

**PSYCHOSOCIAL PREDICTORS OF MARITAL SATISFACTION AMONG
NEWLYWED COUPLES: A CASE STUDY OF SELECTED PARISHES AT THE
ARCHDIOCESE OF NAIROBI, KENYA**

BY

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MASTERS OF ARTS COUNSELLING PSYCHOLOGY

KCA UNIVERSITY

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**A DISSERTATION SUBMITTED IN PARTIAL FULFILLMENT OF THE
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PSYCHOLOGY IN THE SCHOOL OF EDUCATION, ARTS AND SOCIAL
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OCTOBER, 2025

DECLARATION

I declare that this dissertation is my original work and has not been previously published or submitted elsewhere for award of a degree. I also declare that this contains no material written or published by other people except where due reference is made and author duly acknowledged.

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ABSTRACT

Marital satisfaction was identified as a critical determinant of individual well-being and family stability, yet its psychosocial predictors remained underexplored within the Kenyan context, particularly among newlywed couples. This study therefore examined the extent to which psychosocial factors predicted marital satisfaction among newlywed couples in select parishes within the Archdiocese of Nairobi. The main objectives of the study were to determine the level of marital satisfaction among newlywed couples in the Archdiocese of Nairobi (ADN), to establish the extent to which personality traits could predict marital satisfaction, to assess whether social support predicted marital satisfaction, and to develop an evidence-based intervention model to enhance marital satisfaction. Anchored in the Big Five Personality Traits Theory and Social Exchange Theory, the study explored how individual dispositions—such as extraversion, agreeableness, conscientiousness, neuroticism, and openness—and perceived social support from family, friends, and clergy influenced marital contentment during the formative years of marriage. The study adopted a descriptive survey design and employed a census sampling technique, targeting 108 newlywed individuals from Divine Mercy Kariobangi and Ngarariga Parishes. Data were collected using standardized questionnaires and the response rate was 100 out of the 108 targeted. Data was analyzed using the Microsoft's Power BI and descriptive and inferential statistics were conducted to assess the predictive strength of the identified psychosocial factors. Findings indicated that 63% of the respondents reported moderate marital satisfaction, 22% reported high satisfaction, while 15% fell within the low satisfaction category. This suggested that while most newlyweds experienced relatively stable relationships, a notable portion faced adjustment challenges typical of early marital life. Regression analyses revealed that personality traits significantly predicted marital satisfaction, leading to the rejection of the first null hypothesis (H_{01}). The regression model was statistically significant, $F(5, 94) = 7.09$, $p < .001$, with an adjusted R^2 of .28, indicating that 28% of the variance in marital satisfaction could be explained by personality traits. Specifically, Conscientiousness ($B = 10.54$, $p < .001$), Agreeableness ($B = 6.10$, $p = .011$), and Extraversion ($B = 6.01$, $p = .018$) were found to be positive predictors, whereas Neuroticism ($B = -5.23$, $p = .003$) was a significant negative predictor. Openness ($B = 0.93$, $p = .627$) was not significant. When social support was added to the regression model, the explanatory power improved considerably, $F(6, 93) = 11.03$, $p < .001$, with an adjusted R^2 of .37. Social support emerged as a significant positive predictor of marital satisfaction ($B = 2.02$, $p < .001$), leading to the rejection of the second null hypothesis (H_{02}). Individuals who reported higher levels of perceived support from their families, friends, and faith communities also reported greater satisfaction and emotional stability within their relationships. Additionally, the findings on intervention preferences and support needs showed that 67% of the newlyweds identified financial planning and budgeting as their most desired form of support, followed by spiritual guidance and prayer (58%), premarital refresher sessions (44%), and marital enrichment workshops (39%). The most cited challenges included financial strain (48%), role expectations and household responsibilities (39%), and in-law relations (32%). Faith-based counselling (57%) was the most preferred mode of intervention, and 59% emphasized the importance of integrating spirituality into marital support programs. Based on these findings, a practical and culturally grounded intervention model was developed, emphasizing personality-informed counselling, faith-based support systems, and community-based enrichment programs. The study concluded that both individual personality traits and social support networks play vital roles in shaping marital satisfaction. The findings were expected to inform church-based counselling practices, psychological interventions, and policy strategies aimed at strengthening marital relationships within religious and community settings.

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DEDICATION

This dissertation is dedicated to the Almighty God for his faithfulness and strength that sustained me through every stage of this work.

To my family whose encouragement and sacrifices made this achievement possible, I am deeply grateful.

I also dedicate this study to all couples who believe in the beauty and sanctity of marriage. May the findings of this research contribute to healthier, happier and more fulfilling marital relationships

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ACRONYMS AND ABBREVIATIONS

ACT:	Acceptance and Commitment Therapy
ADN:	Archdiocese of Nairobi
BFTP:	Big Five Personality Test
CBT:	Cognitive Behavioral Therapy
CSI-32:	Couple Satisfaction Index
IBCT:	Integrative Behavioral Couple Therapy
NACOSTI:	National Commission for Science, Technology and Innovation
OSSS-3:	Oslo Social Support Scale

OPERATIONALIZATION OF TERMS

Archdiocese of Nairobi:	A metropolitan jurisdiction of the Roman Catholic Church in Kenya, overseeing numerous parishes, including Divine Mercy Kariobangi and Ngarariga Parish Kiambu, within Nairobi and its surrounding regions.
Emotional divorce:	A state in which spouses remain legally married but are emotionally disconnected and detached from each other. Although the couple may continue to live together or maintain the appearance of a relationship, there is often a lack of intimacy, communication, mutual support, and emotional bonding.
Marital Satisfaction:	The overall subjective evaluation of the quality and happiness within a marital relationship. It encompasses a partner's sense of contentment, fulfillment, and emotional well-being in the marriage, and reflects how well their expectations, needs, and desires are being met within the relationship.
Newly-wed Couples:	Married partners who are in the early stages of their marital relationship, typically within the first five years of marriage. This period is considered a formative phase in which couples navigate significant adjustments, role expectations, and interpersonal dynamics as they transition into married life.

Personality Traits:

Enduring patterns of thoughts, feelings, and behaviors that influence how individuals perceive and interact with their spouses.

Psychosocial Predictors:

Psychological and social factors that influence an individual's experiences, behaviors, and outcomes within a marital relationship. this study focuses on two key psychosocial predictors: Personality traits and social support

Social Support:

This encompasses the emotional, informational, and practical assistance that individuals receive from their social networks, including family, friends, religious communities, and peers.

CHAPTER ONE

INTRODUCTION

1.0 Introduction

This chapter presents an overview of the study, detailing its background, aim, specific objectives, guiding research questions, as well as the scope and delimitations.

1.1 Background of the Study

Given the fundamental role of marriage in society, researchers have extensively examined marital quality and its determinants. The structure of marriage, along with the factors contributing to its success and fulfillment, is often shaped by cultural influences, leading to both commonalities and variations across different societies (Kazim & Rafique, 2021). Marriage is commonly understood as a legally and socially sanctioned union intended to be lifelong, encompassing socio-economic, sexual, and social rights and responsibilities for both spouses (Waite & Bachrach, 2025). However, marital satisfaction is a subjective evaluation based on each individual's expectations and perceived fulfillment within the marriage (Durodoye, 1997; Hania, 2016).

Romantic relationships significantly impact two key aspects of life: subjective well-being and health. Bühler et al., (2021) highlight that individuals who experience satisfaction in their romantic relationships tend to report greater overall life satisfaction. Romantic relationship satisfaction has been found to be a more significant predictor of overall happiness than other areas of life, such as career or friendships. Moreover, those in satisfying romantic partnerships tend to experience improved health outcomes (Bühler et al., 2021). As such, exploring typical patterns of relationship satisfaction can inform the creation of focused interventions designed to promote both psychological well-being and physical health (Ratiu, 2023).

Although marriage is no longer essential for social acceptance (Cherlin, 2004), it remains a significant life goal for most individuals across socioeconomic backgrounds (Kuo & Raley, 2016; McDonald et al., 2011). Despite shifting societal norms, the desire to marry persists, with more than 90% of individuals eventually entering into marriage at some stage in their lives (Kiersz, 2017; Yau, 2017).

The enduring prevalence of marriage is understandable, as the intimate bond it fosters remains crucial for overall well-being (Karney & Bradbury, 2020a). Research indicates that stable and fulfilling marriages contribute to better health (Robles et al., 2014), greater happiness (Be et al., 2013), and increased longevity (Whisman et al., 2018). Conversely, when marital relationships deteriorate, other aspects of well-being may also suffer (Holt-Lunstad et al., 2015). Evidence increasingly suggests that the primary factor driving these outcomes is the quality and duration of the marital bond (Musick & Bumpass, 2012). Recognizing this, individuals across socioeconomic backgrounds aspire not only to marry but to establish lasting unions built on love and emotional connection (Geiger & Livingston, 2019; Kefalas et al., 2011; Trail & Karney, 2012; Van Hooff, 2016).

While the aspirations and advantages of a fulfilling marriage remain, so do the challenges, as evidenced by the fact that nearly half of first marriages ultimately result in divorce (Kreider & Ellis, 2011).

Marital satisfaction refers to an individual's overall perception and evaluation of their own marital relationship (King, 2016). Research suggests that marital satisfaction fluctuates over the course of a relationship, though scholars offer differing perspectives on the nature of these changes (King, 2016). One perspective posits a general decline in marital satisfaction over time (French, 1962), while another argues that satisfaction initially decreases in the early years of marriage but gradually improves later (Rollins & Feldman, 1970). Conversely, some researchers find no significant change in marital satisfaction over time (King, 2016).

Marital satisfaction is widely recognized as a key reflection of an individual's overall happiness within the family setting (Fahimdanesh et al., 2020). It significantly contributes to both the physical and mental well-being of not just the family members but also the wider community by fostering social stability, reducing rates of conflict and violence, and supporting the development of healthier, more resilient future generations (Edalati & Redzuan, 2010). Additionally, it is viewed as an emotional reaction resulting from a person's personal evaluation of their marital relationship, taking into account various aspects of the union (Fahimdanesh et al., 2020).

Partners who report higher levels of marital satisfaction and lower relationship conflict also tend to experience fewer negative life events (Cohan & Bradbury, 1997), improved communication (Christensen et al., 2006), greater mutual support and dyadic coping (Falconier et al., 2015), reduced psychological distress (Whisman et al., 2018), and overall better health outcomes (Bookwala, 2005).

Moreover, marital satisfaction, influenced by both sexual and emotional fulfillment, serves as an indicator of relationship quality, reflecting couples' subjective assessment of their bond (Abbasi, 2010; LM & Leila, 2010). It is a multidimensional construct that encompasses various aspects of the marital relationship, for example, integrity, adjustment, happiness, and commitment (Bashiri et al., 2016). Marital satisfaction is a psychological state that does not occur naturally but requires continuous effort from both partners, particularly during the early years of marriage when satisfaction tends to be unstable and the relationship is more vulnerable (Gorbanzadeh et al., 2013). Couples experience marital satisfaction when their relationship aligns with their initial expectations (LM & Leila, 2010).

Marriage is a partnership that brings together two individuals, each with their own unique personalities and characteristics (Mohammadzadeh et al., 2008). Claxton emphasizes that for a long-term, fulfilling romantic relationship, individuals should assess their partners

beyond physical appearance and consider personality traits (Claxton et al., 2012). A range of elements—such as socioeconomic background, level of education, age, cultural or ethnic identity, religious affiliation, physical appearance, cognitive abilities, and individual values and beliefs—can influence marital satisfaction and often act as indicators of greater satisfaction within relationships (Chehreh et al., 2017).

Personality traits are key factors that influence marital satisfaction. Research has shown that personality plays a significant role in predicting overall life satisfaction (Karney & Bradbury, 2020a). Since individuals enter marriage with distinct personality traits, the marital relationship can be viewed as a union of two differing personalities (Sayehmiri et al., 2020). Additionally, individuals often project their behavioral tendencies and characteristics onto their partner, which can sometimes create stress within the marriage (Sadeghi et al., 2016).

Research indicates that the majority of marriages ultimately end in divorce, primarily due to low levels of marital satisfaction (Schoen & Canudas-Romo, 2006). As an illustration, Portugal has one of the highest divorce rates in Europe, reaching 58.7% (Abreu-Afonso et al., 2022). As a result, researchers continue to explore the key factors that enhance marital satisfaction, as this knowledge can inform both marital counseling and couples seeking strategies to foster more fulfilling and lasting relationships (Abreu-Afonso et al., 2022).

Since marital dissatisfaction and the emergence of emotional divorce are often precursors to marital dissolution, it is crucial for researchers to examine these factors to develop strategies for reducing marital conflict and enhancing relationship quality. While neither marital dissatisfaction nor emotional divorce inevitably result in legal divorce, assessing the degree of marital satisfaction and the prevalence of emotional divorce remains essential for understanding relationship dynamics (Eslami et al., 2020).

In Iran, research has shown that the overall level of marital satisfaction is approximately 53.4% (Eslami et al., 2020), highlighting the need to explore the factors that contribute to

relationship fulfillment. Notably, higher education levels in men and residence in rural areas were found to be significantly associated with greater marital satisfaction. However, no significant correlation was observed between women's educational attainment and their level of marital satisfaction. One possible explanation for the higher levels of marital satisfaction in rural areas is the strong influence of collectivistic cultural values (Sorokowski et al., 2017), which are more prevalent in non-Western societies and tend to be more pronounced in rural than urban settings.

Dobrowolska et al., (2020) in their research on the global perspective on marital satisfaction observed that sex, age, religiosity, economic status, education, and cultural values are all significantly related, to varying degrees, to marital satisfaction across different cultures. These factors influence relationship dynamics, expectations, and conflict resolution strategies. Moreover, the number of children is also generally negatively correlated with marital satisfaction (Kowal et al., 2021).

In line with the above, Sayehmiri et al., (2020) in a meta-analysis examining the relationship between personality traits and marital satisfaction, found that couples with high levels of neuroticism tended to report lower marital satisfaction, while those with high levels of conscientiousness experienced greater satisfaction in their relationships. Given that personality traits remain relatively consistent over time, they can serve as predictors of individual behaviors in various life contexts, including marital relationships. By examining the personality traits of couples, we can gain a better understanding of those traits associated with low marital satisfaction, which may increase the risk of separation and divorce, as well as those traits linked to healthier, more stable, and fulfilling marriages.

In a Nigerian study, David et al., (2022) explored how psychosocial factors relate to marital satisfaction and identified several important psychological contributors, such as self-esteem, affection, and intimacy, which showed positive associations with marital contentment.

The study also emphasized the role of social elements—including open communication, having children, sexual fulfillment, and emotional intimacy—as significant influences on marital happiness. These social factors were found to have a significant positive impact on the overall satisfaction levels of couples in the region. Understanding these factors is crucial, as they offer insight into the dynamics that support strong, healthy marital relationships.

Family dynamics, particularly in cultures where extended family plays a significant role, can either support or strain a marriage (Shah et al., 2025). Conflicts may arise from differing expectations, interference in marital decisions, or loyalty struggles between a spouse and their relatives. When couples establish healthy boundaries, communicate openly about family-related issues, and foster mutual respect between their spouse and extended family members, they can prevent unnecessary tensions (Daneshpour, 2025). Additionally, maintaining positive relationships with in-laws and relatives can provide emotional and social support, strengthening the marital bond. A well-balanced approach to family interactions allows couples to navigate challenges without allowing external influences to undermine their relationship, ultimately contributing to greater marital satisfaction and stability (Mwansisya & Mwampagatwa, 2023).

Njoroge & Wambugu, (2025) in a study carried out in Kenya further observed that home ownership had great significance in predicting marital satisfaction suggesting that owning a home significantly increases the likelihood of higher marital satisfaction. Additionally, research has shown that ethnicity plays a significant role in marital satisfaction among couples in intercultural marriages in Kiambu County, Kenya (Chomba et al., 2023). Findings revealed that satisfaction with in-laws had a statistically significant impact on marital satisfaction. These results reinforce the notion that ethnic and cultural differences, particularly in the context of family relationships, can influence the quality of marriage. Positive interactions and acceptance from in-laws may foster harmony and strengthen marital bonds, while tensions

arising from cultural differences may pose challenges. Understanding these dynamics is essential in addressing potential conflicts and enhancing marital stability in intercultural unions.

Given the importance of marital satisfaction in fostering family stability and overall societal well-being, further investigation into the psychosocial predictors of marital satisfaction is essential. Understanding the interplay between cultural context, educational attainment, and marital satisfaction can provide valuable insights for policymakers, marriage counselors, and mental health professionals seeking to develop interventions that promote healthier and more fulfilling relationships. To ensure these insights are contextually grounded and representative, this study drew its sample from two purposefully selected parishes within the Archdiocese of Nairobi—one located in Nairobi County (an urban setting) and the other in Kiambu County (a peri-urban context). This approach enabled the research to capture diverse socioeconomic, cultural, and environmental influences on marital satisfaction, reflecting the varied realities of couples across the ADN's jurisdiction. By comparing experiences from these contrasting locations, the study generated richer, more nuanced findings that can inform more effective and culturally relevant strategies for supporting newlywed couples in Kenya.

