

Relationship between Family Life Cycle and Marital Satisfaction among Individuals
Married in the Catholic Church in Guadalupe Parish, Archdiocese of Nairobi, Kenya

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DECLARATION

I, the undersigned, declare that this thesis is a product of my own work and is not the result of anything done in collaboration. It has not been previously presented to any other institution for the award of a degree. All sources have been appropriately cited and dully acknowledged in full.

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DEDICATION

I dedicate this researched work to my beloved late parents, Paul Kyaw Tun and Magdalene Daw Phyu, who taught me the importance of commitment, and assuming responsibility, as I grew up, to the Congregation of Sisters of Our Lady of the Missions of which I am a member, and to all the couples who participated in this research work.

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ABSTRACT

The Family Life Cycle comprises those emotional and intellectual stages through which members of a family pass, from childhood to the years of retirement. Marital satisfaction is the enjoyment and contentment that couples feel from the love and support they give each other, despite the disappointments and difficulties of life. The study assessed the Relationship between the Family Life Cycle and Marital Satisfaction among Individuals Married in the Catholic Church in Guadalupe Parish, Archdiocese of Nairobi, Kenya. The study was guided by Bowen's Family Systems Theory, as its theoretical framework. It used Quantitative Research Methods, while Multi-stage Sample Techniques were employed to select 351 participants from Guadalupe Parish. Rollins and Feldman Scales of Marital Satisfaction were applied for the stages of the Family Life Cycle, and Locke-Wallace Marital Adjustment Test, to collect data. The collected data was analyzed, using the statistical package for Social Sciences (SPSS). Inferential statistics were employed to analyze and present mean scores, frequencies and percentages. The findings showed that 36.5% of couples were at stage V and couples in the early stages I, II, III and IV of FLC were very satisfied with their lives. Descriptive statistics, by mean and standard deviation, showed that, on average, the couples had a low level of marital satisfaction ($M=99.23$, $SD=32.923$). Findings on the relationship between socio demographic factors and couples' marital satisfaction established a significant relationship between gender, $M = 20.69$, 95% CI [14.117, 27.253], $t(337.963) = 11.323$, $p < 0.05$, years of marriage, $F(6, 114.664) = 2.734$, $p < 0.05$ and employment status, $F(4, 346) = 3.121$, $p < 0.05$, and couples' marital satisfaction. Independent Sample test show that husbands were more likely to experience higher levels of marital satisfaction, ($M=109.61$, $SD=28.22$) as compared to their wives, ($M=88.92$, $SD=34.08$). Findings on the relationship between family life cycle and marital satisfaction showed a significant negative correlation between the two, $r(351) = -.340$, $p < 0.05$. An inverted V shaped represented couples' marital satisfaction. The findings of the study indicated that the challenges of the stages of family life cycle affect couples' marital satisfaction. The study recommends that couples create time for each other, no matter what circumstances they are dealing with and work together on all issues that concern their family. Finding time for each other and working in unity amid all the challenges, will help couples get through the difficulties and avoid unnecessary misunderstanding thus improve their marital satisfaction. The findings of the study contribute to the literature on Family Life Cycle and Marital Satisfaction and pave the way for future research.

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ABBREVIATION AND ACRONYMS

CT	Central Tendency
DTs	Developmental Tasks
FLC	Family Life Cycle
MS	Marital Satisfaction
MV	Modifying Variables
VA	Variable A
VB	Variable B
NACOSTI	National Commission for Science, Technology and Innovation
SD	Standard Deviation
SPSS	Statistical Package for Social Sciences

OPERATIONAL DEFINITION OF TERMS

Couples (Spouses)	Men and women married in church. The study uses the terms interchangeably. The participants of the study were married individuals in Guadalupe Parish.
Family Life Cycle	Family moving from one stage to another, from babyhood to Childhood, to adolescence, to maturity, encompassing marriage, Parenting and retirement.
Marital Satisfaction	The happiness and contentment couples feel, in each other's love and support, in spite of the challenges they face.
Positive attitude	A couple's ability to appreciate the goodness in each other, and to be tolerant with mistakes.
Problem solving	Couples' ability to face and solve conflictual situations within marriage.

CHAPTER ONE

INTRODUCTION

1.1 Introduction

Chapter one offers general information on the study. It presents the statement of the problem, the objectives, hypothesis, and purpose of the study, its justification, its significance and its scope and delimits.

1.2 Background to the Study

The concept of the present study was derived from the following studies done by Blood and Wolfe (1960), Rollin and Feldman (1970) and a re-evaluation of the discrepancies of the findings between the above researchers, by Rollin and Cannon (1974). The summary of their study was presented as part of the opening stage of the background to the study. In 1970, Rollins and Feldman (1970) carried out research to trace the general and specific aspects of marital satisfaction among middle class married couples in Syracuse, New York, with the topic, Marital Satisfaction (MS) over Family Life Cycle (FLC). The results show that MS resembles a U-shaped curve, indicating a decline after early years, but rising again in later years. This contradicted the findings of previous research of Blood and Wolfe (1960) that suggested it resembled an L-shape, signalling a continual decline without any return. Both studies used Duvall's (1977) FLC phases. The discrepancies in the findings suggest that they could have arisen because of (1) population differences in both studies and (2) measurement errors that existed in one or both studies, in assessing marital satisfaction (Rollin & Cannon, 1977). For this reason, four years later, Rollins and Cannon (1974) carried out further research to re-evaluate the inconsistencies of those previous findings of Rollin and Feldman, comparing them again with those of Blood and Wolfe. They used

the Scale of Locke-Wallace to measure MS. The findings of Rollins and Cannon (1974) concluded that the discrepancies in the early studies were the result of an error in the measurement technique of Blood and Wolfe (1974), “The consistent but weak relationship between FLC and MS might only be an indirect indication of the relationship between role strain and marital satisfaction” (p. 281). The same topic was researched by Sheng-Te Chang (1993), among Taiwanese couples in 1993. His findings showed that, to some extent, “role expectation, life style congruence, compassionate behavior and stability” (p. 74) are important factors for a couple’s happiness in their marriage.

To the present study, it would seem, from both studies, that marital satisfaction is the most important aspect of a couple’s marriage. Less attention was given to the role of the family life cycle that tests the ability of couples to negotiate the challenges of transition from stage to stage, to attain satisfaction in their relationship. The researcher believes that if couples focus on the developmental tasks that have to be accomplished for a successful transition, there will be satisfaction with their achievements. Burr (1970) suggests that marital satisfaction should not be treated as a “global variable” in family study, but as a means of distinguishing the different characteristics of marriage (in Rollin & Cannon, 1974, p. 280). With knowledge gained from the above findings, the present study wishes to research the relationship between FLC and MS among couples in a Kenyan context. The study will discuss the two variables, Family Life Cycle (VA) and Marital Satisfaction (VB) from a developmental point of view, with how married individuals in Guadalupe Parish commit themselves to accomplish these tasks as Christians.

McGoldrick and colleagues (2011) consider that our families of origin are the foundation for our lives. They provide the stock to which we belong. They teach us our first lessons about the world and about relationships. We grow and die in the context of families. The same authors point

out how our growth and development is shaped and influenced by them, as it passes and unfolds through the life cycle, rooted in the larger socio-cultural environment.

Carter and McGoldrick (2005) state that the family system is changing continually. Such changes cause us pain, emotionally and intellectually, as we journey through FLC. Therefore, we can say that FLC is a sequence of “emotional and intellectual stages families go through from childhood through retirement” (p. 2). The challenges we face enable us to develop and gain new skills, and to deal successfully with the inevitable changes that occur in the family (McGoldrick et al. 2011). These changes are experienced differently, by each of the individuals in the family; and the experience of family varies from one family to another (Schenck, 2002). Different stages of FLC call for individuals’ competence and skills to master the various developmental tasks (Goldenberg & Goldenberg, 2004).

Based on US census data, Duvall (1977) described eight steps in the Family Life Cycle: (1) married couples without children, (2) childbearing family (infant), (3) families with preschool children (4) families with school children (5) families with teenagers (6) families launching young adults (7) middle-aged parents and (8) aging family members (Ballard, 2012). The present study adopts the Duvall Construct of FLC to assess satisfaction among Catholic couples in Guadalupe Parish. Riggs and Tweedell (2012) define marriage as the emotional, legal, and religious commitment in which a man and a woman share emotional and physical intimacy, roles, status, expectations, and resources. However, Mbiti (1991) writes that in traditional Africa, marriage is viewed as being about much more than two people. Its main purpose is to bear children, to build a family, to extend life and to pass on the “living torch of human existence”. Through marriage, many relationships are established between families and relatives, thus extending the social network (Mbiti, 1991. p.110). This author stresses the attributes of marriage as love, integrity, hard

work, goodness, companionship, caring for one another, parents doing their duty for children and children being dutiful to parents. These qualities are reflections of a happy marriage and good family life; and whether in America, Europe or Africa, a united contented family, with a close bond between couples, are indications of a fulfilled marriage (Shahabadi & Montaeri, 2019). The survival of the family and the formation of the next generation largely depends on a couple's happiness within their marriage (Fatehzadeh & Ahmadi, 2005). Marriage connects two human beings, a man and a woman, through experiences which involve "learning to be both separate and together, learning to allocate power, learning to play and to work together, and, for the majority, perhaps the greatest challenge of all, learning to rear another generation" (Napier, 2000, p. 145).

