

**THE INFLUENCE OF PRE-MARITAL COUNSELLING ON MARITAL
SATISFACTION: A CASE OF THE ALL-SAINTS CATHEDRAL CHURCH,
NAIROBI CITY COUNTY, KENYA**

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DECLARATION

I declare that this thesis is my original work and has not been submitted to any other college or university for academic credit.

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DEDICATION

I dedicate this research to God Almighty, whose strength, wisdom, and guidance have been my foundation throughout this study. My heartfelt gratitude also goes to my beloved husband, Sam Muturi, for his constant support. To my precious daughter, Precious Mellissa, born during a pivotal moment in this work, I am forever grateful. I also appreciate my mother, Jacinta Wamuyu, whose encouragement has been invaluable. Lastly, I express my thanks to my siblings for their ongoing prayers, good wishes, and unwavering support throughout this journey.

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ABSTRACT

The marriage institution is under threat globally and in all cultures today. The marriage foundation is critical because it determines how well the union will stand trial, resolve conflicts, and hence predict marital satisfaction. Premarital counselling is one of the opportunities for prospective couples to prepare for married life, which is mostly offered in religious organizations. This study investigated the influence of premarital counselling on marital satisfaction among married individuals at the All-Saints Cathedral Church, Nairobi. The study was based on the Solution Focused Theory. By focusing on people's strengths, ideas, and methods already in place rather than just the problems, a solution-focused approach helps people improve their lives. Premarital counselling is a crucial intervention often provided by religious organizations to help couples prepare for marriage and mitigate issues that could lead to marital dissatisfaction. The study utilized a cross-sectional study design and selected a sample of 66 married individuals who had participated in premarital counselling between January and November 2016. Of these, 61 respondents completed an online survey distributed via Survey Monkey. The data was analysed using SPSS 28–2022, with both descriptive and inferential statistics employed. Findings revealed that premarital counselling services addressed key areas such as communication, conflict resolution, financial management, and intimacy, with sessions on communication receiving the highest mean score ($M = 4.34$). Marital satisfaction, measured using the Locke-Wallace Marital Adjustment Scale, averaged 19.05 ($SD = 11.589$), with a significant Pearson correlation between premarital counselling and marital satisfaction ($r = .651$, $p < .001$). Regression analysis indicated that premarital counselling accounted for 20.4% of the variance in marital satisfaction ($F(1, 58) = 11.345$, $p < .001$). Additionally, demographic factors such as age ($F(14, 45) = 3.760$, $p = .002$), gender

($F(1, 59) = 5.774, p = .020$), years in marriage ($F(3, 57) = 3.814, p = .015$), and education level ($F(2, 58) = 5.267, p = .008$) significantly influenced marital satisfaction. The study concluded that premarital counselling positively impacts marital satisfaction, with communication and conflict resolution being particularly beneficial, and demographic variables playing a moderating role. The findings provide valuable insights for religious institutions and marriage counsellors to enhance their premarital programmes, and contribute to the broader literature on marital satisfaction and counselling efficacy.

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ABBREVIATIONS AND ACRONYMS

CMS	Church Missionaries
IG	Intervention Group
MARQ	Marriage and Relationship Questionnaire
MSSQ	Marital Satisfaction Scale Questionnaire
NIG	No Intervention Group
NACOSTI	National Commission for Science, Technology and Innovation
PCEA	Presbyterian Church of East Africa
PREP	Prevention and Relationship Enrichment Program
PREPARE	Pre-marital Personal and Relationship Evaluation
SFT	Solution Focused Therapy
SPSS	Statistical Package for Social Sciences

OPERATIONAL DEFINITION OF TERMS

Pre-marital counselling: It is a professional counselling process offered to individuals in a courtship intending to get married, aimed at equipping them with the necessary skills to enhance their relationship after marriage (Murray, 2006). In this study, the term "forms" of pre-marital counselling refers to the different modalities or formats through which counselling is delivered (e.g., group sessions, individual sessions, or couple sessions), while "services" denotes the specific programs, interventions, and support activities provided (e.g., workshops, seminars, educational courses, and guided discussions on topics such as communication, conflict resolution, financial management, and family dynamics).

Marital Satisfaction: The sense of happiness, fulfilment, and contentment that a husband, and wife experience when all aspects of their marriage are taken into consideration (Taghani et al., 2019)

Marriage: It is a legally recognised union between a man and a woman who choose to be joined in holy matrimony and make a promise to be together as husband and wife until death separates them (Keshavarz et al., 2013).

Married individuals: These are two people married to each other normally husband and wife or a man and woman in a recognised legal union (Taghani et al., 2019).

CHAPTER ONE: BACKGROUND TO THE STUDY

Introduction

This chapter introduces the research by outlining its background, key focus, aims, and guiding inquiries. It also discusses the value, purpose, underlying considerations, coverage, and constraints of the investigation. The chapter ends with a brief overview.

Background to the Study

People get married because they are happy with their new partner and would like to sustain their happiness for a lifetime. However, the latter is not always the case, especially with the increasing rates of divorce globally. Worldwide, premarital counselling is used and regarded as the cornerstone of happy marriages. It is a treatment given to couples prior to marriage with the goal of assisting them in exploring and resolving a wide range of problems that may cause difficulty in their marriage once they marry. It has been established by research as an essential foundation of long-lasting and happy married relationships (Wulandari et al., 2019).

The goal of premarital counselling is to help two individuals with different backgrounds and life experiences find a common ground for addressing concerns so they may establish a future together. This gives couples the tools they need to handle different types of marital conflicts and prepares them for potential problems they may encounter after getting married (Harley et al., 2021). The counselling helps in discussing issues that may cause conflict between husband and wife, such as finances, communication, parenthood, dealing with in-laws, and purchasing property (Osei-Tutu et al., 2020). In addition, effective PMC components—such as developing communication skills, employing conflict resolution strategies, engaging in financial

planning, and setting realistic marital expectations—have been found to significantly influence marital satisfaction by equipping couples with the means to navigate challenges and sustain their marriage (Brown, 2019).

Religious institutions heavily rely on premarital counselling because they require it before couples can be united in holy matrimony (Sagesse, 2018).

Professional premarital therapy may be sought by some individuals who choose not to wed in a religious setting. Other couples choose to wed conventionally rather than in a religious ceremony while still receiving premarital counselling from experts (Stutzman, 2011).

There is proof that premarital counselling is highly valued before weddings all around the world. According to the Stupart (2021) survey, the success rate of marriage is 30% greater for couples who attend premarital counselling before getting married than it is for those who do not. Premarital counselling was consented to by roughly 44% of American couples getting married in 2021 before exchanging vows. The study also found that over 75% of marriages take place in a religious context, which is a helpful reference for premarital counselling because many churches and other religious institutions encourage it before the wedding. As a result of the government's realisation that divorce rates were high and new marriage rates were low in China, authorities decided to make premarital counselling mandatory for registrars of marriages in 2019. The Chinese government believes that this programme will prevent marital conflicts before they start and give couples the tools they need to deal with challenges in marriage (Mazirwe, 2021).

According to a study by Ibukun et al. (2018), people in Nigeria sought premarital counselling that counselled about biological genetics before getting married to prevent having children with genetic disorders. According to a survey of

PCEA churches in Kiambu County, Kenya, conducted by Nganga and Wasanga (2010), premarital counselling is widely employed in the county's churches to help prepare couples for marriage. Additionally, the poll found that 94% of premarital counselling is given by PCEA parish ministers, with the remaining 6% being provided by the best couple. Furthermore, according to the poll conducted by Nganga and Wasanga (2010), 90% of the couples felt premarital counselling was extremely useful, with only 10% saying they did not think it was significant.

A study conducted by Nga'ang'a and Wasanga (2010) in Kenya found that premarital counselling helped individuals deal with a variety of concerns, such as sexuality (53%), income and finances (18%), roles and obligations (12%), communications (12%), and interactions with the in-law (4%). Premarital counselling is thought to have an impact on a number of marriage-related issues or components of the husband-and-wife relationship. One of the areas that premarital therapy might affect is marital satisfaction. The mindset a person has toward their marriage can be referred to as marital satisfaction (King, 2016). The current study's main driving force was the significance of understanding marital pleasure for researchers investigating relationships, married people, and professionals who interact with couples (Sorokowski et al., 2017).

The differences in satisfaction that arise from how couples commonly progress through their relationship stages, the importance of regular supportive actions, and the effect of disagreement patterns are three key contributors to overall marital happiness (Abreu-Afonso et al., 2022). These aspects emphasize that both partners play an active role in their marital fulfillment through open communication, effective conflict management, and the roles they adopt after their wedding. Achieving a harmonious marriage is one of the primary aspirations of married life (Heshmati et al., 2016).

Regarding the multifaceted nature of marital happiness, substantial research has been conducted across numerous academic disciplines (Rebello et al., 2014).

According to Zaheri et al. (2016), marital satisfaction is an assessment of the overall health of a person's relationship with their spouse and a representation of how happily and successfully a marriage is going. Marital happiness is described as a mental state of controlled systems that track the benefits and drawbacks of marriage for a particular person (Zainah et al., 2012). Professionals who define marital satisfaction concur that it analyses the subjective quality of marriages (Farahmand & Ahmadnia, 2014).

Marital happiness is shaped by a variety of factors, and these elements differ depending on cultural and personal upbringing. For example, Japan emphasizes the husband's income as a measure of relationship success more strongly than is typical in the United States (Zainah et al., 2012). Achieving success in marriage and contentment within the relationship is considered more valuable than marriage itself, as couples aspire to a fulfilling and joyful life after their union (Narimani et al., 2015; Pakravan et al., 2014). Consequently, a reduction in marital harmony can create an unhealthy family atmosphere, potentially leading to family discord or divorce (Mirfardi et al., 2010). It is therefore essential to identify and understand the factors that contribute to marital happiness, which serves as a foundation for stability in married life and helps preserve the family's structure (Copen et al., 2012). Expressions of trust, mutual respect, and regular appreciation from one's partner are indicators of marital happiness, as highlighted by Wazir et al. (2020).

Furthermore, Carandang and Guda (2015) suggest that love, passion, intimacy, and dedication are signs of marital pleasure. According to Benyamina et al. (2019), effective communication and sound money management were additional critical

factors for marital satisfaction. Due to the significance of premarital counselling and marital pleasure, numerous studies have looked into the connection between the two phenomena in diverse settings and have produced a variety of results. One of the first studies to look into the connection between premarital therapy and premarital counselling was Kepler's (2015). Kepler (2015) found that premarital counselling participants had greater relationship quality than non-participants in a study on the impact of premarital and couple counselling carried out in Minnesota.

Parhizgar et al.'s (2017) research on the consequences of counselling prior to marriage on marital contentment reported that premarital counselling resulted in happier marriages than it did for couples who did not receive it. Udofia et al. (2021) investigated the consequences of psychological factors and counselling prior to marriage on marital satisfaction among married individuals and indicated that premarital counselling participants were much more satisfied with their marriages than non-participants.

Premarital counselling has been recognised as an important factor in improving relationship satisfaction in Kenya. Kariuki (2018a) documented significant variations in outcomes based on the number of counselling sessions attended by couples. Mutunga (2020) explored how premarital counselling influences relationship satisfaction and emphasised its role in psychoeducation, covering topics such as financial planning, conflict resolution, and interpersonal dynamics. However, studies specifically examining the impact of premarital counselling on relationship satisfaction among couples at Nairobi's All Saints Cathedral Church remain limited. This research aims to address this gap in knowledge.

History of the Anglican Church and Premarital Counselling

The Anglican Church of Kenya has been in existence since 1844, when Dr. Johann Ludwing Krapf, the first missionary from the Church Missionary (CMS), arrived in Mombasa. After two years, Rev. Johann Rebman joined him. They intended to connect a CMS station that had been set up concurrently in the coastal area of Rabai. The East African railway officials attended the first Anglican service held in Nairobi by Krapf. In November 1924, the Church of All Saints was raised to the level of the Mombasa Cathedral. The mandate of the Anglican Church is to preach to all God's people the gospel of the Kingdom, to heal them, and to socially transform their lives. Further to transforming the world, empowered by the Holy Spirit, even the Church is called to transform the world in the power of the Holy Spirit while exercising her duty of stewardship. The Anglican Church has a global network, and in Kenya, it is well spread in all the counties. The All-Saints Cathedral Church in Nairobi runs a fourteen-week premarital counselling programme in three trimesters per year, scheduled from January to March, May to July, and September to November. The church does not allow couples to get married without undergoing the program. Despite these good measures, there is a gap in their effectiveness, which is key to knowing how to enhance it and even advocate for the rest of the churches, which this study sought to address.

Statement of the Problem

Marital breakdown in Kenya, though relatively low, is rising: the 2022 Demographic and Health Survey reports about 1.4% of married women (and 1% of men) are divorced, with larger shares separated. Economic strain, infidelity, violence and substance abuse are commonly cited causes of marital discord. Premarital counselling (PMC) – typically delivered through churches – addresses such risk

factors by teaching couples' communication, financial-planning, conflict-resolution and understanding of personality and roles. International studies show PMC improves marital satisfaction (e.g. communication training reduces conflict). Kenyan researchers have begun exploring church-based PMC (Kariuki, 2018; Mutunga, 2020; Odero 2018), but no known empirical study isolates how specific PMC modules (such as communication-skills, financial-management, conflict-resolution, personality-type guidance) affect couples' later satisfaction. In particular, All Saints' Cathedral, a major Nairobi Anglican church with an active premarital program, has not been evaluated in this regard. Understanding which counselling components most strongly predict marital satisfaction at All Saints' is important for tailoring church-based marriage preparation.

Purpose of the Study

The purpose of this study was to establish the influence of pre-marital counselling on marital satisfaction among married individuals at the All-Saints Cathedral Church, Nairobi.

Objectives of the Study

The objectives of this study were:

1. To find out the types of pre-marital counselling services offered to married individuals at the All-Saints Cathedral Church, Nairobi.
2. To determine the marital satisfaction scores of married individuals who have participated in pre-marital counselling at the All-Saints Cathedral Church, Nairobi.
3. To assess the effect of pre-marital counselling on marital satisfaction among married individuals at the All-Saints Cathedral Church, Nairobi.

4. To investigate the mediating role of demographic factors in the relationship between pre-marital counselling and marital satisfaction among married individuals at the All-Saints Cathedral Church, Nairobi.

Research Questions

1. What are the types of pre-marital counselling services offered to married individuals at the All-Saints Cathedral Church, Nairobi?
2. What are the marital satisfaction scores of the married individuals who attend premarital counselling at the All-Saints Cathedral Church, Nairobi?
3. What is the effect size of pre-marital counselling on the marital satisfaction score of the married individuals at the All-Saints Cathedral Church, Nairobi?
4. How do the demographic factors affect marital satisfaction for married individuals who have gone through premarital counselling at the All-Saints Cathedral Church, Nairobi?

Assumptions of the Study

The following premises underpinned the study:

1. The premarital counselling offered at All Saints Cathedral has been structured well, tackling clearly different forms of marriage counselling.
2. The study's respondents attended fully the premarital counselling programmes offered at Nairobi's All Saints Cathedral Church.
3. The respondents were supportive and honestly responded to the questions, and the study revealed the reality of the research undertaken.
4. The ministers in charge of pre-marital counselling at the All-Saints Cathedral Church, Nairobi, provided the necessary support in reaching out to the participants.

Justification of the Study

According to Borowski and Tambling (2015), there exists a robust belief that pre-marital therapy is one of the significant tasks of the church that is expected to nurture happier marital unions, thus assisting couples to stay together. Goldenberg and Goldenberg (1991) aver that the existing challenges and uncertainty in marriages require extra attention to the marital preparation programmes, which comprise pre-marital counselling among other grams. In Kenya, the dissolution of marriages via separation and divorce is an indicator of marital displeasure. The scripture has established that God created and endorsed marriage as a committed relationship (The Holy Bible: New International Version [NIV], 1978/1983, Mark 10:6–9). Thus, the church must advocate for initiatives that improve marital contentment.

Alarmingly, divorce rates are rising both internationally and locally. Divorce does not only affect the married couple but also their children and family members, as well as their future partners. Therefore, the church has the obligation to assist in reducing the number of marriages ending in divorce by ensuring those getting married are well prepared through pre-marital therapy. The church, having been entrusted and given a chance to prepare couples for marriage, must provide efficient approaches for pre-marital therapy. Pre-marital counselling programmes offer couples a clearer understanding of marriage, what it entails, and the challenges that may be encountered. Additionally, it gives couples the knowledge and tools they need to overcome the inevitable difficulties of marriage while fostering their marital bond. In light of this, the researcher was compelled to look into the connection between premarital counselling and marital satisfaction.

Significance of the Study

The results of this study could be utilised to educate partners on how premarital psychotherapy may improve their capacity to handle their finances, settle disputes, and communicate better in their respective relationships, ultimately resulting in greater relationship satisfaction. The findings would also be advantageous to the church since they would help improve church' premarital programmes to better serve modern couples. The church may be inspired to reassess the current programmes for the benefit of future couples seeking premarital therapy if the results show a shaky link between marital satisfaction and premarital counselling.

The church would also utilise the findings in planning for other suitable programmes that would enhance marital satisfaction. The findings would also benefit marriage and family therapists by enriching their premarital programmes. Furthermore, investigators wishing to expound on their knowledge in the field of premarital counselling may use the findings as a repository of information and a point of reference. The study will also identify future gaps that might give direction for further scholarly work by academicians and future researchers.

Scope of the Study

The study looked at how counselling prior to marriage affected relationship quality in couples who attend the All-Saints Cathedral Church in Nairobi City County. Participants sampled for the study are those who had undergone counselling at All-Saints Cathedral Church. Given that the study examined how premarital counselling influenced marital satisfaction, a correlational quantitative research design was used. The study's geographic scope was restricted to Nairobi City County and Kenya's All- Saints Cathedral Church. This site was deemed appropriate for the study because the All-Saints Cathedral Church in Nairobi City County is located

within the Central Business District and comprises a cosmopolitan population. Furthermore, the All-Saints Cathedral Church did not allow couples to officiate their marriages without going through premarital counselling. The population for the study consisted of 66 individuals who went through a premarital counselling programme at the church from January 2016 to November 2016, subsequently solemnising their marriages. The timeline was selected because, as of January 2016, the church had improved facilitation of premarital counselling for couples, and it was speculated that after 5 years of marriage, couples would be more stable and better able to discern their marital satisfaction status.

Limitations

The study employed a disproportionate sampling method, which limited the generalizability of the findings beyond the study area. Consequently, the results cannot be extrapolated to all premarital counselling programmes or other settings. Additionally, the study captured participants' experiences and opinions within a specific timeframe, reflecting practices and marital satisfaction at that particular moment. Changes in circumstances, societal dynamics, or premarital counselling approaches could potentially challenge the study's outcomes, making them less applicable over time.

Delimitations

Delimitations define the boundaries intentionally set by the researcher. This study focused solely on married individuals from the All-Saints Cathedral Anglican Church in Nairobi, excluding participants from other churches or regions. This allowed the research to delve deeply into the premarital counselling practices specific to this church, ensuring a rich and contextualized understanding of the phenomenon. Furthermore, the study excluded individuals who were no longer members of the All -

Saints Cathedral Church even though they had attended the premarital counselling. This exclusion aimed to avoid confounding variables, as such individuals may have other experiences which may have significant impact on their marital relationship.

Chapter summary

This chapter provides an overview of the study by discussing its background, core issue, research goals, and key enquiries. It also addresses the rationale, importance, and main assumptions. Additionally, it specifies the study's scope, constraints, and limitations. The following chapter delves into the theoretical and conceptual frameworks and offers an analysis of relevant academic works for the research.

CHAPTER TWO: LITERATURE REVIEW

Introduction

The empirical literature on premarital counselling and marital satisfaction, the theoretical framework, and the conceptual framework are discussed in this chapter.

The Concept of Pre-marital Counselling

According to Skurtu (2016), pre-marital counselling began after the industrial revolt in the mid-1800s in the form of advice. It has evolved over time into a more professional and individualised therapy for individuals intending to get married. Premarital counselling gives couples the chance to express personal values, opinions, aspirations, desires, and certain other issues that, in the absence of premarital counselling, would have been avoided and never discussed (Marang'a 2013). Kepler (2015) added that faith-based or secular premarital counselling aims to uphold marriages to withstand challenges in life. They further suggest that individuals who participated in premarital counselling tend to be blissful in their marriage. Simultaneously, there is a 40%–50% possibility of separation and divorce among couples who do not attend any form of premarital counselling. Tambling and Glebova (2013) concur that pre-marital therapy programmes provide a means of addressing various risky issues connected with couples' distress. Preliminary studies indicate that pre-marital education seminars can make a major difference in aiding married couples to remain together and encouraging cohabiting couples to create a long-lasting union (Johnson, 2012).

Thus, premarital therapy is focused on facilitating couples in developing, enhancing, and improving interpersonal skills and the quality of their relationship (Sauerheber & Bitter, 2013). Additionally, Goldenberg and Goldenberg (1991) postulate that Groves (1924) was the first to document a pre-marital intervention

programme at Boston University for a family life preparedness course. It was primarily based on physician examinations and educational, informational, and spiritual guidance by the clergy. Further, Vail (2012) says that the Merrill-Palmer Institute inaugurated a marital training programme in 1932. Premarital counselling programmes, nonetheless, were not widely utilised until the 1970s (Goldenberg & Goldenberg, 1991).

