



PAN AFRICA CHRISTIAN UNIVERSITY

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

END-OF-SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF ARTS

IN COUNSELING PSYCHOLOGY

Sept – Dec, 2025

COURSE CODE: COU3333

COURSE TITLE: CONTEMPORARY FAMILY ISSUES

Time: 3 Hours

Instructions:

Answer ALL questions in Section A are compulsory.

Answer Any Two questions from Section B (each 20 marks).

SECTION A (Compulsory – 20 Marks)

Question 1 A

Define the following terms:

- i. Social Constructionism (2 Marks)
- ii. Cultural Humility (2 Marks)
- iii. Symbolic Interactionism (2 Marks)
- iv. Bidirectional Influence (2 Marks)

Question 1 B

- i. Highlight any TWO ways in which family trends are changing in the contemporary family (2 Marks)

Consider **Ephesians 5:21–25** (*Submit to one another out of reverence for Christ. 22 Wives, submit yourselves to your own husbands as you do to the Lord. 23 For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. 24 Now as the church submits to Christ, so also wives should submit to their husbands in everything. 25 Husbands, love your wives, just as Christ loved the church and gave himself up for her*).

- ii. Using the above scripture, explain TWO ways in which Christian teachings on love and mutual submission in marriage can help address the challenges faced by contemporary families (4 Marks).

Question 1 C

James, a 42-year-old civil engineer, and his wife, Caroline, a 38-year-old marketing executive, have been married for 14 years and have two children aged 12 and 8. Both partners work full-time, often returning home late. The couple initially enjoyed a close relationship, but over the past three years, conflicts have increased. Caroline feels that James does not share domestic responsibilities, while James complains that Caroline spends too much time on social media and pays little attention to the family. Recently, their firstborn, Brian, has been struggling in school and has become withdrawn. He spends most of his time gaming and rarely interacts with his parents. Caroline's mother, who lives upcountry, has been urging her daughter to quit her job and "save her marriage," arguing that women in her time prioritized family over career. Caroline feels torn between her professional ambitions and her mother's traditional expectations. The couple has considered counseling, but fears stigma and gossip from friends and church members. They both admit feeling emotionally distant yet wish to preserve the family for their children's sake.

- i. Identify any TWO contemporary family issues reflected in James's family's situation (2 Marks).
- ii. Suggest any TWO counselling interventions that could help James's family restore healthy family functioning (4 Marks).

SECTION B: Answer ANY TWO Questions (20 Marks)

Question 2

- a. Discuss any TWO indicators of a secure marital relationship (2 Marks)
- b. Differentiate between Secular and Christian marriage (2 Marks)
- c. Explain the THREE aspects of Family Trends Evolution (6 Marks)

Question 3

- a. Highlight any TWO theoretical perspectives on divorce (2 Marks)
- b. Considering Gen-Z's recent blurring of the traditional marriage concept, explain any TWO ways in which you would defend the existence of a Secure Marital Relationship in the 21st Century (4 Marks).
- c. The traditional extended family is gradually giving way to nuclear families due to urbanization and economic pressures. Explore any TWO sociological impacts of this shift on children (4 Marks)

Question 4

- a. Highlight any TWO ways in which practices like dowry payment, polygamy, and gendered family roles influence family stability in modern Kenya (2 Marks)
- b. Demonstrate TWO ways in which technology has reshaped parenting roles and authority in Kenyan families (4 Marks)
- c. Explore any TWO coping mechanisms that could be promoted to support families under economic strain to avoid family breakdown (4 Marks).

Question 5

- a. Explain TWO major challenges that blended families are likely to face in contemporary Kenyan society. (2 marks)
- b. With reference to Christian values, analyze any TWO ways in which faith-based counselling can help families navigate challenges such as divorce, infidelity, or poor parenting. (4 marks)
- c. Discuss any TWO ways in which migration and urbanization contribute to the weakening of the extended family system (4 Marks).