1.2 Statement of the Problem

Marital satisfaction is a vital component of individual well-being, family stability, and broader societal health. Satisfying marriages provide emotional security, promote psychological well-being, reduce stress, and create nurturing environments for children's development (Thomas et al., 2017). In Kenya, however, rising rates of marital conflict, separation, and divorce have become a growing social concern, placing strain on families and communities alike (Njeru, 2021). These trends underscore the urgent need to better understand the factors that contribute to stable and fulfilling marital relationships.

Despite its importance, there is limited empirical research examining the psychosocial determinants of marital satisfaction within the Kenyan context. Much of what is known about marital satisfaction has been derived from Western, individualistic societies with different cultural values, communication norms, and family structures. Such models may fail to capture the complexities of Kenyan marriages, which are shaped by collectivist traditions, extended family obligations, economic pressures, and diverse cultural expectations. This gap limits the effectiveness of existing counselling approaches and policy interventions, which may not adequately address local realities.

Moreover, it is particularly important to study newlywed couples within their first year of marriage, as this period is critical for establishing relationship patterns, managing expectations, and navigating early adjustments that can significantly influence long-term satisfaction and stability (Dupuis et al., 2025). Early marital experiences often set the tone for communication styles, conflict resolution approaches, and the development of intimacy and trust (Lavner et al., 2016). Understanding psychosocial predictors at this formative stage can enable the design of targeted, preventative interventions that strengthen marital foundations before challenges escalate into entrenched conflict or dissolution.

Critically, the ability to predict marital satisfaction is essential for developing proactive strategies to strengthen marriages before problems escalate into conflict or dissolution. By identifying key psychosocial predictors—such as personality traits and perceived social support—targeted, culturally appropriate interventions that foster healthy, resilient relationships can be designed. Without such evidence-based guidance, marriage counsellors, pastoral caregivers, mental health practitioners, and policymakers have limited tools to support couples effectively. This study sought to address this research gap by examining how personality traits such as agreeableness, conscientiousness, neuroticism, and extraversion, and perceived social support from family, friends, or community networks predict marital

satisfaction among newlywed couples in Kenya. By exploring these variables in a culturally relevant context, the study aimed to generate evidence-based insights that can inform context-specific marital enrichment programs and contribute to the strengthening of marriage and family life in Kenyan society.

1.3 Purpose of the Study

The purpose of this study was to examine the psychosocial factors that predict marital satisfaction among newly married couples within the Archdiocese of Nairobi, Kenya.

1.4 Objectives of the Study

- i. To assess the level of marital satisfaction among newly-wed couples in the Archdiocese of Nairobi
- ii. To establish the extent to which personality traits can predict marital satisfaction among newly-wed couples in the Archdiocese of Nairobi
- iii. To assess whether social support can predict marital satisfaction among newly-wed couples in the Archdiocese of Nairobi
- iv. To develop a practical and evidence-based intervention model aimed at enhancing marital satisfaction among newly-wed couples in the Archdiocese of Nairobi

1.5 Research Questions

- i. What is the level of marital satisfaction among newlywed couples in the Archdiocese of Nairobi?
- ii. To what extent do personality traits predict marital satisfaction among newlywed couples in the Archdiocese of Nairobi?
- iii. How does social support predict marital satisfaction among newlywed couples in the Archdiocese of Nairobi?
- iv. What kind of intervention model can be developed to enhance marital satisfaction among newlywed couples in the Archdiocese of Nairobi?

1.6 Hypotheses

The study was informed by the following null hypotheses:

H₀1: personality traits do not significantly predict marital satisfaction among newlywed couples in the Archdiocese of Nairobi.

H₀2: Social support does not significantly predict marital satisfaction among newlywed couples in the Archdiocese of Nairobi.

1.7 Assumptions of the Study

The study operated under several key assumptions. First, it assumed that individual personality traits—such as emotional stability, agreeableness, and conscientiousness—meaningfully shape the level of marital satisfaction experienced by newlywed couples. It is also assumed that social support derived from family, friends, and religious institutions contributes positively to marital satisfaction, providing emotional resources and practical assistance that help couples navigate early marital challenges. Furthermore, the study presumed that marital satisfaction levels varied among participants as a result of a complex interplay of individual characteristics, interpersonal dynamics, and broader contextual or external factors. Finally, the research assumed that participating couples would provide honest and accurate responses to survey questions and interview prompts, thereby ensuring the reliability and validity of the data collected for meaningful analysis.

1.8 Significance of the study

Understanding the psychosocial factors that predict marital satisfaction is essential for fostering healthy and fulfilling relationships in a context where marriages are influenced by cultural, religious, and socio-economic factors, such as in Kenya. The well-being of married couples directly influences family stability, child development, and community cohesion. However,

limited research has focused on the unique factors affecting marital satisfaction among newlywed couples in the Archdiocese of Nairobi, a context characterized by strong religious and cultural values.

This study addresses this gap by examining the overall level of marital satisfaction, assessing the predictive roles of personality traits and social support, and developing an evidence-based intervention model aimed at enhancing marital satisfaction. The insights gained will enable counselors, church leaders, and policymakers to develop targeted interventions, such as premarital and marital counseling, support groups, and workshops designed to strengthen relationships.

Additionally, by identifying the impact of personality traits and social support on marital satisfaction, the study will inform strategies that help couples recognize and nurture positive traits while effectively managing challenges. It will emphasize the importance of a supportive social environment, highlighting the role of family, friends, and religious institutions in fostering strong, resilient marriages.

The proposed intervention model, developed from the study will serve as a practical, adaptable framework to enhance marital satisfaction. This model can be adapted and implemented in church settings, counseling practices, and community programs, contributing to stronger marriages and more stable families.

Lastly, the research will lay the groundwork for future academic inquiries into marital satisfaction in Kenya and similar socio-cultural contexts. It will provide a valuable reference for scholars and students in psychology and family studies, as well as policy developers seeking to enhance family well-being at the national level. Ultimately, this study will contribute to the body of literature on marital relationships and promote evidence-based strategies for supporting newlywed couples in Kenya and beyond.

1.9 Scope and Limitations of the Study

This research study focused on newlywed couples attending Divine Mercy Kariobangi Parish and Ngarariga Parish, Kiambu, within the Archdiocese of Nairobi, Kenya as these two parishes were purposefully selected to capture diversity in socio-economic, cultural, and urban–rural settings within the ADN, providing a more comprehensive understanding of marital satisfaction across different contexts. The research examined the psychosocial predictors of marital satisfaction, specifically assessing the impact of personality traits, social support, and other relevant factors on marital satisfaction. The study aimed to develop a practical and evidence-based intervention model to enhance marital satisfaction among newlywed couples. The study population consisted of newlywed couples who have been married for one year or less. This time frame ensured that participants were in the early stages of marriage, where adjustments and challenges are often more pronounced. The research setting within the selected parishes provided a unique context shaped by cultural, religious, and socio-economic influences, allowing the study to capture insights specific to couples affiliated with the Archdiocese of Nairobi.

Concerns about privacy and cultural sensitivities may restrict participation in the study. To alleviate these issues, participants were guaranteed full anonymity, and informed consent was secured before involvement. This method aimed to encourage openness and honesty while honoring the dignity and autonomy of those involved.

Another limitation is the dependence on self-reported data, which could lead to response bias. To reduce this risk, anonymous questionnaires were employed to motivate participants to give truthful and precise answers. Additionally, efforts were made to create a comfortable and supportive environment during data collection (Kang & Hwang, 2023).

This study's scope is limited to the selected parishes in the archdiocese of Nairobi, that is Divine Mercy Kariobangi and Ngarariga, which may restrict the generalizability of

the findings. However, the insights gained will be valuable for developing targeted interventions and informing further research in similar contexts.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

The chapter contains a review of scholarly works related to psychosocial predictors of marital satisfaction among newlywed couples, a case study of selected parishes at the archdiocese of Nairobi, Kenya. It is outlined into four sections namely: theoretical framework, review of related studies, which is outlined as per the study objectives, a summary of the literature review and the conceptual framework.

2.1 Empirical Literature Review

This part of the empirical literature review was structured based on the specific research objectives of the study. Each subsection examined relevant studies and findings related to each objective, providing a thorough overview of current knowledge on psychosocial factors influencing marital satisfaction. This method helped maintain a clear focus and ensure the review aligns closely with the research goals.

2.1.1 Level of Marital Satisfaction Among Newly Wed Couples

Marital satisfaction refers to the subjective sense of happiness and fulfillment that individuals derive from their marital relationship (Tavakol et al., 2017). It reflects how effectively partners meet each other's emotional, psychological and practical needs (Tang et al., 2019). For newlywed couples, marital satisfaction during the early phase of marriage is particularly crucial, as this period forms the emotional and relational foundation for the long-term quality and stability of the marriage. Early marital years are often marked by a process of adjustment, where couples must navigate shifting roles, develop shared responsibilities and build effective

communication patterns (Lavner et al., 2018). These dynamics are further influenced by various external stressors, including financial pressures, family expectations and the integration of personal goals within the relationship, (Lavner et al., 2018). Within religious communities, teachings and traditions around marriage may shape both expectations and behavior, with spiritual values playing a key role in influencing commitment and conflict resolution strategies, (Markman et al., 2022).

In Jordan, Smadi, (2017) conducted a cross-sectional study among 165 married women in Amman City to assess levels of marital satisfaction and its association with socio-demographic variables. Using a structured marital satisfaction scale and descriptive analysis, the findings showed that marital satisfaction levels were generally moderate, with most participants scoring in the mid-range across emotional, sexual and communicational domains of their relationship. Statistical analysis indicated that overall marital satisfaction was moderate, with approximately 60% of participants falling into the mid-range category of satisfaction (score between 60-75 out of 100). It was observed that there were no significant differences in marital satisfaction based on the number of years of marriage or the number of children. Additionally, no significant variation in marital satisfaction was observed between working and non-working women. However, the analysis revealed significant differences in marital satisfaction based on the educational level of women and family income, suggesting these factors played a notable role in determining marital satisfaction. The study further noted that satisfaction varied with factors such as family income, educational attainment and number of children, with higher satisfaction reported among women with stable financial and educational backgrounds. While this study highlights prevalent satisfaction patterns among married women, it focused solely on one gender and did not isolate the experiences of newlywed couples, thereby limiting its applicability to early marital stages where satisfaction levels.

In Iran, Eslami et al., (2020) conducted a comprehensive cross-sectional study to

examine marital satisfaction and emotional divorce among 2,033 married individuals (50.9% women) across nine provinces. ENRICH Marital Satisfaction Scale was used to assess participants' satisfaction levels, and analyzed the data through descriptive statistics and logistic regression

models to identify key demographic factors influencing relationship quality. The results revealed that approximately 53% of participants reported being satisfied with their marital life, while a concerning 9.7% were found to be experiencing emotional divorce. The study further highlighted that men with academic degrees demonstrated a significantly higher likelihood of marital satisfaction, suggesting that education may serve as a buffer against emotional disconnection in marriage. These quantitative findings were complemented by qualitative insights indicating that higher education contributed to improved communication, conflict resolution and shared future planning, factors that collectively enhanced marital contentment. Although the research offers valuable insight into broader marital patterns, it involves individuals at varying stages of marriage, making it less specific to couples in the earliest phase of their union where satisfaction may follow different patterns.

A study by Anterkyi et al., (2024) investigating the influence of type of marriage and gender on marital satisfaction among couples in Ghana. Using a cross-sectional design, the researchers selected 576 married individuals through stratified and simple random sampling to ensure representation across sub-metros. The Marital Satisfaction Inventory was used to assess satisfaction levels, with a Cronbach's alpha of .85 indicating high reliability. The findings indicated that couples in inter-ethnic marriages reported higher levels of satisfaction compared to those in intra-ethnic unions, with female spouses in inter-ethnic marriages expressing greater satisfaction than their intra-ethnic counterparts. According to MSI cut-off scores, none of the participants were classified as extremely satisfied (30–45), while 46% were somewhat satisfied, 75% satisfied, and 80% very satisfied. In terms of demographics, 45.6% of

respondents were aged between 31 and 40, 50.6% were male, 40.6% had attained at least a bachelor's degree, and 37.5% had been married for 6 to 10 years. Although this study offered valuable insights into the impact of inter-ethnic versus intra-ethnic marriages on marital satisfaction, it did not specifically examine newlywed couples. Considering that the early years of marriage are often marked by significant adjustments and challenges, understanding marital satisfaction specifically among newlyweds remains essential.

In Tanzania, Mwansisya and Mwampagatwa, (2023) examined marital satisfaction using a cross-sectional design combined with the Delphi technique to reach a consensus from a panel of 56 married individuals. The study blended quantitative analysis with qualitative rounds of input to ensure thematic validity. Findings showed that average satisfaction levels hovered at 68%, with 50% of participants reporting satisfaction within the 60–70% range, while 30% reported scores above 80%. Participants cited effective communication and consistent financial support as the backbone of their marital harmony. On the other hand, moderate satisfaction levels were associated with role confusion in the household and the economic volatility of urban life, including job insecurity and rising living costs. However, the study did not categorize or analyze satisfaction across specific durations of marriage, making it unclear whether these satisfaction levels differ between newly married couples and those further along in their marital journey.

In Nairobi County, Kenya, Aseka et al., (2021) conducted a study employing a cross-sectional design along with correlation analysis to explore marital satisfaction among 150 Christian couples. Findings indicated an average score of 3.9 (78%), with 60% of respondents falling in the high satisfaction range (4.0–5.0) and 30% in the moderate range (3.0–3.9). High satisfaction was often driven by spousal support, including shared chores, emotional encouragement and transparency in financial matters while moderate satisfaction was linked to unmet expectations and communication breakdowns, often shown by conflicting work

schedules or early dissatisfaction in the marital journey. While the study acknowledged the presence of newlywed participants, it did not focus explicitly on newlyweds as a distinct analytical group. Consequently, it remains unclear whether the factors influencing satisfaction during the earliest months of marriage differ from those in longer-established unions. This suggests a need for more focused research that isolates and examines marital satisfaction exclusively within the early stages of marriage, where foundational patterns of interaction and satisfaction are typically formed.

2.1.2 Personality Traits as Predictors of Marital Satisfaction Among Newly Wed Couples

Personality traits significantly shape various aspects of human behavior, including marital satisfaction (Sayehmiri et al., 2020). These traits influence how partners communicate, resolve conflicts and foster emotional intimacy, all of which are essential to marital satisfaction. For newlywed couples, the early years of marriage test where personality can either strengthen or strain the relationship (Lavner et al., 2018). Understanding how personality traits impact marital satisfaction is crucial for couples navigating this transitional phase. Marital satisfaction, defined as the degree of contentment within the marriage, is shaped not only by personality characteristics but also by the interactions between partners, (Karney & Bradbury, 2020a). Several studies have examined how personality traits influence marital satisfaction, with a particular focus on traits such as neuroticism, extraversion, agreeableness, conscientiousness and openness to experience. Neuroticism, for instance, has been linked to negative relationship outcomes, including conflict and dissatisfaction, (Roberts et al., 2007), while traits like agreeableness and conscientiousness tend to be associated with higher marital satisfaction due to their positive effects on communication and conflict resolution, (Sibley et al., 2005). This is especially pertinent for newlywed couples, whose marital satisfaction may be more vulnerable to personality influences than that of couples in longer-term marriages. Newlyweds often face

challenges in navigating their roles and managing expectations, making the role of personality traits particularly significant in these early years of marriage (Ali et al., 2022).

A study by Dyrenforth et al., (2010) in multiple countries, including Australia, the UK and Germany, examined how personality traits influenced marital satisfaction in a large sample of 4,822 couples, many of whom were newlyweds. High conscientiousness in either partner was linked to increased marital satisfaction for both spouses, attributed to traits such as responsibility, self-discipline and consistency. Partners high in conscientiousness were found to be more organized, dependable and less likely to engage in impulsive or destructive behavior, qualities that contributed to mutual trust and relational stability. Agreeableness, especially in husbands, predicted greater marital satisfaction in wives, fostering cooperation, emotional warmth and reduced criticism in daily interactions. The study also showed that lower neuroticism in both partners significantly decreased the likelihood of conflict, emotional withdrawal and stress escalation. Partners low in neuroticism reported feeling more secure, less jealous and better able to regulate emotions (Dyrenforth et al., 2010). While these findings provide valuable insights into how personality traits impact marital satisfaction, they highlight the need to study how these patterns evolve over time, specifically within the first few years of marriage, when newlywed couples are undergoing critical adjustments.