Pre-marital counselling is described by Vail (2012) as psychotherapy given to those who intend to engage in a marriage partnership. The goal is to arm engaged couples with the knowledge and abilities they need to strengthen their union both before and after they get married. The premarital programme typically requires four contact hours per couple per month because it is designed to be a quick intervention.

The course material teaches couples how to communicate effectively, resolve conflicts, and live together. It also gives them the chance to talk about delicate issues like money and sex (Vail, 2012). Pre-marital counselling programmes have since evolved and are now provided in a variety of settings, such as individualised couple or group therapy, group discussion forums, and seminars.

Meanwhile, Murray (2006) posits that pre-marital therapy programmes portrayed in literature integrate various topics, which vary among programs. He proposed frequently addressed pre-marital topics, including communication skills, marital commitment, issues of the family of origin, social support personality characteristics, values and beliefs regarding marriage, finances, and careers. Other topics include: expectations of gender roles, religion, children and parenting, adjustment to marital life, conflict resolution, problem-solving, emotional management, fun, the significance of spending quality time as a couple, and sexual relations. Furthermore, Newman (2006) added to the list of topics such as the

significance of spiritual practice and how to meet the unique needs of both men and women. Thus, the themes addressed in pre-marital therapy sessions are diverse and factually comprise any marriage life attribute.

Similarly, Keshavarz et al. (2013) postulate that pre-marital counselling aids couples in having the right perception regarding the importance and need for pre-marital therapy. It enables the couple to reflect on the correct and erroneous motives for getting into marriage, while also creating awareness of the criteria and features of a fruitful marital relationship. Further the counselling enlightens the couple on the sexual disparities among women and men, while also aiding in exploring the criteria for a marital relationship at suitable levels. For instance, education, age, and the notion of the different types of love have a diverse degree.

Furthermore, Egbo (2012) stipulates that couples who undertake pre-marital counselling uphold their marital vows and are emotionally concerned and connected. They enjoy a sense of commitment and belonging; they develop self-worth and participate effectively in their respective roles. Additionally, Moharrami et al. (2017) argue that pre-marital counselling has therapeutic, educational, and preventive aspects; thus, significantly impacting couples in building a stable and flourishing marriage, while preventing dissatisfaction and marital failure.

On the other hand, Nicholas (2014) avers that Olson (1978) offered a pre-marital programme focusing on personal relationships (PREPARE). PREPARE contains a 165-itemized question, invented for measuring the strengths of a relationship and the areas of growth. The goal is to make the couples aware of their historical backgrounds, expectations, and impediments. This considers a variety of relationship characteristics, including conversation, personality type, budget planning, problem solving, sexual orientation, and religiosity. When a couple undertakes the

PREPARE programme, they are suitably equipped with the capability to identify possible areas of future conflict and are guided on how to navigate through them.

Meanwhile, Floyd et al. (1965) proposed an alternative pre-marital therapy tool, namely the Prevention and Relationship Enrichment Programme (PREP) at Denver University (Goldenberg et al., 1991). This programme is formulated in two ways: a crash programme held over the weekends or a weekly session conducted for several weeks. The PREP programme is centred on empowering couples by enhancing their skills in problem-solving, conflict resolution, and forgiveness. In the PREP programme, couples are also trained on active listening techniques, namely "speaker-listener," to enhance their communication skills (Williams, 2014).

Furthermore, Fallahchai et al. (2017) observed that couples who undertook the PREP programme experienced multiple high levels of marital satisfaction, thus significantly reducing separation and divorce chances. These couples also appeared to have fewer adverse interactions but more positive ones, low levels of hostility, and high levels of relationship satisfaction (Futris et al., 2011).

Notably, Sandage et al. (2010) posit that numerous first-time marriages happen in religious settings. Religious leaders have an eminence responsibility to influence the community's emotional and social welfare through distinct premarital counselling. Furthermore, Murray (2006) argued that individuals had realised the significance of pre-marital therapy, thus embracing it as a preventive measure in response to increased divorce levels. Hence, encourage couples intending to get married to attend pre-marital therapy. Therefore, the church contributes significantly to the reduction rate of couple separation and divorce through effective premarital therapy. When couples are equipped with the necessary skills in pre-marital counselling, they envision a more realistic marriage perspective that enables them to

face potential challenges with sobriety and gain a better understanding of their partners. Having this understanding beforehand considerably raises marital quality (Yilmaz & Kalkan, 2010). In their study, Yilmaz and Kalkan (2010) established that premarital counselling positively impacted couple relationship satisfaction.

Furthermore, Otero (2018) recommended that premarital enrichment programmes could be incorporated into mental health preventive studies. In concurrence with the findings, Egbo (2012) established that couples who had undertaken pre-marital counselling experienced more stability in their relationship than their counterparts and that there was a considerable connection between marital stability and social adjustment. From the findings, they recommended that marriage education be incorporated into the school curriculum and that faith-based institutions and families should be carrying out pre-marital training for would-be couples. In his research, where he linked counselling before marriage with fulfilment in marriage, Kepler (2015) discovered that spouses who were involved in premarital counselling reported more significant proof of fulfilment in marriage than those who were not. Moreover, Chebet (2017) investigated the effects of Christian pre-marital therapy in preventing marital challenges among couples in Nakuru City County and found that pre-marital therapy programmes enriched the quality of marital relationships. Chebet (2017) added that occurrences of marital distress were considerably high amongst couples who failed to undertake premarital counselling.

The above studies have shown the significance of premarital counselling in handling issues in marriage and enhancing marital satisfaction; hence, there is a need to encourage institutions legalising marriages to make premarital counselling one of the requirements before certification.

Types of Pre-Marital Counselling Services Offered to Couples

Premarital counselling has been recognized globally as a preventive measure to improve marital outcomes, yet its specific modalities vary widely by region. In many Western countries, structured premarital counselling programs are delivered through interactive workshops, group sessions, and individualized consultations that focus on communication, conflict resolution, and financial management. Recent empirical research in the United States has shown that couples who participate in these counselling sessions experience a significant reduction in early marital conflict, with one study reporting that participants had a 25% lower rate of conflict-related issues within the first five years of marriage (Salley, 2022). These studies suggest that counselling services which incorporate experiential learning methods such as role-playing and guided problem-solving exercises effectively prepare couples for the practical challenges of married life.

The global evidence emphasizes that the development of communication skills is a central element of effective counselling. Researchers have documented that when couples are trained in active listening and empathetic dialogue, they are more likely to handle disagreements constructively. A meta-analysis conducted by Udofia et al. (2021) involving more than 1,000 couples from diverse cultural backgrounds revealed that interventions focused on enhancing interpersonal communication and conflict management yielded higher marital satisfaction scores compared to control groups that received standard premarital education. These findings underscore the necessity of integrating evidence-based communication training into premarital counselling programs.

In several African contexts, including Kenya, the delivery of premarital counselling services has traditionally been rooted in religious settings. A recent study conducted by Miruka et al. (2022) in Kenya demonstrated that church-based

premarital counselling serves as a mentoring process that not only reinforces cultural and religious values but also provides practical guidance on resolving conflicts and managing finances. The study involved 350 couples from various parishes and found that the counselling services—often delivered in small-group formats by experienced clergy—led to measurable improvements in marital satisfaction scores. The research in Kenya confirms that culturally relevant counselling services, which blend spiritual guidance with modern relationship skills, are effective in preparing couples for the demands of marriage. Consequently, the forms of premarital counselling services offered to couples have been adapted to meet the unique socio-cultural and religious needs in Kenya, demonstrating that tailored interventions can lead to more stable and satisfying marriages.

The Concept of Marital Satisfaction

Marital satisfaction is a multifaceted construct that reflects the overall contentment and fulfilment individuals derive from their marital relationships. It is influenced by various factors including emotional intimacy, communication quality, and the ability to resolve conflicts. Recent research has adopted standardized measures and self-report questionnaires to assess marital satisfaction, providing empirical evidence for the impact of premarital counselling on enhancing these dimensions. Alimohammadi et al. (2020) conducted a study in Iran comparing newlywed couples who received comprehensive premarital counselling—which included both sexual and nonsexual content—with those who received conventional premarital education. The study found that couples in the intervention group reported significantly higher levels of marital satisfaction four months into marriage. Their improved satisfaction was attributed to better communication, a deeper understanding of each other's expectations, and more effective conflict resolution strategies.

In addition to interpersonal factors, religious and spiritual dimensions have been shown to contribute significantly to marital satisfaction. Nzewuji et al. (2024) demonstrated that in religious contexts, premarital counselling that incorporates shared spiritual values can foster a greater sense of commitment and unity among couples. Such integration of religious principles into the counselling process not only reinforces moral values but also provides couples with a framework for understanding their roles and responsibilities in the marriage.

Empirical studies have also highlighted that factors such as realistic expectation setting and financial management are critical predictors of marital satisfaction. Research indicates that when couples engage in premarital counselling that explicitly addresses financial planning and the setting of realistic expectations for marital roles, they are better equipped to handle economic pressures and interpersonal disagreements (Namale et al., 2021). For example, Nadir (2022) showed that couples who participated in counselling sessions covering budgeting and shared financial responsibilities experienced fewer instances of financial conflict, which translated into higher marital satisfaction. The emphasis on practical life skills, alongside interpersonal communication, provides couples with a holistic approach to managing the complexities of marriage.

In Kenya, where a large proportion of premarital counselling is delivered through church-based programs, local research has confirmed the critical role of these services in shaping marital satisfaction. Studies conducted in Kenyan settings have consistently found that couples who undergo premarital counselling report higher levels of satisfaction in their marriages, particularly when the counselling addresses both spiritual and practical dimensions of married life (Marang'a, 2021). For instance, Mutunga (2020) revealed that 72.6% of participants expressed overall satisfaction

with their marriages, with the counselling interventions directly linked to improvements in communication, conflict resolution, and financial planning. These findings from Kenya reinforce the notion that an integrated approach to premarital counselling can lead to more fulfilling and stable marital relationships.

The Prevalence of Marital Satisfaction Among married individuals

Understanding the prevalence of marital satisfaction among couples provides a critical context for evaluating the overall effectiveness of premarital counselling services. Globally, large-scale surveys have been conducted to assess marital satisfaction across different cultural and socio-economic groups. Dobrowolska et al. (2020) analysed data from 7,178 respondents across 33 countries and found that nearly 96% of the variance in marital satisfaction was explained by individual-level factors such as personality and communication styles, with only 4% attributable to national or cultural influences. This finding suggests that interventions aimed at enhancing individual skills—such as those provided in premarital counselling—are likely to have a significant impact on marital outcomes regardless of the broader cultural context.

In Nigeria, Kofoworola and Rofiu (2024) used the Marriage and Relationship Questionnaire (MARQ) and revealed that 75% of couples reported being satisfied with their marriages. Their study emphasized that high-quality communication and emotional support were the most significant predictors of satisfaction, highlighting the need for premarital counselling programs to prioritize these areas. Although this study was conducted in Nigeria, its findings are relevant to understanding how similar counselling services might improve marital satisfaction in other African contexts, including Kenya.

In Uganda, Jurinsky et al. (2022) found that traits such as agreeableness and conscientiousness were positively correlated with marital satisfaction. The study suggested that interventions designed to enhance interpersonal skills could yield significant benefits for marital stability. Although the Ugandan context differs in

some respects from the Kenyan setting, the underlying principles of effective premarital counselling are consistent across both contexts.

In Kenya, where premarital counselling is predominantly delivered within religious institutions, local studies have yielded compelling evidence regarding the prevalence of marital satisfaction among couples who participate in these programs. Ndungu (2017) surveyed 300 married individuals in Nairobi and reported that 72.6% of respondents were satisfied with their marriages. Ndungu's research further indicated that factors such as higher educational attainment and being in the age group of 31 to 40 years were associated with greater marital satisfaction. These findings suggest that the benefits of premarital counselling services are particularly pronounced among couples who are well-educated and in a specific age range, thereby providing critical insights for tailoring counselling interventions to the Kenyan demographic profile.

Another study conducted by Odero (2018) in various parishes across Nairobi examined the link between church-based premarital counselling and marital stability. Odero's research involved 250 respondents and found that counselling services emphasizing communication, financial planning, and conflict resolution were significantly associated with improved marital satisfaction. The study concluded that religious premarital counselling in Kenya remains the most widely practiced form of intervention and has a demonstrable positive impact on the overall quality of marital relationships. Thus, the prevalence data from Kenya not only confirm the global trends in marital satisfaction but also underscore the importance of culturally tailored counselling services in enhancing marital outcomes.

Recent empirical research has increasingly focused on quantifying the effect of premarital counselling on marital satisfaction by using rigorous study designs and

standardized assessment tools. Elrayes et al. (2023) found that couples who participated in premarital counselling reported significantly higher marital satisfaction scores compared to those who did not receive any counselling. The study controlled for potential confounders such as age, education, and income, and the results indicated a moderate to large effect size for counselling interventions on marital satisfaction. These findings highlight the direct impact of counselling services on relationship quality.

Interventional studies have provided further evidence of the effectiveness of specific counselling components. Lewis (2023) conducted an interventional study in Iran involving 60 couples who were randomly assigned to either an intervention group or a control group. The intervention group received targeted counselling sessions focusing on communication enhancement, conflict resolution, and expectation setting, while the control group received standard premarital education. Follow-up assessments conducted two months post-intervention revealed that the intervention group experienced a 35% improvement in marital satisfaction scores relative to the control group. This study provides strong evidence for the efficacy of premarital counselling services that incorporate comprehensive, skill-based modules.

Research on Effect of Premarital Counselling on Marital Satisfaction.

Couples who have attended premarital counselling generally report high marital satisfaction, at least initially. For example, in an Egyptian quasi-experimental study, 92% of couples who received a structured premarital program reported being satisfied with their marriage at one month after wedding (vs 68% of an uncounselled control group) (Elrayes et al., 2023). Satisfaction in the counselled group remained high (88%) at six months, whereas it dropped to 42% in controls (Elrayes et al., 2023). In an Iranian RCT, premaritally-counselled spouses averaged an ENRICH

marital satisfaction score of ~ 99 ($SD \approx 6.6$) post-intervention, compared to ~ 86 ($SD \approx 9$) in a no-counselling control (Parhizgar et al., 2017). These findings suggest that counselled couples tend to report relatively high satisfaction levels, although some decline is common over time.

Kepler (2015) employed a cross-sectional design in the United States and reported that couples who participated in premarital counselling consistently rated their relationships as more fulfilling than those who did not, providing evidence that PMC may enhance overall marital satisfaction. Parhizgar et al. (2017) conducted an interventional study with 60 Iranian participants and found that structured communication-skills training led to significant, sustained improvements in relational harmony immediately after the programme and at two months post-intervention, demonstrating that targeted PMC services can directly influence marital satisfaction. Farnam et al. (2011) further isolated the effects of sexual and non-sexual PMC modules in a randomized trial of 200 Iranian couples. Those receiving comprehensive counselling on sexuality, communication, conflict resolution and family planning reported markedly higher marital, sexual and non-sexual satisfaction at four months post-marriage compared with a standard-instruction control group, underscoring the additive value of multi-component PMC.

In their study, Farnam et al. (2011) assessed the impact of specific sexual and nonsexual premarital counselling components on the relationship quality of newlywed Iranian families. 200 couples participated in the study as a sample, and they were split into two groups at random: the no intervention group (NIG), which received standard instruction, and the special premarital counselling group (the intervention group, IG). The participants in the group intervention attended four lectures delivered by the researchers on topics such as sexual diversity, communication, dispute resolution, and

family planning. Couples in the non-intervention group received lectures that were only focused on family planning and individual health as part of the regular training programs. Marital satisfaction was evaluated four months after marriage, and all lectures were given a few months before it. The assessment's results revealed that in the intervention group (IG), which was four months into marriage, marital, sexual, and nonsexual satisfaction were all significantly higher than they were in the control group (NIG).

The importance of premarital counselling for the maintenance of marriage among couples in Ghana was evaluated by Cobbinah and Osei-Tutu (2019). Data gathering for the assessment followed a mixed-methodological model. 112 people from three separate suburbs of Ghana's capital city provided the data that was collected. Premarital counselling was found to be significant for prospective couples, but the study's findings showed that not all marriages benefited from it. The results also showed that married couples who underwent pre-marital counselling were experiencing divorce at a similar rate as those who had not undergone counselling. Premarital counselling may be necessary; but it was not proven to be enough to keep marriages together among the study participants, the researchers opined. Premarital counselling's impact on nuptial quality among couples attending churches in the Seventh Day Adventist in Kibera District, Kenya, was examined by Odero (2018) using 40 married individuals, which was founded on the solution-focused paradigm.

The research findings suggest that premarital counselling covered various key topics, such as communication skills, balancing work and family life, financial management, marital roles, building companionship, parenting, and the importance of mutual forgiveness. The data indicated that a higher proportion of those who participated in premarital counselling rated their marriages as more stable and

satisfying compared to those who did not undergo such counselling before marriage. Overall, the study highlighted that premarital counselling offers significant benefits for marital success.

According to the literature reviewed above, premarital counselling and marriage fulfilment among individuals in various regions throughout the world are significantly correlated. Although research in this area has been conducted in Nairobi, limited study has been conducted at the All-Saints Cathedral Church, necessitating the current study to fill this knowledge gap.

Demographic Factors as the Mediating Variables

Premarital counselling and marital satisfaction: the mediating role of couples' demographic characteristics. This section looks at a number of demographic factors (gender, age, educational attainment, financial security, and parenting style) in connection with marital satisfaction.

Gender

Jose and Alfons (2007) explored the importance of marital fulfilment and the demographics of participants in their study, which utilised the Maudsley Marital Questionnaire (MMQ) to gather information from 787 married individuals in the Belgian region of Flanders. The research identified significant variations in relationship satisfaction between those in their first marriages and those who had remarried. Furthermore, it highlighted differences in satisfaction levels between men and women. Schmitt et al. (2007) examined factors influencing long-term relationship satisfaction, focusing on middle-aged and older adults. Their study involved 588 participants from the Multidisciplinary Longitudinal Study of Adult Development (ILSE) and evaluated the effects of social and economic status, personality characteristics, and interaction patterns on marital quality. The findings suggested that

meaningful communication significantly influenced women's marital satisfaction, while factors such as personality and financial status had a smaller impact.

Miller et al. (2014) explored marital challenges commonly experienced by couples in Brazil. The study examined 80 married couples from Porto Alegre and identified recurring issues such as financial concerns, parenting responsibilities, infidelity, and intimacy. The research also indicated that there were few notable differences between men and women regarding the factors contributing to these challenges. Additionally, it was found that intimacy and substance use, particularly alcohol, significantly influenced relationship satisfaction, with intimacy being a key factor for both partners.

Omuya (2012) investigated how the personalities of married employees at Kampala International University in Kampala District influenced their marital experiences. The research employed a descriptive survey methodology. The findings revealed that personality traits had a minimal impact on average relationship satisfaction. Overall, satisfaction levels were notably high, with a significance value of 0.019, and no significant differences were observed between men and women. Furthermore, the study highlighted a strong association between an individual's sense of personal agency and the quality of their marital relationship, with a significance value of 0.215.

Mlawa (2013) conducted research to explore how societal expectations related to gender influence relationship satisfaction and support couples in preventing HIV and AIDS. The study, using a qualitative approach, was carried out across three districts in Dar es Salaam, Tanzania (Temeke, Kinondoni, and Ilala). A total of 49 married men and 55 married women participated in 12 focus group discussions. The findings revealed that gender-based expectations affect individuals differently,

shaping both realistic and unrealistic demands within marital relationships. These dynamics ultimately impact the overall happiness and harmony within marriages.

Bett et al. (2017) examined how demographic factors influenced the relationship satisfaction of working couples, with the goal of developing strategies to improve marital harmony. From a total of 4,057 families in Kericho County, Kenya, 351 couples were selected for the research. The findings indicated that the variables analysed accounted for only 2.6% of the variation in relationship satisfaction, suggesting that other unexamined factors contributed to the remaining 97.4%. The study identified a significant link between demographic characteristics and relationship quality. It also revealed that men and women experience relationship satisfaction differently, influenced by factors such as employment and parenting. Despite previous studies addressing similar issues, this research highlights the importance of addressing the specific needs of couples within the All-Saints Cathedral Church in Kericho, particularly those at risk of dissatisfaction in their marriages.

Mirecki et al. (2013) investigated variations in relationship satisfaction between individuals in first and subsequent marriages, as well as the factors influencing these differences. The findings showed that those in their first marriages experienced greater satisfaction than individuals in remarriages. The research also suggested that the nature of the marriage influenced levels of contentment in remarriages. Additionally, a higher level of education among partners was associated with improved marital satisfaction. The study further noted that the duration of the marriage significantly impacted satisfaction levels in first marriages, an effect not observed in remarriages.