Nichols (2005) states that the first year of marriage is a challenging one for a couple's relationship. Though couples may come from a similar cultural background, each one of them is different, unique, and their upbringing in families of origin is different. They have different expectations of the relationship; and their values and belief systems need to be sorted out and adjusted. Sometimes, couples may not have a strong support system from their families of origin, or from a wider social system. When such challenges have to be faced, there is stress and strain and couples can either quit the relationship or they may seek help (Harway, 2005). The transition from single life to that of being a couple, in the married state is, therefore, "one of the most significant psychosocial adjustments in adulthood" (Cornelius & Sullivan, 2009, p. 1052).

To be successful in marriage, couples need to detach themselves from their families of origin and attach themselves to each other (Sabatelli & Bartle-Haring, 2003). A couple's ability to solve problems and to communicate well with each other is vital for MS (Sharlin, Kaslow, & Hammerschmidt, 2000). Additionally, commitment, companionship, sharing dreams, handling

conflict immediately, nurturing the love connection and repairing damage to the relationship are also important factors to MS (Gottman & DeClaire, 2001).

Unfortunately, Marriage, as an institution, is under threat in our world today. While 93% of Americans dream of a lasting, life-long, happy union with one person, only a few achieve the dream (Markey, 2005). The majority of couples who attend marriage preparation courses, in parishes in the United States, are already living together. Research findings show that such couples are more likely to divorce than those who have been living singly (Mock, Manning & Porter, 2005). According to Clark, Kholer and Poulin (2009), Malawi was witnessing a high rate of divorce. Similarly Adegeke (2010) wrote that Nigeria likewise, was facing a high rate of divorce, due to urbanization and industrialization. Furthermore, Omondi and Kamonjo (2015) state that the institution of marriage in Kenya is also experiencing such changes, influenced by western culture. Examples of domestic violence, higher divorce rates and cases of single parenthood are increasing. According to research findings of well-adjusted couples, one's level of education, socioeconomic status, similar interests and sexual affinity are contributing factors to their marital satisfaction (Newman & Newman, 2003). Most importantly, respect, acceptance and a positive attitude towards each other are the unique characteristics of the belief system and interaction pattern of well-adjusted couples. When there are conflicts, they focus on specific issues, repair the broken relationship quickly and are able to address the needs for intimacy and power (Gottman & Notarius, 2002; Gurman & Jacobson, 2002).

Then there is the transition to parenthood. Enscribe-Aguir and colleagues (2008) state that parenthood begins with pregnancy, since parents develop emotional ties with their child in the womb. Thus, it is necessary for them to make adjustments, emotionally and interpersonally (Parren et. al, 2005). Studies have found that couples do not always make the adjustments required.

Researchers, as well as individual couples, report that there is a decrease in MS after child birth (Belsky & Pensky 1988; O'Brien & Peyton 2002; Burchinal, Cox, Kanoy & Ulku Steiner, 2003; Cambell, Foster & Twenge, 2003; Cowan, Cowan & Schulz, 2006). It is a fact that becoming a parent brings challenges to the wellbeing of a couple (Johns & Belsky, 2007).

However, couples who are equipped with skills, knowledge and financial strength are in a better position to handle challenges that come with the transitions, than couples who lack financial resources, who may have emotional problems, are very young and inexperienced, or who have children with special needs (Cowan, & Cowan, 1995; Kanoy et al. 2003; Florsheim et. al, 2003). In support of the above view, Mirowsky and Ross (2002) argue that the demands of raising children can be emotionally overwhelming, if financial resources and a social support system are not easily accessible. While the arrival of children affects couples' satisfaction, the impact on women is different from that on men (Johns and Belsky, 2002). For example, for a woman, becoming a parent can be a natural process, from pregnancy onward, but whether or not this process takes place smoothly, depends on factors such as support from one's spouse, one's family and others (John & Belsky, 2002).

A family faces new challenges when the children enter adolescence. Parents have to readjust to this, reciprocally, particularly to the autonomy and independence of adolescent children (Goldenberg & Goldenberg, 2004). And when the children are launched, couples have to readjust to the next transition, the empty nest phase (Putz, 2005). Therefore, the theorists believe that MS expands over time in the form of the U-shaped curve. Hosseini and colleagues (2019) explain that when a husband and wife come together for the first time, love is at its peak. However, when the first child is born, attention is divided; there are new responsibilities which may affect the way the couple relate. As the family advances to other stages, tensions and difficulties may arise that affect

the bond between the couple, hence, affecting marital satisfaction. After children have left home, the couple's satisfaction goes up again because they have more time for each other.

Scholars agree that divorce, separation and marriage break-ups are increasing at a worrying rate (Makeni, 2010; Mungai, 2017). Every day, the Kenyan media features stories of these break-ups. This is not a new development. Recently, Infotrack Research and Consulting Ltd, Nairobi, carried out a nationwide survey on four editions of the Kenyan Demographic and Health Survey on the status of marriage in Kenya. Muchiri (2010) reported that 30% said they would not choose the same partner, if beginning again; about 29% revealed that their marriages were at risk, and 31% were unsure whether they were happy or not. Additionally, more than half of those who participated in the survey reported that they were facing serious problems in their marriage. Makeni (2010) suggests that if the legal costs were not so high, there would be higher rates of divorce. The above data confirm the rising cases of divorce and separation in Kenya. Studies on marital satisfaction have, in general, focused on factors contributing to conflicts in marriage (ACORD, 2010), such as separation, gender violence (Khasakhala-Mwenesi, 2003), sickness and divorce (Adegoke, 2010). However, very few studies focus on MS, from the perspective of the developmental tasks of the FLC stages. Studies carried out give greater attention to the risk factors of MS (ACORD, 2010). It is only a rare study where there is any emphasis on the developmental tasks that couples must accomplish as they move from one stage to the next (Crapo, 2019). Guadalupe Parish is facing a similar situation. Couples in Guadalupe Parish who have received the Sacrament of Marriage, often face difficulties that sometimes lead to separation and divorce. While those who wish to marry in Church have opportunities to prepare for the wedding, they receive very little formation afterwards by way of ongoing training, guidance and counselling that might equip them with the knowledge and skills they need to strengthen their commitment and

help them work through the problems of the Family Life Cycle. This study wishes to assist them with new insights from the findings so that they can support couples with difficulties, and, hopefully, prevent breakup of marriages.

1.3 Problem Statement

There is a growing concern among married couples in Guadalupe Parish, about the increase in marriage breakups. Some couples ask why this is happening and what can be done to prevent it. There is no easy answer. The possibility could be that couples were not fully aware of, or prepared to face the challenges that come with the transition from one stage of the family life cycle to another, challenges that can affect their marital satisfaction. Family is not static; it is a system that keeps changing all the time. The eight stages of the family life cycle, adopted by the study, may help couples understand the challenges they are going to face throughout their lives. The break-up of marriage in Guadalupe Parish could be that couples “under stress were not flexible enough” to allow new ways of interacting to emerge, to satisfy the “developmental needs of its members” (Goldenberg, 2004, p. 26). Therefore there is a need to assess the relationship between the family cycle and marital satisfaction in Guadalupe Parish. It is hoped this study will fill the knowledge gap.

1.4 Purpose of the Study

The purpose of the study was to assess the relationship between the Family Life Cycle and Marital Satisfaction among individuals married in the Catholic Church, in Guadalupe Parish, Archdiocese of Nairobi.

1.5 Objectives of the Study

In this study, there was a general objective and four specific objectives.

1.5.1 General Objective

The general objective of the study was to investigate the relationship between the Family Life Cycle and Marital Satisfaction among individuals married in the Catholic Church, Guadalupe Parish, Archdiocese of Nairobi.

1.5.2 Specific Objectives

1. To establish what stage of the family life cycle couples of Guadalupe Parish were at.
2. To determine couples' level of marital satisfaction in Guadalupe Parish.
3. To establish the relationship between socio demographic factors and couples' marital satisfaction in Guadalupe Parish.
4. To assess the relationship between Family Life Cycle and marital satisfaction among couples in Guadalupe Parish.

1.6 Hypothesis

In this study, four hypotheses were tested to show if there was a relationship between the family life cycle and marital satisfaction among couples in Guadalupe parish.

H₁. There is a significant relationship between Family Life Cycle and marital satisfaction among couples in Guadalupe Parish.

H₀. There is no significant relationship between Family Life Cycle and marital satisfaction among couples in Guadalupe Parish.

H₂ There is a significant relationship between demographic factors and a couple's marital satisfaction in Guadalupe Parish.

H₀. There is no significant relationship between demographic factors and a couple's marital satisfaction in Guadalupe Parish.

1.7 Justification of the Study

There is a Marriage Preparation Program in Guadalupe Parish. It is offered to couples who ask to have their marriage solemnized in the church. The duration of the program is three months. The following topics are covered: 1) Journey together in Life, 2) Holy Matrimony as a true Covenant, 3) Holy Matrimony as the Domestic Church, 4) Holy Matrimony as a Vocation, 5) Difference between Church Marriage and Civil/Traditional Marriage, 6) Communication in Marriage, 7) Sex in Marriage, 8) Conflict in Marriage and how to Overcome it, 9) Who is my Partner in Marriage and 10) How to be Strong after the Blessing of a Church Wedding.