In the United States, Weidmann et al., (2023) conducted a study with 1,294 couples, using dyadic polynomial regression and response surface analysis to examine how similarities in personality traits influenced marital satisfaction. The findings confirmed that traits like neuroticism, agreeableness, conscientiousness, and extraversion significantly influenced relationship satisfaction, with agreeableness and conscientiousness positively contributing to marital harmony. Couples who were similarly high in conscientiousness often established predictable routines, shared responsibilities efficiently and reported fewer misunderstandings related to task management or goal-setting. Meanwhile, high agreeableness on both sides

predicted warmth, compromise and constructive conflict resolution. Extraversion was associated with increased positivity and interaction frequency, which contributed to emotional connection and fun within the relationship. On the other hand, couples with high neuroticism especially when both partners exhibited the trait experienced heightened tension, more frequent arguments and dissatisfaction, primarily due to poor emotion regulation and hypersensitivity to criticism. The study further revealed that when one partner had high neuroticism while the other did not, the emotionally stable partner often felt overwhelmed, creating an imbalance that led to dissatisfaction (Weidmann et al., 2023). However, a limitation of this study was its broad focus on couples across various stages of marriage, without distinguishing between newlyweds and those in long-term relationships. This lack of differentiation leaves a gap in understanding how personality traits specifically predict marital satisfaction during the early years of marriage, where couples may face different challenges than those in established relationships. Mohd Hoesni and Zakaria, (2022) conducted a cross-sectional study to examine the relationship between personality traits and marital satisfaction among married individuals in Malaysia. The study sampled 578 participants and employed the Big Five Personality Scale to assess personality traits alongside the ENRICH Marital Satisfaction Scale to measure satisfaction levels. The findings showed that agreeableness had the strongest positive influence on marital satisfaction, suggesting that individuals who are cooperative, empathetic and emotionally supportive tend to create harmonious relationships. Conscientiousness also positively predicted satisfaction, with highly conscientious individuals described as reliable, organized and proactive in maintaining relational stability. In contrast, neuroticism demonstrated a negative association with marital satisfaction, indicating that partners with high emotional instability and susceptibility to stress were more likely to experience dissatisfaction and conflict (Mohd Hoesni & Zakaria, 2022). While this study offers valuable insights into how personality traits influence marital satisfaction in urban Malaysian settings, it does not

specifically isolate newlywed couples. This presents a significant gap in understanding how personality traits impact satisfaction during the early stages of marriage.

Shahrokhi et al., (2024) conducted a cross-sectional study to examine how personality traits predict intimacy and the quality of marital relationships among newlywed couples. The study involved 115 newly married couples who completed an online survey using three instruments, the NEO Personality Inventory to assess the Big Five personality traits, the Intimacy Safety Questionnaire to measure marital intimacy and the Quality of Marriage Index to evaluate relationship quality. The results revealed that for women, marital intimacy was positively predicted by extraversion and conscientiousness, while for men, intimacy was positively influenced by extraversion, conscientiousness and openness. In terms of relationship quality, neuroticism negatively predicted satisfaction in women, whereas openness, agreeableness and conscientiousness positively predicted relationship quality in men (Shahrokhi et al., 2024). There is a need to understand the role of personality traits in marital satisfaction among newlyweds in a local context, as most local studies have focused on general marital issues without isolating the unique psychological factors affecting couples in the early stages of marriage.

In Kenya, Muiruri et al., (2023) conducted a cross-sectional study to determine the relationship between personality traits and marital quality among married individuals in the Kiambu Catholic Deanery, Archdiocese of Nairobi. Using the Big Five Inventory and the Revised Dyadic Adjustment Scale. The findings demonstrated that extraversion, agreeableness, openness to experience and conscientiousness had strong positive correlations with marital satisfaction. Specifically, agreeableness emerged as the most influential trait, linked to trust-building, empathy and emotional cooperation. Extraverts were described by their partners as emotionally engaging and communicative, leading to stronger relational bonds. Openness to experience allowed couples to embrace each other's differences and adapt to new roles,

especially in dynamic family environments. Conscientious individuals were valued for their dependability, commitment to shared goals and capacity to follow through on decisions, which created a sense of relational security. Meanwhile, neuroticism showed a clear negative correlation, consistent with other studies and was associated with heightened conflict sensitivity and emotional distance (Muiruri et al., 2023). A key gap identified in this study is the focus on married individuals in general, without distinguishing between newlywed couples and those who have been married for longer periods. There is need to specifically examine the marital quality of newlywed couples, offering insights into how personality traits influence the early stages of marriage and marital adjustment. Newlywed couples, who often encounter distinct transitional challenges, may experience the impact of these traits differently compared to couples in longer-term marriages. The early years of marriage represent a period of adjustment, where couples are still learning to navigate each other's personality traits and the stressors that come with this new phase of life. To address this gap, there is a need to focus on how these traits interact over time, particularly during the early years of marriage, to better understand how personality traits can predict marital satisfaction among newlywed couples in the Archdiocese of Nairobi.

Munini et al., (2024) conducted research in Kilungu Deanery, Kenya, to explore the connection between the Big Five personality traits and marital satisfaction. Drawing on the Five-Factor Model of personality and Bowenian family systems theory, the study used a correlational design involving 178 married participants aged 30 to 67, all married for a minimum of five years. Personality traits were assessed using the Big Five Inventory, while marital satisfaction was measured with the ENRICH Marital Satisfaction Scale. Data analysis was performed using SPSS version 25. The study sought to determine the prevalence of personality traits, assess levels of marital satisfaction, identify influencing factors, and develop strategies to improve satisfaction. Results showed that Extraversion was positively related to the

Idealistic Distortion scale but had no significant link to marital satisfaction or dissatisfaction. Agreeableness and Conscientiousness were positively correlated with satisfaction and negatively correlated with dissatisfaction. Neuroticism showed a negative association with satisfaction and a positive one with dissatisfaction. Openness was positively associated with satisfaction but did not significantly relate to dissatisfaction (Munini et al., 2024). Notably, the research did not distinguish between newlywed and long-term couples, leaving a gap in understanding how personality traits affect marital satisfaction during the early years of marriage. This presents a need for further research that specifically examines the dynamics of personality traits and marital satisfaction among newlywed couples, where the influence of personality traits may vary as partners undergo unique adjustments.

2.1.3 Social Support as a Predictor of Marital Satisfaction Among Newly Wed Couples

Marital satisfaction is a fundamental aspect of overall well-being, significantly influencing an individual's mental and physical health (Yang et al., 2023). Social support plays a key role in fostering marital satisfaction, as it provides emotional, instrumental, and informational resources that can help individuals manage relationship stressors (Yadollahi et al., 2025). Previous studies have demonstrated the essential role of social support in marital stability and satisfaction, noting that a strong support system, particularly from family and friends, tends to improve relationship outcomes, (Karney & Bradbury, 2020a). However, the effect of social support is not uniform across all contexts. For instance, cultural norms, economic pressures and the availability of support services can mediate the effectiveness of social support in promoting marital satisfaction (Ventura, 2025). Therefore, understanding how social support influences marital satisfaction across different regions and cultural settings is crucial for developing contextually relevant interventions. Couples who receive support from their family, friends or community experience better marital outcomes, including greater stability and

satisfaction. However, the influence of social support is complex and can vary depending on various factors, including the type of support, the quality of relationships within the support network and the broader cultural and socioeconomic context in which a marriage is situated, (Nauck, 2021). Given these insights, it is essential to examine the role of social support in marital satisfaction to understand how social support is accessed, provided and received across different social environments.

A study conducted by St. Vil, (2015) in the United States examined the relationship between social support and marital satisfaction among African American couples. Using data from the National Survey of American Life, the study examined responses from 1,222 individuals, with an equal representation of men and women who were either married or cohabiting. Ordinal logistic regression was applied to assess how providing and receiving emotional and practical support influenced marital satisfaction. The findings revealed that emotional support from family members significantly increased marital satisfaction for both husbands and wives (St. Vil, 2015). However, the study also found that social support from friends had mixed effects while it positively influenced wives' satisfaction, it sometimes negatively affected husbands' satisfaction, particularly when they provided excessive support to friends, potentially leading to role strain. Furthermore, negative interactions with family members were particularly harmful, leading to lower marital satisfaction, especially among wives. Wives reported feeling emotionally drained when family members were involved in marital conflicts, which had a detrimental impact on their relationship. This study highlights the dual role of social support as both a protective and a potentially stress-inducing factor in marriages, depending on the source and type of support received (St. Vil, 2015). However, the study does not establish the role of cultural variations or how these dynamics may differ across different societies, suggesting the need for more cross-cultural research to examine how social support functions in diverse marital contexts.

Rostami et al., (2013) conducted a cross-sectional study in Iran involving 653 married medical staff to investigate the relationship between social support and marital satisfaction. The researchers utilized the ENRICH Marital Satisfaction Inventory alongside a structured social support questionnaire to gather data. The study found that spousal support was the most significant predictor of marital satisfaction, particularly among women, while for men, job satisfaction also played a notable role. The analysis, using regression techniques, demonstrated that individuals who reported higher levels of emotional and instrumental support from their spouses experienced greater levels of marital harmony and emotional closeness. Moreover, social support from sources outside the marriage, such as friends or extended family, was found to have a secondary influence compared to the direct effect of spousal support. These findings emphasize the distinct role of interpersonal support within the marital relationship in fostering satisfaction and emotional security (Rostami et al., 2013). However, despite the valuable insights provided, the study's focus on medical staff limits its generalizability. This presents a need for further research targeting newly married individuals in diverse occupational and cultural settings to better understand how social support functions during the foundational years of marriage.

In Malaysia, Arifain et al., (2021) carried out a cross-sectional study among 184 working women to examine how social support influences marital satisfaction. Using structured questionnaires that measured both perceived social support and levels of marital satisfaction, the study applied correlation and regression analyses to interpret the findings. Results showed a strong positive association between social support and marital satisfaction, with emotional support from spouses and close relatives contributing significantly to feelings of companionship, trust and shared responsibilities. The study highlighted that women who felt emotionally supported and understood by their partners were more likely to report positive evaluations of their marital relationships while a lack of social support was linked to feelings

of isolation and dissatisfaction within the marriage (Arifain et al., 2021). While the research contributes important data on how support systems impact the marital experiences of working women, it did not specifically isolate newlywed participants or identify how social support mechanisms may differ at various stages of marriage. This limitation highlights the need for focused studies on newlywed couples, particularly to understand how social support influences satisfaction during the early adjustment period in marriage.

Department of Internal Medicine ESUT College of Medicine, Enugu State University of Science and Technology, Enugu-Nigeria & PhD, (2019) carried out a study aimed at investigating the relationship between social support, marital dissatisfaction and depression among married individuals in Nigeria. The study sampled 276 members of Catholic organizations in Awka Diocese using random sampling techniques. Standardized measures, including the Index of Marital Satisfaction and the Multidimensional Scale of Perceived Social Support were employed. The findings indicated that while marital dissatisfaction alone did not significantly predict depression, social support had a strong inverse correlation with depressive symptoms. Participants with higher levels of perceived social support reported feeling more emotionally stable and resilient in the face of marital challenges. Many participants noted that the presence of a supportive environment enabled them to manage tensions in their marriages more constructively, reducing the likelihood of emotional breakdown. Participants also reported that receiving emotional support such as being listened to without judgment helped them regain confidence and perspective when navigating disagreements with their spouses. Practical support, such as financial help or assistance with household responsibilities, was also cited as a support mechanism against emotional exhaustion and dissatisfaction. Those with limited support systems expressed feeling overwhelmed, isolated and more likely to internalize their marital frustrations, which often led to symptoms of sadness and withdrawal. This suggests that individuals with robust social support networks were better equipped to cope with

marital challenges (Department of Internal Medicine ESUT College of Medicine, Enugu State University of Science and Technology, Enugu-Nigeria & PhD, 2019). Unlike previous studies that emphasized social support as a direct contributor to marital satisfaction, this study positioned it as a protective factor against emotional distress. These findings highlight the need for interventions that not only promote marital satisfaction but also enhance social support systems to reduce psychological distress among couples. However, the study does not specifically examine the role of social support to predict marital satisfaction among newlywed couples.

A Kenyan study by Nungari et al., (2024) examined the role of social support in marital distress among married individuals in Nairobi. The study utilized a cross-sectional design and recruited 204 participants from various churches. Using the Locke Wallace Marital Adjustment Test, the researchers assessed the sources of support individuals sought during marital difficulties. Results indicated that clergy, friends, parents and best couples were the most frequently sought sources of support, while only 2.95% of participants sought professional counseling. Participants attributed this to stigma, lack of trust in professional services or simply being unaware of where to find such support. Some participants felt that involving outsiders, especially professionals, might be viewed negatively within their communities, leading to reluctance in seeking formal help. Many reported that religious leaders offered not only emotional comfort but also practical guidance rooted in shared values, which helped de-escalate conflicts. Friends and peers were often mentioned as accessible and empathetic listeners who could offer reassurance and new perspectives on marital challenges. A notable 20.7% of participants reported not seeking any form of support at all. These participants commonly expressed feeling unsure of whom to confide in or feared being judged or misunderstood. The findings emphasized that informal networks particularly within religious and social circles, were heavily relied upon for coping with marital tension. Participants

reported feeling validated and emotionally uplifted after such interactions, which contributed positively to their emotional outlook, even when marital issues remained unresolved (Nungari et al., 2024). Despite this, the study did not specifically assess how social support predicts marital satisfaction, particularly among newlyweds who may require different forms of guidance and support as they transition into marriage. Participants in the early years of marriage often reported feeling unprepared for the reality of shared responsibilities and wished for more proactive support structures to help them adjust during the foundational phase of their relationships.

2.1.4 Practical and Evidence-Based Model aimed at Enhancing Marital Satisfaction

Among Newly Wed Couples

Marital satisfaction, particularly in the early stages of marriage, plays a critical role in the long-term stability of relationships and the psychological well-being of individuals (Be et al., 2013). Newlywed couples often encounter significant transitions and stressors, such as adjustments in roles, communication habits, financial responsibilities and intimacy expectations. If unaddressed, these challenges can compromise relationship quality and lead to dissatisfaction or conflict (Williamson et al., 2013). Additionally, interventions grounded in psychological theories such as emotion-focused therapy, cognitive behavioral therapy and acceptance and commitment therapy have been shown to improve marital satisfaction by targeting both emotional processes and behavioral patterns. (Williamson et al., 2013) found that strengthening coping mechanisms within these frameworks significantly enhances emotional regulation and relationship quality during the early stages of marriage. Additionally, Hooshmandi, (2024) emphasized that integrating cultural beliefs and values into intervention models increases their effectiveness, particularly in contexts where marriage preparation is rooted in religious or traditional systems. This highlights the importance of developing culturally sensitive, context-

specific approaches to support marital satisfaction among newlywed couples.

Dalgleish et al., (2015) conducted a randomized controlled trial in Germany involving 32 couples, many of whom were newlyweds, to assess the impact of Emotionally Focused Couple Therapy. Rooted in attachment theory, emotionally focused couple therapy emphasizes emotional bonding and helps couples identify and reshape negative interaction cycles. The intervention was carried out over 21 sessions by 14 trained therapists and marital satisfaction was measured using the Dyadic Adjustment Scale, analyzed through repeated measures ANOVA. The findings indicated significant improvements in marital satisfaction, particularly for couples with high attachment anxiety. Couples reported feeling more emotionally connected and responsive to one another's needs. Notably, couples with high attachment anxiety showed even more significant improvements in their emotional bonds, highlighting the importance of secure emotional attachment in marital satisfaction. This study suggests that emotionally focused interventions are particularly beneficial for vulnerable partners, but it also noted that the high resource requirement for training therapists and the length of the intervention make it difficult to apply in low-resource or community settings (Dalgleish et al., 2015).

In Iran, Poloe et al., (2024) compared the effectiveness of Acceptance and Commitment Therapy and Cognitive Behavioral Therapy in enhancing meaning in life and marital satisfaction among couples who sought counseling services in. The study employed a quasi-experimental pre-test, post-test design with 45 participants assigned randomly to three groups. Each intervention group participated in 18 weekly sessions, with follow-up assessments conducted three months post-intervention. Both therapies demonstrated effectiveness in enhancing marital satisfaction and meaning in life, with no statistically significant difference between them. Both therapies helped couples develop healthier communication patterns, cope better with stress and improve emotional responsiveness.

Couples in both groups reported greater clarity regarding their personal values and relationship goals. These findings point to the diversity of acceptance and commitment therapy and cognitive behavioral therapy as tools for strengthening relational bonds and improving psychological resilience in couples. The persistent effects at follow-up also suggest the potential for long-term impact (Poloe et al., 2024). Nevertheless, while the interventions were effective, their generalizability to newlywed couples specifically was not directly examined, presenting a need for an intervention model that considers them.