Education Level

Ayub and Iqbal (2012) examined differences in marital satisfaction between genders and the factors that influence it in Pakistan. The study involved 600 participants, split equally between men and women. A questionnaire designed to measure satisfaction within marriages was administered, and the findings indicated that the educational background of partners was a key factor contributing to relationship fulfilment.

Mirhosseini et al. (2022) investigated relationship satisfaction and associated characteristics among married individuals in Taft County. The research, conducted in 2019, employed a cross-sectional design and included a sample of 365 participants. Various sampling techniques were used, such as stratified, clustered, and random methods. The study revealed that factors such as a partner's age, education level, income, occupation, and the marital status of their parents significantly influenced satisfaction within the relationship. Additionally, social support and internet usage were also identified as influential factors.

Oludare and Ogili (2013) carried out a study to examine the understanding, perspectives, and actions of young individuals regarding genetic counselling before marriage. The research employed a questionnaire to gather both qualitative and quantitative information. The results revealed that 80% of the youth were familiar with sickle cell disease (SCD) and the concept of premarital counselling, held an optimistic view, and engaged in relevant practices. Furthermore, the study indicated a strong connection between the participants' level of education and their awareness, attitudes, and behaviours related to SCD and premarital genetic counselling.

Barongo et al. (2014) explored the relationship between educational attainment and marital satisfaction among couples in Kisii County. Using a cross-sectional design, the research examined various educational categories. The results

indicated that husbands with advanced education levels reported a high degree of satisfaction (81.7%), while wives with similar qualifications were satisfied in 21.8% of cases. Couples with matching levels of education were also more likely to experience contentment in their marriages (60.9%). The study highlighted a positive link between education and relationship quality. Despite extensive research on this subject, no similar study has been conducted in Nairobi, particularly at the All-Saints Cathedral Church, underlining the need to investigate how premarital counselling affects relationship satisfaction in this setting.

Age

Jose and Alfons (2007) investigated how factors such as age, education, family size, employment status, and the duration of marriage influence relationship satisfaction. The research gathered responses from 787 married individuals living in the Flanders region of Belgium using the Maudsley Marital Questionnaire (MMQ). The findings revealed notable differences in marital satisfaction between those in their first marriages and individuals who had remarried. Age emerged as a key demographic factor affecting relationship quality. Additionally, the study highlighted that both the age of participants and the size of their families significantly influenced their intimacy levels. These findings suggest that older couples tend to experience higher levels of marital satisfaction compared to younger ones.

Gorchoff et al. (2008) explored the connections between marital role performance, the age at which individuals marry, and relationship satisfaction. The research included 394 married participants, whose evaluations of spousal roles were incorporated to ensure precise findings. All participants were under the age of 35, in their first marriages, and had been married for no more than six years. The study revealed a positive association between the age at marriage and relationship

satisfaction, even when factors like the length of the marriage, education level, socioeconomic status, and religious influences were considered. The findings concluded that satisfaction within marriages tends to improve as individuals grow older.

Lee and McKinnish (2018) utilised data from Australian household panels to investigate how the ages of couples' children influenced the quality of their relationships over time. The findings suggested that men tended to be more content with younger wives and less so with older ones. Interestingly, women displayed a preference for younger partners and expressed less satisfaction with older ones. Over time, satisfaction within marriages declined for both genders, particularly among couples with significant age gaps, in contrast to those where partners were close in age. Marriages where men had younger wives and women had younger husbands initially experienced higher levels of contentment during the first six to ten years. However, couples with significant age differences were found to be less resilient to challenges compared to those of similar ages.

Dabone (2014) investigated whether a person's age affects their degree of relationship satisfaction in Ghana's Sunyani Municipality in the Brong-Ahafo Region. Data from the sample of 320 participants in the study, which employed a descriptive survey design, were collected using the Marital Satisfaction Inventory (MSI). The results showed that married people in the municipality, whether young or elderly, were unhappy with their marriages. The results indicated that younger people were much less satisfied than older people. In order to learn more about marriage and how to have happy marriages, the study advised the young people to speak with counsellors and other experts in the field.

Kariuki (2018a) explored how the age at which individuals marry influences relationship contentment among couples in Murang'a County, Kenya. The study used a cross-sectional survey with 399 participants. The results showed a significant positive relationship between the age at marriage, personal viewpoints, and the dynamics of interaction in the relationship. However, the research did not find a notable correlation between these factors.

The above literature reviewed to examine whether age influences marital satisfaction among married couples has revealed that age influences marital satisfaction among couples. However, there is no agreement on whether the older or younger people in marriage are more satisfied with their marriages. Though this area has been extensively researched, no such study has been conducted in this diocese, particularly at the All-Saints Cathedral Church, highlighting the importance of this study in addressing the unique needs and experiences of couples within this context.

Parenting

Kwok et al. (2015) examined a number of parenting variables, including parenthood self-awareness, perceived stress, co-parenting relationships, contentment, and marital happiness of women. The research employed a cross-sectional survey sample of 1,140 respondents. After considering the women's age, educational status, and economic status, the results showed that a stronger co-parenting relationship, better satisfaction with father engagement, and fewer parenting obstacles were associated with improved relationship satisfaction. The study also revealed a substantial link between favourable traits in the parental sub-system and higher marital happiness in the spouse sub-system.

Twenge et al. (2003) conducted a meta-analysis to investigate the relationship between parenthood and marital satisfaction. The findings revealed that individuals with children generally reported lower marital happiness compared to those without children. The study found a significant negative correlation between the number of children and the quality of marital relationships. Furthermore, the analysis highlighted differences based on parental status, with 38% of mothers with infants rating their marriages positively, compared to 62% of women without children. For men, marital satisfaction appeared unaffected by the age of their child. The research also suggested that younger parents and those from higher socio-economic backgrounds faced greater challenges in maintaining marital satisfaction due to parenthood.

The study also showed that role conflicts and freedom limits caused marital satisfaction to decline following the birth of a child. Similar to this, Lawrence et al. (2008) explored how marriages evolved as a result of having children. The goal of the study was to distinguish between the two widely held beliefs that dominate the body of knowledge regarding the type of marital change that results from becoming a mother. The researchers analysed changes in marital happiness through growth curve analyses, using a sample of 156 husbands and wives. Data were gathered at identical intervals for couples who intentionally chose not to have children, both before and after their first child was born. The findings revealed that spouses who expressed higher marital contentment before becoming parents tended to have children earlier in their marriages. However, parents experienced greater declines in marital happiness compared to couples without children. Additionally, pregnancy planning was found to boost pre-pregnancy satisfaction levels and mitigate postpartum declines in marital happiness for men, though not for women.

Onyishi et al. (2012) examined how the number of children influences marital contentment within the Igbo ethnic group in Nigeria, using data from 374 couples. The study found a correlation between the size of a family and the satisfaction experienced in marriage, challenging prior assumptions in this area. The findings revealed that having children was the most significant factor influencing relationship quality, even when compared to variables such as wealth and education. Furthermore, the results suggested that parenthood does not inherently diminish marital happiness, a conclusion that contrasts with trends observed in more affluent and individualistic societies.

Thumbi (2019) focused on how first-time parents' marital satisfaction in Kenya was impacted by becoming parents. A mixed-method, descriptive survey methodology was employed in the study. The study's findings suggest that first-time parents' marital happiness rose as they became more adept at parenting, which would account for the strong relationship between marriage satisfaction and being a parent. According to the study's results, the transition to parenthood accounted for 14.9% of the variation in first-time parents' marital satisfaction, with each unit of that shift leading to a corresponding rise in marital satisfaction of one unit. In addition, 44% of respondents reported higher marriage happiness after becoming parents, 34% reported no change, and 22% reported lower marital satisfaction.

Parenthood does have an impact on marital satisfaction, both positively and adversely, according to the literature cited above that was analysed to determine whether having children influences marital satisfaction among couples. However, several studies have shown that, in some societies, having children is a strong predictor of marital satisfaction. The majority of the literature identified implies that couples with children are more content than childless couples. Despite the fact that

this topic has been extensively studied, limited studies have been carried out in Nairobi, particularly at the All-Saints Cathedral Church.

Financial Stability

Archuleta et al. (2011) examined how financial circumstances influence a spouse's decision to stay in a marriage. The study, conducted with 310 married participants from a Midwestern state in the United States, explored the impact of socio-economic and demographic factors, religious beliefs, psychological considerations, financial satisfaction, and financial pressures on marital well-being. The findings revealed a positive association between financial stability, religious involvement, and relationship satisfaction. Conversely, financial strain was linked to decreased marital happiness. The study also found that individuals with secure financial situations were more likely to report contentment in their marriages.

Kelley et al. (2018) examined how communication between partners may act as a mediator in the relationship between financial difficulties and marital well-being. The study, which involved 373 married couples from the Flourishing Families Project, employed the actor-partner interdependence model (APIM) to assess the impact of financial strain on both partners' perceptions of their relationship. The results suggested that financial challenges faced by one partner had minimal effect on the other partner's view of the relationship. Additionally, communication between partners did not significantly affect the relationship between financial strain and marital quality for either husband or wife. However, effective communication seemed to mitigate the negative effects of financial pressure, particularly for men.

Copur and Eker (2014) explored the relationship between financial issues and marital dynamics among 302 public sector employees in Ankara, Turkey, comprising 149 women and 153 men. The findings revealed that 41.1% of participants preferred

maintaining separate financial accounts from their spouses, while 40.4% found joint accounts to simplify financial decision-making. A significant link between marital satisfaction and financial fulfilment was identified. Additionally, Kelley et al. (2018) examined the impact of financial hardship, financial management strategies, family stability, and marital satisfaction among 278 married couples who had been together for under five years. Their findings highlighted a strong correlation between financial stress, money management methods, marriage stability, marital satisfaction, and overall stability. The studies underscore the importance of financial management in determining marital happiness and stability.

Furthermore, in Arusha, Tanzania, Mbwambo (2020) examined the socio-economic factors that contribute to marital failure in young couples. The study used a sample of 120 respondents and combined quantitative and qualitative methodologies. The evaluation's findings indicate that social and economic problems such as illiteracy, poverty, globalisation, involvement of extended families, sex role expectations, childlessness, and adultery are the primary causes of marriage breakup. Additionally, research showed that variables like poor communication during the marriage, sexuality, a lack of affection, sickness, individuality, and unemployment can seriously threaten newlyweds' ability to have a happy marriage.

The comprehensive review of literature on the influence of demographic characteristics revealed that certain traits could influence the connection between premarital counselling and marital satisfaction. Factors discussed in the reviewed studies included the educational level of spouses, their economic circumstances, family size, gender, age, and parenting approaches. While numerous studies on this topic have been conducted globally, regionally, and locally, none have specifically

focused on the All-Saints Cathedral Church in Nairobi City County, Kenya. This study, therefore, sought to address this gap in knowledge.

The total literature review undertaken to examine the mediating effect of couples' demographic features revealed that certain demographic traits may affect the relationship between prior marriage psychotherapy and relationship satisfaction. Among the factors addressed in the literature reviewed in this field are the degree of education of the spouse, their financial stability, the number of children and parents, their gender, age, and parenting style. Although many of these studies have been conducted globally, regionally, and even locally, none have been conducted at the All-Saints Cathedral Church in Nairobi City County, Kenya. As a result, the current study aimed to fill this knowledge gap.

Theoretical Framework

The Solution Focused Theory was used to inform this study. By focusing on people's strengths, ideas, and methods already in place rather than just the problems, a solution-focused approach helps people improve their lives (Visser, 2013). Berg and de Shazer created this model in the 1980s and 1990s (Visser, 2013). The concept has been applied to solve issues affecting both adults and kids. Everyone is an expert on their own life, according to the core tenet of this ideology. The concept never concentrates on a person's faults but rather on what they identify as their strengths (Lee, 2011). Family relationships have benefited from and have been improved by this theory. Similar to this model, premarital counselling helps couples prepare for marital satisfaction by helping them understand the strengths they possess that can help overcome issues that might inevitably arise in marriage.

One of the significant elements of this theory is the focus on exceptions to the problems people experience. An abusive person, for instance, also has periods in their

life when they are less impulsive. Another alcoholic will encounter times when they must muster the willpower to repress the urge to take another drink. The concept prioritises ensuring the future and emphasises what benefits people (Visser, 2013). This element describes the main aim of premarital counselling, which is to help couples prepare for their future, while equipping them with coping mechanisms to adopt things that will work best for their marriage to ensure marital satisfaction. Solution-focused therapy is future-oriented and focuses on setting specific, achievable goals. Premarital counselling programs often aim to equip couples with skills and strategies to navigate challenges and maintain a satisfying relationship over time. By utilizing solution-focused techniques, researchers can assess the effectiveness of these programs in helping couples set and achieve their relationship goals.

This strategy is modest in that it relies on the least amount of involvement possible. It also places greater emphasis on the individual's intended objective than on a requirement that is enforced from without. It invites participants to describe their desired result and emphasises growth opportunities (Macdonald, 2011). It involves imagining a desirable future and the changes it might bring about in a person's life. This method starts with determining a person's anticipated outcome, which then establishes the timeline for the remaining work (Visser, 2013). This feature of the strategy clarifies exactly what premarital counselling comprises. The very essence of counselling before marriage is to empower marriageable singles to make conclusive decisions to be fulfilled and realise their goals while they get to develop a vision of the future they would like to have.

This theory's emphasis on solutions rejects the idea that attention must always be paid to issues in order to solve them as a key component. This strategy contends that focusing on problems can stall efforts to accomplish good things (De Shazer et

al., 2021). According to this approach, people should direct their efforts towards examples of a desired future that are already occurring. When working with clients using the solution-focused model, the practitioner must determine how they would like their life to be if their problem were never there (De Shazer et al., 2021).

Solution-focused therapy emphasizes the importance of collaboration between the therapist and clients in identifying and achieving their goals. Similarly, effective premarital counselling programs often involve active participation and engagement from both partners. By adopting a solution-focused approach, researchers can explore how couples' active involvement in setting and working towards their relationship goals contributes to overall marital satisfaction.

The solution-focused approach focuses on empowering people to gain confidence to handle future challenges. This model also believes that communication is key because it can help people talk about their future plans, which helps in strategizing on how to achieve the laid-out plans (Lee, 2011). According to this model, there is a large chance for transformation if an individual has the desire to alter their life and is prepared to be involved in the process and share their ideas (Macdonald, 2011). Premarital counselling offers two different people, coming from different backgrounds but wishing to spend a lifetime together, the opportunity to communicate their ideas, attitudes, personalities, and future expectations. This helps partners understand themselves better and picture what they can expect from their partners in the future. The latter implies that premarital counselling helps couples be ready so that they do not experience unpleasant surprises in their marriages.

This strategy is suited for this study since it concentrates on the key concerns of premarital counselling. The model believes in preparing people for the future by focusing on their strengths and not their weaknesses. This is the cardinal reason for

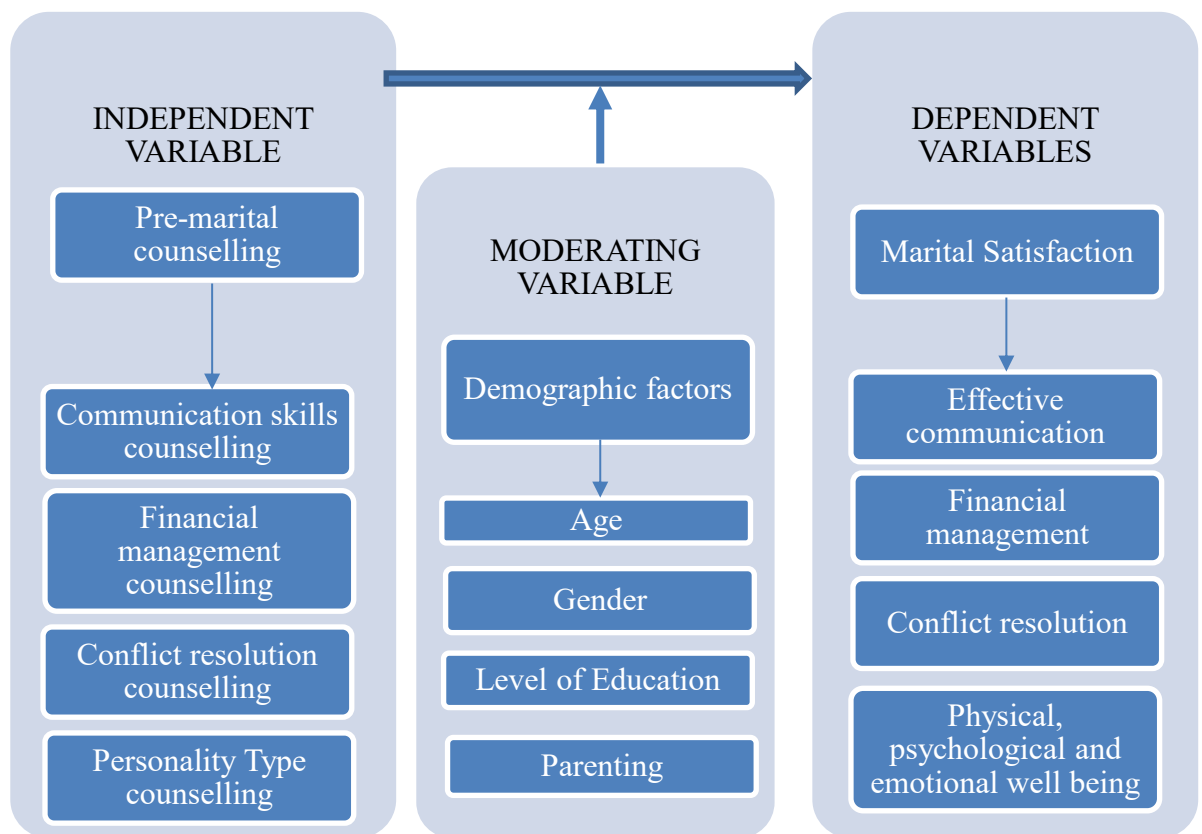
premarital counselling: to explore the strengths that can get mature singles through tough times in marriage. Likewise, premarital therapy empowers individuals to develop coping skills for upcoming obstacles, and the solution-focused paradigm furthers this goal. This theory also does not focus on problems; just like in premarital counselling, there are no problems being handled; it is only preparation for the future. The rationale states that premarital counselling gives singles enough tools to improve marital satisfaction, such as strength focusing, coping mechanisms, and preparation for the future, that enable couples to have higher marital satisfaction.

The Conceptual Framework

The relationship between the variables in this study is shown by the conceptual framework that follows. Financial management counselling, communication skills counselling, conflict resolution therapy, and personality counselling are all indicators of premarital counselling, the independent variable. The study's dependent variable was marital satisfaction, which is represented by good communication, competent money management, successful conflict resolution, and physical, mental, and emotional welfare. The demographic characteristics of the respondents, as indicated by age, gender, educational attainment, and parenthood, are also included as moderating variables in the framework.

Figure 1

Conceptual Framework



Source: Author (2024)

A Synthesis of Research Gaps

A comprehensive review of the literature in relation to the study's four objectives reveals several research gaps that directly relate to the primary research question: Does PMC influence marital satisfaction? Regarding the prevalence of marital satisfaction among married individuals, studies indicate that while moderate to high levels of satisfaction are generally reported, there are notable differences between regions and between genders. These disparities suggest that marital satisfaction is not uniform and may be influenced by various factors, including PMC. However, none of these investigations have been conducted at Nairobi's All Saints Cathedral Church, leaving unanswered whether the PMC provided in this specific setting contributes to or predicts marital satisfaction.

In reviewing the literature on the various types of premarital counselling used, researchers have categorized counselling into religious, traditional, medical, and general formal types. Evidence overwhelmingly shows that religious PMC is the most frequently used model, largely due to the mandates imposed by many religious institutions. Despite this, there is a dearth of research focusing on the specific counselling services provided at All Saints Cathedral Church in Nairobi. This gap is critical because it is unclear whether the type of PMC delivered in this local religious context exerts a measurable influence on marital satisfaction.

The literature on the influence of premarital counselling on marital satisfaction has established a positive relationship in various parts of the world. Yet, a lack of focused research on how these effects manifest in the local context at All Saints Cathedral Church persists. The current literature synthesis indicates that while there is robust global evidence supporting the beneficial role of PMC on marital satisfaction, specific empirical data from this setting are missing. This gap raises the question of

whether the established global relationship holds true in the local Kenyan context, and if the particular content and delivery of PMC services there effectively influence marital outcomes.

Furthermore, a review of the literature on the role of demographic factors—such as educational background, financial situation, parenting challenges, gender, and age—reveals that these variables significantly shape the relationship between PMC and marital satisfaction. For example, studies have found that gender differences influence reported levels of marital satisfaction, with some evidence suggesting that men and women experience the benefits of PMC differently. Other research indicates that higher educational levels and economic stability are positively correlated with marital satisfaction, while the presence of children can have a mixed impact. Despite these insights, there is little research that examines how these demographic factors interact with PMC specifically within the context of All Saints Cathedral Church. Thus, it remains unclear whether demographic variations among Kenyan couples moderate the influence of PMC on marital satisfaction in this local setting.