The program is organised and conducted by the catechist. The Family Life Cycle is not taught in the present program. The hope is that this study would give new insights into the program. The parish, for instance, would be able to look at how the marital satisfaction of couples is affected by the challenges and tasks of the family life cycle and such knowledge could be included in the program. Thus, couples would be better prepared and equipped with skills and knowledge about family life. Hopefully that will increase marital satisfaction.

1.7.1 Significance of the Study

The outcome of the study is important for the Pastoral Ministry of Guadalupe Parish. There is limited literature on family life cycle in the African context. The study hopes to provide new insights that will contribute to the development of skills and knowledge in Marriage and Family Counselling/ Therapy, as well as in a Preparation Program for Marriage in the Parish and beyond. The study also hopes to provide catechists, pastors and counsellors in the Parish with inspiration

and new ideas that will enable them to develop a program for the formation of young people, especially in preparation for family life.

This study is significant for couples/parents as it will help them to understand the developmental task that needs to be worked on, at every phase of the family life cycle. The study is also significant for couples who are experiencing problems, at the particular stage through which they may be passing. It is hoped that understanding the life cycle will help them to deal with those problems more skilfully. This study is very important for young adults preparing for marriage. It is hoped that understanding family systems, and the stages that need to be negotiated, will enable them to build better and happier marriages and family life. The study is important and significant for academic purposes also, because literature in this area, from the African context, is very limited. Most studies are developed in America and in Europe, with little research in the area of the study. The research findings will add considerably to that which is already in place.

1.8 Scope and Delimitation

According to Wiersma (2000) the scope of a study incorporates the restrictions under which the study will be operating; and delimitations are the boundaries that emerge, from limitations in the range of the study.

1.8.1 Scope

The scope of the study included married individuals from Adams and Kibera, two pastoral regions of Guadalupe Parish, Nairobi. These couples were at different stages of the family life cycle and were the specific area of concern, in gauging how couples strive for satisfaction in their marriage, despite the ups and downs of the life cycle. The study was aware that there may be other factors that lead to marital dissatisfaction. However, understanding the family life cycle was chosen as a fundamental contributing factor towards marital satisfaction.

1.8.2 Delimitation

Although Guadalupe Parish covered two pastoral regions with an approximate population of four thousand families, the geographical set up of the study was manageable. The study recruited married individuals who were from all the stages of the Family Life Cycle. The whole population was not covered. Neither were divorced, cohabiting individuals and widows and widowers included in this study, because they are not experiencing the stages of FLC, which is the subject of the present study. The study worked with field assistants who knew the local language and had ability to assist in distributing the questionnaires, to provide quality data for the study.

1.9 Assumptions

It was impossible to have a research project without assumptions (Leedy, & Ormrod 2010). The study assumed that:

1. The couples had some understanding of the family life cycle and were well prepared for the developmental task
2. They had good support from family, church and society
3. They were open, and willing to participate and contribute data towards the study.

1.10 Summary

A family is formed by the union of a man and a woman in marriage. Each spouse brings to the union values and traditions, strengths and weaknesses of their own family of origin. This is where they learned to relate to others and to the world at large, in their own particular style. As they come together to create a new family, the couple share their expectations, fears and dreams with each other. Each learns to adjust their priorities with those of their spouse and the extended family members. At the same time, couples need to detach themselves from the family of origin. Because of their different backgrounds there may be issues in developing their own relationship.

The ability to solve conflicts, as soon as they arise, is one of the most important skills couples need to acquire to build a successful marriage. It is suggested that couples experience the greatest happiness and satisfaction in the early part of their marriage. Once a child is born, they can feel overwhelmed with the additional responsibilities which may affect their marital relationship. As they move from one stage to the next, the responsibilities increase and are more demanding. Couples need to take care of their marital relationship as they meet the needs of children and other social obligations. The exhaustion caused by child care, and house chores, can have adverse effects on a couple's relationship. They are deprived of quality time together which can lead to a weakening of love; and their sexual needs may go unfilled. This may lead to marital dissatisfaction or even divorce.

Chapter Two will discuss, in some depth, literature related to the objectives, the theory that guides the present study and the conceptual framework.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

Chapter two deals with conceptualization of constructs, empirical literature reviews related to the objectives, research gaps, the theoretical framework and the conceptual framework. The study understands that as couples go through the family life cycle, it is helpful that they are aware of and discuss Erickson's stages of individual development, specifically stages 6, 7 and 8. However, that is not the purpose of this research, which only focuses on development of the family life cycle.

2.2 Theoretical Literature Review

Relationships can be complicated, especially in marriage. This can affect the wellbeing, and good health of a spouse (Robles, Slatcher, Trombello, & McGinn, 2014). Their intimate relationship enables them to know each other better. The closer they are to each other, the better able they are to support each other. This support that couples get in the married relationship cannot be replaced easily by social support (Holt-Lunstad, Birmingham, & Jones, 2008). However, when this married relationship is not working well, it can bring hurt and split couples apart. The following psychological theories of marriage may explain how relationships in marriage function.

Social Exchange Theory suggests that in potential interactions, there are always costs and benefits. People analyze each situation to determine the risks and benefits. Within a marital relationship, this is "the cyclical pattern of transactions, of valued resources, tangible between partners and the rewards and costs associated with such transaction" (Nakonyzny & Denton, 2008). On the other hand, Hahn (2004) defines Christian marriage that it is not only a contract but is a

covenant between two people – a man and a woman and – God. For the Christian, it is in marriage that we are most fully made in the image of the Triune God; marriage is a spiritual act in which a couple renew their marital covenant. Therefore, Christian marriage is understood as having the capacity to witness to God's creative love.

2.3. Empirical Literature Review

Holland (1987) states that through the life-span of a family, many changes are experienced by its members – times of joy, like the birth of a child, times of sadness like illness, or the death of a family member. He stresses that acknowledging and accepting such changes is part of their growth process. Such knowledge enables families to recognize and prepare for further changes. The Family Life Cycle is the model that offers a framework to support families to prepare for future challenges. Additionally, the FLC model summarizes the stages that every family is likely to go through, from dependent to independent childhood years, to senior or retirement years (Holland, 1987). These stages of change will be discussed in more detail in objective one, "Couples and Stages of Family Life Cycle." This sheds light on the purpose of the present study which emphasizes accomplishing the tasks of FLC with commitment.

2.3.1 Couples and Stages of Family Life Cycle

The first stage of the FLC is the stage where the couple are without children. This is where a couple come together and make a commitment to a lasting relationship. This early stage is crucial for couples. For example, Markey (2005) points out that young couples beginning their married lives face many difficulties. These problems can all happen at the same time, can come from different directions, and make the developmental tasks for a couple a huge challenge. The developmental tasks for this early stage, according to Goldenberg and Goldenberg (2004) is

moving from dependence to interdependence, creating their identity as a couple, and strengthening their commitment to each other.

The second stage of FLC is that of childbearing. During this stage, couples feel rewarded and fulfilled by having children. However, to be a parent for the first time can be challenging and overwhelming as the new parents learn to take care of a new born baby (Mercer & Ferketish, 1995; Rogan et al. 1997; Hanna et al., 2002). It is possible that new parents can also experience marital conflict after a child is born (Kanaout, 2001). The third stage of family life cycle is when the family have preschool children. The age between 2-4 years is toddlerhood, when the child is very active, begins to acquire language skills and is very playful (Bowler & Bornstein, 2018). The fourth stage of FLC is family with primary school children. During this stage, the first-born child begins school and it can be an occasion of adjustment for both parents and the child. This new developmental stage for the child, brings new challenges to the parents (Kirby, & Hodges, 2018). It can be difficult for a child to adjust to the division of tasks that both school and the home require. Besides, how children learn can bring tremendous change that requires adjustment in the family, as they move into a more formal and structured learning setting (Kirby, & Hodges, 2018). During these stages (II, III, IV), couples need to readjust their roles in order to accommodate new developmental needs of children (Sanders, 2010). For example, young parents, who are both employed full time, need to readjust their programmes and create a balance between the needs of work and their domestic activities. They need to find how to sustain and nourish their relationship differently, even though they have less time to be together after the birth of their child (Kaslow, Smith, & Croft, 2000). Therefore, Hines (1999) suggests that during this time young couples need to connect with their extended families to ensure good and lasting emotional, social and perhaps even financial support.

The fifth stage of family life cycle occurs when children reach adolescence and the midlife phase for couples. During this stage, couples face very new challenges such as the needs to raise their children and to take care of their elderly parents while they are expected to assume social responsibilities (Shin, 2013). The couples need to re-examine their roles and responsibility in order to accommodate the growing autonomy and independence of adolescent children (Croft, 2000). Moreover, Shin (2013) suggest that it is essential for couples to revive their relationship; to give the same level of attention and love to each other as they do to their children and parents; they need to trust each other, and put more effort into creating a new loving marital relationship.

The sixth stage of FLC is launching stage, where the parents accept that their young adult children wish to be independent and are able to leave parents and home. During this period, young adults establish financial independence from the parents. However, some adult children may still be dependent on their parents, particularly in times of great financial uncertainty as is now the case in many countries. (Putz, 2004). The developmental tasks of parents are crucial and involve significant parts of psychosocial performing. Thus, it becomes essential to understand how such changes can impact on the life of the young adult and the lives of her/his parents (Keys, 2015).