In the Ghanaian context, Doh Fia, (2020) conducted a study to evaluate the comparative impact of Integrative Behavioral Couple Therapy and Cognitive Behavioral Therapy on marital distress among couples from the Cape Coast Metropolis. The study utilized a pre-test, post-test control group design, focusing on 30 distressed couples. Using mixed ANOVA, the analysis revealed that both therapies were effective in reducing conflict-related and violence-related marital distress. However, IBCT proved more effective than CBT, suggesting that approaches which integrate emotional acceptance with behavioral change may offer enhanced benefits. IBCT's combination of emotional acceptance and behavior change allowed couples to better manage their conflicts and communicate more effectively, resulting in lower levels of marital distress. The analysis revealed that couples in the IBCT group reported significant reductions in conflict-related distress, as well as improvements in emotional intimacy (Doh Fia, 2020). This study highlights the need for intervention strategies in faith-based or community environments and further supports the efficacy of structured therapeutic approaches. Still, like most studies, it did not isolate newlyweds as a unique subgroup, leaving room for targeted interventions for couples at the beginning of their marital journey.

Wanjiku and Musili, (2024) conducted a study in Nairobi City County examining the relationship between accommodation conflict resolution styles and marital satisfaction. The study adopted a correlational design and sampled 400 participants across different sub-counties

using stratified and proportional simple random sampling. Data was collected using structured questionnaires and analyzed through Pearson's correlation in SPSS. The findings revealed that couples who often adopted an accommodating conflict resolution style reported higher levels of marital satisfaction. Couples who were more willing to yield during disagreements and prioritize their partner's needs exhibited stronger emotional connections and greater satisfaction in their marriages. In addition, enjoyment of the partner's company, fulfillment of expectations and participation in joint leisure activities were linked to higher satisfaction levels (Wanjiku & Musili, 2024). While insightful, the study focused on married couples in general and not specifically on newlyweds. Given that early marital years are foundational to long-term satisfaction, there is a need to understand these dynamics within the newlywed population before relationship habits solidify. There remains a notable gap in the development and implementation of intervention models structured for newlywed couples in unique socio-cultural and religious contexts like Nairobi. Addressing this gap could involve integrating psychological strategies into existing community and faith-based marriage preparation programs, thereby enhancing the relevance and sustainability of marital support for couples at the beginning of their journey.

Kariuki, (2017) investigated the effectiveness of premarital counseling as a psychological intervention model for promoting marital satisfaction among 105 couples from the Presbyterian Church of East Africa in Kenya. The study adopted a quantitative descriptive research design and collected data using the Revised Dyadic Adjustment Scale. Analysis involved calculating mean scores, standard deviation, and ANOVA to assess levels of marital distress. Findings revealed that those who participated in 18 to 20 premarital counseling sessions demonstrated significantly higher marital satisfaction compared to those who attended fewer sessions. The content of the sessions centered on financial management, communication and personality dynamics which was instrumental in equipping couples with relational skills

that enhanced their marital quality. Participants noted improvements in their ability to resolve conflicts amicably, express affection more consistently and maintain openness during disagreements. Couples also appreciated learning how to anticipate and navigate financial conflicts, which they said reduced misunderstandings and increased shared planning. Many expressed that they felt emotionally safer in the relationship, having had the space to understand one another's temperaments and life expectations during the counseling phase. This study confirmed the long-held belief that structured counseling has a positive effect on marital outcomes. However, it did not include post-marital follow-ups, making it unclear whether the initial improvements in satisfaction were sustained over time. Moreover, the study did not differentiate the experiences of newlywed couples from those married for longer periods.

2.2 Theoretical Framework

This section offers a synthesis of perspectives grounded in established scholarly theories, intended to support or validate a particular theoretical framework. Its goal is to clarify and emphasize the importance of the research problem by examining various academic viewpoints relevant to the study. Theories are intentionally developed to explain phenomena, predict outcomes, and enhance understanding within a particular field. They also play a critical role in challenging and expanding current knowledge, guided by underlying principles and assumptions (Kivunja, 2018). In this study, the section focuses on various psychological theories that help explain marital satisfaction among married individuals.

Marital satisfaction is a key determinant of individuals' overall well-being, significantly influencing their mental and emotional health (Tavakol et al., 2017). To explore the psychosocial predictors of marital satisfaction among newlywed couples in the Archdiocese of Nairobi (ADN), this study integrated two theories: The Big Five Personality Traits Theory and Social Exchange Theory. These theories provide a comprehensive framework for

understanding marital satisfaction and was incorporated when designing the intervention model to enhance marital satisfaction.

2.3 Big Five Personality Traits Theory

The Big Five personality traits theory was first introduced by D. W. Fiske in 1949 (Fiske, 1949) and was subsequently refined and expanded by Costa and McCrae (1987) explains that individual behavior and interpersonal functioning are shaped by five major dimensions of personality which include openness to experience, conscientiousness, extraversion, agreeableness and neuroticism. Costa and McCrae's Big Five Personality Traits Theory is a foundational theory in personality psychology that categorizes human personality into five broad traits (Soto & Jackson, 2013). Openness is characterized by imagination, creativity and curiosity, while conscientiousness involves self-discipline, organization and a focus on goals (Abu Raya et al., 2023). Extraversion is marked by sociability, assertiveness and emotional expressiveness, agreeableness includes traits like kindness, trust and cooperativeness (McCabe & Fleeson, 2012). Finally, neuroticism is associated with emotional instability, anxiety and moodiness (Selden & Goodie, 2018). These traits have been shown to play a central role in shaping individuals' responses to interpersonal relationships, especially in the context of marriage. For instance, couples in which both partners are high in agreeableness and low in neuroticism tend to experience more satisfaction and less conflict. Additionally, high conscientiousness is associated with better communication and mutual support, which are essential for marital adjustment (Sayehmiri et al., 2020). In the context of newlywed couples, understanding personality traits is essential for predicting potential strengths and challenges in the relationship. For example, a partner high in neuroticism may struggle with emotional regulation, potentially leading to misunderstandings and dissatisfaction, while a partner high

in agreeableness may foster harmony and understanding.

The relevance of the Big Five framework to marital satisfaction extends beyond personality assessment; it provides actionable insights for marital counseling, relationship education, and early intervention strategies. Understanding the interplay of these traits enables researchers and practitioners to develop predictive models for relationship outcomes, tailor communication strategies, and support the emotional and psychological compatibility of couples. Thus, the Big Five Personality Traits Theory provides a comprehensive framework for identifying personality-based predictors of marital satisfaction and informs early interventions by recognizing how traits shape relationship quality.

While the Big Five Personality Traits Theory provides a robust and empirically validated structure for understanding individual differences, it may oversimplify the complexity of marital dynamics by focusing primarily on stable personality traits rather than capturing contextual, cultural, and situational variables that also significantly influence marital satisfaction. Personality traits are relatively enduring over time, which means the theory may not fully account for relationship-specific behaviors, emotional growth, or changes in interaction patterns that evolve throughout the course of a marriage. In addition, the Big Five framework was developed largely within Western cultural contexts, and its applicability may be limited in culturally distinct populations, such as within the Kenyan context, where social roles, expectations, and values may shape marital satisfaction differently than personality traits alone.

2.5 Social Exchange Theory

Social Exchange Theory, originally proposed by George Homans, (1958), is a foundational sociological and psychological framework that explains human interactions through the lens of cost-benefit analysis. At its core, the theory suggests that individuals engage in relationships in

ways that maximize perceived rewards (such as love, emotional support, companionship, and intimacy) while minimizing costs (such as conflict, stress, neglect, or unmet expectations). A relationship is deemed satisfying and sustainable when the perceived rewards outweigh the costs, thereby offering a positive net gain for the individuals involved (Redmond, 2016).

In the context of marital relationships, particularly among newlyweds, Social Exchange Theory is highly relevant for understanding the evolving dynamics of emotional investment and relational evaluation. Newlywed couples often navigate major adjustments as they develop routines, communicate expectations, and learn each other's emotional and behavioral patterns. During this formative phase, perceptions of fairness, equity, and mutual contribution are especially sensitive. When both partners feel that their emotional needs are being met and their efforts are reciprocated, the relationship is likely to be evaluated more positively. On the other hand, if one partner perceives a disproportionate emotional or practical burden—perhaps due to a mismatch in personality traits or unmet relational expectations—dissatisfaction may emerge early in the marriage (Hall & Adams, 2011).

This theoretical perspective is particularly useful for analyzing how personality traits, as psychosocial variables, influence marital satisfaction. Traits such as agreeableness and emotional stability (low neuroticism) may contribute to more harmonious exchanges by fostering empathy, conflict resolution, and emotional responsiveness. In contrast, partners high in neuroticism or low in conscientiousness may struggle with emotional regulation or equitable contribution, thereby tipping the balance toward perceived costs. These imbalances, if unaddressed, can erode the sense of fairness and emotional return in the relationship.

Furthermore, Social Exchange Theory allows researchers to consider subjective evaluations of marital quality. It is not merely the presence of supportive behaviors or emotional expressions that matters, but how those actions are perceived and valued by each partner (Redmond, 2016). For instance, a spouse may objectively contribute to household

responsibilities, but if their efforts go unrecognized or are deemed insufficient by the partner, dissatisfaction can still arise. Thus, the theory highlights the importance of mutual validation and appreciation in maintaining satisfaction.

By applying the principles of Social Exchange Theory, this study sought to explore how specific personality configurations contribute to perceptions of equity and reward in marital interactions. It serves as a conceptual lens for interpreting the mechanisms through which individual traits translate into relational outcomes, and why certain couples experience higher satisfaction levels than others. In doing so, the theory provides a valuable explanatory framework for the psychological and interpersonal exchanges that underlie early marital satisfaction.

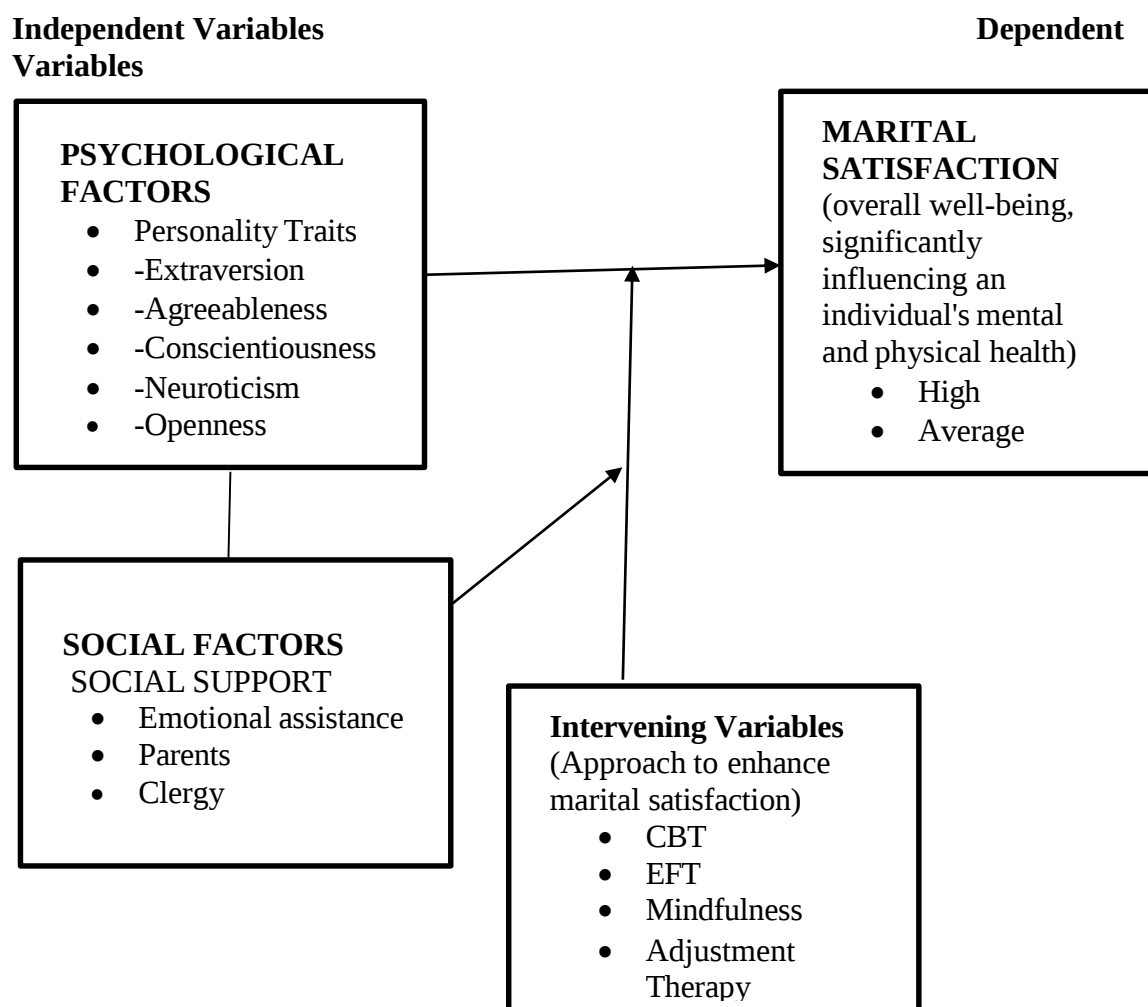
One limitation of applying Social Exchange Theory to the study of marital satisfaction is that it tends to emphasize rational cost-benefit evaluations, which may not fully capture the emotional depth, cultural norms, and moral commitments that often define marital relationships. The theory assumes that individuals behave in ways that maximize personal rewards and minimize costs, which may not align with altruistic behaviors, religious or cultural values, or self-sacrificing acts that are common in marriages, particularly in more collectivist or traditional societies like Kenya. As a result, the theory may underrepresent the role of duty, obligation, or unconditional love in sustaining marital satisfaction, especially when partners do not perceive immediate or tangible rewards from the relationship. Additionally, the theory may not fully address power imbalances or gender role expectations that influence how individuals interpret fairness and reciprocity within a marriage.

2.6 Conceptual Framework

In this study, the conceptualization involves the examination of psychosocial predictors of marital satisfaction among newlywed couples in select parishes within the Archdiocese of

Nairobi. Psychosocial predictors include personality traits such as openness to experience, conscientiousness, extraversion, agreeableness and neuroticism, as well as social support from family, friends and clergy. These served as the independent variables influencing marital satisfaction, which is the dependent variable and may be categorized as high, average or low. As positive personality traits and strong social support increases, the likelihood of higher marital satisfaction also improves. Additionally, intervention models such as Cognitive Behavioral Therapy, Emotionally Focused Therapy and Acceptance and Commitment Therapy act as moderating variables, enhancing or shaping the relationship between psychosocial predictors and marital satisfaction.

FIGURE 1
Conceptual Framework



CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

This chapter outlines the research methodology and techniques that will be employed in conducting the study. The section will detail essential elements including the research design, study population, sample size, study area, sampling procedures, data collection tools, data analysis strategies, and ethical guidelines adhered to throughout the research.

3.1 Research Design

This study adopted a survey research design. This entailed collecting data from a selected sample to evaluate the present status of the population with respect to particular variables (Jilcha Sileyew, 2020). The descriptive survey method was chosen for its practicality in terms of time and cost-efficiency, as well as its ability to provide insights into the attributes of a broader population through a smaller representative group (Siedlecki, 2020). This design is especially useful for gathering data that directly addresses the research questions and for examining real-world issues within their natural settings (Jilcha Sileyew, 2020). This research aimed to examine the psychosocial determinants of marital satisfaction among newlywed couples within the ADN, focusing specifically on the independent variables—personality traits and social support—predict the dependent variable, marital satisfaction. By exploring these relationships, the study intended to enhance understanding of the factors influencing early marital outcomes within this unique social and cultural context.

3.2 Study Location

This study was conducted within the Archdiocese of Nairobi, an ecclesiastical territory of the Roman Catholic Church that spans across two counties in Kenya—Nairobi County and Kiambu County. The Archdiocese is a significant religious and social institution, comprising approximately 120 parishes, and plays a central role in shaping the moral, spiritual, and communal lives of its members. The selected study sites were Divine Mercy Parish located in Kariobangi (Nairobi County) and Ngarariga Parish situated in Kiambu County.

Divine Mercy Parish, located in the densely populated Kariobangi area of Nairobi, is embedded within a highly urbanized and socioeconomically diverse environment. Nairobi County, as the capital city of Kenya, is characterized by rapid urbanization, access to diverse social services, and a blend of traditional and modern values. This setting provided a unique opportunity to study marital satisfaction among newlywed couples in an urban context, where factors such as economic pressure, social mobility, and shifting family structures may influence marital dynamics.

Ngarariga Parish, on the other hand, is situated in a peri-urban area of Kiambu County, which lies on the outskirts of Nairobi. This region maintains stronger ties to rural traditions and community-based living. Kiambu County has a relatively slower pace of urban development compared to Nairobi. The cultural and economic environment in Ngarariga offered a contrast to the urban setting of Kariobangi, allowing for the exploration of marital satisfaction within a different socio-cultural and economic context.

By selecting parishes from both Nairobi and Kiambu Counties, this study ensured geographic and contextual diversity within the Archdiocese. The inclusion of both urban and peri-urban environments enabled a more nuanced understanding of the psychosocial factors influencing marital satisfaction among newlywed couples. Furthermore, these locations were chosen based on their accessibility, existing parish structures, and active participation in

pastoral programs supporting married couples, which provides a suitable context for participant recruitment and data collection.