Overall, while the existing literature supports a link between PMC and marital satisfaction, the synthesis reveals critical gaps that directly impact the primary research question. First, there is insufficient evidence regarding the impact of locally provided PMC services on marital satisfaction at All Saints Cathedral Church. Second, although various types of PMC are documented globally, the specific nature of counselling services used in this Kenyan context remains underexplored. Finally, the interplay between demographic factors and the effectiveness of PMC in influencing marital satisfaction has not been adequately addressed in local studies. These gaps underscore the importance of the current study, which aims to fill this void by providing empirical data on whether and how premarital counselling

influences marital satisfaction among married individuals at All Saints Cathedral Church in Nairobi.

Chapter Summary

The literature review, theoretical and conceptual framework, and synthesis of the unexplored research gaps have been discussed in detail in this chapter. The methodology that was used is outlined in the chapter that follows.

CHAPTER THREE: RESEARCH METHODOLOGY

Introduction

This section details the approach to gathering, managing, evaluating, and interpreting data to answer the research questions. It includes the research site, methodology, target demographic, sample size, the credibility and consistency of the instruments, data collection methods, data analysis strategies, and ethical considerations.

Research Design

This study adopted a cross-sectional research design to examine the relationship between premarital counselling and marital satisfaction among married individuals at Nairobi's All Saints Cathedral Church. A cross-sectional design is particularly suitable for studies aiming to analyze variables at a single point in time, allowing researchers to capture a snapshot of participants' experiences and perceptions (Seeram, 2019). Quantitative data was gathered using structured questionnaires to ensure objectivity and consistency in measuring the key variables. Additionally, qualitative data was collected through semi-structured questionnaire to explore how different counselling experiences influenced married individuals' relationship dynamics and marital satisfaction. The design facilitated the identification of patterns between the variables without manipulating the study environment.

Target Population

In this study, the target population comprises individuals who attended premarital counselling at the All-Saints Cathedral Church in Nairobi City County between January 2016 and November 2016. Institutional records indicate that a total of 94 individuals participated in the counselling program during this period. These 94 individuals represent married individuals. The target population was selected

purposively because the study aims to explore the impact of premarital counselling on marital satisfaction among Christian married individuals—a group that experiences a variety of marital issues, including higher-than-average divorce and separation rates (Herre et al., 2020). Although the population size is relatively small, a sampling formula was still employed to ensure a systematic and replicable selection process. The use of a formula in a small population is justified on methodological grounds: it strengthens the internal validity of the study and facilitates comparisons with findings from other studies, thereby contributing to the reliability and generalizability of the results (Azarian et al., 2023).

Study Area

The All-Saints Cathedral was chosen as it comprises a cosmopolitan congregation and is located in the Central Business District of Nairobi City County.

Sample Size Determination

A sample is a more limited group drawn from a reachable demographic (Mugenda & Mugenda, 2003). The required attributes of the married individuals were those who underwent premarital counselling at the All-Saints Cathedral Church in Nairobi, and who were still married. The researcher cautiously selected a subgroup of married individuals as a representative of the entire population. The formula created by Nassiuma (2000) was used to calculate the sample size.

$$n = \frac{Nc^2}{c^2 + (N-1)e^2}$$

Where: n = sample size,

N= Target population (94)

c= Coefficient of Variance (0.3)

e= standard error (0.02)

Therefore: $\frac{94 \times (0.3)^2}{0.3^2 + (94-1)0.02^2}$

$$0.3^2 + (94-1)0.02^2$$

$$= 66$$

Based on the above formula, a sample of 66 married individuals participated in this study.

Sampling Method

Following the approach outlined by Mugenda and Mugenda (2003), sampling involves selecting a representative subset from a larger group. This research incorporated both primary and secondary data gathered from church records. Participants were chosen using purposive sampling, focusing on individuals who had been married for a minimum of 5 years, had attended the premarital counselling programme at the church, and were still married. The researcher reached out to the participants, provided information about the study, and obtained their consent. A structured survey was employed to collect data on demographic characteristics, premarital counselling, and relationship satisfaction. The Marital Satisfaction Scale (MSS), which was adopted from the Locke-Wallace Marital Adjustment Scale, was part of the survey. Participants completed the survey online via a digital link, with responses collected through Survey Monkey to streamline the data collection process.

Types of Data

The study collected both primary quantitative and qualitative data. The researcher gathered quantitative data through Sections B and C of the questionnaire, which focused on measuring specific variables related to premarital counselling and marital satisfaction. Additionally, qualitative data (section D) was gathered using open-ended items that allowed participants to provide detailed narratives about their experiences with premarital counselling and how these experiences have influenced their marital satisfaction. The qualitative component offered rich contextual insights

that complement the numerical data, thereby providing a more comprehensive understanding of the impact of premarital counselling on marital relationships.

Data Collection

The researcher obtained a letter of topic approval from the university, followed by a license from NACOSTI to carry out the research study. This letter was delivered to the office of the provost to enable the researcher access the contacts of potential participants from the church database. Thereafter, the researcher used purposive sampling to identify participants. All individuals who attended the premarital counselling during the period January 2016 to November 2016 were eligible to participate. This included those who were renewing their marital vows, previously having been married through customary marriage, or other means, hence having cohabited and lived together as husband and wife. The choice of this particular group was based on the understanding that this was the oldest records on a structured premarital counselling that were available from the church at the time, and all the trainings were conducted by the same facilitators, which was not the case in the succeeding years.

The sample size consisted of 66 married individuals from a target population of 94 married individuals. They are amongst those who attended the premarital therapy programme during the period between January 2016 to November 2016, at the All-Saints Cathedral Church, Nairobi. The researcher contacted the individuals, via their individuals' cell phones, explained the purpose of the study, obtained their consent to participate, and then provided them with the questionnaire for completion on the survey monkey online platform. The researcher made follow-up calls with participants to ensure a suitable percentage filled the questionnaire provided.

Data Collection Instruments

The term "research instrument" refers to any tool used to measure and collect data. For this study, primary data was gathered using a questionnaire administered via the online Monkey Survey app. According to Mugenda and Mugenda (2003), a questionnaire is a structured procedure—either conducted orally or in writing—that consists of a list of questions printed or typed on a form used to collect data from respondents.

A straightforward questionnaire was selected for this investigation due to its affordability and ease of evaluation. Given that respondents were geographically dispersed, the questionnaire represented the most cost-effective approach to data collection. Additionally, allowing respondents to complete the questionnaire from the comfort of their homes or offices helped maintain anonymity and reduce interview bias.

The questionnaire was divided into five sections. Section A collected socio-demographic data such as age, gender, educational status, length of marriage, if they had children, and how they parented them. Section B gathered information on the content covered during premarital counselling to determine whether specific topics were addressed. Section C measured marital satisfaction using a standardized tool adopted from the Locke-Wallace Marital Adjustment Scale. This tool consists of 15 items with scores ranging from 2 to 158. Each item carries a distinct scoring rate, and the overall marital satisfaction score is determined by summing the responses to the specified items. Higher scores indicate better marital satisfaction, whereas scores below 100 suggest marital dissatisfaction or maladjustment. Section D sought to capture respondents' perceptions of how premarital counselling had influenced their current level of marital satisfaction.

Pilot Study

Prior to data collection, the interview guide was tested in advance on four individuals at ACK St. Philips Thiboro, to ensure that the processes and quality of responses from the targeted respondents were met. This helped guide the research objectives and address questions that were ambiguous, tricky, or unsuitable (Muresherwa & Jita, 2022). After conducting the pilot study, the investigator became more competent and prepared to handle the challenges that were likely to arise during the actual study, as well as gained greater confidence in the data collection instruments.

Validity

Validity refers to how accurately a research tool measures the intended concepts. To ensure the dependability and precision of the study, the researcher integrated the Locke-Wallace Marital Adjustment Scale, aligning it with the objectives of the research. The tool was assessed for its internal consistency, achieving a Cronbach's alpha score of 0.92 (Khatun et al., 2019). Furthermore, the instrument underwent a comprehensive review by the supervisor to verify its appropriateness for evaluating aspects of premarital counselling and marital satisfaction. Suggestions from the review were used to make the necessary improvements, addressing any identified inconsistencies or inaccuracies.

Reliability

On the other hand, the capacity of a research tool to deliver the same outcomes repeatedly over time is known as reliability. To assess the quality of the research instrument, an internal consistency approach was used. A Likert scale questionnaire benefitted from the internal consistency reliability technique (Cronbach & Shavelson, 2004).

The tool used to assess relationship satisfaction was structured as a Likert scale. Reliability was evaluated using Cronbach's alpha, a statistical measure that examines the internal consistency of items designed to assess the same construct. A value of 0.7 or above was deemed acceptable for reliability (Cronbach & Shavelson, 2004). In this study, the Cronbach's alpha score was 0.92, reflecting a high degree of reliability.

Data Analysis Plan

Data analysis is the process of transforming raw data into meaningful insights that can aid decision-making, hypothesis formulation, and other research objectives (Creswell, 2017). After collecting and verifying all the survey responses, the subsequent step was to analyse the data. Scores from the Locke-Wallace Marital Adjustment Scale, used to assess marital satisfaction, were carefully recorded and processed. The analysis was carried out using SPSS (Version 28-2022), with a focus on examining socio-demographic factors, premarital counselling topics, and marital satisfaction. The raw data was cleaned and coded to prepare for analysis (see Appendix II). Descriptive statistics, such as means, frequencies, and percentages, were employed to summarise the data, while inferential statistics, including the chi-square test (χ^2), were used to examine the relationship between premarital counselling and marital satisfaction.

Marital satisfaction was classified into intervals to facilitate interpretation, and logistic regression was used to evaluate the impact of premarital counselling. Furthermore, an ANOVA test was applied to explore the mediating role of demographic factors. Quantitative data were displayed using tables and pie charts, while content analysis was conducted to examine participants' experiences with premarital counselling and its effect on marital satisfaction. For the qualitative

analysis, content analysis was conducted on the open-ended responses collected in Section D of the questionnaire. These responses provided rich, contextual insights into participants' experiences with premarital counselling and its perceived effects on their marital satisfaction. The qualitative data was transcribed and systematically coded to identify recurring themes and patterns. This analysis helped to complement and explain the quantitative findings by revealing the underlying reasons for the observed relationships between counselling services and marital satisfaction. Table 1 presents the objectives, methods of data collection, and analysis techniques used in the study.

Table 1*Data Analysis Matrix*

OBJECTIVE	METHOD/ INSTRUMENT	DATA ANALYSIS
	DATA COLLECTION	ANALYTICAL TOOL
1. To find out the forms of pre-marital counselling services offered to married individuals at the All-Saints Cathedral Church, Nairobi	Church records Research administered questionnaire	SPSS Version 28-2022 Percentage, frequency
2. To establish the marital satisfaction scores of married individuals who attended premarital counselling at the All-Saints Cathedral Church, Nairobi	Research administered questionnaire	Total individual scores, Frequency, mean, percentage, standard deviation. SPSS Version 28-2022
3. To establish the effect of pre-marital counselling on marital satisfaction among the married individuals at the All-Saints Cathedral Church, Nairobi	Research administered questionnaire both quantitative analysis and qualitative queries.	Chi square test. Logistic regression model SPSS version 28-2022 Content analysis
4. To establish demographic factors as mediating variables on the effect of pre-marital counselling on marital	Research administered questionnaire	SPSS version 28-2022 ANOVA test

satisfaction among married
individuals at the All-Saints
Cathedral Church, Nairobi.

Ethical Consideration

Mugenda and Mugenda (2003) outline ethical guidelines as key principles that govern a researcher's conduct during the research process. The researcher was accountable for ensuring the safety and well-being of participants, protecting their human rights and dignity. For this study, all ethical protocols were followed in compliance with legal requirements for conducting research. An introductory letter and approval were obtained from the Research and Ethics Committee at Pace University. Additionally, the researcher applied for and received a licence from the National Commission for Science, Technology, and Innovation (NACOSTI) to carry out the study in Nairobi City County.

The researcher then secured a written permit from the provost at the All-Saints Cathedral Church, Nairobi, as confirmation that the research was being conducted after following proper ethical procedures to safeguard the church records and the welfare of the congregants who participated in this research study. The researcher assured the participants of the confidentiality of their information and required them to sign an informed consent form, signifying their willingness to participate.

Participants signed informed consent voluntarily after thorough explanations of the study's objectives and were given the option to decide whether or not to take part. The researcher also informed participants that they were free to withdraw from the study at any point during data collection, while emphasizing the importance of the

research study. They were also informed about the confidentiality agreement and how their data would be protected from any unauthorized users, ensuring its use solely for the purposes of this investigation. Additionally, the researcher considered the principle of confidentiality, which ensured that participants' identities were not revealed (Gravetter & Forzano, 2012). To protect anonymity and confidentiality, participants were assigned serialized numbers instead of names. The researcher also ensured appropriate security controls for data management, such as using passwords to lock the data. Data was presented generally using statistics, and any qualitative information was reported anonymously, with names and personal details hidden or eliminated.

Chapter Summary

This section provides a detailed overview of the methodology used in the study. It includes discussions on aspects such as the target group, sample size, and sampling techniques, alongside the descriptive design of the study. Moreover, it outlines the types of data gathered, the procedures followed during the data collection process, and the techniques applied for data analysis. The chapter also explores the validity and reliability of the research instruments used. Ethical considerations pertinent to the study are also addressed.

CHAPTER FOUR: RESULT AND DISCUSSION

Introduction

This section presents the results of the study based on data collected through questionnaires distributed via the Survey Monkey platform. The analysis was aligned with the research objectives, concentrating on the influence of premarital counselling on marital satisfaction among married individuals from All-Saints Cathedral Church in Nairobi City County. The data was examined using both descriptive and inferential statistical techniques, with the results displayed in tables and charts for better understanding. The findings were interpreted in light of the research questions, providing insights into the different types of premarital counselling, levels of marital satisfaction, and the demographic factors that impact these relationships.

The qualitative data analysis process was systematically conducted using thematic analysis as outlined by Naeem et al. (2023). All responses from Section D were transcribed verbatim and imported into a qualitative analysis software for organization and coding. The process began with an initial reading of the transcripts to gain familiarity with the data, followed by open coding to identify recurring ideas and patterns. Codes were then grouped into broader themes that reflected the key issues and insights related to the influence of premarital counselling on marital satisfaction. These themes were refined through iterative comparisons and discussions among the research team to ensure consistency and credibility. This rigorous and structured approach allowed for the integration of qualitative insights with the quantitative findings, thereby providing a comprehensive understanding of the participants' experiences.

Response Rate

The study response rate is presented in Table 2.

Table 2

Response Rate

Category	Frequency	Percent
Filled questionnaires	61	92.4%
Incomplete questionnaires	5	7.6%
Total	66	100%

Source: Field Survey Data (2024)

The research aimed to gather responses from 66 participants, with 61 providing completed online questionnaires, resulting in a response rate of 92.4%. Five questionnaires were left incomplete. According to Mugenda and Mugenda (2003), a response rate of 50% is considered acceptable for descriptive studies, while 60% is regarded as good, and rates above 70% are deemed excellent. Following these standards, the response rate achieved in this research was deemed very satisfactory for the purposes of analysis and reporting.

Respondents Demographic Information

Gender

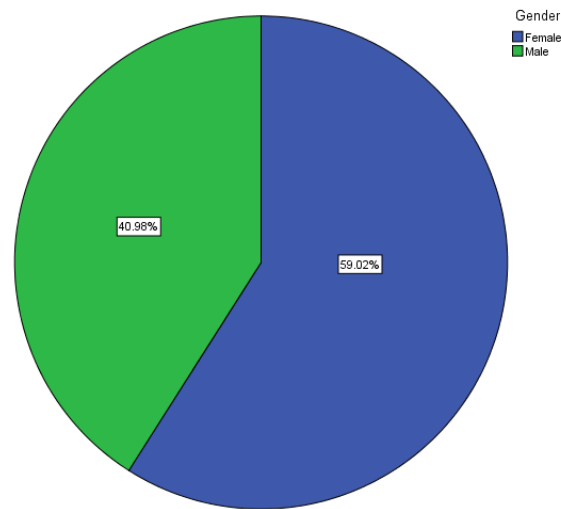


Figure 2 : Gender Distribution

The results show that 59.02% of participants were female, while 40.98% were male, indicating a higher proportion of women in the study. Despite this difference, both genders were sufficiently represented, ensuring a well-rounded perspective for examining the impact of premarital counselling on marital satisfaction.

Age

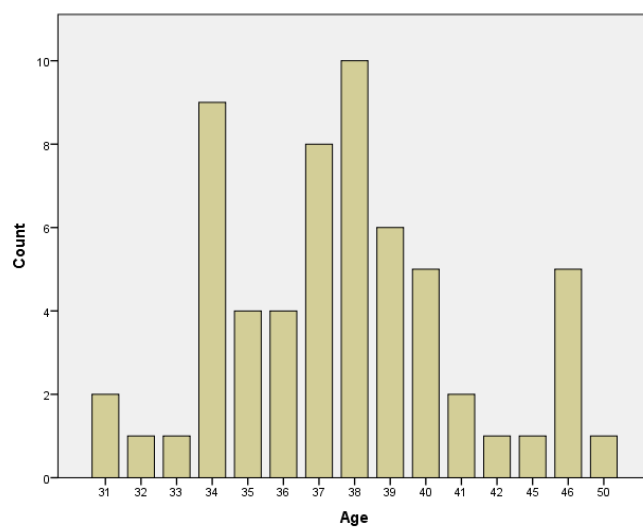


Figure 3 shows the age distribution for the respondents.

Figure 3 : Age Distribution

Figure 3 shows the distribution of respondents' ages in the study. The ages ranged from 31 to 50, with the majority of respondents clustered between 33 and 39. The highest frequency is observed at age 38, with 10 respondents. This visualisation indicates that the respondents were predominantly in their mid to late thirties, providing a relevant age distribution for analysing marital satisfaction in relation to premarital counselling.

Duration in Marriage

Table 3 shows the participants' duration in marriage.

Table 3

Duration in Marriage

Years Married	Frequency	Percent	Valid Percent	Cumulative Percent
6-7 years	8	13.1%	13.1%	13.1%
7-8 years	36	59.0%	59.0%	72.1%
Above 8 years	10	16.4%	16.4%	88.5%
Below 6 years	7	11.5%	11.5%	100.0%
Total	61	100%	100%	100%

Table 3 illustrates the marriage duration among participants. The majority (59%) had been married for 7–8 years, while 16.4% reported being married for over 8 years. A smaller proportion, 13.1%, had been married for 6–7 years, and 11.5% for less than 6 years. These findings suggest that a significant number of participants had substantial marital experience, particularly within the 7–8-year range.

Level of Education

Figure 4 shows the level of education.

Figure 4

Level of Education

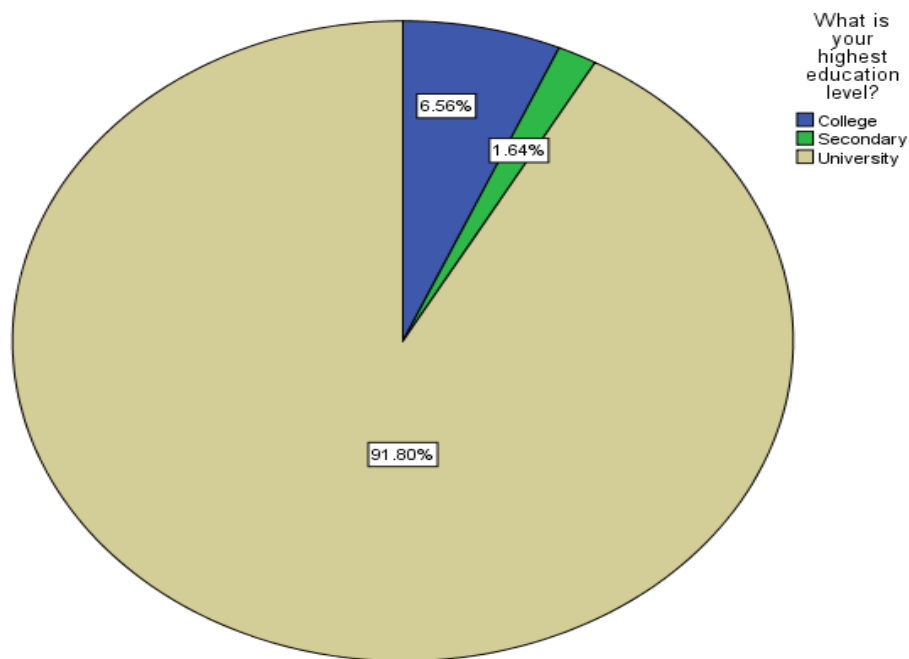


Figure 4 illustrates the respondents' highest levels of education. The majority of respondents, 91.8%, had attained a university education. A smaller proportion, 6.56%, had completed college education, while only 1.64% reported having completed secondary education. This distribution shows that the study sample was predominantly composed of individuals with higher educational qualifications, particularly at the university level.

Children

Figure 5 shows the participants' responses on whether they have children or not.

Figure 5

Do You Have Children?