Studies show that during this stage, older parents may suffer from mental health issues, depression, loneliness, dissatisfaction with life and deterioration in cognition (Hagen, & DeVries, 2004; Kaur, & Gulati, 2016; Thapa, Visentin, Kornhaber, & Cleary, 2018). On the other hand, studies also show that some parents enjoy freedom, recoupling with their partners and having more time to pursue their own interests and to catch up with the extended family members, after children leave home (Bedfold, 1989; Fingerman, & Bermann, 2000)

The seventh stage of FLC is middle age parents. Parents at this stage need to establish an adult relationship with their children which is a part of the growth process (Markey, 2005). For

middle aged parents this is often a painful period. Couples can spend more time dealing with their growing children's problems, than with their own marriage. Each partner in the marriage may handle the changes differently. During this time, couples, as well as family members, may realize the need for seeking help, to refocus on how they can relate better, through counselling or seminars on the aging process and how this can affect marital relationships (Markey, 2005).

The eighth stage of the FLC is concerned with aging family members. During this stage, families can experience major changes, such as retirement, being widowed, becoming grandparents, and dealing with deterioration of health. Often, married sons and daughters need to provide full time care for aging parents (Litwin, 1996). On the other hand, retirement may be a fulfilling and happy time for some families. For example, Newman and Newman (2012) point out that being grandparents can be a very happy time. They can enjoy their grandchildren, without having to take responsibility for rearing them. However, those who are financially insecure, can experience stress during this stage. This is also the time to prepare for their own death, the death of a spouse, relations and peers.

One of the challenges facing the researcher is the relative lack of Kenyan authored articles and research in this study area. This has meant a certain reliance on resources from the United States of America and other Western countries. These resources have proved helpful, given the impact of Western, particularly US culture, on so many aspects of life in other parts of the world. However, they do not tell the whole story, and this is why the present study is so important to fill the knowledge gap.

2.4 Couples' Level of Marital Satisfaction

Marital satisfaction is essential for marital stability (Amato & Rogers, 1999; Previti & Amato, 2003; Trent & South, 2003). According to Stone and Shackelford (2007), marital

satisfaction can be defined as “a state of mind that reflects the perceived benefits and costs of marriage to a particular person” (p.1). If one experiences privations/losses at the hands of a partner, she/he will feel dissatisfied with marriage, and with the partner. On the other hand, if one feels that the benefits outweigh the losses/costs, she/he will be satisfied with the marriage and with the partner. Marital satisfaction is necessary to allow family and individuals to develop. Couples describe the quality of marital relationship according to their experience of family life (Pimentel, 2000). A healthy and stable marriage promotes psychological, physical and mental health in couples (Waite & Gallagher, 2000). Marital satisfaction is one of the goals that every married man and woman wishes to achieve in marriage (Hashmi et al., 2016). Marital satisfaction can be attained when couples’ needs are met, such as the need to be loved, to have positive companionship and to be able to perform their roles as husband and wife effectively (Forzani et al., 2016).

Further, Finchman and Beach, 2010 describe marital satisfaction as an attitude of an individual towards the relationship with his/her spouse. For married couples, marital success and satisfaction is more important than marriage itself (Khalatbari et al., 2013). Marital satisfaction, then, is a sense of fulfillment, joy and contentment that couples experience after they have considered all aspects of their marriage (Ellis, 1999). Additionally, MS is a sign of the gratification a couple experiences with life and with the performance of family. It is a process. It requires humility and flexibility to adapt to a different personality, and good manners and relationship patterns need to be nurtured (Tavakol, 2017). This is because, for most couples, the marital relationship is a foundation of social support, and it protects couples from psychological and physical harm. Marital satisfaction affects one’s success in life and work, mental and physical health and relationships with others (Hatami, Habi, & Akbari, 2009).

Marital satisfaction can be measured by the standard of devotion a person has towards his or her partner. Factors such as communication and spousal support are important for marital satisfaction (Hess, 2008) while criticism, disrespect, defensiveness and resistance damage marital relationships and create conflicts (Gottman & Silver, 1994). However, it is also claimed that that married couples who can express their anger are stronger than those who suppress it. Another researchers Gottman and Carrere (2000) discovered that in the course of marital conflict, contented couples exhibit “a ratio of five of positive behavior, to every one of negative behavior” (p. 12). When a problem arises, it is important to acknowledge one’s failings and the mistakes that cause inconvenience to others. But when a complaint is made by a spouse and left unacknowledged and then repeated, the same mistake can magnify the conflicts between the couple (Gottman & Silver, 1994). The above statement is supported by Parren and colleagues (2005) indicating that decreased communication and lack of sensitivity are factors leading to a deterioration in marital satisfaction.

On the other hand, couples who communicate well and show sensitivity are supportive of each other. For this reason, Heffer and colleagues (2004) state that couples who are happy with their marriage will approach one another for support, and respond to each other’s needs positively. When one feels heard and affirmed by a partner, he/she feels empowered to continue supporting the other. Additionally, individuals who report higher rates of support from spouses will definitely be reporting higher levels of marital satisfaction. There will be less depression, and the level of stress experienced will be manageable. In other words, if spousal support increases, the level of marital satisfaction will also increase (Purdom et al., 2006). This is most important because when the external demands are many, even those couples who are equipped with qualities and abilities find it very challenging to manage (Karney & Bradbury, 2005).

Additionally, Finchman (2006) proposed that constructive communication, intimacy, managing conflict, ability to solve problems and positive interaction can help couples attain satisfaction in their marriage. Gladys (2017) points out that though Kenyan couples strive to attain satisfaction in marriage, the pressure of constant changes that comes with life events, as well as global events, hinder their efforts. The study wishes to assess the level of couples' marital satisfaction by the stages of the family life cycle. Marital satisfaction has been studied in Kenya by different researchers, with different variables. For example, Gladys and colleagues (2017) studied the relationship between demographic characteristics and marital satisfaction for career-couples in Kericho. Earlier, Kariuki (2008) carried out research in Muranga, on the relationship between age at time of marriage, and marital satisfaction. However, the topic of the present study has rarely been studied, from the point of view of the family life cycle in Kenya, especially in Guadalupe Parish. Therefore there is a gap in the body of knowledge, which the study wishes to fill.

2.5 Relationship between Socio Demographic Factors and Marital Satisfaction

The concept of MS is multidimensional, affected by many factors such as, gender, age, years of marriage, ethnicity, education, socioeconomic factors, religious belief systems and others (Tavakol et al., 2017). This study examines the gender, age, years of marriage, education and economic status as contributing factors to marital satisfaction for couples.

In terms of gender, previous studies have suggested that men experience more satisfaction with their marriage than women (Bernard, 1982). Recent research findings also indicate that in all cultures, Western or non-Western, men and women experience marital satisfaction differently, for example, in Western (Fowers, 1991; Whiteman et al., 2007), United Arab Emirates (Al-Darmaki et al., 2016), Iran (Rostami et al., 2014) and Malaysia (Ng et al., 2013). According to these authors,

differences in satisfaction can be associated with the practices of a particular culture, sex role and “patriarchy or egalitarianism” (Kaufman, 2000; Taniguchi & Kaufman, 2013, P. 4).

Several research findings indicate that the age of couples has an impact on marital satisfaction. For example, the following researchers suggest that the level of marital satisfaction decreases as age increases (Shakerian, 2010; Jose & Alfons, 2007; Shakerian, 2010; Teimourpour, Moshtaghi, & Pourshanbaz, 2012). This may explain why more middle-aged couples, rather than younger couples, complain about problems in marriage (Joe & Alfons, 2007). On the other hand, elderly couples have fewer difficulties than couples who are in middle-age (Gorchoff, John, & Helson, 2008). The latter have more responsibilities for children, such as financial issues, related to bringing up children. These can be reasons for a decline in MS in middle-aged couples. For older couples, marital satisfaction is higher because they have less responsibility; the children have grown up, are leaving, or have left home (Tabatabaei et al., 2012).

Age Gap: Some studies find that the age differences of spouses can have an impact on understanding sexual activity, thus affecting marital satisfaction (Rahmani, Alahgholi & Merghati Khuee, 2009). However, there is no clear agreement among scholars as to what is a right age gap. Some suggest that five years is good while others advocate less than three years (Nasehi et al., 2004). Others believe that if the age gap is below ten years, it has the possibility of having a higher level of marital satisfaction than where the gap is above ten years (Rahmani et al., 2011).

The reason for the decrease in MS among couples where there is a big age difference could be that sexual desires have changed and the couple have different expectations from each other, thus creating tension and disappointment (Shirmohamadi, 2004). However, some researchers do not support the view that age gap affects MS (Guo & Huang, 2005). In relation to the question of age difference, there cannot be a generalization, as different cultures and communities have

different expectations (Tavako et al., 2016). The present study wishes to fill this gap by assessing the relationship between marital satisfaction and the age of couples in Guadalupe Parish.

Many married people have very positive experiences of MS at the initial stage of their union, (Halford, 2005), however that satisfaction gradually declines. Some studies show that there is a correlation between the number of years in marriage and MS (Teimourpour, Moshtagh, & Pourshanbaz, 2012; Ziaei et al., 2014). However, Duncan (2008) and other researchers state that as the years of marriage increase, the ability of couples to adjust also increases (Duncan, 2008; Zainah et al., 2012). Additionally, couples who stay together more than ten years have passed the adjustment period. Therefore there is less stress and less psychological problems (Orathinkal, Vansteenwegen, 2006; Bradbury, Beach & Fincham, 2000).