3.3 Study Population

This study targeted newlywed couples—those married within the last one year—within the Archdiocese of Nairobi. The ADN covers two counties, namely Nairobi and Kiambu, and consists of approximately 120 parishes, which function as key administrative and pastoral units. To ensure balanced representation across the two counties, the study focused on a sample of 54 couples drawn from the two selected parishes: Divine Mercy Parish in Kariobangi (Nairobi County) and Ngarariga Parish (Kiambu County). The selection of these specific parishes was purposive, aimed at ensuring geographic and contextual diversity within the Archdiocese. This approach allowed the study to capture varied experiences of newlywed couples across different socio-cultural settings within the same ecclesiastical jurisdiction, thereby enhancing the generalizability of the research findings.

3.4 Sampling Procedure

3.4.1 Sample Size

This study employed a census sampling technique, utilizing a complete sample of 54 newlywed couples, which represented 100% of the identified target population within the selected parishes.

The decision to work with the entire accessible population was based on the relatively small size of the target group, which made it feasible to include all eligible participants without the need for further sampling procedures. This approach not only enhanced the accuracy of the data but also ensured that the voices and experiences of all individuals within the defined scope were captured comprehensively.

Moreover, using the full sample allowed the study to reflect contextual and demographic variations within the parishes, including differences in socioeconomic status, cultural backgrounds, and pastoral engagement. This comprehensive inclusion enhanced the robustness of the study's conclusions and the relevance of its proposed intervention model, particularly in addressing psychosocial factors affecting marital satisfaction within church-based community settings.

3.4.2 Sampling Techniques

In this study, the entire accessible population—54 newlywed couples—from two selected parishes within the ADN was included. The two parishes, Divine Mercy Parish in Kariobangi and Ngarariga Parish, were purposefully chosen from the 120 parishes that constitute the ADN. The selection was guided by several considerations. Firstly, the parishes are strategically located in the two counties served by the Archdiocese, thereby allowing for geographic and contextual representation across the ADN's jurisdiction.

Furthermore, the selected parishes reflect diverse socioeconomic and cultural backgrounds, with Kariobangi being an urban settlement characterized by high population density and socio-economic challenges, while Ngarariga represents a peri-urban context with more rural influences. This diversity enriched the study by capturing variations in marital experiences and psychosocial dynamics across different settings. By including all eligible participants from these two contrasting locations, the study aimed to gain a comprehensive understanding of the psychosocial predictors of marital satisfaction among newlywed couples in the ADN.

A fundamental principle in research is to include as large and representative a portion of the population as possible in order to enhance the generalizability of the study findings. In line with this principle, the current study employed purposive sampling, also referred to as

purposeful sampling, which involves the intentional selection of participants based on specific characteristics that align with the research objectives (Mugenda, O., Mugenda, A, 2013). This method is particularly suitable for qualitative or mixed-methods research where the focus is on depth and contextual relevance rather than statistical generalization.

3.5 Data Collection

This study's data was conducted using structured, self-administered questionnaires distributed to participants within the selected facilities. Each participant was requested to complete the questionnaire on-site, under the supervision of the principal investigator or a trained research assistant. The presence of the research team during this process ensured that participants received the necessary support, including clarification of instructions or questions, thus enhancing the accuracy and completeness of the responses. This approach not only facilitated immediate assistance for any concerns but also minimizes the risk of misinterpretation or incomplete data. Moreover, administering the questionnaires in a controlled setting helped maintain consistency across respondents, contributing to the reliability and validity of the data.

3.6 Data Collection Techniques

This study utilized both quantitative data collection techniques to ensure comprehensive and reliable insights into the psychosocial factors influencing marital satisfaction among newlywed couples and qualitative data collection techniques to collect data on the intervention model. The primary method of data collection was through self-administered structured questionnaires, designed to capture data on key variables including personality traits, perceived social support, and levels of marital satisfaction.

3.7 Data Collection Tools

For the purpose of this study, well-structured self-administered questionnaires served as the primary tool for data collection. Questionnaires were particularly appropriate for this study, given their effectiveness in capturing subjective variables such as personal views, emotional responses, and opinions (USC, 2020). Their standardization also ensured consistency in data collection and ease of administration across multiple participants.

The questionnaire was developed based on the study objectives and organized into five comprehensive sections, each addressing a specific construct of interest.

Section A gathered socio-demographic information, including age, gender, level of education, occupation, duration of marriage, parish affiliation, and frequency of participation in church-based couple activities. These variables provided contextual background necessary for interpreting the psychosocial dimensions of marital satisfaction. Section B contained the Couples Satisfaction Index (CSI-32), a standardized tool for measuring marital satisfaction. The CSI-32 comprised 32 items scored on varying Likert-type scales, yielding total scores ranging from 0 to 161. Higher scores reflect greater satisfaction within the relationship, while scores below 104.5 suggest significant dissatisfaction. This instrument has been validated in numerous marital and relationship studies and is known for its sensitivity to varying levels of relational well-being.

Section C utilized the Big Five Personality Test (BFPT), which assesses five major personality dimensions: openness, conscientiousness, extraversion, agreeableness, and neuroticism. This scale includes 50 items rated on a 5-point Likert scale ranging from 1 (disagree) to 5 (agree). The BFPT is widely recognized for its reliability and cross-cultural applicability, making it suitable for exploring the influence of individual personality traits on marital outcomes.

Section D featured the Oslo Social Support Scale (OSSS-3), a brief yet effective tool

for measuring perceived social support. The OSSS-3 includes three items assessing the number of close confidants, the level of interest and concern shown by others, and the ease of obtaining practical help from one's social network. Scores range from 3 to 14, with higher scores indicating stronger perceived support. This measure is particularly relevant in assessing the social context that may buffer or exacerbate marital challenges.

Section E consisted questions designed to elicit participants' perspectives on what interventions or church-based support systems they believe would enhance marital satisfaction.

3.8 Ethical Considerations

Upholding ethical integrity is a central priority in this study, and all procedures were conducted in accordance with established ethical guidelines and research standards. Prior to the commencement of data collection, the researcher obtained formal authorization from KCA University, including ethical approval from the KCA University Scientific and Ethical Review Committee (SERC). An introductory letter from the university was also secured to support the application for a research permit from the National Commission for Science, Technology and Innovation (NACOSTI). Additionally, formal permission to carry out the study was sought from the leadership of Divine Mercy Parish and Ngarariga Parish, including the respective parish administrators and priests in charge. All potential participants were fully briefed on the nature and objectives of the study, including the procedures involved, the expected duration, any potential risks or discomforts, and the anticipated benefits of participation. Participation was entirely voluntary, and couples were clearly informed of their right to decline or withdraw from the study at any stage without facing any consequences or disruption to pastoral services they may wish to access at the parishes. Written informed consent was obtained from all participants prior to their inclusion in the study. The consent form was written in clear, accessible language to ensure comprehension across varying educational levels, thereby

supporting informed decision-making. To protect participants' privacy, identifying information was excluded to ensure anonymity. All data collected was securely stored, with access restricted to the principal investigator and authorized members of the research team. Participants were reassured that their information will remain confidential and will be used exclusively for academic purposes. Considering the potentially sensitive nature of the research topic, appropriate measures were implemented to support participant well-being.

3.9 Validity and Reliability of the Research Instruments

Validity refers to the extent to which a research instrument truly captures or measures the specific concept or construct it is designed to assess. It ensures that the tool is appropriate, accurate, and reflective of the variable being studied, thereby enhancing the credibility and interpretability of the collected data. In other words, a valid instrument enables researchers to draw meaningful and truthful conclusions from their findings (Sullivan, 2011). On the other hand, reliability is concerned with the consistency and stability of the instrument's results over time and across similar conditions (Sullivan, 2011). A reliable instrument will produce the same or highly similar outcomes when administered to comparable populations under the same circumstances, thereby reinforcing the dependability of the data collected.

In the context of this study, ensuring both validity and reliability is essential for maintaining the scientific rigor and trustworthiness of the findings. The standardized tools used, such as the Couples Satisfaction Index (CSI), the Big Five Personality Test (BFPT), and the Oslo Social Support Scale (OSSS-3), have been previously tested for both validity and reliability in similar populations. A pilot study was also conducted prior to the main data collection phase to assess the instruments' suitability within the local context and make any necessary modifications to enhance clarity, cultural relevance, and measurement accuracy.

3.10 Pilot Study

This preliminary investigation served two key purposes: first, to assess the validity, reliability, and clarity of the research instruments; and second, to refine the structure, wording, and layout of questionnaire items to enhance participant comprehension and response accuracy. The pilot study helped identify any limitations or ambiguities in the data collection tools, such as unclear phrasing, confusing instructions, or layout inconsistencies, that could compromise data quality. Insights gained during this phase informed necessary revisions before the commencement of the main study.

To ensure methodological appropriateness, the pilot was conducted at Sts. Peter and Paul Parish in Kiambu County, a location carefully selected due to its contextual and demographic similarities to the main research sites. This parish shares comparable characteristics in terms of pastoral support structures, community dynamics, and marital demographics, thus enhancing the relevance and applicability of the pilot findings to the broader study.

A small cohort of four newlywed couples, eight individuals in total, were selected for participation using purposive sampling, based on the study's inclusion criteria. These participants completed preliminary versions of the questionnaire under conditions similar to those planned for the main study. During this process, the researcher took observational notes, and participants were encouraged to provide verbal or written feedback regarding question clarity, perceived relevance, and overall ease of completion.

Initial data analysis was conducted to examine response trends, detect inconsistencies, and assess the functionality of the instruments. This included calculating preliminary reliability coefficients (e.g., Cronbach's alpha) for key scales, as well as noting any patterns in missing or misunderstood responses.

Ethical considerations were strictly upheld throughout the pilot phase. Participants received clear information about the study's purpose and procedures, and written informed consent was obtained prior to participation. Confidentiality was maintained at all times, and

participation was entirely voluntary, with no penalty for withdrawal.

This pilot phase served as a critical quality assurance measure, ensuring that the tools and procedures were appropriately tailored to the study population. It ultimately strengthened the methodological soundness and data integrity of the full-scale research implementation.

3.11 Validity of Research Instruments

To ensure that the instruments used in this study accurately measure the intended constructs, multiple strategies were employed to establish and enhance validity. This study utilized three standardized instruments alongside researcher-formulated questions. The CSI-32, a globally recognized and psychometrically sound tool, was used to measure marital satisfaction and has demonstrated strong construct and criterion validity across various populations (Quinn-Nilas, 2023). The BFPT, which assesses the core personality traits of openness, conscientiousness, extraversion, agreeableness, and neuroticism, has been validated in multiple studies and shows consistent construct and convergent validity (Kang et al., 2024). To measure perceived social support, the study employed the OSSS-3, a brief yet effective instrument with well-documented face and construct validity (D. Zhang et al., 2024). In addition, researcher-developed questions were included to explore participant views on potential interventions that could enhance marital satisfaction. These questions underwent expert review to ensure content validity and contextual relevance. A pilot study involving a small sample of participants was conducted to further assess face validity, detect ambiguous items, and refine the instruments for cultural sensitivity and clarity. These comprehensive validation measures enhanced the accuracy, credibility, and contextual appropriateness of the data collected.

3.12 Reliability of Research Instruments

This study employed standardized tools with proven internal consistency, as indicated by their respective Cronbach's alpha coefficients. The CSI-32 demonstrates excellent reliability with a Cronbach's alpha of 0.96, reflecting high internal consistency in assessing marital satisfaction (Forouzesh Yekta et al., 2017). The BFPT, which evaluates key personality dimensions, also exhibits strong reliability, with an alpha value of 0.863, indicating consistent measurement across its five subscales (Hu et al., 2023). The OSSS-3, although brief, shows acceptable reliability for a short instrument, with a reported alpha of 0.687 (D. Zhang et al., 2024). In addition to using these established tools, the researcher-developed questions for exploring potential interventions were pilot-tested to ensure clarity and stability of responses.

3.13 Data Analysis Techniques

This study employed descriptive statistical techniques to analyze the data collected on psychosocial predictors of marital satisfaction among newlywed couples in the Archdiocese of Nairobi. Descriptive statistics was used to summarize and present demographic information, as well as to assess key variables such as levels of marital satisfaction, personality traits, and perceived social support. These descriptive methods included frequency distributions, percentages, means, and standard deviations, which organized raw data into interpretable indicators that clearly reflect the characteristics of the sample population (Mugenda, O., Mugenda, A, 2013; Orodho, A.J, 2008). Findings were presented using tables, charts, and graphs to visually illustrate patterns, distributions, and relationships among the variables, thereby enhancing interpretability. (Orodho, A.J, 2008). According to Mugenda and Mugenda (2013) descriptive statistics are essential for reducing large volumes of raw data into manageable and interpretable indicators that accurately reflect the characteristics of the sample population.

In addition to descriptive methods, inferential statistical techniques, such as correlation and regression analysis, were utilized to examine the predictive relationships between the independent variables (personality traits and social support) and the dependent variable (marital satisfaction). Correlation analysis assessed the strength and direction of linear relationships between variables, using Pearson's correlation coefficient $r = \frac{[n\Sigma(xy) - (\Sigma x)(\Sigma y)]}{\sqrt{[n\Sigma(x^2) - (\Sigma x)^2][n\Sigma(y^2) - (\Sigma y)^2]}}$.

Where:

n : is the number of data points.

$\Sigma(xy)$: is the sum of the products of each x and y value. Σx : is the sum of all x values.

Σy : is the sum of all y values.

$\Sigma(x^2)$: is the sum of the squares of all x values. $\Sigma(y^2)$: is the sum of the squares of all y values.

Regression analysis was further applied to model and predict marital satisfaction from psychosocial predictors using the general linear regression $Y = a + b_1x_1 + b_2x_2$, where Y is marital satisfaction and x_1 and x_2 represent personality traits and social support, respectively. These inferential techniques supported hypothesis testing by determining statistical significance (p-values) and the explanatory power of the predictors (R-squared). All statistical analyses was conducted using the Microsoft's Power BI, which provided a comprehensive suite of analytical tools that apply these specified formulas automatically based on the selected tests—such as calculating correlation coefficients, regression weights, means, and standard deviations. This ensured methodological rigor, accuracy in computation, and reliable visualization of results, thereby enhancing the validity and robustness of the study's conclusions.

CHAPTER FOUR

DATA ANALYSIS, PRESENTATION, INTERPRETATION AND DISCUSSIONS

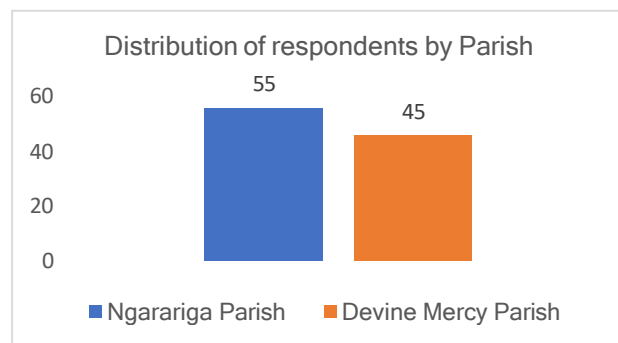
4.0 Introduction

This chapter presents a comprehensive account of the information obtained from Devine Mercy Parish and Ngarariga Parishes in the Archdiocese of Nairobi. It outlines the research findings and provides a discussion based on the data collected.

4.1 Data Analysis and Presentations

4.1.1 Response Rate

FIGURE 2:
Response Rate



The study involved a sample of 108 participants (54 couples). Out of these, 100 questionnaires were properly completed and returned, yielding a response rate of 92.59%. This was considered satisfactory, as it minimized the risk of non-response bias. A response rate of 50% is adequate, while anything above 70% is regarded as excellent (Sataloff & Vontela, 2021). Therefore, the response rate in this study was highly favorable.

4.1.1 Respondents' Demographic Characteristics

The demographic characteristics of the respondents were collected and summarized in table 4.1

TABLE 4.1
Respondents' Demographic Characteristics in ADN (N = 100)

Variable	Category	n (%)
Age (years)	25–29	9 (9)
	30–34	22 (22)
	35–39	41 (41)
	40–44	13 (13)
	45–49	9 (9)
	50–59	6 (6)
Gender	Male	55 (55)
	Female	45 (45)
Level of education	Primary school	4 (4)
	Secondary school	14 (14)
	College	48 (48)
	University	34 (34)
Employment status	Employed	60 (60)
	Self-employed	32 (32)
	Unemployed	8 (8)
Duration of marriage (months)	≤ 6	55 (55)
	7–12	43 (43)
	37–60	1 (1)
	61–120	1 (1)
Participation in church-based activities	Weekly	13 (13)
	Monthly	17 (17)
	Occasionally	53 (53)
	Never	17 (17)

Note. Percentages are based on the total sample size (N = 100). ADN = *write the full name at first mention if it appears elsewhere in the thesis*

Table 4.1 presents the demographic characteristics of the 100 respondents from the Archdiocese of Nairobi, specifically Divine Mercy Kariobangi and Ngarariga parishes. The distribution by age shows that the majority of participants were between 35–39 years (41%), followed by 30–34 years (22%). A smaller proportion fell within the age brackets of 40–44 years (13%), 45–49 years (9%), 25–29 years (9%), and only 6% were aged 50–59. This

indicates that the study predominantly comprised relatively young to middle-aged couples, which is critical since this is often a period of active family life and marital adjustment.