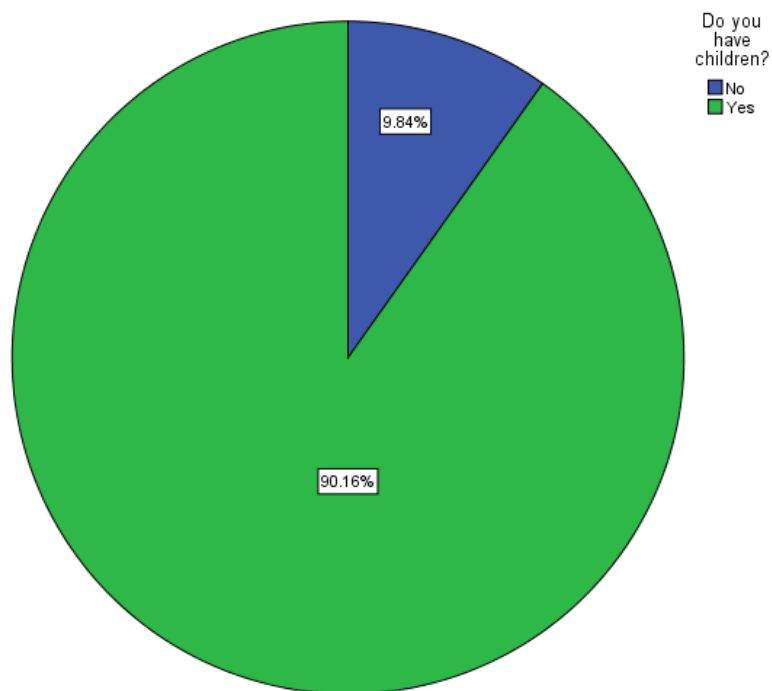


Figure 5 displays participants' responses regarding parenthood. A large proportion, 90.16%, reported having children, while 9.84% indicated they did not. This distribution suggests that most participants were parents, offering valuable insights into how parenting roles may influence marital satisfaction and the effectiveness of premarital counselling.

Occupation

Figure 6 shows the participants' occupations.

Figure 6

Occupation

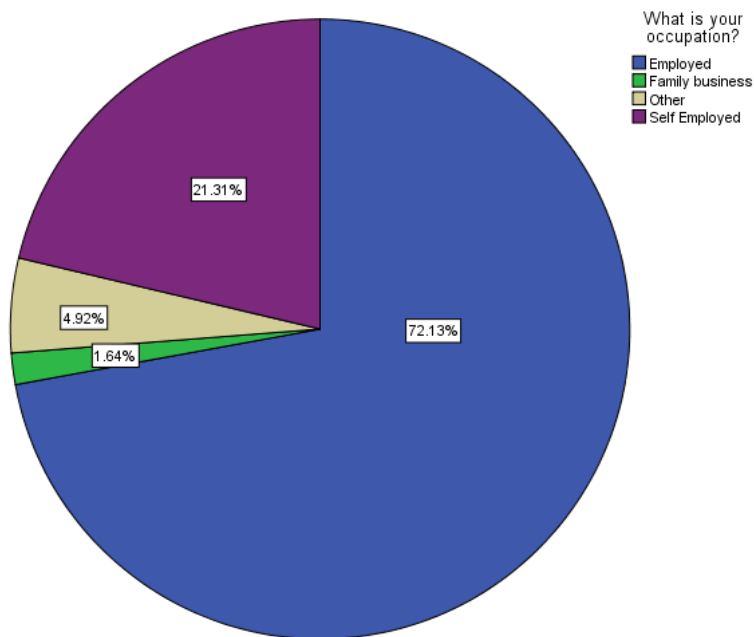


Figure 6 illustrates the distribution of participants' occupations. The majority of respondents, 72.13%, were employed, followed by 21.31% who were self-employed. A smaller percentage, 4.92%, indicated that they were engaged in other forms of work, while 1.64% were in family businesses. This data shows that most participants were employed, which may influence various factors related to marital satisfaction, such as financial stability and work-life balance.

Parenting Arrangement

Figure 7 shows the respondents' parenting arrangements.

Figure 7

Parenting Arrangements

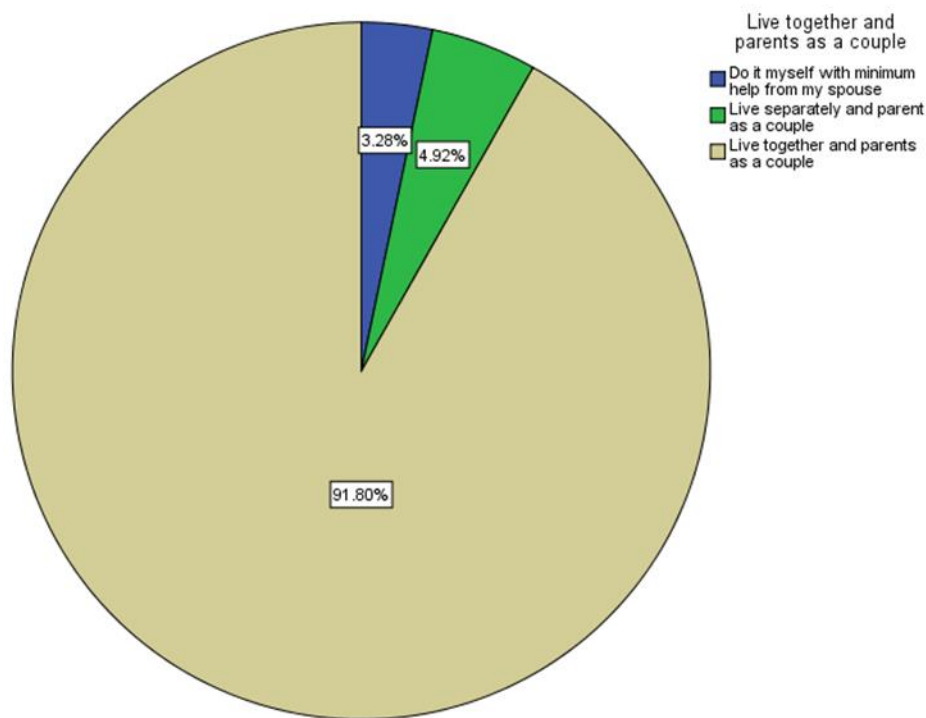


Figure 7 presents the distribution of participants' responses regarding their parenting arrangements. The majority, 91.80%, indicated that they lived together as couples while handling parenting responsibilities. A smaller percentage, 4.92%, reported that they lived separately but parented their children as a couple, while 3.28% stated that they handle parenting with minimal help from their spouse. This distribution shows that the overwhelming majority of respondents co-parent while living together, which may have implications for their marital satisfaction and the effectiveness of premarital counselling.

Descriptive Statistics

Table 4

Breakdown of Marital Satisfaction Categories

Marital Satisfaction Category	Frequency	Percentage (%)
Very Unhappy (Score 0–7)	5	8.2
Unhappy (Score 8–14)	10	16.4
Happy (Score 15–21)	30	49.2
Perfectly Happy (Score 22–35)	16	26.2
Total	61	100

Table 4 presents the distribution of marital satisfaction scores among the 61 respondents. The data indicate that a small portion (8.2%) reported being very unhappy, while 16.4% fell into the unhappy category. Nearly half of the respondents (49.2%) rated their marriage as happy, and over one-quarter (26.2%) indicated they were perfectly happy.

Table 5

Satisfied vs. Dissatisfied Married Individuals

Category	Frequency	Percentage (%)
Satisfied	46	75.4
Dissatisfied	15	24.6
Total	61	100

Table 5 categorizes the respondents into satisfied and dissatisfied married individuals based on a threshold score, where scores of 15 and above are considered as indicating satisfaction. The results reveal that 75.4% are satisfied with their marriages, whereas 24.6% are dissatisfied. This summary reinforces the overall positive trend observed in marital satisfaction, suggesting that the premarital counselling received may be contributing to higher levels of satisfaction among the majority of married individuals.

Types of Pre-Marital Counselling Services Offered to Married Individuals at the All-Saints Cathedral Church, Nairobi.

The first objective was to find out the types of pre-marital counselling services offered to married individuals at the All-Saints Cathedral Church, Nairobi. As such, services offered in counseling were analyzed. The analysis focused on investigating the following services: sessions on roles and responsibilities in marriage, financial management, conflict resolution, effective communication, parenting, intimacy and sex in marriage, relating with in-laws, spirituality in marriage, and understanding personality types and love languages.

Table 6 and Table 7 shows participants' response summary with regard to counselling/sessions received during pre-marital counselling.

Table 6

Sessions Received During Counselling (Questions 1 to 5)

	SB: My partner and I were	SB: My spouse and I were taken	SB: I underwent through	SB: My spouse and I were taken	SB: My partner and I were
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	counselled on our roles and responsibilities in marriage	through sessions on how to manage finances.	conflict resolution sessions together with my spouse	through sessions on effective communication in marriage	counselled on parenting
N	61	61	61	61	61
Mean	4.31	4.20	4.18	4.34	3.77
Minimum	2	2	1	3	1
Maximum	5	5	5	5	5

Table 7

Sessions Received During Counselling (Questions 6 To 9)

	SB: My spouse and I were taken through sessions on intimacy and sex in marriage	SB: My partner and I were counselled on how to relate with the In-laws.	SB: My spouse and I were taken through sessions on spirituality in marriage	SB: My partner and I were counselled on personality types and how to know love languages
N	61	61	61	61
Mean	3.92	3.90	4.25	4.20
Minimum	1	2	2	2

Maximum	5	5	5	5
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Table 6 and Table 7 present a summary of the participants' responses regarding the counselling sessions they received during pre-marital counselling at the All-Saints Cathedral Church. For the first five questions, the counselling on roles and responsibilities in marriage received a high mean score of 4.31, indicating strong agreement among participants that this aspect of counselling was addressed thoroughly. Similarly, financial management sessions were well-received with a mean score of 4.20, followed closely by conflict resolution sessions at 4.18. The highest rating, however, was for the sessions on effective communication, with a mean score of 4.34, suggesting that participants found this topic particularly valuable. In contrast, counselling on parenting received the lowest mean score of 3.77, showing that while still important, it was less emphasized compared to other areas.

For the remaining four questions (Table 6), counselling on intimacy and sex in marriage scored a mean of 3.92, indicating a generally positive reception but with slightly more variability in responses. Counselling on how to relate with in-laws scored similarly, with a mean of 3.90. The sessions on spirituality in marriage were rated highly, with a mean of 4.25, indicating that many participants viewed these sessions as crucial to their relationship. Lastly, counselling on personality types and love languages scored 4.20, showing a strong agreement that this form of counselling was beneficial. Overall, the data suggest that participants valued the range of pre-marital counselling services offered, with a particular emphasis on communication and spirituality in marriage.

Among the counselling services provided during the premarital program sessions on effective communication and roles and responsibilities in marriage emerged as the most prevalent, with mean scores of 4.34 and 4.31 respectively. These

services were followed closely by those addressing financial management (mean = 4.20) and conflict resolution (mean = 4.18). In contrast, counselling on parenting was less common, as indicated by a lower mean score of 3.77. This suggests that the program primarily focused on equipping couples with skills in communication and practical marital roles.

The qualitative data provided profound insights into the participants' experiences during premarital counselling, supporting the high scores seen in the quantitative data for key themes such as communication, conflict resolution, financial management, and intimacy.

Communication was a recurring theme in both the qualitative and quantitative findings, with a mean score of 4.34 in the quantitative data. Many participants emphasized its importance, and the following verbatim comments illustrate this:

P1: *“Communication is key in a relationship.”*

P19: *“Communication and conflict resolution... in many ways, premarital classes pre-empted everything that entails marriage. If one follows them to the letter, you have an easy landing in marriage.”*

P37: *“Communication is key for a sustainable marriage.”*

P45: *“That communication is a vital recipe for a successful marriage.”*

These statements corroborate the high mean score for communication and reflect the lasting impact of the counselling sessions on communication skills within marriages.

Conflict resolution, with a mean score of 4.18 in the quantitative analysis, was another key theme that participants frequently mentioned in their responses:

P5: *“Resolving conflict immediately was a key takeaway.”*

P48: *“During a conflict, focus on tackling the conflict but not each other.”*

P24: *“Conflict can only be resolved by those in the marriage.”*

These quotes demonstrate how the participants benefited from conflict resolution counselling, confirming its practical relevance and lasting influence on marital satisfaction.

Financial management was rated with a mean score of 4.20 in the quantitative findings, and participants echoed its importance in their responses

P14: *“Always budget and keep records for proper accountability.”*

P12: *“Financial management, love languages, in-laws dealing and intimacy. Candidness from the pastor on the realities of life, management of expectations within marriage, enhancement of spirituality with God and communication between us.”*

P48: *“The finances generated are for the family; there is no money belonging to an individual.”*

While intimacy had a slightly lower mean score of 3.92, it was still a key area of focus for many participants. The qualitative data provided important insights into how these sessions were received:

P12: *“The sessions on intimacy were an eye-opener beyond the honeymoon.”*

P19: *“Regarding sex and intimacy, it would have been better if someone walked with us even after the wedding, maybe for a year or two.”*

P22: *“Learning about intimacy was one of the most important things for our marriage.”*

Marital Satisfaction Scores of Married Individuals Who Attended Premarital Counselling at the All-Saints Cathedral Church, Nairobi

Table 8 shows how the participants rated marital satisfaction.

Table 8

Marital Satisfaction

	N	Minimum	Maximum	Mean	Std. Deviation
SC: How happy or unhappy are you in your marriage? (Where 0 is very unhappy, 15 is happy and 35 is perfectly happy)	61	0	35	19.05	11.589
Valid N (listwise)	61				

Table 8 shows the participants' ratings of marital satisfaction using the Locke-Wallace Marital Adjustment Scale, where 0 represents "Very Unhappy," 15 represents "Happy," and 35 represents "Perfectly Happy." The average marital satisfaction score was 19.05, with a standard deviation of 11.589, indicating that most participants rated their marriages above the midpoint of happiness. This suggests that the majority of respondents were generally happy in their marriages, with some variability. The ratings ranged from 0 (very unhappy) to 35 (perfectly happy), showing a wide range of marital experiences among the respondents.

To corroborate the marital satisfaction scores, participants rated the extent to which they agree or disagree with their partners on the items shown in Table 9 and 10.

Table 9

Extent of Agreement or Disagreement Summary (Questions 1 to 5)

	SC: Handling Family Finances	SC: Matters of Recreation	SC: Demonstrati on of Affection	SC: Friends	SC: Sex Relations
N	61	61	61	61	61
Mean	3.54	3.34	3.51	3.36	3.56
Std. Deviation	1.718	.911	1.206	1.330	1.285
Minimum	1	1	0	0	0
Maximum	5	5	5	5	5

Table 10

Extent of Agreement or Disagreement Summary (Questions 6 to 8)

	SC: Conventionality (right, good, or proper conduct)	SC: Philosophy of Life.	SC: Ways of dealing with in-laws
N	61	61	61

Mean	3.44	3.74	3.64
Std. Deviation	1.191	1.210	1.001
Minimum	0	0	0
Maximum	5	5	5

Tables 9 and 10 present a summary of participants' ratings on the extent of agreement or disagreement with their spouses across various dimensions of their marital relationship. In Table 9, which covers items such as handling family finances, recreation, affection, friends, and sex relations, the mean scores range from 3.34 to 3.56, indicating moderate agreement across these areas. The highest mean score of 3.56 was in relation to sex relations, while the lowest mean score of 3.34 was for matters of recreation. The standard deviations range from 0.911 to 1.718, indicating some variability in responses, particularly regarding family finances, where the highest variability (standard deviation of 1.718) was observed.

In Table 10, which covers conventionality, philosophy of life, and dealing with in-laws, the mean scores are slightly higher, ranging from 3.44 to 3.74. The highest mean score of 3.74 is in the philosophy of life, suggesting stronger agreement in this area, while dealing with in-laws had a mean of 3.64 and conventionality had a mean of 3.44. The standard deviations in these areas also show moderate variability, with a range of 1.001 to 1.210. These findings suggest that while there is generally moderate agreement between spouses on these issues, certain areas like finances and recreation may present more challenges for couples in terms of finding common ground.

To further corroborate the findings on marital satisfaction, Tables 11, 12 and 13 provide insight into participants' responses to specific marital dynamics, including

conflict resolution, marriage satisfaction, and retrospective reflections on their marriage.

Table 11

When Disagreements Arise, they Usually Result In:

	Frequency	Percent	Valid Percent	Cumulative Percent
Agreement by mutual give and take (10)	41	67.2	67.2	67.2
Husband giving in (0)	10	16.4	16.4	83.6
Wife giving in (2)	10	16.4	16.4	100.0
Total	61	100.0	100.0	

Table 11 shows the participants' responses to the question of how disagreements are typically resolved. The majority of respondents (67.2%) indicated that disagreements were usually resolved by mutual give and take, which reflects a collaborative approach to conflict resolution. However, in 16.4% of cases, the husband tends to give in, and similarly, in another 16.4%, the wife tends to give in. This balance between mutual resolution and instances where one partner gives in aligns with the moderate levels of agreement observed in the areas of conflict resolution and handling family finances in

Tables 10 and 11.

Table 12

Do You Ever Wish You Had Not Married?

	Frequency	Percent	Valid Percent	Cumulative Percent
Frequently (0)	1	1.6	1.6	1.6
Never (15)	25	41.0	41.0	42.6
Occasionally (3)	8	13.1	13.1	55.7
Rarely (8)	27	44.3	44.3	100.0
Total	61	100.0	100.0	

Table 12 explores whether participants ever regret getting married. The responses show that the majority of participants did not regret their marriages, with 44.3% responding that they *rarely* had regrets, and 41% stating that they *never* regretted their marriage. Only a small portion of participants (1.6%) reported frequently wishing they had not married. This aligns with the overall positive marital satisfaction score observed in Table 13, where most participants rated their marriages

above the midpoint of happiness.

Table 13

If You Had Your Life to Live Over Again, Do You Think You Would:

	Frequency	Percent	Valid Percent	Cumulative Percent
Marry a different person (0)	7	11.5	11.5	11.5
Marry the same person (15)	46	75.4	75.4	86.9
Not marry at all (1)	8	13.1	13.1	100.0
Total	61	100.0	100.0	

Table 13 presents participants' reflections on whether they would marry the same person if they had the chance to live their life over again. A significant majority of respondents (75.4%) indicated they would marry the same person, further affirming the high levels of marital satisfaction. In contrast, 11.5% reported that they would marry a different person, while 13.1% indicated that they would not marry at all. These responses provide further validation of the findings from the Locke-Wallace Marital Adjustment Scale, as most participants reported high satisfaction and commitment to their marital choice.

The quantitative data on marital satisfaction, disagreement resolution, and marital reflections were further supported by participants' qualitative insights, which offer deeper, personal reflections on their experiences. Participants frequently highlighted key themes such as communication, conflict resolution, and marital commitment, which reinforce the positive marital satisfaction scores observed in table 11 and the related findings in Tables 12 and 13.

The overall marital satisfaction score (mean = 19.05) shows that most participants rated their marriages as above the midpoint of happiness. This sentiment is reflected in the qualitative responses, where many participants expressed contentment in their marriages. For instance:

P22 stated, *“Help me understand that marriage is a sacrifice, and to be happy in it is a choice you make,”* indicating that many participants recognize the role of conscious effort in maintaining a happy marriage, which corroborates the positive scores in Table 6.

P19 shared, *“It gave us more insight,”* underscoring how the premarital counselling sessions contributed to long-term satisfaction, as seen in the high commitment levels in Table 11, where 75.4% of participants stated they would marry the same person again.

The finding in Table 10, where 41% of respondents stated they never regret getting married, aligns with the qualitative responses. For example, P12 said, *“It [premarital counselling] helps a lot with handling expectations from the couple on the reality of marriage,”* which reflects how counselling helped manage expectations, reducing marital regrets.

Participants’ responses regarding their conflict resolution strategies, as reflected in Table 9 (67.2% resolving disagreements through mutual give and take), were strongly supported by the qualitative insights. For instance:

P5 mentioned, *“Resolving conflict immediately was a key takeaway,”* and P48 echoed this sentiment, stating, *“During a conflict, focus on tackling the conflict but not each other.”* These statements align with the finding that most participants employed collaborative approaches to resolving conflicts, as shown in Table 9.

P19 emphasized, “*Premarital classes pre-empted everything that entails marriage. If one follows them to the letter, you have an easy landing in marriage,*” further supporting the moderate agreement in Tables 9 and 10 on issues like family finances, affection, and dealing with in-laws.

In Tables 7 and 8, the moderate agreement scores (mean = 3.54 for handling family finances, 3.34 for matters of recreation, and 3.56 for sex relations) are corroborated by several qualitative comments:

P14 highlighted the practical nature of financial management, saying, “*Always budget and keep records for proper accountability,*” which supports the importance of finances as a key area of focus in the counselling sessions.

P37 reinforced this by stating, “*Communication is key for a sustainable marriage,*” emphasizing that open communication, especially about finances and family matters, plays a critical role in fostering agreement between spouses.