Additionally, Jose (2007) discovered that there is a positive correlation between length of marriage and sexual adjustment leading to satisfaction. Zainah's (2012) research points out that the duration of marriage, and income, have impacts on MS. The findings of Ofovwe (2013) indicate that among 215 teacher respondents, there is a relationship between duration of marriage and MS, though the research results on this variable are mixed. Alder (2010) does not approve the findings. Similarly, results from Azeez (2013) indicate that about half of the respondents (57.2%) in Iran, feel that their attitude towards marriage is no different than it was before they were married. The above findings indicate that there are varied results in studies, on the relationship between years of marriage and couples' marital satisfaction. The present study wishes to fill this gap by establishing whether or not there is a relationship between the two variables, and whether there is a relationship between years of marriage, or years in marriage, that affect couples satisfaction in Guadalupe Parish.

Some studies indicate that there is an association between a couple's level of education and MS and suggest that educational achievements are seen as indicators of MS (Shakerian, 2010; Wagheiy, & Ghasemipour, 2009; Pepping & Halllford, 2012). Research findings in Malaysia show that couples who have a higher level of education experience a higher degree of MS than couples who have less education (Madanianan, Syed Mansor, 2013). These research findings infer that educated people are better able to relate than those with less education. Couples who are educated are equipped with skills and knowledge that can enable them to solve problems in their marriages; they know the reality and have the ability to escape avoidable conflicts (Tabatabaei at el., 2012). The following researchers support the above, suggesting that a couple who is educated can better cope with difficulties, and have a more satisfying sexual relationship (Ji et al., 2004; Ziaei et al., 2014). They also argue that educated couples have a better opportunity to be economically stable, and subsequently have greater MS and sexual satisfaction.

Many believe then, that lack of education, knowledge and skills can lead to arguments among couples, due to inability to solve difficulties, and may even lead to divorce. It is true that couples today are educated, and with education comes improved communication skills that help reduce marital problems and increase MS (Jadiri, Jan bozorgy, & Tabatabai, 2009). However, in spite of the emphasis on education by some researchers, findings by others do not support the claim that educational levels have an impact on MS (Rahmani, Merghati, & Alah, 2009; Zare at el., 2014). The present study hopes to fill the gap, to find if couples from Guadalupe Parish measure their level of marital satisfaction in terms of their education.

Many studies show that the economic status of couples is associated with marital satisfaction (Pepping, Halford, 2012; Zainah at el., 2012). Low incomes and job insecurity can have negative impact on MS. When couples have to worry about financial issues all the time, their

marital relationship can be affected, thus decreasing marital satisfaction (Shopiro, Gottman, & Carrere, 2000). Couples with good incomes experience a higher level of MS than couples who are on lower incomes. However, other studies have not indicated a relationship between MS and the economic status of couples (Rahmani, Merghati, & Alah, 2009) and (Schramm, & Harris, 2011). This leaves a gap for the present study in trying to discover whether or not the economic status affects a couple's satisfaction in their marriage.

2.6 Relationship between Family Life Cycle and Marital Satisfaction

Relationships develop gradually. The nature of such developments may be key to understanding happy and lasting attachments (Crapo, 2020). A family stands as a centre for learning, for development, for promoting selflessness and for unity between husbands and wives. It offers the best opportunity for individuals to be successful in life, depending on the satisfaction of sexual and emotional needs (Zare & Montazeri, 2019). Marital satisfaction has been an essential variable in the scientific study of the relationships of happy couples. It is to be regarded as a foundation for understanding how relationships in marriage work (Funk & Rogger, 2007). Basically, it is a subjective assumption, influenced by personal and social factors (Fincham & Beach, 2010). This is because married individuals pay attention to the different facets of their relationship (Rauter & Vollng, 2013).

However, based on his research findings, Ellis (1992) differs from the above. He concludes that MS is an “objective feeling of happiness, satisfaction and pleasure” that couples experience after they have considered all aspects of their marriage. One of these aspects may be development, which is essential to assess a relationship. Furthermore, education, financial strain (Cherlin, 2021, Conger, Conger & Martin, 2010), depression (Epps, Heiman & Epps, 1995) childrearing and others (Twenge et al., 2003) are factors that affect the development of a couple. According to

Crapo (2019), the term developmental implies that relationship is not narrowed down just to the marriage relationship, but is a holistic and a much broader concept. It includes a time frame, the changes that have taken place and the amount of change in a couple's life.

Longitudinal research carried out in Australia gave rise to the opinion that transition to parenthood is not a crisis, but it is a stressful transition. The reason is that it is a normative change in development (Cowan & Cowan, 1988). Couples feel closer to each other during pregnancy, thus increasing affection and stability in their relationship. However, some authors suggest that the arrival of a child can lead to a deterioration in a couple's happiness (Brinley, 1991; Feeney et al., 2001). According to the scholars mentioned below, this decline in MS, during transition to parenthood, is not significant (Belsky, Spanier, & Rovine, 1983; Lawrence et al, 2008; van Scheppingen, et al, 2017). The above findings seem to be contradicted by the following authors who suggest that most couples feel dissatisfied with the way they relate with each other, after the arrival of children, when conflict between them increases (Doss et al, 2009).

Other findings indicate that quality time spent together, good communication and sexual activity also decline with marital dissatisfaction (Belsky Rovine, 1990; Hackel & Ruble, 1992; Cowan & Cowan, 2000). Household chores, unmet gender role expectations and the disappointment of new mothers, due to lack of involvement of the fathers in childcare, contribute to marital dissatisfaction (Cowan & Cowan, 2000). Therefore Gottman and Notarius (2002) assert that the problems most couples present to psychosexual therapy started from the time of the arrival of the first child. Alson and colleagues (1997) agree that when couples feel satisfaction with their marriage and family life, they also feel satisfied with life in general. This is supported by the research findings of Bakhtiari (2008), suggesting that the correlation coefficient between MS and happiness of family is 70%, and satisfaction with life around 67%. Additionally, the same author

states that 42% of women and 44% of men in United States admit that in the early years of marriage they had more discussions about their work and had more regular sharing of their thoughts and feelings. Such practices dropped after the first child was born.

The financial costs associated with the rearing of children can also place tremendous stress on family life, thus decreasing marital satisfaction for couples. Parents who are in paid work may have to reduce their hours, or one parent may have to give up work altogether, to care for the children, putting further burdens on parents. This affects fathers more than mothers because, traditionally, fathers are considered to be the breadwinners of families (Pollmann-Schult, 2014). Marital satisfaction is the result of hard work and collaboration, on the part of a couple in building a happy marriage. According to Greef, (2000), couples who experience a high level of MS, work together in most areas; they are happy with the way they relate with each other; they feel content with the time they spend together for recreation, and they manage financial matters very well. This is corroborated by other scholars who insist that MS depends on the way couples relate with each other, organize their parenting, understand and support each other and manage conflicts (Feinberg & Kan, 2008). Study on the Family Life Cycle began and developed in America. Consequently, family histories, structures and types of marriage, appearing in the literature, are all influenced by American and European cultures and lifestyles, and how they have evolved through time (Sheng-Te Chang, 1993). Very rarely has any study been done on marital satisfaction, from the point of view of family life cycle in Kenya, although (Shange, 2010), in a qualitative study, explored family life cycle from an African Perspective in South Africa. There is a gap, therefore, in this important area; and the present study hopes to fill this gap.

2.8 Theoretical Framework

The Bowen Family System theory is the theoretical framework guiding this study. The theory was developed by Murray Bowen in 1974 and was one of the first inclusive theories that explain how family systems function (Bowen, 1966, 1978, Bowen, & Kerr, 1988). A family is a group made up of individuals who share a particular physical and emotional space but also a natural social system that has its own rules, roles, style of communication and the ability to solve problems (Goldernberg, 2004; Gilman, 2011). Bowen's theory is made up of eight interlocking concepts- Emotional Fusion and Differentiation of Self, Triangles, Nuclear Family Emotional Systems, Couple Conflict, Symptoms in a Spouse, Symptoms in a Child, Family Projection Process, Emotional Cutoffs, Multi-generational Transmission Process, Sibling Positions and Societal Emotional Process (Brown, 1999). The same author explains that fusion, or lack of differentiation, is a setting aside of the individual's need, in an effort to achieve harmony within the system. Differentiation is explained by stressing that an individual has the capacity to perform the task independently, with self-driven choices, while remaining emotionally closed in the relationship within the system. Additionally, Bowen and Kerr (1988) state that, in "couple conflict", agreeing to disagree is necessary in an intimate relationship. However, when partners are in such a relationship, they feel responsible for the emotional state of the other, and they see disagreement as an insult. Moreover, there is a classical pattern that an emotionally intense relationships leads to a cycle of closeness, followed by conflict which creates distance, leading couples to be intensely closed with each other again. This is called "conflictual cocoon" (Bowen & Kerr, 1988, p.192). This concept is essential to understand why couples in Guadalupe Parish break up after the wedding in the church. How couples handle the intensity of their emotional state, and how they are able to form a close bond after conflict, decides how they move through the life cycle.