In terms of gender, 55% of the respondents were male, while 45% were female, showing a fairly balanced representation of both sexes. With respect to education, most respondents had attained post-secondary qualifications, with 48% reporting college-level education and 34% university-level education. A smaller percentage had completed secondary school (14%), while only 4% had primary-level education. These findings suggest that the majority of the participants had relatively high educational attainment, which may influence both marital expectations and psychosocial well-being.

Employment status revealed that most respondents were engaged in formal employment (60%), while 32% were self-employed, and 8% were unemployed. This distribution reflects a relatively stable socioeconomic background, though the presence of unemployed respondents highlights variability in economic status across the sample.

Concerning marital duration, the vast majority of respondents (98%) had been married for twelve months or less, confirming the newlywed focus of the study. Only two respondents (1% each) reported longer marital durations of 37–60 months and 61–120 months respectively. These were considered outliers and did not alter the overall descriptive profile, reinforcing the study's emphasis on early marital experiences.

Lastly, participation in church-based activities varied across respondents. Over half (53%) reported occasional participation, while 17% participated monthly, 17% never participated, and 13% participated weekly. This variation highlights differing levels of religious involvement, which may play a role in shaping marital satisfaction, particularly within the Catholic context where spiritual and communal engagement is highly emphasized.

Research evidence has consistently highlighted the role of demographic factors in

shaping marital satisfaction, though findings have varied across cultural and contextual settings. For instance, Zhang and Liang, (2023) demonstrated that education level can significantly influence marital satisfaction, particularly through the income mechanism. In their study, individuals with higher educational attainment were more likely to access better employment opportunities, resulting in greater financial stability which, in turn, fostered healthier marital relationships. Education was also linked to the acquisition of psychological and social resources that support effective communication and conflict resolution within marriage.

In contrast, a study conducted in Kiambu County, Kenya, by Njoroge and Wambugu, (2025) reported that education and age did not emerge as statistically significant predictors of marital satisfaction among older Christian couples. Their findings suggest that in certain cultural and religious contexts, other factors—such as home ownership, shared values, and faith-based support systems—may play a more influential role than demographic attributes like age or education. This highlights the importance of situating marital satisfaction studies within their sociocultural environments, as predictors may vary considerably across populations.

Additionally, Jose and Alfons, (2017) observed statistically significant gender differences in marital satisfaction, noting that men and women may perceive and evaluate marital quality differently. Their study emphasized that gendered experiences and expectations within marriage can contribute to variations in how satisfaction is reported and maintained over time. Taken together, these studies illustrate that while demographic variables such as education, age, and gender can influence marital satisfaction, their effects are neither uniform nor universal. Instead, they interact with cultural, socioeconomic, and relational dynamics, underscoring the need for context-sensitive analyses

4.1.3 Level of Marital Satisfaction Among Newly-wed Couples in the Archdiocese of Nairobi

The first objective of the study sought to assess the extent of marital satisfaction among newly married couples within the Archdiocese of Nairobi (ADN). To measure this, the Couples Satisfaction Index (CSI-32) was utilized as the primary assessment tool. The findings on the distribution of marital satisfaction levels among the respondents are summarized in Table 4.2 below.

TABLE 4. 2
Levels of Marital Satisfaction (CSI-32).

Category	n	%
Low	15	15.0
Moderate	63	63.0
High	22	22.0

The distribution shows that most newlyweds (63%) reported moderate satisfaction, 22% reported high satisfaction, while 15% fell in the low satisfaction category. This provides a clear descriptive profile of marital satisfaction and establishes the CSI-32 as the study's dependent variable for hypothesis testing. The findings from the CSI-32 revealed that most newlyweds in the Archdiocese of Nairobi maintain stable but moderate levels of satisfaction, suggesting a balance between early marital adjustment challenges and positive relational experiences.

An analysis of the individual items from the Couples Satisfaction Index (CSI-32) provided deeper insight into the nature of satisfaction among respondents. On items assessing relationship happiness and contentment, most couples indicated that their relationship made them feel "happy" or "very happy," reflecting general emotional fulfillment. Similarly, the majority agreed with statements such as "I have a warm and comfortable relationship with my partner" and "My relationship is strong", indicating relational stability and affection.

However, the responses also revealed some emerging stress points. A considerable number of participants selected moderate responses on items like “How often do you wish you hadn’t gotten into this relationship?” and “How often do you think about ending your relationship?”, suggesting that while dissatisfaction was not widespread, some couples were navigating early-stage adjustment challenges. On items related to communication and conflict resolution, scores were generally moderate, with some newlyweds acknowledging occasional disagreements or difficulties expressing emotions effectively.

In terms of companionship and shared activities, most participants reported enjoying spending time with their spouses and engaging in shared routines, reflecting companionship as a strong satisfaction driver. Nonetheless, lower mean scores were observed on items addressing emotional intimacy and sexual fulfillment, implying that these areas might require more intentional effort as the couples continue adjusting to marital life.

Overall, the item-level analysis of the CSI-32 confirmed that newly-wed couples in the Archdiocese of Nairobi experience a generally positive and stable relationship climate, albeit with signs of adjustment tension typical of early marriage. These findings align with global patterns observed among newlyweds, where initial satisfaction is high but moderated by emerging responsibilities, shifting roles, and evolving communication dynamics.

These results are consistent with international evidence showing that marital satisfaction during the early years of marriage typically follows a moderate to high trajectory but is often accompanied by transitional adjustments. For instance, Williamson and Lavner, (2020) in their study found that most newlyweds begin their marriages with relatively high satisfaction, which tends to stabilize or slightly decline as couples confront real-life stressors such as finances, role expectations, and communication patterns. Similarly, Dupuis et al., (2025) in their longitudinal study *Changes in Well-being and Relationship Satisfaction in the Years Before and After Marriage in a Sample of New Zealand Adults*, observed that while marriage tends to enhance

overall well-being initially, relationship satisfaction often plateaus within the first few years, reflecting the transition from idealized expectations to the realities of shared life.

Comparable findings were reported by Honarvar et al., (2024) in their Two-Year Prospective Cohort Study from Iran, which revealed that marital satisfaction among newly married women was moderate overall, with fluctuations linked to socio-economic pressures, gender roles, and adjustment difficulties. The parallels between these studies and the present findings suggest that moderate satisfaction among newlyweds is a global pattern rather than a regional anomaly. It reflects the adaptive process of integrating two individual lives within complex social, economic, and cultural contexts. In the case of the Archdiocese of Nairobi, these results further emphasize that although most couples exhibit resilience and positive adjustment, the early years of marriage remain a period of negotiation and adaptation requiring psychosocial and faith-based support to maintain and enhance long-term marital satisfaction. To further contextualize these findings, prior research supports that moderate satisfaction levels are typical in early marriage as partners navigate new roles and expectations. For instance, Karney and Bradbury, (2020) observed that marital satisfaction tends to decline slightly in the first years due to adjustment pressures, communication difficulties, and unmet expectations. Similarly, Lavner et al., (2017) found that early satisfaction levels predict long-term marital outcomes, with moderately satisfied couples exhibiting both resilience and vulnerability depending on conflict management styles. In the African context, Njoroge and Wambugu, (2025) reported that cultural expectations, communication, and economic stressors significantly influence satisfaction levels among newlyweds, often resulting in moderate rather than high satisfaction scores. These findings align with Adzovie, (2020) who examined marital satisfaction among married Christians in a developing country and found that while many couples reported moderate satisfaction, factors such as communication quality, shared religious commitment, and economic stability were key determinants of higher satisfaction levels.

Similarly, the current study's results suggest that early marital satisfaction may be influenced by comparable psychosocial and contextual factors within faith-based settings. Together, these results highlight the importance of psychosocial support and premarital counseling interventions aimed at strengthening relational stability during the formative years of marriage.

4.1.4 Personality Traits as Predictors of Marital Satisfaction

Personality was assessed using the Big Five Personality Test (BFPT), comprising 50 items rated on a 1 - 5 scale. Each of the five traits Agreeableness, Conscientiousness, Extraversion, Openness, and Neuroticism was measured with 10 items. For descriptive purposes, trait scores were grouped into low, moderate, and high, while the regression analyses employed the continuous mean scores as predictors. The findings are shown in table 4.3 below.

TABLE 4. 3
BFPT Scores

Trait	Low n (%)	Moderate n (%)	High n (%)
Agreeableness	31 (31.0)	32 (32.0)	37 (37.0)
Conscientiousness	38 (38.0)	27 (27.0)	35 (35.0)
Extraversion	45 (45.0)	35 (35.0)	20 (20.0)
Openness	43 (43.0)	33 (33.0)	24 (24.0)
Neuroticism	55 (55.0)	19 (19.0)	26 (26.0)

The results revealed that a substantial proportion of respondents scored high in Agreeableness (37%) and Conscientiousness (35%), traits often linked with cooperation, empathy, and reliability in marital relationships. Conversely, low levels of Extraversion (45%) and Openness (43%) were

common, suggesting

that many participants displayed reserved and less exploratory tendencies. Additionally, 26% scored high in Neuroticism, indicating a subgroup with heightened emotional reactivity and instability.

An analysis of the specific items under the Big Five Personality Traits provided further insight into these patterns. Under Agreeableness, most participants strongly agreed with statements such as “I am considerate and kind to almost everyone” and “I am interested in people’s problems,” reflecting a high level of interpersonal warmth and empathy. For Conscientiousness, the majority endorsed items like “I follow a schedule” and “I pay attention to details,” suggesting that newlywed couples in the Archdiocese of Nairobi generally value orderliness and responsibility, qualities that contribute positively to marital adjustment.

In contrast, responses to Extraversion items such as “I am the life of the party” and “I talk to a lot of different people at social gatherings” showed lower mean scores, indicating a more reserved social orientation among participants. Similarly, under Openness, many respondents disagreed with items like “I have a vivid imagination” or “I am quick to understand abstract ideas,” reflecting a preference for familiar routines and traditional norms rather than novelty or experimentation.

Finally, the Neuroticism subscale revealed that some respondents agreed with statements such as “I get stressed out easily” and “I worry about things,” suggesting that emotional reactivity and anxiety were present among a notable subset of couples. These results collectively paint a nuanced picture of personality among newlyweds in the Archdiocese of Nairobi, where prosocial and responsible traits appear dominant, but lower sociability and openness, coupled with moderate emotional sensitivity, may influence how couples communicate, cope with stress, and negotiate early marital adjustments. Correlation analysis demonstrated that marital satisfaction was positively associated with Conscientiousness,

Agreeableness, and Extraversion but negatively correlated with Neuroticism, while Openness showed no significant relationship as demonstrated in figure 3. These findings support the objective of determining whether personality traits can predict marital satisfaction and are consistent with existing empirical literature.

For instance, (Munini et al., 2024) in their study *The Big Five Personality Traits and Marital Satisfaction among Couples in Kilungu Deanery in the Catholic Diocese of Machakos*, found that Agreeableness and Conscientiousness were the strongest positive predictors of marital satisfaction, while Neuroticism had a significant negative influence. Similarly, Abolghasemi et al., (2024) and Sayehmiri et al., (2020) reported that high Conscientiousness and Agreeableness consistently predict higher marital satisfaction, as such traits foster dependability, cooperation, and effective conflict management. Conversely, high Neuroticism has been identified as a strong negative predictor of marital satisfaction due to its association with mood instability and maladaptive emotional responses (Karney & Bradbury, 2020). Similarly, O'Meara and South, (2019) observed that individuals high in Extraversion often report greater marital happiness due to enhanced communication and positive affectivity. These findings, aligned with the present study, highlight personality as a central predictor of marital satisfaction, emphasizing the importance of fostering emotional stability and interpersonal warmth in marriage preparation and counselling interventions.

4.1.5 Social Support as a Predictor of Marital Satisfaction

Perceived social support was measured using the Oslo Social Support Scale (OSSS-3). The instrument consists of three items that assess: number of close confidants, degree of interest and concern shown by others, and ease of obtaining practical help when needed.

Responses across the three items were summed to yield a total score ranging from 3 to 14, with higher scores indicating stronger support. Total scores can be classified into three categories: Poor support: 3 -8, Moderate support: 9 -11 and Strong support: 12 -14. In this study, the OSSS-

3 total was analysed both as a continuous predictor in the regression models and as a categorical variable for descriptive profiling.

TABLE 4. 4

Levels of Social Support

Category	%
Poor support (3 -8)	35.0
Moderate support (9 -11)	37.0
Strong support (12 -14)	28.0

The results revealed that slightly over one-third of the respondents reported low levels of social support, another third indicated moderate support, while approximately one-quarter (25%) experienced high levels of support. This distribution highlights considerable variability in the social networks and emotional resources available to newlyweds in the Archdiocese of Nairobi. Correlation analysis further indicated a positive and significant relationship ($r= 0.363$) between social support and marital satisfaction, as shown in figure 3 above, suggesting that couples with higher perceived support from family, friends, and community structures tend to report stronger relational stability and satisfaction. These findings affirm the study’s objective of determining whether social support predicts marital satisfaction.

Empirical literature consistently supports this association. For instance, Rostami et al., (2013) established that perceived social support acts as a buffer against marital strain, particularly during the early stages of marriage when couples face adjustment challenges. Similarly, a longitudinal study by Arifain et al., (2021) found that supportive social networks enhance relationship satisfaction and emotional resilience in newly married couples. In the Kenyan context, Nungari et al., (2024) reported that social support from extended families and church communities significantly enhance marital satisfaction, particularly among Christian

couples who value collective coping and shared spirituality.

Furthermore, Papp et al., (2010) demonstrated that spouses who perceive greater emotional and instrumental support are more likely to communicate effectively and experience reduced conflict. (Fincham & Beach, 2017) further observed that perceived support promotes forgiveness and trust, crucial components of long-term marital success. In African contexts, Department of Internal Medicine ESUT College of Medicine, Enugu State University of Science and Technology, Enugu-Nigeria & PhD, (2019) emphasized that culturally embedded support systems—such as family elders, peer couples, and religious communities—play an indispensable role in promoting marital endurance and satisfaction.

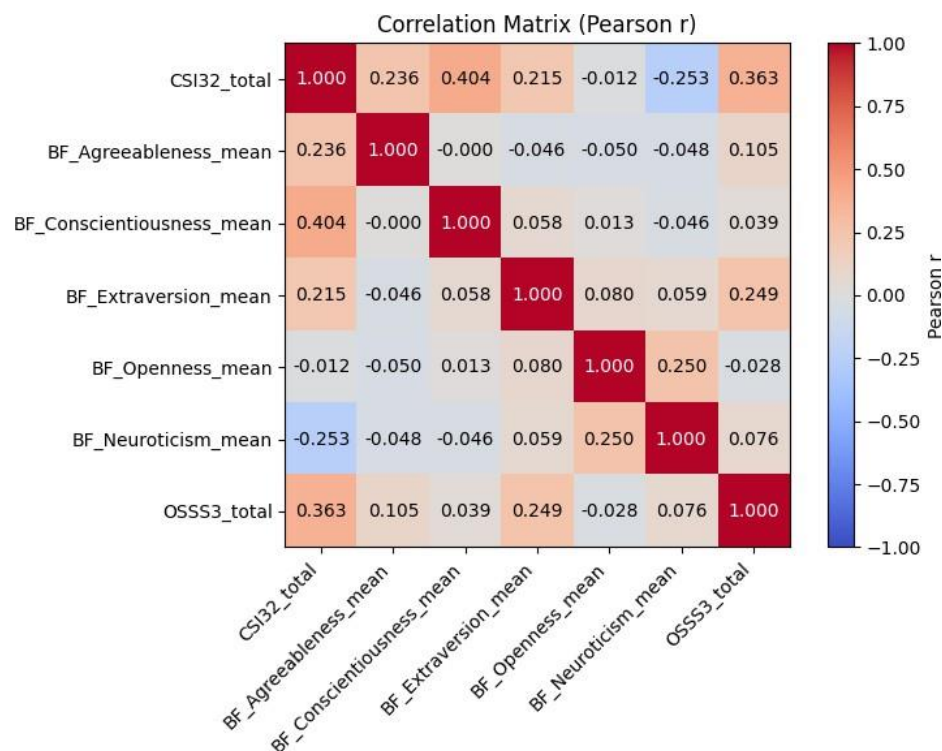
Collectively, these findings underscore that social support is not merely a peripheral influence but a central determinant of marital satisfaction. Supportive social networks provide both emotional stability and practical assistance that strengthen couples' coping mechanisms, communication patterns, and sense of partnership. Consequently, interventions aimed at enhancing marital satisfaction should include strategies to strengthen social support systems, particularly within faith-based and community contexts where marriage is deeply interwoven with collective identity and social expectations.