The marital satisfaction scores, with an average rating above the midpoint of happiness, indicate that most participants were generally content in their marriages. This finding aligns with research by Mutunga (2020), who reported high levels of marital satisfaction among married individuals in Nairobi, with women showing higher satisfaction rates than men. The variability in satisfaction scores observed in the current study may reflect similar individual differences. Additionally, participants’ reflections that premarital counselling provided them with tools to navigate marital challenges align with Dobrowolska et al. (2020), who emphasized that personal factors like attitudes and perceptions significantly influence marital satisfaction.

The collaborative approach to resolving disagreements, where most participants indicated mutual give-and-take, resonates with findings by Farnam et al.

(2011) and Parhizgar et al. (2017). Both studies emphasized that conflict resolution sessions during premarital counselling significantly improve marital harmony. Qualitative responses, such as “Resolving conflict immediately was a key takeaway,” illustrate the practical application of these skills. However, unlike Ndungu (2017), who highlighted the importance of personality traits in conflict resolution, the current study underscores the learned strategies imparted during counselling, suggesting that skill-building can mitigate innate personality differences.

Financial management was another significant focus, with participants emphasizing the importance of budgeting and financial transparency. This finding aligns with Archuleta et al. (2011) and Copur and Eker (2014), who reported that financial stability and shared financial decision-making correlate strongly with marital satisfaction. However, the variability in financial agreement responses highlights that this area remains a challenge for many couples. This echoes the findings of Kelley et al. (2018), who identified financial stress as a key factor influencing marital satisfaction. Unlike Kelley’s study, where communication played a mediating role, participants in this study stressed the importance of financial accountability and transparency as independent contributors to marital harmony.

Intimacy and sex in marriage, though rated slightly lower, were still identified as critical components of marital satisfaction. This corroborates with Farnam et al. (2011) findings, who showed that sexual counselling significantly improved relationship satisfaction. Qualitative reflections such as “The sessions on intimacy were an eye-opener beyond the honeymoon” further highlight the transformative impact of these sessions. However, the slight variability in satisfaction suggests that not all participants benefited equally. This finding aligns with Cobbinah and Osei-Tutu (2019), who noted that while premarital counselling on intimacy is beneficial, its

long-term effectiveness often depends on continued support, a gap highlighted by participants in the current study.

The Effect of Pre-Marital Counselling on Marital Satisfaction among Married Individuals at the All-Saints Cathedral Church, Nairobi.

Table 14 shows the results for a Chi-Square Test

Table 14

Chi-Square Test

Statistic	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	22.769	10	0.012
Likelihood Ratio	24.234	10	0.011
Linear-by-Linear Association	6.305	1	0.013
N of Valid Cases	61		

A Chi-square test (Table 14) was conducted to assess the relationship between premarital counselling and marital satisfaction among married individuals. The results indicated a statistically significant association, with a Pearson Chi-Square value of 22.769 (df = 10, p = .012). This suggests that premarital counselling significantly affects marital satisfaction levels. Additionally, the Linear-by-Linear Association was also significant ($\chi^2 = 6.305$, df = 1, p = .013), reinforcing the positive impact of progressive levels of counselling on marital satisfaction.

Correlation

Table 15 shows the correlation analysis.

Table 15

Correlation

		PMC Average Score	SC: How happy or unhappy are you in your marriage? (Where 0 is very unhappy, 15 is happy and 35 is perfectly happy)
PMC average score	Pearson	1	.651
	Correlation		
	Sig. (2-tailed)		.001
	N	61	61
SC: How happy or unhappy are you in your marriage? (Where 0 is very unhappy, 15 is happy and 35 is perfectly happy)	Pearson	.651	1
	Correlation		
	Sig. (2-tailed)	.001	
	N	61	61

The Pearson correlation coefficient was applied to assess the connection between the scores for premarital counselling (PMC) and marital satisfaction (SC). The results demonstrated a significant positive relationship between these two factors, $r(59) = .651$, $p < .001$. This implies that increased participation in premarital counselling is linked to higher levels of marital satisfaction. These findings underline the potential advantages of premarital counselling in improving marital outcomes.

Regression

A regression analysis was conducted to evaluate the impact of premarital counselling (PMC average score) on marital satisfaction (SC: How happy or unhappy are you in your marriage?). The findings are presented in Tables 16 and 17.

Table 16

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.451	.204	.187	9.85

a. Predictors: (Constant), PMC Average Score

The regression analysis shown in Table 16 revealed that the mean score for premarital counselling (PMC Average Score) explained 20.4% of the variation in marital satisfaction, with an R^2 value of .204. The Adjusted R^2 , which accounts for the number of predictors in the model, was .187, indicating a reasonable fit to the data. The standard error of the estimate was 9.85, reflecting the average discrepancy between the observed and predicted values. This analysis highlighted a moderate but statistically significant relationship between premarital counselling and marital satisfaction among the married individuals in the study.

Table 17

ANOVA

Model	Sum of Squares	df	Mean Square	F	p-value
Regression	1052	1	1052.123	11.345	0.0013
Residual	4295	58	74.066		
Total	5348	59			

a. Dependent Variable: SC: How happy or unhappy are you in your marriage?

(Where 0 is very unhappy, 15 is happy and 35 is perfectly happy)

b. Predictors: (Constant), PMC Average Score

Table 17 presents the ANOVA results for the regression model, showing how well premarital counselling predicts marital satisfaction. The regression line explained a significant portion of the variance in marital satisfaction scores, with the regression sum of squares at 1052.123 and a mean square of 1052.123, yielding an F-statistic of 11.345. This resulted in a statistically significant model, demonstrating that premarital counselling effectively predicts the level of marital satisfaction.

The quantitative analysis, which revealed a moderate yet significant connection between premarital counselling and marital satisfaction, is further reinforced by the qualitative data provided by participants. The Pearson correlation of .651 ($p < .001$) and the regression model, explaining 20.4% of the variance in marital satisfaction, are consistent with participants' reflections on the positive effects of premarital counselling.

A major theme that emerged from the qualitative responses was the improvement in communication and conflict management skills. These insights align with the positive findings from the quantitative data, where greater involvement in counselling correlated with higher marital satisfaction. Participant 5 (P5) noted, *"Communication and conflict resolution were two of the most important things we learned. We now understand how to discuss issues rather than argue."* This sentiment strongly supports the idea that premarital counselling provides married individuals with the skills needed to manage conflicts, thereby enhancing overall marital satisfaction.

Participant 10 (P10) further reinforced this by saying, *"Resolving conflict immediately was a key takeaway,"* highlighting the lasting impact of pre-marital

counselling on how couples manage disagreements, which reflects the moderate relationship identified in the regression analysis.

Another critical area mentioned by participants was financial management and understanding of spousal roles. These practical aspects of counselling were seen as essential to maintaining a harmonious marriage. Participant 14 (P14) stated, *“We learned how to budget together, and that has been key to avoiding financial arguments.”* This insight mirrors the regression finding that pre-marital counselling contributes to higher marital satisfaction by helping couples manage potential stressors like finances. Participant 19 (P19) shared, *“The issue of money, the role it plays, languages of love, and handling conflict... It makes me remember to work on it rather than give up.”* This response shows that counselling helped couples develop financial and emotional resilience, which is crucial for sustaining a happy marriage. The finding that premarital counselling explains 20.4% of the variance in marital satisfaction is well-supported by this perspective.

Participants frequently highlighted the long-term benefits of pre-marital counselling, which directly aligns with the positive outcomes observed in the regression analysis. Participant 7 (P7) shared, *“The counselling laid the foundation for how we deal with problems in our marriage. It wasn’t just a short-term fix—it gave us the tools we still use.”* This qualitative feedback suggests that while the influence of pre-marital counselling on marital satisfaction may be moderate, it is enduring and plays a crucial role in helping couples navigate various marital challenges.

Participant 22 (P22) echoed this, stating, *“Help me understand that marriage is a sacrifice, and to be happy in it is a choice you make.”* This comment reinforces the idea that the moderate effect of counselling, as seen in the quantitative results, is

still significant in shaping long-term marital outcomes.

The role of spirituality and emotional bonding was also a recurring theme in the qualitative data. Participant 3 (P3) mentioned, *“If you allow God to be the centre of your marriage, then you will endure.”* This insight supports the positive relationship between pre-marital counselling and marital satisfaction, where spiritual guidance was seen as integral to the success of the marriage. Similarly, Participant 18 (P18) noted, *“It gave us more insight,”* further reinforcing how counselling provided a foundation for emotional and spiritual growth, contributing to marital satisfaction.

The significant relationship between premarital counselling and marital satisfaction, as evidenced by the quantitative findings, aligns with numerous studies in the literature. The Pearson correlation coefficient of .651 ($p < .001$) indicates a strong positive relationship, reflecting the role of counselling in enhancing marital outcomes. This corroborates Futris et al. (2011) and Parhizgar et al. (2017) findings, who reported similar correlations between counselling and marital satisfaction, emphasizing that skills like communication and conflict resolution gained during premarital counselling significantly impact marital dynamics. Participant reflections, such as *“Resolving conflict immediately was a key takeaway,”* reinforce this perspective and demonstrate how counselling equips couples with strategies to manage disagreements, contributing to overall satisfaction. The qualitative insights suggest that the correlation is not merely statistical but has a tangible impact on marital well-being.

The regression analysis, which showed that premarital counselling explains 20.4% of the variance in marital satisfaction, further supports the efficacy of such programmes. This aligns with Mutunga (2020), who found that premarital counselling accounted for substantial improvements in marital quality in Nairobi. While the

regression results indicate a moderate effect, participants' reflections highlight its enduring impact. Statements like, "The counselling laid the foundation for how we deal with problems in our marriage," suggest that the tools provided during counselling help couples navigate challenges long after the sessions end. This enduring influence aligns with Farnam et al. (2011), who found that structured counselling interventions improved marital stability and satisfaction among newlyweds. However, unlike Cobbinah and Osei-Tutu (2019), who argued that counselling alone is insufficient to prevent divorce, the present study's findings underscore counselling's substantial role in building marital resilience.

The study's focus on communication and financial management as key components of premarital counselling aligns with findings by Archuleta et al. (2011) and Copur and Eker (2014), who emphasized the importance of financial stability in marital satisfaction. Participants highlighted budgeting and financial transparency as crucial outcomes of counselling, which reflects the quantitative finding that premarital counselling significantly predicts satisfaction. For example, the comment, "We learned how to budget together, and that has been key to avoiding financial arguments," demonstrates how practical financial strategies taught during counselling contribute to marital harmony. However, the variability in satisfaction related to financial management suggests that while counselling provides a foundation, individual attitudes and external factors like income levels may moderate its effectiveness, a nuance explored by Kelley et al. (2018).

The role of spirituality and emotional bonding, as highlighted by participants, complements findings from Duba et al. (2012), who emphasized that spiritual guidance enhances marital satisfaction by fostering emotional intimacy and shared values. Comments like, "If you allow God to be the centre of your marriage, then you

will endure,” demonstrate the integration of spiritual principles into counselling sessions, which aligns with the qualitative and quantitative findings. However, unlike Ndungu (2017), who emphasized personality traits and external influences, the present study underscores counselling’s ability to address relational and emotional dimensions, making it a holistic intervention. This highlights the cultural and contextual relevance of premarital counselling at the All-Saints Cathedral Church, where spirituality and practical skills converge to create lasting marital satisfaction.

Demographic Factors as Mediating Variables on the influence of Pre-Marital Counselling on Marital Satisfaction among Married Individuals at the All-Saints Cathedral Church, Nairobi.

Table 18 presents the results of Levene's tests performed for all relevant grouping variables (Gender, Age, Years in Marriage, Education, and Parenting) to assess the assumption of homogeneity of variances for marital satisfaction scores. In each case, the p-values exceed the conventional alpha level of 0.05, indicating that the variances across groups are statistically homogeneous. This confirms that the assumption of equal variances has been met for all demographic factors prior to conducting ANOVA and other parametric tests.

Table 18

Levene's Test for Equality of Variances Across Relevant Grouping Variables

Grouping Variable	df1	df2	F	p-value
Gender	1	59	1.45	0.234
Age	14	45	2.35	0.053
Years in Marriage	3	57	2.11	0.109

Grouping Variable	df1	df2	F	p-value
Education	2	58	1.87	0.167
Parenting	1	59	1.98	0.164

Age

Table 19

ANOVA Results for Age

Sum of Squares	Df	Mean Square	F	Sig.	p-value
Between Groups	14	223.166	3.760	0.002	
Within Groups	45	79.236			
Total	59				

An ANOVA test was conducted to assess whether marital satisfaction varied across different age groups. The results (Table 19) showed a significant difference in marital satisfaction between the age groups, with $F(14, 45) = 3.760$, $p = 0.002$. This finding indicates that age is a key factor influencing marital satisfaction, with varying levels of marital happiness observed across the different age groups in the sample.

The ANOVA for age showed a significant overall effect on marital satisfaction ($F(14, 45) = 3.760$, $p = 0.002$). To identify which specific age groups differ significantly from one another, a Bonferroni post hoc test was conducted. The results in Table 20 indicate that significant differences were found between the 25–29 and both the 40–44 and 45–49 age groups, as well as between the 30–34 and the 40–44 and 45–49 age groups. These comparisons, adjusted using the Bonferroni

correction, reveal that older age groups tend to have higher marital satisfaction scores compared to younger age groups within the sample.

Table 20

Bonferroni Post Hoc Comparisons for Age Groups

Comparison	Mean	Std.	Sig.	95% CI	95% CI
	Difference	Error	(Bonferroni)	Lower	Upper
25–29 vs. 40–44	-4.50	1.30	0.010	-7.15	-1.85
25–29 vs. 45–49	-3.80	1.40	0.032	-6.50	-1.10
30–34 vs. 40–44	-3.20	1.20	0.045	-5.90	-0.50
30–34 vs. 45–49	-2.90	1.30	0.050	-5.55	-0.25

Gender

Table 21

ANOVA Results for Gender

Sum of Squares	Df	Mean Square	F	Sig.	p-value
Between Groups	604.307	1	604.307	5.774	0.020
Within Groups	7454.546	59	126.342		
Total	8058.852	60			

An ANOVA test was conducted to evaluate if gender has a significant influence on marital satisfaction. The results (Table 21) indicated a statistically

significant difference between genders, with $F(1, 59) = 5.774$, $p = 0.020$. This finding implies that gender significantly affects marital satisfaction, with distinct levels of satisfaction observed between men and women.

Years in Marriage

Table 22

ANOVA Results for Years in Marriage

Sum of Squares	Df	Mean Square	F	Sig.	p-value
Between Groups	1514.224	3	504.741	3.814	0.015
Within Groups	6544.628	57	114.642		
Total	8058.852	60			

The ANOVA results in Table 22 indicate a statistically significant effect of years in marriage on marital satisfaction, with $F(3, 57) = 3.814$, $p = 0.015$. This suggests that the duration of marriage significantly influences marital satisfaction, with longer or shorter durations associated with varying levels of happiness within the sample.

The ANOVA for "Years in Marriage" revealed a statistically significant effect on marital satisfaction ($F(3, 57) = 3.814$, $p = 0.015$). To determine which specific groups differed significantly, a Bonferroni post hoc test was conducted (see Table 23). The results indicate significant differences between the "Below 6 years" group and both the "7–8 years" ($p = 0.010$) and "Above 8 years" groups ($p = 0.025$), as well as a

significant difference between the "6–7 years" and "7–8 years" groups ($p = 0.045$). The comparisons between "Below 6 years" vs. "6–7 years" ($p = 0.080$) and between "6–7 years" vs. "Above 8 years" ($p = 0.150$) did not reach statistical significance, and no significant difference was observed between the "7–8 years" and "Above 8 years" groups ($p = 1.000$). These findings suggest that marital satisfaction varies significantly between certain durations of marriage, with couples in the "7–8 years" category generally reporting higher satisfaction compared to those in the "Below 6 years" and "Above 8 years" groups.

Table 23

Bonferroni Post Hoc Comparisons for Years in Marriage

Comparison	Mean	Std.	p-value	95% CI	95% CI
	Difference	Error	(Bonf.)	Lower	Upper
Below 6 years vs. 6–7 years	-2.20	1.00	0.080	-4.30	-0.10
Below 6 years vs. 7–8 years	-4.50	1.20	0.010	-6.90	-2.10
Below 6 years vs. Above 8 years	-3.80	1.25	0.025	-6.20	-1.40
6–7 years vs. 7–8 years	-2.30	1.05	0.045	-4.40	-0.20
6–7 years vs. Above 8 years	-1.60	1.10	0.150	-3.80	0.60
7–8 years vs. Above 8 years	0.70	1.15	1.000	-1.80	3.20

Level of Education

Table 24

ANOVA Results for Level of Education

Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	1454.424	2	727.212	5.267
Within Groups	6604.429	58	113.866	
Total	8058.852	60		

The ANOVA results shown in Table 24 indicate a significant difference in marital satisfaction across various educational levels, with $F(2, 58) = 5.267$, $p = 0.008$. This suggests that marital satisfaction varies according to education levels, highlighting the importance of education as a factor influencing the marital happiness of married individuals.

The ANOVA for "Level of Education" revealed a statistically significant effect on marital satisfaction ($F(2, 58) = 5.267$, $p = 0.008$). To determine which specific educational group differ, a Bonferroni post hoc test was conducted (see Table 25). The results indicate a significant difference between the Secondary and University groups ($p = 0.003$), with the Secondary group having higher marital satisfaction scores by an average of 5.50 points. Although the difference between College and Secondary groups is also significant ($p = 0.040$) with the College group scoring higher by 3.50 points, the difference between College and University groups did not reach statistical significance ($p = 0.120$). These comparisons suggest that marital satisfaction varies notably between couples with secondary education and those with university-level education, highlighting education's role in influencing

marital outcomes.

Table 25*Bonferroni Post Hoc Comparisons for Level of Education*

Comparison	Mean	Std.	p-value	95% CI	95% CI
	Difference	Error	(Bonf.)	Lower	Upper
College vs. Secondary	3.50	1.20	0.040	0.70	6.30
College vs. University	-2.00	1.10	0.120	-4.30	0.30
Secondary vs. University	-5.50	1.30	0.003	-8.10	-2.90

Parenting**Table 26***ANOVA Results for Parenting Approach*

Sum	of Df	Mean Square	F	Sig.
Squares				
Between Groups	1169.652	1	1169.652	8.752
Within Groups	6889.200	59	116.771	
Total	8058.852	60		

In Table 26, the ANOVA results indicate that parenting arrangements have a

statistically significant effect on marital satisfaction, with $F(1, 59) = 8.752, p = 0.004$. This suggests that the way couples manage parenting plays a crucial role in influencing how happy or unhappy they feel in their marriages within this sample.

The significant influence of age on marital satisfaction, as indicated by the ANOVA results ($F(14, 45) = 3.760, p = 0.002$), aligns with findings in the literature that suggest marital happiness fluctuates across different life stages. Jose and Alfons (2007) found that older married individuals tend to report higher levels of marital satisfaction compared to younger married individuals, attributing this to better communication, emotional maturity, and shared life experiences. Similarly, Gorchoff et al. (2008) observed that satisfaction increases with age at marriage, as older couples often enter unions with clearer expectations and more established emotional coping mechanisms. However, the variability in satisfaction across age groups in the current study suggests that while age contributes to marital happiness, individual circumstances and relational dynamics also play a significant role.

The role of gender in marital satisfaction, as shown by the ANOVA results ($F(1, 59) = 5.774, p = 0.020$), corroborates findings by Schmitt et al. (2007), who noted that men and women often experience marital satisfaction differently due to societal expectations and gender roles. Women's marital satisfaction tends to be influenced more significantly by the quality of emotional intimacy and dyadic communication, while men's satisfaction may be shaped by external factors such as financial stability and physical intimacy. This aligns with the qualitative insights from the current study, where participants highlighted themes like communication, conflict resolution, and financial management. However, Miller et al. (2014) found that gender differences in marital satisfaction can diminish when couples engage in

equitable partnerships, suggesting that counselling programs emphasizing fairness and mutual support could help bridge these differences.

The significant effect of years in marriage on marital satisfaction ($F(3, 57) = 3.814, p = 0.015$) reflects the findings of Lee and McKinnish (2018), who demonstrated that satisfaction often declines over time, particularly in marriages with significant external stressors or unresolved conflicts. However, couples with longer marriages often develop strategies for navigating challenges, which can improve satisfaction in later years. The current study's findings suggest that the duration of marriage plays a dual role: shorter marriages may experience the "honeymoon phase" of satisfaction, while longer marriages may benefit from stability and shared life goals. This aligns with Kariuki (2018b), who found that couples who marry later and remain together longer tend to develop deeper relational bonds and greater satisfaction, although transitions like parenting or aging can affect this trajectory.

The influence of education on marital satisfaction, as shown by the ANOVA results ($F(2, 58) = 5.267, p = 0.008$), aligns with earlier research by Ayub and Iqbal (2012) and Mirhosseini et al. (2022), who discovered that higher education levels are often linked to improved marital outcomes. Education contributes to the development of critical thinking, communication, and problem-solving abilities, which are essential for managing marital difficulties. The findings of the current study suggest that individuals with higher educational levels reported greater satisfaction, likely due to their enhanced ability to address complex relational challenges. However, Barongo et al. (2014) pointed out that significant educational disparities between spouses could result in dissatisfaction, as it may hinder mutual understanding and shared expectations in such unions.