2.8.1 Current Development, Strength and Weakness of Theory

Carter, McGoldrick and colleagues expand Bowen's theory to include attention to Family Life Cycle (Carter, & McGoldrick, 1980, 1988) specifically, the 'vertical' flow of anxiety through the generations and an assessment of 'horizontal' stress, as families go through different stages of FLC (Brown, 1999). According to Carter and McGoldrick (2005), it is necessary to consider, not only the personal experiences of individual families, but also how a family interacts with cultural and historical events that affect them and how these influence them as they move through the stages of the life cycle. The views of the above authors shed light on the present study. The implication of this theory is that, not only the developmental tasks of the Family Life Cycle, but also the sociocultural and historical events couples face, must be considered when assessing their level of marital satisfaction.

The strength of the theory is that it is distinctive for its depth of evaluation, beyond the present situation. Its focus on emotional processes over the generations, and on individuals' differentiation within their systemic context, offers family therapists a multi-level view that has usually been reserved for psychodynamic therapies (Brown, 1999). However, there is a discrepancy between the client's and the therapist's goals (Young, 1991). The client wants a quick solution to the problem, while the therapist needs longer time to focus on healing the deep seated family problems. Luepnitz (1988) states that the theory overlooks emotion in the lives of both men and women. Since Bowen sees anxiety as a threat to mental stability, his approach to treatment is more intellectual. However, Bograd (1987) and Carter and colleagues (1988) assert that there is a need to focus on intimacy and attachment, while empowering clients to be independent.

2.8.2 The Family System Theory

The family system theory explains that a family is a living organism with rules, expectations, boundaries and behavior, to help the family maintain stability, order and balance (Carr, 2006, Goldenberg, 2004). When changes occur in one part of the family, other parts are required to adjust to the changes within the system (Carter & McGoldrick, 1999). They are also interconnected with other systems as subsystems. The changes that occur in one system, will affect the stability of the others, causing change in these also (Goldenberg, 2004; Gilman, 2011). The present study employs this concept to understand the developmental tasks that come with the changes that take place at every phase of the FLC. Hopefully, the study will gain new insights from examining the adjustment couples make, at each stage, to sustain happiness, order and balance in their marriage. Families form and instruct new members with roles, gender sensitivity and certain behaviour that is accepted by the family (Strong & DeVault, 2005; Marks, 2009). Individuals learn how to socialize in, and outside the family. Gillman (2011) argues that when they reach the age of maturity, members of a family are given autonomy and are no longer expected to be with parents in the same house. However, even though they leave their family of origin, children are still part of, and remain members of the family for life.

According to Laminna (1991) grown up children may be living far from each other, or even be separated by death, still, the influence of family on its members is enormous. At times, they may feel cut-off for a time, or indeed forever, but they cannot give up membership of their family (Scott, 2006). This is an important insight for the study, that the family of origin has a great influence on the parenting style of couples and how they strive to keep a balance between fulfilling the responsibilities of children and that of their needs as couples. Carter and McGoldrick (1999) write that a person is given a life-long identity by being a member of the family and therefore,

he/she is subject to its unique constraints. In other words, Scott (2006) states that once a person is part of a particular family, that person's identity with that family cannot be replaced whether he/she is married or not. The person may denounce his/her family bonds and values, nevertheless the family membership cannot be denounced.

Moreover, the history of family is maintained by telling and retelling stories, and passing them on to the next generation. In this way, the family continues to shape the expectations of members concerning their future (Nichols, 2001). Due to their different social experiences, members of each sex develop unique behavioural expectations, are given different opportunities and have different life experiences (Lye, 1993). Both male and female children learn how to behave and perform their gender roles in the family (Philpot, 2000). This gives the present study insight into understanding the differences in couples' experience of marital satisfaction through participation in the continuous changes of life cycles. Transition from one stage of FLC to another affects the stability of the family system, thus skills and knowledge are required to accomplish the developmental tasks successfully. For example, the birth of a child requires couples to redesign their lifestyle to accommodate the developmental needs of the child and to meet their own needs, as couples, which involve sacrificing their free time, spending more time in child-care and taking more responsibilities around the house. Occasionally, the social, emotional and financial support of the extended family members may be required as well. In this way, not only couples, but also the entire family is required to adjust to the new development within the system.

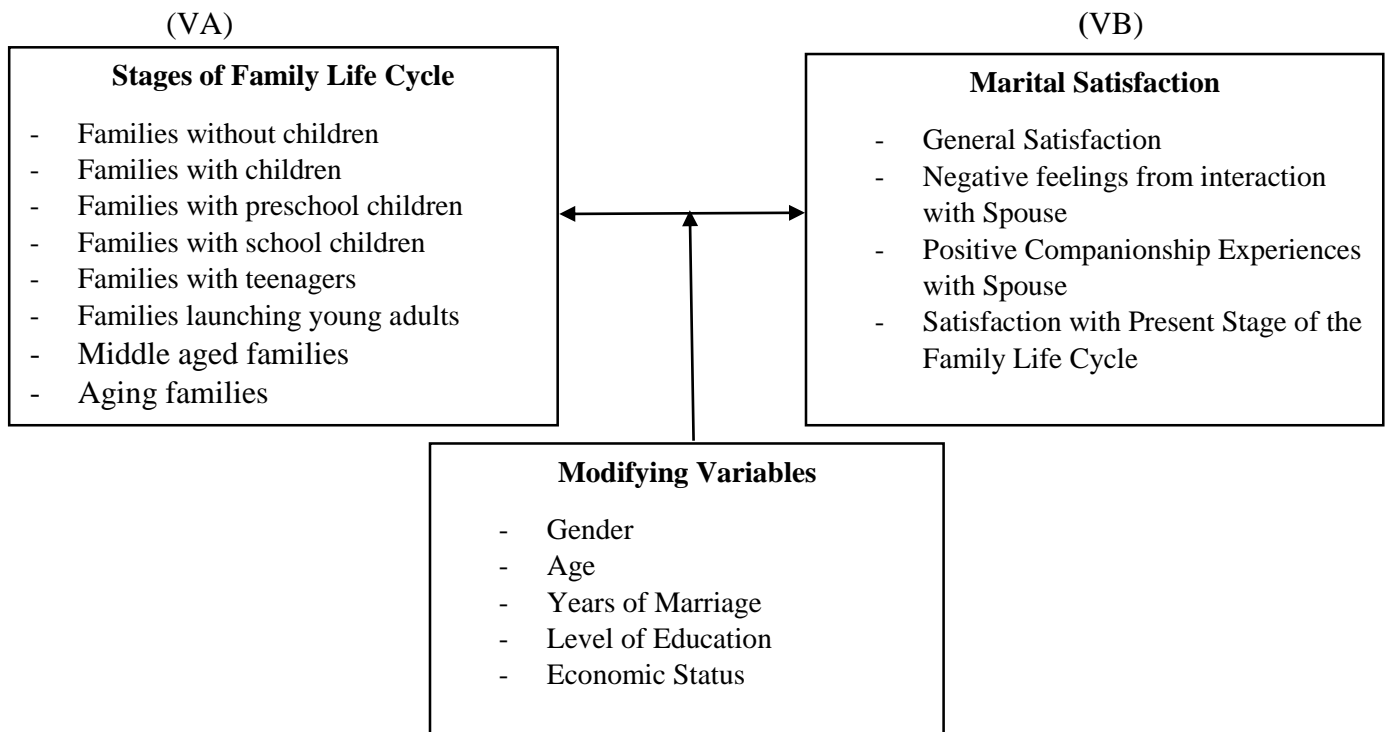
2.9 Conceptual Framework

The following conceptual framework shows the relationship between the family life cycle and marital satisfaction. The study's conceptual framework is based on family systems theory used

in this study which states that when changes occur in one part of the family, other parts are required to adjust to the changes within the systems.

Figure 1.

Relationship between Family Life Cycle and Marital Satisfaction



The family life cycle offers a comprehensive model to understand the challenges each member goes through from childhood to retirement. Each stage of the family life cycle has a developmental task to accomplish. How individuals negotiate successfully the socio-cultural features that affect their life as a family, is crucial in assessing a couple's level of marital satisfaction. This is the gap this study wishes to fill. In this conceptual framework, the Variable A has eight stages of the family life cycle which couples passed through. The transition from one stage to another affects the stability of the family system and marital satisfaction, thus requiring skills and knowledge. The variable B has four aspects of marital satisfaction: general satisfaction, negative feelings from interaction with spouse, positive companionship experiences with spouse

and satisfaction with stages of the family life cycle. These aspects of marital satisfaction can affect, negatively or positively, a couple's successful transition through the family life cycle. In the other hand, the challenges of the life cycle can also affect couples' level of marital satisfaction. The modifying variables affect both variable A and variable B because they are part of couples' daily life interactions. The conceptual framework shows the relationship between the family life cycle and marital satisfaction. This conceptual framework explains that marital satisfaction can be achieved through the successful accomplishment of tasks required at different stages of the family life cycle. However, if couples are satisfied and contented with each other's love and support, despite the economic hardships and the external stressful factors, they will be able to accept the challenges that come with stages of the life cycle.