4.1.6 Evaluation of H01: Personality traits do not significantly predict marital satisfaction.

The regression analysis was conducted to examine whether personality traits significantly predicted marital satisfaction among newlywed couples. The results indicated that the overall model incorporating the Big Five personality traits was statistically significant, $F(5, 94) = 7.09$, $p < .001$, with an adjusted R^2 of .28, suggesting that approximately 28% of the variance in marital satisfaction could be explained by differences in personality traits. Among the predictors, Conscientiousness ($B = 10.54$, $p < .001$), Extraversion ($B = 6.01$, $p = .018$), and Neuroticism ($B = -5.23$, $p = .003$) were significant contributors, indicating that higher levels of

conscientiousness and extraversion were associated with increased marital satisfaction, while higher levels of neuroticism were linked to lower satisfaction. Agreeableness ($B = 6.10$, $p = .011$) also showed a positive but smaller effect, while Openness ($B = 0.93$, $p = .627$) was not a significant predictor. Based on these findings, the null hypothesis (H_{01}), which stated that personality traits do not significantly predict marital satisfaction, was therefore rejected. This implies that certain personality dimensions particularly conscientiousness, extraversion, and emotional stability play a vital role in determining marital satisfaction among newlywed couples, as illustrated in Figure 3.

FIGURE 3
Correlation Matrix



4.1.7 Evaluation of H02: Social support does not significantly predict marital satisfaction.

A regression analysis was conducted to determine whether social support significantly predicted marital satisfaction among newlywed couples. The results revealed that adding social support to the model improved its explanatory power, yielding a statistically significant model, $F(6, 93) = 11.03, p < .001$, with an adjusted R^2 of .37. This indicates that approximately 37% of the variance in marital satisfaction could be explained by the inclusion of social support alongside other psychosocial factors. Social support emerged as a significant positive predictor of marital satisfaction ($B = 2.02, p < .001$), suggesting that higher levels of perceived support from family, friends, and religious networks were associated with greater marital contentment among newlyweds. Based on these findings, the null hypothesis (H_{02}), which stated that social support does not significantly predict marital satisfaction, was therefore rejected. These results underscore the critical role of social connectedness in fostering relationship stability and satisfaction, as illustrated in Table 4.5 and Figure 3.

TABLE 4. 5
Regression model summary for personality traits and social support

Predictor	B	SE	t	p	95% CI Lower	95% CI Upper
(Intercept)	61.15	9.65	6.34	.000	42.53	80.62
Agreeableness	3.04	1.68	1.81	.073	-0.31	6.38
Conscientiousness	10.15	2.50	4.06	.000	5.15	15.15
Extraversion	4.03	1.14	3.54	.001	1.57	6.48
Openness	1.15	1.93	0.60	.552	-2.69	4.99
Neuroticism	-5.79	1.62	-3.58	.000	-8.96	-2.63
Social Support	2.02	0.48	4.23	.000	1.09	2.96

The multiple regression model was used to examine the combined predictive power of personality traits (Agreeableness, Conscientiousness, Extraversion, Openness, and

Neuroticism) and social support (OSS3) on marital satisfaction, as measured by the Couples Satisfaction Index (CSI-32). The model demonstrated a good fit with the data, indicating that approximately 41% of the variance in marital satisfaction could be explained by the predictors included in the model. model fit: $R^2 = .409$; Adj. $R^2 = .371$; $F(6,93) = 11.03$, $p < .001$.

The regression equation below suggests that increases in Agreeableness, Conscientiousness, Extraversion, Openness, and perceived Social Support were associated with higher marital satisfaction scores. Conversely, higher Neuroticism scores predicted lower marital satisfaction. Among the predictors, Conscientiousness exhibited the strongest positive effect, implying that couples characterized by dependability, responsibility, and goal-oriented behavior reported significantly greater marital satisfaction. The negative coefficient for Neuroticism indicates that emotional instability remains a major detractor from relationship quality.

$$CSI_{32} = 61.15 + 3.04 (\text{Agreeableness}) + 10.15 (\text{Conscientiousness}) + 4.03 (\text{Extraversion}) + 1.15 (\text{Openness}) - 5.79 (\text{Neuroticism}) + 2.02 (\text{OSS3})$$

4.1.8 Intervention Preferences and Support Needs

The fourth objective aimed at proposing an intervention model to enhance marital satisfaction among newly-wed couples in the ADN. This involved researcher formulated questions aimed at giving feedback on the preferences of the support the couples might need to enhance their satisfaction. When asked about helpful forms of support, 67% of newlyweds selected financial planning and budgeting and 58% chose spiritual guidance and prayer. Substantial proportions also endorsed premarital refreshers (44%) and marital enrichment workshops (39%), while fewer mentioned communication and conflict skills (30%) or group counselling (18%).

The challenges reported mirrored these preferences. Almost half cited financial stress (48%) as a key issue, followed by role expectations and household responsibilities (39%) and

in-laws and extended family (32%). Smaller groups noted intimacy concerns (23%), lack of peer support (19%), and communication problems (15%). Most respondents indicated willingness to attend church-based support programs occasionally (47%) or monthly (23%), with fewer preferring more frequent sessions (weekly or twice monthly, each 10%) or none (10%). Consistent with this, faith-based counselling was the preferred delivery method (57%), well ahead of one-on-one counselling (24%), workshops (10%), or peer groups (9%). Finally, nearly six in ten rated the inclusion of faith and spirituality as very important (59%), and another 25% rated it somewhat important.

Empirical literature from family therapy and marital education consistently shows that interventions addressing practical stressors together with relational skills yield better outcomes than programs that focus on either domain alone (Lebow & Snyder, 2022; Salehi et al., 2025). Behavioral couple therapies, relationship education programs, and financial counselling have each been demonstrated to improve relationship functioning and reduce relationship distress when appropriately adapted to local context and delivered with fidelity (Bodenmann et al., 2020; Kim et al., 2011; Kysely et al., 2022; Schofield et al., 2012).

At a global level, evidence indicates that couple-focused psychoeducation and skill training improve communication, conflict management, and relationship satisfaction (Carr, 2025). Relationship education programs that teach communication, problem-solving, and expectations management typically produce modest but meaningful gains in relationship quality and have the additional benefit of preventing deterioration in early marriage (Halford & Bodenmann, 2013).

Financial stress is a robust predictor of marital discord globally (Archuleta et al., 2011); accordingly, the high demand for budgeting and financial planning support among ADN couples is congruent with the literature. Financial education and joint budgeting interventions

reduce financial conflict and improve relational outcomes by clarifying expectations, reducing uncertainty, and fostering cooperative financial decision-making (Baryła-Matejczuk et al., 2020). Incorporating basic financial management modules tailored for low- and middle-income households—into marital programs can therefore address a major proximal stressor that undermines relationship satisfaction.

The prominent preference for spiritual guidance and faith integration is characteristic of faith-based communities and is supported by research showing that faith and religious participation can be protective for marital stability when religious activities and beliefs promote mutual support, forgiveness, and pro-relationship values (Aman et al., 2019). Several regional program evaluations have found that church-based group interventions and pastoral counselling, when paired with evidence-based relationship content, can produce meaningful improvements in marital communication and support in African settings (Mateo, 2025; Munyoki, 2023).

Group modalities that is, marital enrichment workshops, peer support groups, and one-on-one counselling each have distinct advantages. The ADN findings suggest that a hybrid approach that privileges church settings while offering tiered options such as group workshops, couple counselling, and referral pathways is likely to achieve both reach and depth.

Taken together, the evidence supports an integrated, tiered intervention model for the ADN that aligns with participants' stated preferences and with best practices in relationship intervention.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.0 Introduction

This section presents a summary of the findings, draws conclusions derived from the study, and outlines recommendations informed by the results.

5.1 Summary

5.2 Level of Marital Satisfaction Among Newly-wed Couples in the Archdiocese of Nairobi

The study examined the level of marital satisfaction among newly married couples in the ADN as part of the broader investigation on psychosocial predictors of marital satisfaction. Using the Couples Satisfaction Index (CSI-32), results indicated that most newlyweds (63%) reported moderate satisfaction, 22% experienced high satisfaction, while 15% had low satisfaction. These findings suggest that while many couples enjoy relatively stable and positive relationships, a considerable number face early adjustment challenges that may affect their overall satisfaction. The results position marital satisfaction as a key outcome variable reflecting relational well-being among couples, underscoring the importance of addressing psychosocial factors such as personality traits and social support to promote stronger and more fulfilling marriages during the early years of union.

5.3 Personality Traits as Predictors of Marital Satisfaction

The study also sought to determine whether personality traits could predict marital satisfaction among newly married couples in the Archdiocese of Nairobi. Using the Big Five Personality Test (BFPT), results indicated that most participants scored high in Agreeableness (37%) and Conscientiousness (35%), traits typically linked to empathy, cooperation, and dependability qualities that foster positive relational outcomes.

Conversely, lower levels of Extraversion (45%) and Openness (43%) were common, suggesting a tendency toward more reserved and less explorative dispositions, while 26% scored high in Neuroticism, reflecting heightened emotional sensitivity. Correlation analysis revealed that marital satisfaction was positively associated with Conscientiousness ($B = 10.54$, $p < .001$), Agreeableness ($B = 6.10$, $p = .011$) and Extraversion ($B = 6.01$, $p = .018$), and negatively correlated with Neuroticism ($B = -5.23$, $p = .003$), affirming the predictive role of personality in marital well-being.

5.3.1 Social Support as a Predictor of Marital Satisfaction

The study also sought to determine whether social support could predict marital satisfaction among newly married couples in the ADN. Social support was assessed using the Oslo Social Support Scale (OSSS-3), which categorized respondents into poor (35%), moderate (37%), and strong (28%) support levels. This variation underscores differences in access to emotional and practical resources among newlyweds. Correlation analysis demonstrated a significant positive association between social support and marital satisfaction ($B = 2.02$, $p < .001$), indicating that couples with stronger social networks and higher perceived support reported greater relational stability and fulfillment.

5.4 Intervention Preferences and Support Needs

The fourth objective of the study sought to identify intervention preferences and support needs that could inform the development of an effective model to enhance marital satisfaction among newly-wed couples in the Archdiocese of Nairobi. Findings revealed that most participants prioritized financial planning and budgeting (67%) as their foremost area of support, followed by spiritual guidance and prayer (58%). A considerable number also emphasized the importance of premarital refresher sessions (44%) and marital enrichment workshops (39%), highlighting couples' recognition of both practical and faith-based resources in sustaining healthy relationships. Fewer participants identified communication and conflict resolution training (30%) or group counselling (18%) as preferred interventions. The main challenges reported closely reflected these preferences. Financial stress emerged as the most prevalent concern (48%), followed by issues related to role expectations and household responsibilities (39%), and interference from in-laws and extended families (32%). Other concerns included intimacy challenges (23%), limited peer support (19%), and communication difficulties (15%), pointing to the multifaceted nature of marital adjustment in early unions.

Regarding participation, nearly half of the respondents (47%) expressed willingness to attend church-based support programs occasionally, while 23% preferred monthly sessions, and only a small proportion (10%) opted for more frequent engagements. Faith-based counselling emerged as the most preferred mode of delivery (57%), followed by one-on-one counselling (24%), workshops (10%), and peer group sessions (9%). Moreover, the inclusion of faith and spirituality in marital support was deemed essential, with 59% rating it as "very important" and another 25% considering it "somewhat important."

Overall, these findings underscore the need for a holistic intervention model integrating financial literacy, spiritual enrichment, and marital skill-building, delivered primarily through faith-based platforms. Such an approach would align with the socio-cultural and religious

context of the Archdiocese of Nairobi, supporting the unique psychosocial and spiritual needs of newly-wed couples.

5.5 Ho1: personality traits do not significantly predict marital satisfaction among newlywed couples in the Archdiocese of Nairobi.

The results of the regression analysis led to the rejection of the null hypothesis (H01), indicating that personality traits significantly predict marital satisfaction among newly-wed couples in the Archdiocese of Nairobi. The model was statistically significant, $F(5, 94) = 7.09$, $p < .001$, with an adjusted R^2 of .28, suggesting that approximately 28% of the variance in marital satisfaction could be explained by the Big Five personality traits. Conscientiousness ($B = 10.54$, $p < .001$) emerged as the strongest positive predictor, followed by Agreeableness ($B = 6.10$, $p = .011$) and Extraversion ($B = 6.01$, $p = .018$), all of which were associated with higher levels of marital satisfaction. In contrast, Neuroticism ($B = -5.23$, $p = .003$) showed a significant negative relationship, indicating that emotionally unstable individuals reported lower satisfaction in marriage. Openness ($B = 0.93$, $p = .627$) was not a significant predictor. Overall, these findings confirm that personality factors play a substantial role in shaping marital satisfaction, with emotional stability, conscientiousness, and sociability emerging as key traits linked to positive marital outcomes.

5. 6 Ho2: Social support does not significantly predict marital satisfaction among newlywed couples in the Archdiocese of Nairobi.

The results revealed that social support significantly predicted marital satisfaction among newly-wed couples in the Archdiocese of Nairobi, leading to the rejection of the null hypothesis (H02). When social support was added to the regression model, the overall explanatory power increased notably, $F(6, 93) = 11.03$, $p < .001$, with an adjusted R^2 of .37, indicating that 37%

of the variance in marital satisfaction could be explained by the combined predictors. Social support emerged as a strong positive predictor ($B = 2.02, p < .001$), demonstrating that higher perceived support from family, friends, and the community was associated with greater marital satisfaction. These findings highlight the essential role of social networks in fostering emotional stability and relationship resilience, supporting global and African evidence that couples with robust social support systems tend to navigate marital challenges more effectively and maintain higher relationship quality.

5.7 Conclusions of the Study

This study examined the psychosocial predictors of marital satisfaction among newly-wed couples in the Archdiocese of Nairobi (ADN), focusing on levels of marital satisfaction, the influence of personality traits and social support, and the development of an evidence-based intervention model. Findings revealed that marital satisfaction among newly-weds was generally moderate to high, indicating that most couples were adapting well to married life though some experienced challenges related to financial pressures, role expectations, and extended family dynamics. These results suggest that while many couples enjoy positive early marital experiences, transitional stressors can still affect their relational stability.

Regarding personality traits, the regression analysis showed that specific dimensions of the Big Five significantly predicted marital satisfaction, leading to the rejection of the first null hypothesis (H_{01}). Conscientiousness, Agreeableness, and Extraversion were positive predictors, implying that dependable, cooperative, and outgoing individuals reported higher satisfaction levels. Neuroticism, on the other hand, was a negative predictor, suggesting that emotional instability and stress reactivity reduce marital satisfaction, while Openness was not significant. These findings underscore the role of individual dispositions in shaping relationship quality and adaptation within marriage. Similarly, social support emerged as a

significant positive predictor, resulting in the rejection of the second null hypothesis (H_{02}). Couples who experienced strong support from family, friends, and community networks reported higher satisfaction, reaffirming the value of communal and faith-based support systems within the Kenyan cultural context.

Based on these findings, the study developed a practical, evidence-based intervention model aimed at strengthening marital satisfaction among newly-wed couples in the ADN. The model emphasizes enhancing personality awareness, fortifying social support structures, and integrating faith-based counselling and education. It also highlights the need for structured programs such as financial literacy sessions, spiritual guidance, and church-based workshops to sustain marital adjustment and well-being. Overall, the study concludes that both personality traits and social support are critical psychosocial determinants of marital satisfaction, providing a strong empirical foundation for preventive, contextually relevant, and community-oriented marital enrichment programs.

5.8 Recommendations of the Study

The findings of this study on the psychosocial predictors of marital satisfaction among newly-wed couples in the ADN provide important implications for practice, policy, and marital counselling interventions. Given that the majority of couples reported moderate levels of marital satisfaction, it is imperative that targeted efforts be made to strengthen the foundations of marriage during the early years of union. One key recommendation is the integration of structured premarital and post-marital support programs within the Archdiocese. While premarital counselling is often emphasized, this study underscores the need for ongoing post-marital support to assist couples in navigating early adjustment challenges. Such programs could include follow-up sessions at six months, one year, and three years after marriage, providing a safe environment for couples to address emerging relational, emotional, and

financial issues.

A second recommendation concerns the incorporation of personality-based counselling approaches in marriage preparation and enrichment programs. Since traits such as Conscientiousness, Agreeableness, Extraversion, and Neuroticism emerged as significant predictors of marital satisfaction, it is essential that marriage counsellors and clergy integrate personality assessment tools—such as the Big Five Personality Test—into counselling sessions. Understanding individual personality profiles can enable couples to appreciate differences in temperament, communication styles, and conflict resolution tendencies, thereby promoting greater empathy and adaptability within the marital relationship.