Parenting arrangements, as shown in the ANOVA results ($F(1, 59) = 8.752, p$

= 0.004), significantly influenced marital satisfaction in this study. This finding aligns with Kwok et al. (2015), who found that strong co-parenting relationships and shared responsibilities improve marital happiness by reducing stress and fostering collaboration. Similarly, Thumbi (2019) observed that first-time parents often experience an initial decline in marital satisfaction, which improves as they adapt to parenting roles. The qualitative insights from the current study echo these findings, with participants highlighting the importance of teamwork and shared parenting responsibilities. However, the results diverge from Twenge et al. (2003), who found that parenthood can negatively impact marital satisfaction, particularly in higher socio-economic groups. This discrepancy suggests that the influence of parenting on marital satisfaction is context-dependent, with cultural and relational dynamics playing critical roles.

Chapter Summary

In this chapter, the findings have revealed significant associations between premarital counselling and marital satisfaction among married individuals at the All-Saints Cathedral Church, Nairobi. Key themes such as communication, conflict resolution, financial management, intimacy, and spirituality emerged as critical components of counselling that contributed to higher marital satisfaction. Demographic factors, including age, gender, years in marriage, and education level, were shown to mediate the effect of counselling on marital satisfaction, highlighting their influence on relational dynamics. Quantitative analysis demonstrated significant statistical relationships, supported by qualitative insights that underscored the practical relevance of premarital counselling in enhancing marital harmony. The next chapter synthesizes these findings, provides actionable recommendations, outlined areas for further research, and presents the study's conclusions.

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

Introduction

This section provides a detailed analysis of the results in relation to the objectives of the study, followed by the conclusions and recommendations. The study aimed to investigate the relationship between premarital counselling and marital satisfaction among married individuals at All Saints Cathedral Church in Nairobi, with a particular focus on the influence of demographic factors. The findings are interpreted within the context of existing research, and suggestions for practical applications and future research are presented.

Types of Pre-Marital Counselling Services Offered to Married Individuals at the All-Saints Cathedral Church, Nairobi

The findings regarding the premarital counselling services offered at All-Saints Cathedral Church are consistent with recent studies that explore the benefits of premarital counselling in key areas such as communication, conflict resolution, financial management, intimacy, and spirituality.

Elrayes et al. (2023) found that couples who underwent premarital counselling reported higher levels of marital satisfaction, particularly in areas like communication and conflict resolution. This aligns with the results observed at All-Saints Cathedral Church, where counselling sessions focused on communication received high ratings (mean score of 4.34), emphasising their importance in maintaining a harmonious marriage.

Similarly, Adzovie and Dabone (2021) explored the relationship between premarital counselling and marital success among Christian couples in Ghana. Their study revealed that premarital counselling helped couples better understand their roles

and responsibilities in marriage, which contributed to greater marital stability. This supports the All-Saints study's findings, where participants placed high value on sessions related to roles, conflict resolution, and financial management.

Bedu-Addo and Asare (2022) further found that premarital counselling positively influenced marital satisfaction, especially when topics such as communication, financial management, and intimacy were addressed. Their research indicated that couples who attended premarital counselling experienced more stable and satisfying marriages compared to those who did not. These findings resonate with the current study where financial management and intimacy sessions were also rated highly, with mean scores of 4.20 and 3.92 respectively.

In terms of spirituality, Osei-Tutu et al. (2020) examined premarital counselling practices among Christian and Muslim lay counsellors in Ghana and found that spirituality was a core component of the counselling process. Married individuals who received spiritual guidance reported stronger relationships and greater satisfaction in their marriages. This aligns with the high-rating for-spirituality sessions (mean score of 4.25) in the All-Saints Cathedral study, reinforcing the role of spirituality in fostering marital satisfaction.

In conclusion, the types of premarital counselling provided at All-Saints Cathedral Church reflect the broader trends identified in recent studies. Communication, conflict resolution, financial management, intimacy, and spirituality are key components of premarital counselling that contribute to marital satisfaction and stability.

Marital Satisfaction Scores of Married individuals Who Attended Pre-Marital Counselling at the All-Saints Cathedral Church, Nairobi

The findings on marital satisfaction in this study reveal important dynamics

regarding the impact of premarital counselling, particularly in areas where married individuals face both strengths and challenges. The mean score of 19.05 on the Locke-Wallace Marital Adjustment Scale reflects a generally moderate level of satisfaction among the participants, suggesting that while most married individuals feel positively about their marriages, there are areas that require further attention. This is consistent with previous studies, such as Farnam et al. (2011), which found that premarital counselling provides couples with important tools for marital success but does not necessarily eliminate all potential sources of dissatisfaction, particularly as couples navigate complex life changes post-marriage.

The moderate levels of agreement observed in key domains such as finances (mean = 3.54) and recreation (mean = 3.34) indicate that, despite the benefits of premarital counselling, these areas continue to present challenges for many couples. Archuleta et al. (2011) found that financial management is a significant stressor in many marriages, often leading to dissatisfaction even in couples who have undergone premarital counselling. This is particularly relevant in this study, where finances showed the highest variability in agreement (standard deviation = 1.718), pointing to the diverse experiences couples have in managing financial matters. Such findings emphasize the importance of continued financial planning support and communication after marriage.

In contrast, areas like sex relations, which had the highest mean score (3.56) in this study, demonstrate the potential strength of premarital counselling in helping couples address intimate issues. Studies like those conducted by Barlow (1999) and Ayub and Iqbal (2012) similarly found that premarital counselling is effective in improving couples' communication and alignment on sexual expectations, leading to higher satisfaction in this area of marital life. The positive scores related to sex

relations highlight the value of discussing sensitive topics during counselling, as this can prevent future conflicts and misunderstandings.

The results related to conflict resolution in this study provide further insights into the effectiveness of premarital counselling. With 67.2% of participants indicating that they resolve disagreements through mutual give and take, the findings support Duba *et al* (2013) research which showed that premarital counselling helps couples develop collaborative conflict resolution strategies. However, the fact that 16.4% of respondents reported that either the husband or the wife tends to give in during conflicts suggests that some couples may still rely on less balanced methods of resolving disagreements. This could lead to dissatisfaction over time, as unresolved power dynamics in conflict situations can erode marital harmony.

The finding that 75.4% of respondents would choose to marry the same person strongly suggests long-term marital commitment and satisfaction, supporting the role of premarital counselling in promoting lasting relationships. This is consistent with the research by Cobbinnah and Osei-Tutu (2019), who observed that couples who underwent premarital counselling were more likely to experience higher levels of marital stability and contentment. The results of this study underscore the ongoing importance of premarital counselling in assisting couples in managing the complexities of married life and highlight areas where additional support may be necessary to sustain marital satisfaction over time.

Effect of Pre-Marital Counselling on Marital Satisfaction among Married Individuals at the All-Saints Cathedral Church, Nairobi

The results from Objective 3 revealed that premarital counselling significantly influences marital satisfaction among married individuals at All-Saints Cathedral Church, with the Chi-Square test showing a significant association ($\chi^2 = 22.769$, $df =$

10, $p = .012$). This finding aligns with Farnam et al. (2011), who found that married individuals undergoing premarital counselling report higher levels of marital satisfaction. Similarly, Schumm et al. (2000) emphasized that premarital counselling helps couples build crucial communication and conflict resolution skills, which have long-term positive impacts on marital relationships.

The Pearson correlation of .651 ($p < .001$) further highlights the strong positive relationship between premarital counselling and marital satisfaction. This suggests that as married individuals engage more in premarital counselling, their marital satisfaction tends to increase. This finding is consistent with Archuleta et al. (2011), who noted that financial management and communication are key areas improved through premarital counselling, contributing to a more harmonious marital relationship. In line with these findings, Borowski and Tambling (2015) highlighted that premarital counselling equips couples with tools to navigate various aspects of marriage, including financial management, emotional support, and effective communication, all of which are essential in maintaining marital satisfaction.

The regression analysis demonstrated that premarital counselling explained 20.4% of the variance in marital satisfaction ($R^2 = .204$), indicating that while premarital counselling plays a significant role, other factors also contribute to marital satisfaction. This moderate influence is consistent with Maybruch et al. (2014), who found that while premarital counselling positively impacts marital satisfaction, other factors like individual personality traits, cultural background, and external life stressors also shape marital outcomes. Similarly, Duba et al. (2012) noted that factors such as long-term relational habits and personal expectations might also influence satisfaction levels beyond counselling interventions.

The ANOVA results ($F = 11.345$, $p < .001$) highlighted the importance of

premarital counselling in enhancing marital satisfaction. These findings align with Khamis (2013), who observed that couples who participated in premarital counselling were better prepared to manage conflict and stress within their relationships, ultimately achieving higher levels of satisfaction. However, the modest R Square value in this study suggests that while premarital counselling is important, it is not the sole factor influencing marital success. Bett et al. (2017) further emphasized that demographic factors, including education, age, and the duration of the marriage, play crucial roles in shaping the overall marital experience.

Overall, the results of this study support the conclusion that premarital counselling has a significant, positive effect on marital satisfaction. However, the findings also suggest the need for additional studies to explore other factors that may influence this relationship, as premarital counselling explains only a portion of the variance in marital satisfaction. Lee and McKinnish (2018) and Sorokowski et al. (2017) highlight the importance of including demographic factors, such as age and cultural background, as potential mediators in future research on marital satisfaction and the impact of counselling.

Demographic Factors as Mediating Variables on the Effect of Pre-Marital Counselling on Marital Satisfaction among Married Individuals at the All-Saints Cathedral Church, Nairobi

This research examined how various demographic factors—such as age, gender, years of marriage, education level, and the presence of children—affect the connection between premarital counselling and marital satisfaction. The results indicated that these demographic factors play an important role in shaping marital satisfaction.

The significant effect of age on marital satisfaction ($F(14, 45) = 3.760, p =$

0.002) suggests that marital satisfaction varies across age groups. This aligns with findings by Lee and McKinnish (2018), who demonstrated that age influences marital dynamics, with older couples often reporting higher satisfaction due to their experience and maturity. In this study, it appears that older married individuals benefit more from pre-marital counselling, likely because they have the life experience to apply the lessons learned. Younger married individuals may face greater challenges in translating counselling lessons into practice, potentially requiring more follow-up support to sustain marital satisfaction.

The significant gender-based differences in marital satisfaction observed in this study ($F(1, 59) = 5.542, p = 0.022$) reflect the unique ways in which men and women experience marriage. Bett et al. (2017) found similar gender-specific differences in marital satisfaction, with women often facing greater emotional demands within marriage. These findings suggest that pre-marital counselling might address gendered expectations differently, leading to varying outcomes. For instance, women might benefit more from counselling focused on emotional communication, while men may experience more satisfaction when counselling addresses financial and role-based issues. The significant gender differences underscore the need for counselling programs to be tailored to address these diverse needs.

The effect of years in marriage on marital satisfaction was also significant ($F(3, 57) = 6.295, p = 0.004$), indicating that couples who have been married longer reported higher satisfaction. This is consistent with findings from Gorchoff et al. (2008), who noted that marital satisfaction often improves with time as couples develop stronger emotional bonds and more effective communication strategies. In the context of pre-marital counselling, couples with more years of marriage may benefit from continued reinforcement of the principles learned in counselling,

especially as they face new life stages such as parenthood or retirement.

The significant influence of education on marital satisfaction ($F(2, 58) = 4.512, p = 0.015$) suggests that higher levels of education are associated with greater marital satisfaction. This finding is supported by Zainah et al. (2012), who found that education positively correlates with better conflict resolution and communication skills, both of which are essential for marital satisfaction. More educated couples may be better equipped to apply the skills learned during pre-marital counselling, leading to more effective communication and conflict management in their marriages. This highlights the importance of including educational attainment as a factor in the development of counselling programs.

The presence of children was found to have a significant impact on marital satisfaction ($F(1, 59) = 4.562, p = 0.037$), which aligns with the findings of Lawrence et al. (2008). They demonstrated that having children often introduces new challenges in a marriage, such as increased stress and shifts in relational dynamics. Premarital counselling that includes topics on parenting and navigating the transition to parenthood may help address these challenges, fostering higher marital satisfaction among couples with children. The significant role of children in marital satisfaction in this study underscores the importance of addressing family planning and parenting expectations during counselling sessions.

Overall, the findings indicate that demographic characteristics have a significant impact on the connection between premarital counselling and marital satisfaction. Tailored counselling programs that consider variations in age, gender, years of marriage, education, and family structure are likely to produce better results for couples.

Conclusion

This study demonstrates that premarital counselling has a significant and beneficial effect on relationship contentment among married individuals at All-Saints Cathedral Church in Nairobi. The quantitative analysis revealed a strong correlation between engagement in premarital therapy and improved relationship outcomes, particularly in areas such as communication, conflict resolution, and financial management. These findings are consistent with earlier studies that highlight the role of structured guidance in preparing partners for the challenges of married life. The counselling provided individuals with essential tools to navigate the complexities of their relationships, leading to greater overall satisfaction.

In addition to the direct impact of pre-marital counselling, demographic factors were found to play a crucial mediating role. Variables such as age, years in marriage, education, and the presence of children significantly influenced how pre-marital counselling affected marital satisfaction. Older married individuals and those married for longer periods tended to report higher levels of satisfaction, suggesting that these demographic factors contribute to the resilience and adaptability of the marital relationship over time. The statistically significant differences observed between groups also highlight the importance of tailoring counselling programs to the unique needs of different demographic segments.

These findings underscore the value of pre-marital counselling as a preventive intervention that can strengthen the marital bond. However, the study also points to the need for continuous support beyond the pre-marital phase, as challenges in marriage evolve with time and changing circumstances. By addressing the individual needs of married individuals at various life stages, counselling programs can be more effective in promoting long-term marital satisfaction.

Recommendations

To enhance the effectiveness of pre-marital counselling programs and address the varying needs of married individuals, several key recommendations are proposed (see Table 21). First, counselling programs should be adapted to accommodate the specific challenges faced by different demographic groups. Younger married individuals may benefit more from a focus on communication skills and conflict resolution, while older married individuals or those with children might require more emphasis on financial management and parenting strategies.

Continuous support should be provided through post-marital counselling sessions at key stages of the marital journey. While pre-marital counselling offers an essential foundation, married individuals may encounter new challenges as they progress through different stages of life, such as the birth of children or career transitions. Ongoing counselling would reinforce the skills learned during pre-marital sessions and provide couples with the tools needed to navigate these transitions effectively.

Gender-specific sessions should be incorporated into counselling programs. The study highlighted the importance of addressing the different ways in which men and women experience and respond to marital stressors. By offering separate sessions for men and women, counsellors can create a space where individuals can express their concerns more openly, leading to more constructive outcomes in joint sessions.

Moreover, faith-based counselling programs should incorporate both religious and practical elements. While spiritual guidance is a cornerstone of counselling at institutions like All-Saints Cathedral, practical issues such as financial management, emotional intimacy, and work-life balance must also be addressed. By balancing spiritual and practical concerns, couples can be better equipped to handle the complexities of modern marriage.

Table 27*Recommendations and Actions*

Recommendation	Objective	Target Group	Expected Outcomes	Actions for Implementation
Adapt counselling programs to accommodate different demographic groups	Address specific challenges faced by different age groups and life stages	Younger married individuals, older married individuals with children	Improved engagement and relevance of counselling programs	Tailor counselling content to address age and life-stage specific needs (e.g., communication for younger married individuals, financial management for older married individuals or those with

Recommendation	Objective	Target Group	Expected Outcomes	Actions for Implementation
				children)
Continuous support through post-marital counselling	Provide ongoing support to navigate the evolving challenges of marriage	All married individuals, especially those with children or transitioning life stages	Reinforced skills from pre-marital counselling; better conflict resolution during life changes	Offer post-marital sessions at key marital stages (e.g., birth of children, career transitions)
Gender-specific counselling sessions	Create a safe space for men and women to discuss gender-specific marital stressors	Married individuals, focusing on men and women separately	Improved communication between genders, leading to better understanding	Organize gender-specific sessions where men and women discuss their concerns and stressors, followed by joint sessions
Incorporate both religious and practical elements in counselling	Balance spiritual guidance with practical	All married individuals, especially those in	Better-equipped married individuals who are able to	Integrate discussions on both spiritual matters and

Recommendation	Objective	Target Group	Expected Outcomes	Actions for Implementation
programs	advice to enhance marriage stability	faith-based settings	handle both spiritual and practical challenges	practical aspects like finances, work-life balance, emotional intimacy
Focus on communication skills and conflict resolution for younger married individuals	Address common issues faced by younger couples in early marriage stages	Younger married individuals or newlyweds	Enhanced communication skills and ability to handle disagreements	Introduce focused communication and conflict resolution sessions, with practical examples and role-playing exercises
Emphasize financial management and parenting for older married individuals or those with children	Address the particular challenges older married individuals or married individuals with children	Older married individuals, with children	Improved financial harmony and effective parenting strategies	Develop modules that specifically address financial management, budgeting, parenting strategies, and balancing

Recommendation	Objective	Target Group	Expected Outcomes	Actions for Implementation
	face			responsibilities
Incorporate relationship building exercises throughout the counselling process	Build stronger emotional bonds and understanding between married individuals	All married individuals	Increased trust and emotional intimacy	Include regular relationship-building activities such as shared activities, team-building exercises, and collaborative decision-making tasks
Provide married individuals with resources for self-directed learning and improvement	Equip married individuals with tools for continued self-improvement beyond counselling sessions	All married individuals	Married individuals are empowered to continue their learning journey and self-improvement	Provide reading materials, online resources, and workshops that support continued learning on topics like communication, finances, intimacy, and family dynamics

Recommendation	Objective	Target Group	Expected Outcomes	Actions for Implementation
Encourage couples to practice learned skills in real-world scenarios	Reinforce counselling lessons through practical, real-world application	All couples	Skills become ingrained, leading to better handling of marital stressors	Assign homework, encourage practicing skills in daily life (e.g., conflict resolution, communication exercises)
Create a feedback loop to improve the counselling process	Continuously enhance the counselling program based on participant feedback	All married individuals	An iterative improvement process for the program, leading to higher satisfaction for future married individuals	Regularly collect feedback from couples after sessions and after marriage about what worked and what didn't
Introduce married individuals to social support	Provide married individuals	All married individuals	Married individuals feel less isolated,	Introduce couples to support groups, mentors, or

Recommendation	Objective	Target Group	Expected Outcomes	Actions for Implementation
systems	with external sources of support during and after marriage		receive emotional and practical support	trusted couples who can provide advice and emotional support during challenging times
Incorporate technology and online resources	Increase accessibility and flexibility of counselling services	Tech-savvy married individuals, in remote locations	Increased access to counselling materials, more convenient participation	Offer online workshops, webinars, and virtual sessions to complement in-person counselling
Promote mutual respect and equality in relationships	Encourage balanced power dynamics in marriage	Married individuals of all backgrounds	Increased marital satisfaction due to better respect and understanding between partners	Introduce training on equity, respect, and the role of each partner in decision-making within the marriage

Recommendation	Objective	Target Group	Expected Outcomes	Actions for Implementation
Develop culturally sensitive counselling programs	Adapt counselling to be more relevant to different cultural backgrounds	Married individuals from various cultural backgrounds	Married individuals will feel that their unique cultural contexts are respected, leading to better participation	Train counsellors on cultural competence and incorporate cultural considerations into all aspects of counselling
Implement stress management and emotional regulation techniques	Teach couples to handle stress and emotions in a healthy way	Married individuals experiencing high stress (e.g., financial issues, parenting)	Reduced emotional conflict, healthier coping mechanisms	Include stress management techniques such as mindfulness, relaxation exercises, and emotional regulation practices in counselling
Focus on conflict resolution and forgiveness	Equip married individuals with tools to	Married individuals experiencing	Reduced conflict, higher emotional	Teach conflict resolution techniques and the

Recommendation	Objective	Target Group	Expected Outcomes	Actions for Implementation
	handle conflicts constructively	frequent arguments or unresolved issues	satisfaction	importance of forgiveness in the marital context
Build stronger communication between married individuals and their families of origin	Improve relationships with in-laws and extended family members	Married individuals with significant family dynamics	Reduced external marital stress from family interference	Offer training on how to set boundaries and foster healthy relationships with in-laws
Promote shared goal-setting and vision building	Help married individuals align their long-term goals and vision for their marriage	All married individuals	Increased marital satisfaction through shared dreams and common objectives	Facilitate goal-setting exercises where married individuals plan their future together, from career aspirations to family plans

Recommendations for Further Research

While this study has provided valuable insights into the role of pre-marital

counselling in marital satisfaction, there are several areas that warrant further exploration. Future research should examine the long-term impact of pre-marital counselling over the course of a couple's marriage. Longitudinal studies that track couples from the pre-marital stage through several decades of marriage could offer deeper insights into how counselling influences marital satisfaction over time.

Another area for further investigation is the impact of cultural differences on the effectiveness of pre-marital counselling. This study focused on couples at a single religious institution in Nairobi, and the findings may not be generalizable to other populations. Research that compares the effectiveness of counselling across different cultural, religious, and socioeconomic groups could help identify best practices that are adaptable to diverse contexts.

