

ASSESSMENT OF THE ROOT CAUSES OF MARITAL INSTABILITY: A
CASE OF ABOTHUGUCHI WEST DIVISION, MERU COUNTY - KENYA

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ABSTRACT

This study on marital instability sought to find out the root causes of marital instability. The research design was descriptive survey because the study required the respondent to describe issues causing marital instability in their homes. The target population of this study was married couples, senior pastors and administrative officers from the 8 locations in Abothuguchi division. The study adopted the conflict theory which looks at the conflicts that arise in a marriage. Data collection instruments were mainly questionnaires that were self administered. Reliability in this study was achieved through piloting. Quantitative data was analyzed using descriptive statistics including; frequency counts, means and percentages. Results of these data analysis were presented mainly using frequency tables and bar graphs. Qualitative data was analyzed qualitatively using content analysis of meanings and implications emanating from respondents' information. The results were then reported by descriptive analysis. Reliability was achieved through piloting. Validity was ensured by use of three sets of questionnaires. Data was analyzed using descriptive statistics. Presentation was done in form of tables. From the study findings, majority of the surveyed families had firsthand experience of marital instability in their marriages. This study established that couples were not adequately prepared for marital responsibilities and the risks that come with marriage which would ultimately contribute to marital instability. The study also established that origin of spouse was a contributing factor to marital instability. A study can be conducted to assess the counselling needs of married couples and determine the factors that influence the utilization of counselling services among the couples. The study recommends that: individuals intending to get married should invest adequately in preparing for marriages through seeking of marriage counselling services from experts before getting into any marriage.