@pacuniversity.ac.ke
Website: www.pacuniversity.ac.ke

Where Leaders are Made

APPENDIX IX: CLEARANCE LETTER BY NACOSTI



REPUBLIC OF KENYA

NATIONAL COMMISSION FOR
SCIENCE,TECHNOLOGY & INNOVATION

Ref No: 625972

Date of Issue: 15/January/2025

RESEARCH LICENSE

This is to Certify that Ms. GRACE WANGUI KAMAU-KARANJA of Pan Africa Christian University, has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev.2014) in Nairobi on the topic: THE RELATIONSHIP BETWEEN ATTACHMENT STYLES AND DYADIC ADJUSTMENT IN THE EARLY STAGE OF MARRIAGE AMONG COUPLES IN SELECTED BAPTIST ASSEMBLIES IN NAIROBI NORTH BAPTIST ASSOCIATION ZONE. for the period ending : 15/January/2026.

License No: NACOSTI/P/25/415047

625972

Applicant Identification Number

Director General
NATIONAL COMMISSION FOR
SCIENCE,TECHNOLOGY &
INNOVATION

Verification QR Code

NOTE: This is a computer generated License. To verify the authenticity of this document, Scan the QR Code using QR scanner application.

See overleaf for conditions