2.10 Summary

As a system, families experience ups and downs throughout the life cycle. These experiences enable the members to be strong, and to acquire skills and knowledge as to how they can master the challenges that each stage of the Family Life Cycle brings. The model of the FLC offers a framework to couples, and to each member of the family, to work on the commitment required, to accomplish the tasks of the life cycle stages. If individuals focus too much on their happiness and neglect their responsibilities, they cause more damage to their marital relationship. Social and family support is crucial for individuals to negotiate the difficulties they face; and faith and prayer can help Christians, as they work to achieve happiness in their marriage. By accomplishing the developmental tasks of FLC, individuals experience satisfaction. Similarly, contentment and happiness, derived from the love and support of each other, help individuals to go through the stages of FLC and accomplish the tasks successfully. Chapter three discusses the methodology, the target population, the instruments, data analyses and collection procedures.

CHAPTER THREE

METHODOLOGY

3.1 Introduction

Chapter three discusses the Research Methodology: Research design, study location, target population, sample size and procedures, research instruments, data collection techniques, data management, data analysis, ethical considerations and envisaged impact of the study. In this chapter, the study uses the terms, participants and respondents interchangeably.

3.2 Research Design

The Design provides an appropriate framework for the study and involves multiple inter-related decisions (Aaker, Kumar & George, 2000). The philosophy of the study is based on “positivism,” assuming that social phenomena are to be studied by the natural sciences. The objective was to assess the relationship between the family life cycle and marital satisfaction among individuals married in the Catholic Church. Thus the applied forms of the research design was incorporated. The study employed Quantitative Research Methods of Data Collection and Analysis, in numerical measure, to assess the relationship between FLC and MS, among married individuals from Guadalupe Parish. The correlational survey design was employed to assess the relationship between family life cycle and marital satisfaction

3.3 Location of the Study

The location of the study was Our Lady of Guadalupe Parish, Adams Arcade, Nairobi. This is a Catholic Parish Church, under the jurisdiction of the Catholic Archdiocese of Nairobi. It is in Nairobi City County. In Kenya, there are twenty-six Catholic jurisdictions spread over four Metropolitan Provinces, four Archdioceses, twenty Dioceses, one Apostolic Vicariate and one

Military Ordinariate. The structure of the Catholic Church begins with the family which is the basis of the Church, then Small Christian Communities, Local Church or Outstations, a Zone, a Parish, Deanery, Diocese, Ecclesiastical Province and the National Coordinating Organ (the Kenya Episcopal Conference, 2021). In civil jurisdiction, Kenya has forty seven counties which are subdivided into sub-counties and wards. The Catholic jurisdictions do not follow the civil jurisdictions. For example, the Archdiocese of Nairobi covers two counties: the City of Nairobi or Nairobi County and Kiambu County. It covers an area of 3,721 square kilometres. It is divided into 14 deaneries and 114 parishes. Our Lady of Guadalupe is one of the parishes in the Western Deanery.

Our Lady of Guadalupe Parish covers part of Kibera and Dagoretti North sub-counties. This is confirmation that ecclesiastical jurisdiction does not fall within a specific civil jurisdiction. The ecclesiastical jurisdiction is determined by the number of catholic faithful in a region. The Missionaries of Guadalupe from Mexico have been working here since 1969. The parish is well organized and the number of Christians has grown, as well as apostolates and facilities. There are two Pastoral Regions - Kibera and Adams. Kibera Pastoral region consists of five outstations – St. Bakita, St. Thomas, St. Luke, St. Dominic and Woodley. It also includes Olympic sub region. Adams Pastoral Region includes Kilimani and Jamhuri. The Parish also has an outreach to the Christians who come from Westlands, Dagoretti and Karen. Forty percent of the population in the Parish are middle class, sixty percent are poor and live, unofficially, in Kibera, known as the largest slum in sub-Saharan Africa ([www. Guadalupeparishke.org](http://www.Guadalupeparishke.org)).

3.4 Target Population

The target population of the study were the married individuals from Guadalupe Parish. According to the pastoral office (2019), these totaled 5055. Of these, 3038 were in Kibera Pastoral

Region; 1017 were in Adams Pastoral Region and others were from neighbourhoods that belong to the Parish. The study aimed at three hundred and fifty one married individuals from the two pastoral regions. To achieve this, it focused on 4000 married individuals, as some families had moved away, because of Covid-19 and because of job transfers. The majority of the population are Luo, Luya and Kisii. Most are self-employed, selling vegetables, selling clothes, dress-making, working as mechanics; others are employed in different professions and trades. There is a small percentage from the Kikuyu and Kamba tribes.

3.5 Sampling Design

Sampling design includes plans and methods that researchers use, when choosing a sample from the target population, and the assessment method used for calculating the sample statistic (Kabir, 2018). It is a process of choosing a number of individuals to participate in the study, in such a way that those selected represent the larger group from which they were chosen (Ogula, 2005). In this study, married individuals who are still living together, from all stages of FLC, from Guadalupe Parish, were selected.

3.5.1 Sampling Frame

According to (Kumar, 2004), a sampling frame refers to the items, or people, forming a population, from which a sample is taken. The sampling frame of this study listed all (husbands and wives) married individuals from the two Pastoral Regions including the outstations.

Table 1.*Population of the Study*

POPULATION OF STUDY		
Strata	Substrata	Population size (Couples)
Kibera Pastoral Region	St. Thomas	600
	St. Dominic	400
	St. Luke	500
	St. Bakita	600
	Olympic sub region	900
Adams Pastoral Region	Woodley	360
	Kilimani	500
	Jumhuri	140
Total		4000

-Pastoral Records of the Parish (2019)

3.5.2 Sampling Size Determination

According to Kothari (2004), a sample size should not be too big or too small; but it should be sufficient to achieve confident results. This study employed the Krejcie and Morgan (1970) formula, to determine the sample size. The formula applies a 95% confidence interval, and an approximate error of 5%.

$$S = \frac{x^2 NP(1-P)}{d^2(N-1) + x^2 P(1-P)}$$

Where:

S = the required sampling size

X² = the table value of chi-square for 1 degree of freedom at the desired confidence level (i.e. 3.841)

N = the populations size

P = the population proportion (0.50 is used to provide the maximum sample size

1-P = estimated proportion of failures

d2 =square of the maximum allowance for error between the true proportion and sample proportion (in this study, it is set at 5%).

Therefore, based on the population of the study (4,000), and applying a 95% confidence interval with an approximate error of 0.05. The results are processed in the calculation as follows:

$$S = \frac{3.841 \times 4000 \times 0.5 \times 0.5}{((0.05^2) \times (4000 - 1)) + (3.841 \times 0.5 \times 0.5)} = \frac{3841}{10.95} = 350.7$$

Therefore, using Krejcie and Morgan (1970) formula, the sample size of the study should not be less than 351 participants. To avoid getting less than the anticipated sample size, the study added 10% attrition rate. Therefore, the sample size of the study was 386.

3.5.3 Sampling Techniques

This study involved multi-stage sample techniques. The first stage involved a simple random approach, to determine a sample, out of all the pastoral regions. The names of all outstations were written on small pieces of paper and placed in 2 boxes, representing the two pastoral regions. One piece of paper was drawn, at random, from each region. In this way two regions were identified, from among the eight, to participate in the study. The second stage of the sampling techniques involved proportionate, stratified random sampling. In this study, all 4000 couples (100%) in the eight outstations had an equal opportunity to be selected, to complete the questionnaire. The study employed this technique to ensure the greatest number, in the overall population, was presented.

Table 2.*Proportion Stratified Random Sampling Techniques*

Pastoral Regions	Outstation	No. of Couples	% of 4000	Samples
Kibera Pastoral Region	St. Thomas	600	15%	53
	St. Dominic	400	10%	35
	St. Luke	500	12%	44
	St. Bakitha	600	15%	53
	Olympic Sub R	900	22%	78
Adams Pastoral Region	Woodley	360	9%	32
	Kilimani	500	13%	44
	Jumhuri	140	4%	12
Total		4000	100%	351

The last stage of identifying participants for the study involved the systematic sampling technique. This technique was selected, because all outstations had lists of participants organized in a systematic way. After preparing lists of participants, the researcher began the process by identifying them. For example, in St. Thomas' outstation, the researcher divided the numbers of couples ($n = 600$) by the sample ($n = 53$) applying the same technique to all outstations. This exercise informed the researcher that the ratio of selecting participants was $(1/5)$. To determine the starting point of selecting participants, the researcher prepared 5 pieces of paper with numbers on them from 1-5 and mixed them in a box. One piece of paper was picked randomly to find out the starting point of the sampling process. The same process was repeated for all outstations until the sample size indicated in Table 3.2 was achieved.

3.6 Research Instruments

The study used a multiple survey questionnaire as the instrument for obtaining information from the participants. There were three sections (See Appendix B). The first six items had demographic variables. The second part included questions on marital satisfaction, related to the stages of the family life cycle, according to the Locke-Wallace Short Marital Adjustment Test

(LWSMAT). The questionnaires were translated into Swahili by a Kiswahili teacher so that the participants could understand it better.

3.6.1 Demographic Information

Part one of the questionnaires collected demographic information such as gender, age, name of the outstation, year of marriage, level of education and employment status.