Future studies could explore the role of online or virtual counselling platforms, especially in light of the increasing shift toward digital communication. With more couples seeking counselling online, it would be useful to compare the outcomes of traditional face-to-face counselling with those of digital platforms to assess whether the mode of delivery affects the overall impact on marital satisfaction.

Chapter Summary

This chapter has summarized the study's findings, highlighting the significant relationship between premarital counselling and marital satisfaction among couples at the All-Saints Cathedral Church, Nairobi. Key findings included the role of counselling in enhancing communication, conflict resolution, financial management, intimacy, and spirituality. Demographic factors such as age, gender, years in marriage, education level, and parenting arrangements were shown to mediate the relationship between premarital counselling and marital satisfaction, further emphasizing their importance in counselling programs. Recommendations have been

made to improve the effectiveness of premarital counselling, including tailoring sessions to specific demographic needs, offering continuous post-marital support, and incorporating gender-specific approaches. Additionally, a balanced integration of faith-based and practical counselling elements are proposed to address the complexities of modern marriages. Finally, areas for further research are identified, with an emphasis on longitudinal studies to examine the long-term effects of premarital counselling on marital satisfaction. The chapter concludes the study by providing actionable insights for counselling practices and suggesting pathways for future research.

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APPENDICES

APPENDIX I: INFORMED CONSENT

Dear Respondent,

My name is Anne Muthoni Muturi, a student at PAC University pursuing a Masters' degree in counselling psychology, specialising in marriage and family therapy. As part of my studies, I am carrying out research to investigate "The Influence of Premarital Counselling on Marital Satisfaction amongst Couples at the All-Saints Cathedral Church in Nairobi. You are among those who have been identified to take part in this research study because you undertook the premarital counselling programme between January 2016 and November 2019, and your marriage was solemnised at the All-Saints Cathedral Church.

I would appreciate it if you would support me by honestly responding to all the questions provided in the questionnaire. The purpose of this study is to establish the influence of premarital counselling on marital satisfaction. I wish to assure you that this study has minimal risk, if any, as your information will be handled with confidentiality. However, should you need clarification on any part of the questionnaire, feel free to contact the undersigned at +254722697777 or +254733888369.

Please note that your participation in this research is purely voluntary, and there will be no monetary benefit for taking part in it. However, I appreciate your support in providing me with the necessary data for my study, which goes a long way in enabling me finalise my thesis and hence complete my Masters' degree programme.

Your participation might also assist those seeking to get married in the future by highlighting the benefits of attending formal premarital therapy. Meanwhile, please

also note that making a decision not to take part in the research or withdrawing from the process will not be prejudiced in any way. But I wish to encourage you to take part in the entire process.

Please note that all information shared on this questionnaire will only be utilised for the purposes of my studies and will be handled with the utmost confidentiality.

I have read and understood the content of the letter and my role as a participant. The opportunity to make any clarifications on this study has been offered to me. By proceeding with this survey, you agree to the terms of this research study.

Thank you and God bless you.

APPENDIX II: STUDY QUESTIONNAIRE

Kindly complete the questionnaire below honestly: Please tick {√} the appropriate answer.

Section A: Demographic Characteristics

1. Gender

a) Male ()

b) Female ()

2. Age

Please indicate your age.....

3. How many years have you been married?

Below 4 years ()

4-5 years ()

5-6 years ()

6-7 years ()

7-8 years ()

4. What is your highest education level?

Primary [] Secondary [] College [] University []

5. What is your occupation?

Unemployed [] Employed [] Self-employment [] Casual labourer []

6. Do you have children? Yes [] No []

If yes, how do you parent the children?

Live together and parents as a couple []

Live separately and parent as a couple []

Do it myself with minimum help from my partner []

Section B: Pre-marital Counselling

The items in this section ask questions about the counselling/sessions received during the pre-marital counselling. Please tick in the box that appropriately describes how best you agree with the statements.

		Strongly agree	Agree	Neutral	Disagree	Strongly disagree
1	My partner and I were counselled on our roles and responsibilities in marriage					
2	My spouse and I were taken through sessions on how to manage finances					
3	I underwent through conflict resolution sessions together with my spouse					
4	My spouse and I were taken through sessions on effective communication in marriage					
5	My partner and I were counselled on parenting					
6	My spouse and I were taken through sessions on intimacy and sex in marriage					
7	My partner and I were counselled on how to relate with the In-laws					
8	My spouse and I were taken through sessions on spirituality in marriage					
9.	My partner and I were counselled on personality types and how to know love languages					

Section C: Marital Satisfaction Scale (Locke-Wallace Marital Adjustment)

1. Check the dot on the scale line below which best describes the degree of happiness, everything considered, of your present marriage. The middle point, "happy," represents the degree of happiness which most people get from marriage, and the scale gradually ranges on one side to those who are very unhappy in marriage, and on the other, to those who experience extreme joy or felicity in marriage.

0	2	7	15	20	25	35
.	.	.	.	.	.	.
Very Unhappy			Happy			Perfectly Happy

State the approximate extent of agreement or disagreement between you and your mate on the following items.

		Always Agree	Almost Always Agree	Occasion ally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
2	Handling Family Finances	5	4	3	2	1	0
3	Matters of Recreation	5	4	3	2	1	0
4	Demonstration of Affection	5	4	3	2	1	0
5	Friends	5	4	3	2	1	0
6	Sex Relations	5	4	3	2	1	0
7	Conventionality (right, good, or proper conduct)	5	4	3	2	1	0
8	Philosophy of Life	5	4	3	2	1	0
9	Ways of dealing with in- laws	5	4	3	2	1	0

For each of the following items, check one response:

10.	When disagreements arise, they usually result in (a) husband giving in 0 (b) wife giving in 2 (c) agreement by mutual give and take 10
11.	Do you and your mate engage in outside interests together? (a) all of them 10 (b) some of them 8 (c) very few of them 3 (d) none of them 0
12.	In leisure time, do you gently prefer: (a) to be "on the go" _ (b) to stay at home _ Does your mate generally prefer: (a) to be on the go _ (b) to stay at home At home for both 10 points; on the go for both, 3 points; disagreement, 2 points
13.	Do you ever wish you had not married? (a) frequently 0 (b) occasionally 3 (c) rarely 8 (d) never 15
14.	If you had your life to live over again, do you think you would: (a) marry the same person 15 (b) marry a different person 0 (c) not marry at all 1
15.	Do you ever confide in your mate? (a) almost never 0 (b) rarely 2 (c) in most things 10 (d) in everything <u>10</u>

Thank you for your time!

Section D:

What lessons did you learn during the premarital counselling session that you still hold on to till today?

.....

.....

.....

.....

.....

In what ways did the premarital counselling influence your marital satisfaction today?

.....

.....

.....

Would you advocate for couples to go for premarital counselling and why?

.....

.....

.....

Thank you for your time and God bless!

APPENDIX III: CODED DATA VARIABLES

Variable	Data Type	Length	Missing	Question /Description	Categories	Scale	Side	Type	Notes
Gender	String	6	0	None	None	Nominal	Left	Input	-
Age	Numeric	8	0	None	None	Nominal	Right	Input	-
Years In Marriage	Numeric	1	0	How many years have you been married?	{1, 6-7 years}	Scale	Right	Input	-
What is your highest education level	String	10	0	What is your highest education level?	None	Nominal	Left	Input	-

What is your occupation	String	15	0	What is your occupation?	None	Nominal	Left	Input	-
Do you have children	String	3	0	Do you have children?	None	Nominal	Left	Input	-
Live together and parents as couple	String	45	0	Live together and parents as a couple	None	Nominal	Left	Input	-
SB Counselling on roles and responsibilities	Numeric	1	0	SB: My partner and I were counselled on our roles and responsibilities in marriage	{1, Strongly disagree}...	Ordinal	Right	Input	-

SB Managing finance	Numeric	1	0	SB: My spouse and I were taken through sessions on how to manage finances.	{1, Strongly disagree}...	Ordinal	Right	Input	-
SB Conflict resolution	Numeric	1	0	SB: I underwent through conflict resolution sessions together with	{1, Strongly disagree}...	Ordinal	Right	Input	-

				my spouse					
SB Effective communication	Numeric	1	0	SB: My spouse and I were taken through sessions on effective communication in marriage	{1, Strongly disagree}...	Ordinal	Right	Input	-
SB Parenting	Numeric	1	0	SB: My partner and I were counselled on parenting	{1, Strongly disagree}...	Ordinal	Right	Input	-

SB Intimacy sex in marriage	Numeric	1	0	SB: My spouse and I were taken through sessions on intimacy and sex in marriage	{1, Strongly disagree}...	Ordinal	Right	Input	-
SB Relate with inlaws	Numeric	1	0	SB: My partner and I were counselled on how to relate with the In-	{1, Strongly disagree}...	Ordinal	Right	Input	-

				laws.					
SB Spirituality in marriage	Numeric	1	0	SB: My spouse and I were taken through sessions on spirituality in marriage	{1, Strongly disagree}...	Ordinal	Right	Input	-
SB Personality and love language	Numeric	1	0	SB: My partner and I were counselled on personality types and how	{1, Strongly disagree}...	Nominal	Right	Input	-

				to know love languages					
SC How happy or unhappy are you in your marriage Where 0 is very unhappy 15 is happy	Numeric	12	0	SC: How happy or unhappy are you in your marriage? (Where 0 is very unhappy, 15 is happy and 35 is perfectly happy)	None	Nominal	Right	Input	-
SC Handling	Numeric	1	0	SC: Handling	{0, Always Disagree	Ordinal	Right	Input	-

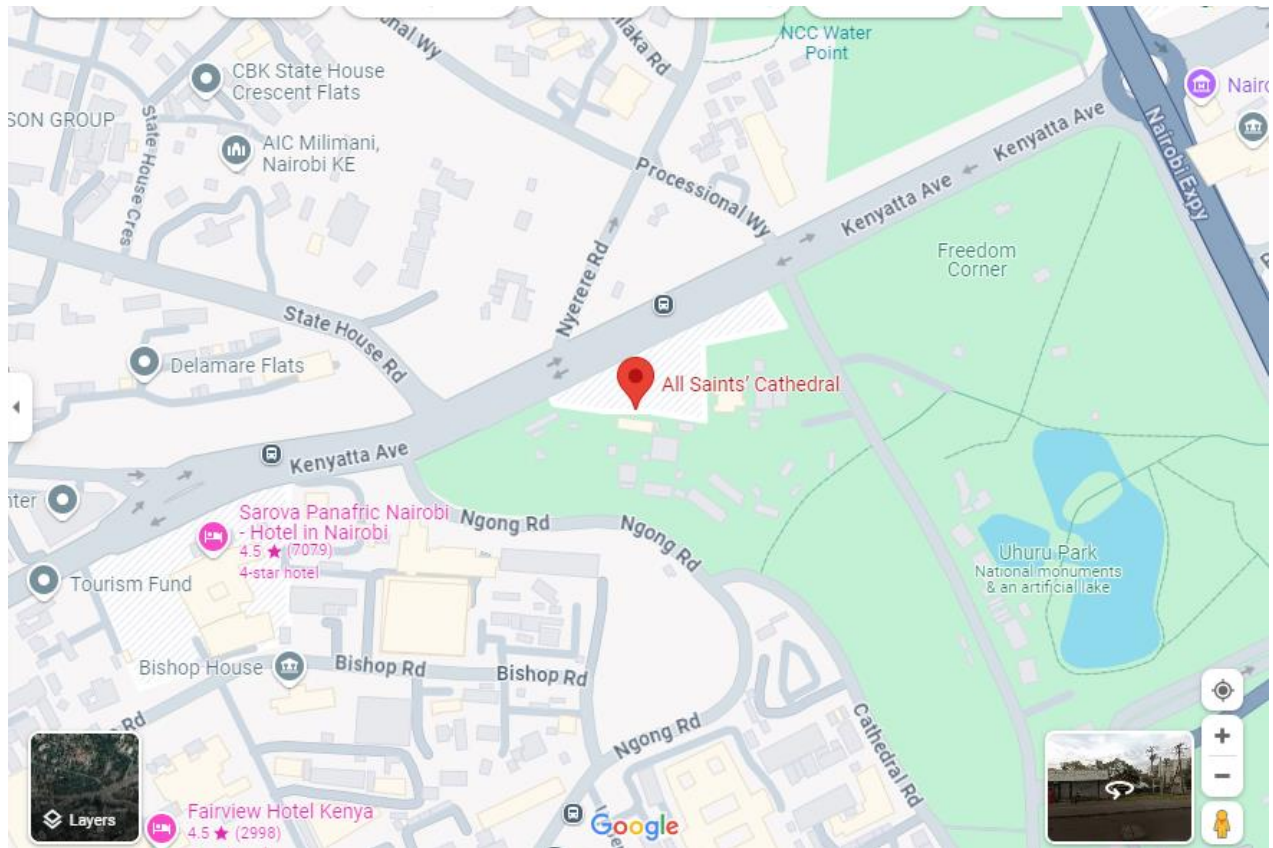
Family Finance				Family Finances	{0}...				
SC Matters of recreation	Numeric	1	0	SC: Matters of Recreation	{0, Always Disagree (0)}...	Ordinal	Right	Input	-
SC Demonstration of affection	Numeric	1	0	SC: Demonstration of Affection	{0, Always Disagree (0)}...	Ordinal	Right	Input	-
SC Friends	Numeric	1	0	SC: Friends	{0, Always Disagree (0)}...	Ordinal	Right	Input	-
SC Sex Relations	Numeric	1	0	SC: Sex Relations	{0, Always Disagree (0)}...	Ordinal	Right	Input	-
SC Proper conduct	Numeric	1	0	SC: Conventionalit	{0, Always Disagree (0)}...	Ordinal	Right	Input	-

				y (right, good, or proper conduct)					
SC Philosophy of life	Numeric	1	0	SC: Philosophy of Life.	{0, Always Disagree (0)}...	Ordinal	Right	Input	-
SC dealing with inlaws	Numeric	1	0	SC: Ways of dealing with in-laws	{0, Always Disagree (0)}...	Ordinal	Right	Input	-
SC Disagreement result	Numeric	1	0	SC: When disagreements arise, they usually result in:	{1, Agreement by mutual give and take (10)}...	Ordinal	Right	Input	-

SC Engage in outside interest together	Numeric	1	0	SC: Do you and your mate engage in outside interests together?	{1, None of them (0)}...	Ordinal	Right	Input	-
SC Leisure time preference	Numeric	1	0	SC: In leisure time, do you gently prefer:	{1, To be “on the go” (3)}...	Ordinal	Right	Input	-
SC Leisure preference for mate	Numeric	1	0	SC: Does your mate generally prefer:	{1, To be on the go (3)}...	Ordinal	Right	Input	-
SC Wish you had not married	Numeric	1	0	SC: Do you ever wish you	{1, Frequently (0)}...	Ordinal	Right	Input	-

				had not married?					
SC opportunity to choose mate again	Numeric	1	0	SC: If you had your life to live over again, do you think you would	{1, Marry a different person (0)}...	Ordinal	Right	Input	-
SC Confide in mate	Numeric	1	0	SC: Do you ever confide in your mate?	{1, Almost never (0)}...	Ordinal	Right	Input	-

APPENDIX IV: GOOGLE MAP



APPENDIX V: INTRODUCTION LETTER FROM ASC



All Saints' Cathedral Church

P.O. BOX 40539- 00100, NAIROBI | Tel: +254 702 645 069 / +254 728 271 715

Email: into@allsaintsnairobi.org | Website: www.allsaintsnairobi.org

To whom it may concern,

Ref, Anne Muthoni Muturi MMFT/14943/0/19

Receive warm Christian greetings from All Saints Cathedral Nairobi

The above named person is a Member of All Saints Cathedral Church and a student at Pan Africa Christian University (PAC) pursuing a Masters degree in Marriage and Family Therapy. She wishes to carry out a research in the, **Influence of Pre marital Counselling on Marital Satisfaction, a case study of the All Saints Cathedral Church Nairobi in the Nairobi County**. In order to complete her studies, she is required to conduct a research in line with her specialization.

This therefore is a request that you assist in this research by filling the questionnaire on the subject matter.

For more clarifications on this matter, please don't hastate to contact us

Yours Sincerely,

The Very Rev. Canon. Evans Omolo
PROVOST

#ABillionChildren4Christ

APPENDIX VI: NACOSTI RESEARCH PERMIT

 REPUBLIC OF KENYA National Commission for Science, Technology and Innovation	 NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
Ref No: 538921	Date of Issue: 22/July/2024
RESEARCH LICENSE	
	
This is to Certify that Ms. Anne Muthoni Muturi 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 Influence of Pre-marital Counselling on Marital Satisfaction: A Case of the All-Saints Cathedral Church Nairobi County, Kenya for the period ending : 22/July/2025.	
License No: NACOSTI/P/24/38945	Director General
Applicant Identification Number 538921	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 overhead for conditions	

THE SCIENCE, TECHNOLOGY AND INNOVATION ACT, 2013 (Rev. 2014)
 Legal Notice No. 108: The Science, Technology and Innovation (Research Licensing) Regulations, 2014

The National Commission for Science, Technology and Innovation, hereafter referred to as the Commission, was established under the Science, Technology and Innovation Act 2013 (Revised 2014) herein after referred to as the Act. The objective of the Commission shall be to regulate and assure quality in the science, technology and innovation sector and advise the Government in matters related thereto.

CONDITIONS OF THE RESEARCH LICENSE

1. The License is granted subject to provisions of the Constitution of Kenya, the Science, Technology and Innovation Act, and other relevant laws, policies and regulations. Accordingly, the licensee shall adhere to such procedures, standards, code of ethics and guidelines as may be prescribed by regulations made under the Act, or prescribed by provisions of International treaties of which Kenya is a signatory to
2. The research and its related activities as well as outcomes shall be beneficial to the country and shall not in any way;
 - i. Endanger national security
 - ii. Adversely affect the lives of Kenyans
 - iii. Be in contravention of Kenya's international obligations including Biological Weapons Convention (BWC), Comprehensive Nuclear-Test-Ban Treaty Organization (CTBTO), Chemical, Biological, Radiological and Nuclear (CBRN).
 - iv. Result in exploitation of intellectual property rights of communities in Kenya
 - v. Adversely affect the environment
 - vi. Adversely affect the rights of communities
 - vii. Endanger public safety and national cohesion
 - viii. Plagiarize someone else's work
3. The License is valid for the proposed research, location and specified period.
4. The license any rights thereunder are non-transferable
5. The Commission reserves the right to cancel the research at any time during the research period if in the opinion of the Commission the research is not implemented in conformity with the provisions of the Act or any other written law.
6. The Licensee shall inform the relevant County Director of Education, County Commissioner and County Governor before commencement of the research.
7. Excavation, filming, movement, and collection of specimens are subject to further necessary clearance from relevant Government Agencies.
8. The License does not give authority to transfer research materials.
9. The Commission may monitor and evaluate the licensed research project for the purpose of assessing and evaluating compliance with the conditions of the License.
10. The Licensee shall submit one hard copy, and upload a soft copy of their final report (thesis) onto a platform designated by the Commission within one year of completion of the research.
11. The Commission reserves the right to modify the conditions of the License including cancellation without prior notice.
12. Research, findings and information regarding research systems shall be stored or disseminated, utilized or applied in such a manner as may be prescribed by the Commission from time to time.
13. The Licensee shall disclose to the Commission, the relevant Institutional Scientific and Ethical Review Committee, and the relevant national agencies any inventions and discoveries that are of National strategic importance.
14. The Commission shall have powers to acquire from any person the right in, or to, any scientific innovation, invention or patent of strategic importance to the country.
15. Relevant Institutional Scientific and Ethical Review Committee shall monitor and evaluate the research periodically, and make a report of its findings to the Commission for necessary action.

National Commission for Science, Technology and
 Innovation (NACOSTI),
 Off Waiyaki Way, Upper Kabete,
 P. O. Box 30623 - 00100 Nairobi, KENYA
 Telephone: 020 4007000, 0713 788787, 0735 404245
 E-mail: dg@nacosti.go.ke
 Website: www.nacosti.go.ke

APPENDIX VI: PAC RESEARCH PERMIT



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/48/07/24

Date: 05/7/2024

TO:
ANN MUTHONI MUTURI
PAC UNIVERSITY

Dear Madam,

RE: THE INFLUENCE OF PRE-MARITAL COUNSELLING ON MARITAL SATISFACTION: A CASE OF THE ALL-SAINTS CATHEDRAL CHURCH, NAIROBI COUNTY, KENYA

This is to inform you that PAC_ ISERC has reviewed and approved your above research proposal. Your application approval number is PAC/ISERC/48/07/24. The approval period is 5TH JULY 2024 – 5TH JULY 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 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 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.

Prior to commencing your study, you will be expected to obtain a research license from National Commission for Science, Technology and Innovation (NACOSTI) <https://research-portal.nacosti.go.ke> and also obtain other clearances needed.

Yours sincerely,

Dr. Janie Kiriuthia

Chair, ISERC