Furthermore, the study established that social support plays a significant role in enhancing marital satisfaction. This finding highlights the need for the Archdiocese to strengthen community and faith-based social networks that provide relational and emotional support to couples. Parishes should consider establishing marriage enrichment groups, peer mentorship networks, and couples' fellowships that offer mutual encouragement and foster collective problem-solving. These initiatives could also involve older, experienced couples serving as mentors to younger couples, thereby facilitating intergenerational learning and support.

The results also affirm the importance of spiritual and faith-based interventions in sustaining marital satisfaction. Since a majority of participants expressed preference for faith-integrated counselling, it is recommended that church-based interventions continue to weave together spiritual formation, prayer, and biblical teachings on marriage with evidence-based psychological principles. This holistic approach acknowledges both the spiritual and psychosocial dimensions of marital wellbeing, aligning with the cultural and religious values prevalent among couples in the Archdiocese of Nairobi.

Financial stress emerged as one of the most commonly cited challenges among

newlyweds, reflecting the growing economic pressures faced by young families. In response, it is recommended that financial literacy and resource management training be included in marital enrichment curricula. These programs should focus on joint budgeting, financial planning, and debt management, thereby equipping couples with practical skills for navigating economic stressors. Additionally, counsellors should incorporate communication and conflict resolution modules aimed at strengthening emotional intimacy and problem-solving capacity among partners.

Lastly, it is recommended that the Archdiocese collaborate with professional counsellors, psychologists, and academic institutions to develop and implement evidence-based marital programs. Such partnerships would enhance the scientific grounding of faith-based initiatives and ensure that interventions are both contextually relevant and empirically supported. These collaborations could also support continuous evaluation and refinement of marital support programs, thereby promoting sustainable improvements in marital satisfaction and stability among newlyweds.

5.9 Recommendations for Further Research

While this study contributes significantly to understanding the psychosocial determinants of marital satisfaction among newlywed couples in the Archdiocese of Nairobi, it also opens several pathways for further scholarly inquiry. First, future research should consider employing longitudinal research designs to examine how marital satisfaction evolves over time and how factors such as personality traits and social support influence relationship stability throughout the marital lifespan. Such studies would provide deeper insights into the dynamics of marital adjustment and the temporal consistency of psychosocial predictors.

Secondly, subsequent studies should broaden the conceptual framework by including additional psychosocial constructs such as communication patterns, attachment styles,

emotional intelligence, coping strategies, and religious commitment. These variables may provide a more holistic understanding of the complex interplay between psychological, social, and spiritual dimensions in determining marital satisfaction.

Furthermore, there is a need for comparative studies across different regions, cultural settings, and religious denominations to examine the universality or cultural specificity of these predictors. Comparative research across Kenyan dioceses, as well as across African and global contexts, would illuminate how cultural norms, socio-economic conditions, and faith traditions mediate the relationship between psychosocial factors and marital outcomes.

Another important area for future exploration involves gender and socio-economic differences in the predictors of marital satisfaction. Research focusing on how gender roles, income disparities, employment patterns, and education levels interact with personality traits and social support could deepen understanding of marital dynamics within the contemporary African urban context. Finally, it is recommended that future researchers undertake intervention-based studies to test the effectiveness of the proposed evidence-based model for enhancing marital satisfaction. Experimental or quasi-experimental designs evaluating structured marital support programs— particularly those integrating faith-based and psychological approaches—would be instrumental in identifying the most impactful strategies for strengthening marriages.

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APPENDICES APPENDIX A: PARTICIPANT CONSENT FORM

You are invited to take part in a research study being conducted by Lillian Wairimu Maina, a

postgraduate student in the Department of Education and Psychological Studies at KCA University. This study, titled "Psychosocial Predictors of Marital Satisfaction Among Newly Wed Couples in Kenya: A Case Study of Select Parishes at the Archdiocese of Nairobi, Kenya", is being undertaken as part of the requirements for the M.A. in Counseling Psychology.

Before you choose whether to participate, it's important that you understand the purpose of this study and what your involvement would entail. Please read through this form carefully, and don't hesitate to ask questions if anything is unclear.

The main goal of this research is to explore how factors like personality traits and levels of social support influence marital satisfaction among newly married couples in the Archdiocese of Nairobi. The findings are intended to contribute to the development of an intervention model aimed at improving marital satisfaction.

If you agree to take part, your participation will involve the following:

1. Completing a questionnaire that will take about 20 minutes.
2. Providing information about your emotional health, personality, and social support system.
3. Possibly participating in a follow-up interview to further clarify your responses, if needed.

Taking part in this study is completely voluntary. You are free to withdraw at any point, and doing so will not affect any services or support you receive from your parish.

There are no anticipated physical risks linked to participating. Should you feel uncomfortable at any point, you may skip any questions or stop your participation altogether. Counseling services will be available if required.

Although there are no direct personal benefits, your participation may help enhance the quality of marital counseling services provided to newlywed couples in the future.

All the information collected will be kept strictly confidential. Your name will not be disclosed in any publications or reports. The data will be securely stored and accessible only to the

research team.

If you have any questions or concerns about the study, you can contact the lead researcher:

Lillian Wairimu Maina

Email: lillianwairimu7@gmail.com Phone: 0721332801

Consent Statement

I have read and understood the details provided above. I willingly agree to participate in this study, fully aware of what it entails.

Participant Name:

Phone Number:

Signature:

Date:

Researcher Declaration

I have clearly explained the study to the participant and believe that they fully understand what participation involves and have agreed voluntarily.

Researcher's Name:

Signature:

Date:

APPENDIX B: QUESTIONNAIRE

Dear Respondent,

Please tick (☐) or fill the space provided where appropriate. MATTERS TO NOTE

1. The information given on this questionnaire will be held in strict confidence and will only be used for the purpose of the study.
2. Each spouse is requested to fill out the questionnaire **individually**. Please do not consult your partner while answering the questions.
3. If any of the questions may not be appropriate to your circumstance, you are under no obligation to answer.
4. If you do not understand any question and you need clarification, please ask.

SECTION A: SOCIO-DEMOGRAPHIC INFORMATION

Q1. What is your age?(Years)

Q2. What is your gender [] Male []Female Q3. What is your highest level of education?

[] No formal Education

[] Primary School

[] Secondary School

[] College

[] University

Q4. What is your employment status? [] Employed

[] Self-Employed [] Unemployed Q5. How long have you been married?
(in Months)

Q6. Which Parish do you belong to? [] Devine Mercy Parish

[] Ngarariga Parish

Q7. How often do you participate in church-based couple activities? [] Weekly

[] Monthly

[] Occasionally [] Never

SECTION B: COUPLES SATISFACTION INDEX (CSI-32)

1. Please indicate the degree of happiness, all things considered, of your relationship. [] Extremely Unhappy [] Fairly Unhappy
[] A Little Unhappy [] Happy [] Very Happy.
[] Extremely Happy [] Perfect

2. Most people have disagreements in their relationships. Please indicate below the approximate extent of agreement or disagreement between you and your partner for each item on the following list.

	Always agree	Almost always agree	Occasionally disagree	Frequently disagree	Almost always disagree	Always Disagree
Amount of time spent together						
Making major decisions						

Demonstrations of affection						
	All the time	Most of the time	More often than not	Occasionally	Rarely	Never
In general, how often do you think that things between you and your partner are going well?						
How often do you wish you hadn't gotten into this relationship?						

	Not at all TRUE	A little TRUE	Somewhat TRUE	Mostly TRUE	Almost completely TRUE	Completely TRUE

I still feel a strong connection with my partner						
If I had my life to live over, I would marry (or live with / date) the same person						
Our relationship is strong						
I sometimes wonder if there is someone else out there for me						
My relationship with my partner makes me happy						

I have a warm and comfortable relationship with my partner						
I can't imagine ending my relationship with my partner						
I feel that I can confide in my partner about virtually anything						
I have had second thoughts about this relationship recently						
For me, my partner is the perfect romantic partner						
I really feel like part of a team with my partner						

I cannot imagine another person making me as happy as my partner does						
---	--	--	--	--	--	--

	Not at all	A little	Somewhat	Mostly	Almost completely	Completely
How rewarding is your relationship with your partner?						
How well does your partner meet your needs?						
To what extent has your relationship met your original expectations?						

In general, how satisfied are you with your relationship?						
---	--	--	--	--	--	--

	Extremely bad					Extremely good
How good is your relationship compared to most?	0	1	2	3	4	5

	Never	Less than once a month	Once or twice a month	Once or twice a week	Once a day	More often
Do you enjoy your partner's company?						
How often do you and your partner have fun together?						

3. For each of the following items, select/circle the answer that best describes how you feel about your relationship. Base your responses on your first impressions and immediate feelings about the item.

4. INTERESTING 5 4 3 2 1 0 BORING

BAD 0 1 2 3 4 5 GOOD

FULL 5 4 3 2 1 0 EMPTY

LONELY 0 1 2 3 4 5 FRIENDLY

ENJOYABLE	5	4	3	2	1	0
MISERABLE						

Instructions: This is a personality test, it will help you understand why you act the way that you do and how your personality is structured. Tick where applies to indicate how much you disagree or agree with each statement. Begin each statement with “I...

	Disagree	Slightly Disagree	Neutral	Slightly agree	Agree
1. Am the life of the party.					
2. Feel little concern for others.					
3. Am always prepared.					
4. Get stressed out easily.					
5. Have a rich vocabulary.					
6. Don't talk a lot.					
7. Am interested in people.					
8. Leave my belongings around.					
9. Am relaxed most of the time.					

10. Have difficulty understanding abstract ideas.					
11. Feel comfortable around people.					
12. Insult people.					

13. Pay attention to details.					
14. Worry about things.					
15. Have a vivid imagination.					
16. Keep in the background.					
17. Sympathize with others' feelings.					
18. Make a mess of things.					
19. Seldom feel blue.					
20. Am not interested in abstract ideas.					
21. Start conversations.					
22. Am not interested in other people's problems.					
23. Get chores done right away.					
24. Am easily disturbed.					
25. Have excellent ideas.					
26. Have little to say.					
27. Have a soft heart.					
28. Often forget to put things back in their proper place.					
29. Get upset easily.					
30. Do not have a good imagination.					

31. Talk to a lot of different people at parties.					
32. Am not really interested in others.					
33. Like order.					

34. Change my mood a lot.					
35. Am quick to understand things					
36. Don't like to draw attention to myself.					
37. Take time out for others.					
38. Shirk my duties.					
39. Have frequent mood swings.					
40. Use difficult words.					
41. Don't mind being the center of attention.					
42. Feel others' emotions.					
43. Follow a schedule.					
44. Get irritated easily.					
45. Spend time reflecting on things.					
46. Am quiet around strangers.					
47. Make people feel at ease.					
48. Am exacting in my work.					
49. Often feel blue.					
50. Am full of ideas					

SECTION D: OSLO SOCIAL SUPPORT SCALE (OSSS-3)

Instructions: This section consists of 3 questions to assess social support. Please tick (☐) where appropriate

Q1. How many people are so close to you that you can count on them if you have great personal problems?

None ☐ 1–2 ☐

3–5 ☐

5+ ☐

Q2. How much interest and concern do people show in what you do?

None ☐ little ☐ uncertain ☐ some ☐

a lot ☐

Q3. How easy is it to get practical help from neighbors when you need it? very difficult ☐

difficult ☐ possible ☐ easy ☐ very easy ☐

SECTION E: INTERVENTION MODEL

1. Which of the following forms of support do you think would be most helpful to you and your spouse? (*Select all that apply*)

☐ Premarital counseling sessions

☐ Regular marital enrichment workshops

☐ Financial planning and budgeting classes

Group counseling with other couples

[] Spiritual guidance and prayer support Other (please specify): _

What challenges have you experienced in your marriage that you believe an intervention could help address? *(Select all that apply)*

[] Poor communication

[] Financial stress

[] Conflicts with in-laws or extended family [] Lack of intimacy
or emotional connection

[] Role expectations and household responsibilities [] Lack of social or peer support

Other (please specify): _____

2. How frequently would you be willing to attend church-based marital support programs?

[] Weekly

[] Twice a month

[] Monthly

[] Occasionally (e.g., once every 3 months) [] Never

3. Which of the following psychological support methods do you believe would be most effective in you and your spouse strengthen your marriage?

[] One on one Couples Therapy [] Peer-based group counseling

[☐] Faith-based counseling and prayer sessions [☐] Regular couples' workshops

4. In your opinion, how important is it to include faith and spirituality in marital counseling programs offered by the church?

5. [] Very important

[] Somewhat important

[] Not very important

[] Not important at all

BOARD OF POSTGRADUATE STUDIES

KCAU/BPS/2025
30, 2025

Date: Wednesday, July

TO WHOM IT MAY CONCERN

Dear Sir/Madam,

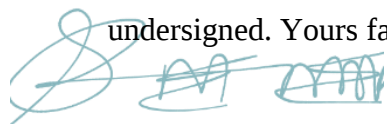
RE: LILLIAN W. MAINA - REG NO. 23/06858

It is my distinct pleasure to introduce Lillian W. Maina a student at our institution pursuing a Master of Arts, Counseling Psychology degree in the School of Education, Arts and Social Sciences.

Lillian is conducting a research on the topic: *“Psychosocial predictors of marital satisfaction among newlywed couples: a case study of selected parishes at the archdiocese of Nairobi, Kenya”* which is part of the requirements of the program she is pursuing. The research as well as the data procured thereof shall be used for academic purposes only. Any assistance accorded to her is highly appreciated.

In case of further inquiry, do not hesitate to contact the

undersigned. Yours faithfully,



DR. JACKSON NDOLO

DIRECTOR, BOARD OF POST GRADUATE STUDIES

KCA UNIVERSITY SCIENTIFIC & ETHICS REVIEW COMMITTEE

REF: KCAU/SERC/ SEASS015
JULY 2025

Date: 21ST

TO: LILLIAN W. MAINA (23/06858)

Dear Sir/Madam,

RE: PSYCHOSOCIAL PREDICTORS OF MARITAL SATISFACTION AMONG NEWLYWED COUPLES: A CASE STUDY OF SELECT PARISHES AT THE ARCHDIOCESE OF NAIROBI, KENYA

This is to inform you that KCA University Scientific Ethics Review Committee (KCAUSERC) has reviewed and approved your above research proposal. Your application approval number is *KCAUSERC/ SEASS015*. The approval period is *21st July 2025 - 21st July, 2026*.

This approval is subject to compliance with the following requirements;

- i. Only approved documents including (informed consents, study instruments, MTA) will be used.
- ii. All changes including (amendments, deviations, and violations) are submitted for review and approval by *KCAUSERC*.
- 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 *KCAUSERC* within 72 hours of notification
- iv. Any changes, anticipated or otherwise that may increase the risks or affected safety or welfare of study participants and others or affect the integrity of the research must be reported to *KCAUSERC* 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 *KCAUSERC*.

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. Caroline Ntara
Chairperson

KCA University Scientific & Ethics Review Committee



REPUBLIC OF KENYA

NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION



Ref No: **170072**

Date of

Issue: **06/August/2025**
RESEARCH LICENSE



This is to Certify that Ms.. LILLIAN WAIRIMU MAINA of KCA 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: PSYCHOLOGICAL PREDICTORS OF MARITAL SATISFACTION AMONG NEWLYWED COUPLES: A CASE STUDY OF SELECTED PARISHES AT THE RCHDIOCESE OF NAIROBI, KENYA for the period ending: 06/August/2026.

License No: **NACOSTI/P/25/4177909**

170072

Director General NATIONAL COMMISSION FOR
SCIENCE, TECHNOLOGY & INNOVATION



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See overleaf for conditions

ARCHDIOCESE OF NAIROBI

Office of the Family Life Co-ordinator



Your Ref:
Our Ref:

TO WHOM IT MAY CONCERN

Dear Rev. Fr.

RE: LILLIAN WAIRIMU MAINA REG. NO. 23/06858

It is my pleasure to introduce Lillian Wairimu Maina a student of Kenya College of Accountancy University (KCAU) pursuing a masters of Arts, Counseling Psychology in the school of Education, Arts and Sciences.

Lillian is conducting a research on the topic *“Psychosocial predictors of marital satisfaction among newlywed couples: a case study of selected parishes (Divine Mercy Parish – Kariobangi and Ngarariga Parish) at the Archdiocese of Nairobi, Kenya.*

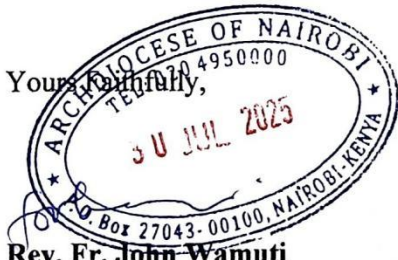
The research and data collected shall be used for academic purposes only.

Any assistance accorded to Lillian Wairimu is highly appreciated.

Don't hesitate to contact the undersigned for further information.

Thank you for your continued support and God bless you

Yours faithfully,



Rev. Fr. John Wamuti

FAMILY LIFE DEPARTMENT

Abide in Me, and I in you (Jn 15:4)

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Phone: +254 020 4950000 Email: info@archdioceseofnairobi.org Website: www.archdioceseofnairobi.org