3.6.2 Scales of Marital Satisfaction by Stages of Family Life Cycle.

A participant's level of MS was assessed using the Scales of MS by stages of FLC designed to measure MS (Rollin & Feldman, 1970). It consisted of four items: General marital satisfaction, Negative feelings from interacting with one's spouse, Positive experiences of companionship with spouse. These were measured in a multiple choice of frequency such as, "all the time, most of the time, more often than not, occasionally, rarely, never, once or twice a week, once or twice a month once or twice a year", satisfaction at the present stage of the FLC (Rollin & Feldman, 1970, p.3). This was measured using multiple choice – very satisfying, quite satisfying, somewhat satisfying, not satisfying. The scores were determined by the frequencies on the response categories for each of the four questions on MS by stages of FLC.

3.6.3 Locke-Wallace Short Marital Adjustment Test

The Locke-Wallace Marital Adjustment Test (LWSMAT) is widely used and can be administered to both partners or just to one. There are 15 items: Marital happiness is indicated by "seven response points" in item 1, a "six-point scale of agreement" to responses in item-2 through to 9, Scales were designed to each item for 10 through to 15. The items scored were summed up for each individual and were not made known to them. The range of the scores could be from 2 to 158; the higher the scores the greater MS (Khatun et al, 2019).

3.6.4 Validity

According to Selvam (2017), the validity of an instrument lies in the confidence one has that the results obtained, correspond to reality. It might seem that psychometric properties development was missing, for marital satisfaction at some stages of the family life cycle scale. However, the validity of the instruments used by Rollins and Feldman (1974), to measure marital satisfaction by stages of the family life cycle are thought to be valid and reliable. The findings explained that the instruments used by these authors (1970) produced results similar to those of Pineo (1961) and Blood and Wolfe (1960).

3.6.5 Reliability

Regarding reliability, Selvam (2017) affirms that reliability of an instrument is the confidence one has, that when it is administered under the same circumstances, to a similar population, it will consistently produce the same results. For example, Jiang et al (2013) administered the LWSMAT to “Caregivers for Persons with Primary Malignant Brain Tumors”, to assess the psychometric properties of the LWSMAT. Secondary analysis of data was collected from 114 caregivers. The scale was tested for “structure, internal consistency, reliability and construct validity” (p.1). The result shows that “5 extracted factors explained 60.55% of the total variance. Four interpretable factors had Cronbach’s alpha between 0.63 and 0.74. Convergent validity ($r = -.35$ and $r = -.43$, respectively, both $p < .0001$) and discriminant validity ($r = .07$, $p = .49$; and $r = -.04$, $p = .67$) were confirmed by comparing four factors with sub dimensions of the Caregiver Reaction Assessment (CRA). Therefore, the LWSMAT is a multi-dimensional, reliable and valid measure of marital adjustment” (Jiang, 2013, p. 2). Both scales were used, may be for the first time, in Guadalupe Parish, Nairobi.

3.7 Pre-Testing of Instruments

The instruments and data collection procedure were validated through pre-testing, before embarking on the data collection. The study employed convenient sampling methods to recruit 35 participants, 10% of the sampled size (Mugenda, 2008), married individuals from different stages of the family life cycle. This was conducted in Kenya Israel, Cathedral Parish, Machakos Diocese. The questionnaires were administered to individuals after explaining the procedures. A few participants were uncertain about the meaning of some words from Locke-Wallace Marital Test (e.g. philosophy of life). They were assisted. The participants found the questionnaires were very practical and were like a reflection of what they were going through, especially questions on the stages of the family life cycle. They felt that they helped them evaluate their present life situation and prepared them for the future. Their feedback was hopeful and assisted the researcher to get to know whether the respondents would be able to fill out the questionnaires properly, and if they understood the questions. Pre-testing also assisted the researcher to monitor the cooperation of the participants, in giving feedback, and it helped in gauging the average time required in administering the questionnaire.

3.8 Data Collection Procedure

Data was collected in Guadalupe Parish, Nairobi. The study proposal had been sent to Tangaza University Research Ethics Committee (TUREC) for clearance. The permit of research was sought from NACOSTI (National Commission for Science, Technology, and Innovation). After obtaining the necessary clearance and permission, the researcher approached the Parish Priest (PP) to explain the objective of the study and the research to be carried out with the parishioners. The Parish Priest advised the researcher on how to go about collecting the data.

The researcher appointed two field assistants, capable of assisting in the research work and who knew the reality on the ground very well. They attended a meeting at the researcher's premises, where the purpose and objectives of the study were discussed. They also examined the rights of participants and how the questionnaires would be administered. The importance of participants understanding the meaning of informed consent and confidentiality was emphasised. Also discussed was the method they might use to help the couples handle the questionnaires. Finally, an agreement on remuneration was reached and a legal document drawn up. Once all the necessary documents were obtained, the researcher arranged to meet with the respective group leaders to plan on how to recruit participants. The lists and contact numbers of married individuals were collected from the catechists, from Marriage Encounter group leaders and the moderators of the outstations of the two regions.

An arrangement was made to meet the participants on Sundays after mass. Some of the participants were not available for a face to face meeting, due to the covid-19 pandemic. However, they consented to have it on the phone. The purpose and the process of the research was explained and confidentiality was assured, then the questions were read to them. They gave the answers and each question was ticked for them. In the place of their signing the consent form, some asked us to tick it for them, or sign on their behalf. Those who came for a face to face meeting were placed separately and accompanied by the field assistants for explanations and clarification. Before answering, informed consent forms were given to them and they were helped to read them; those who agreed to continue with the study signed the forms. All this activity took place in rooms in the parish to ensure privacy and confidentiality. Participants were given enough time to complete the questionnaires, as they reflected on their experiences of marriage through the stages of the family life cycle. Once the questionnaires were completed, they were collected and systematically

filed. While collecting data, the researcher strictly upheld ethical standards, according to Tangaza Directives and NACOSTI, and strictly observed Covid-19 restrictions – a sanitizer was provided and masks were worn.

3.9 Data Management

According to Whyte and Tedds (2011), data management is the keeping of records of information systematically collected from participants, from the beginning of the research until the document is completed, and the work accomplished. To ensure the quality of data, the researcher organized and collected data accurately. Data was transported into SPSS (23rd version) and locked with the password, to ensure the confidentiality of participants. Additionally, to avoid damage or loss, data was stored on a mass storage disk locked in a file, with a password to back it up. This will be kept for at least two years after the study is completed for the purpose of sharing data and to ensure transparency, and avoid duplication and plagiarism.

3.10 Data Analysis

According to Kothori (2004), data analysis is the quantifying of measures, while searching for patterns, or relationships, existing in a group of data. In quantitative research, the 23rd version of the Statistical Package for the Social Sciences (SPSS-23) is employed to analyse the data; thus the collected data from the research was analysed and grouped into the following categories (1) Couples and family life cycle; (2) Couple's level of marital satisfaction; (3) Relationship between socio demographic factors and marital satisfaction and (4) Relationship between family life cycle and marital satisfaction. The study employed descriptive and inferential statistics to analyse the data (Mishra, et al, 2019).

Descriptive statistics, frequencies and percentages were used to analyse objective one, to establish the stages of couple's family life cycle in Guadalupe Parish. Inferential statistics,

frequencies, percentages, mean and standard deviation were employed to analyse objective two. Descriptive statistics, along with the frequency of measure, means and standard deviation, were reported, using tables, numbers and figures. T-test and ANOVA were used to test objective three, to assess the relationship between demographic factors and couples' level of marital satisfaction. Pearson's Coefficient "r" and Spearman was employed to test objective four, followed by Pearson Product Moment Correlation Coefficient (r) analysis. Additionally, to further answer the objective, Spearman Rank Order Correlation was used to assess the relationship between the level of marital satisfaction and couples negative feelings and positive companionship.

3.11 Ethical Consideration

Ethical considerations in research are derived partly from the law, and therefore have a legal standing, motivated by the desire to uphold human rights. Hesse-Biber (2016), suggested that they are to champion basic human rights. This is the spirit in which this research was carried out; its ultimate purpose was to help people improve their lives, acquire knowledge and promote their human dignity. As Curtis and Drennan (2013) remind us, the rights and dignity of participants need to be safeguarded by researchers.

The researcher respected the dignity and freedom of the participants. All data was protected and all ethical considerations were observed. Before data was collected, the informed consent form was signed, after reading the consent document; for some it was oral. The participants were advised that participation was voluntary. They were assured that they were free to withdraw from the research, at any time, without any consequences. Strictest confidentiality was guaranteed that no part of the collected data would be disclosed. During publication, no individual's data will be published; but data for the group will be published and no one individual will be identified. Finally,

participants were debriefed after the study, to prevent any psychological harm that might result from participating in the study.

3.12 Summary

The study employed Quantitative Research Methods of Data Collection and Analysis, in numerical measure, to assess the relationship between Family Life Cycle and Marital Satisfaction, among married individuals from Guadalupe Parish. Simple Random Sample technique was employed to recruit the participants from all stages of the family life cycle. The Krejcie and Morgan (1970) formula was used to determine the sample size 351. The study employed Rollins and Feldman (1970) scales of marital satisfaction by stages of family life cycle and 15 items of Locke-Wallace scales were used to assess the level of satisfaction. The study also assessed the demographic information of the participants. Three hundred and fifty- one married individuals from two pastoral regions (Adams and Kibera) of Guadalupe Parish, were given a questionnaire, using stratified random sampling techniques. Lists of participants married in the church were provided by catechists, moderators of the outstations and leaders of Marriage Encounter groups in the parish. The questionnaires were administered, face to face on Sundays, in the parish hall and collected by the researcher and the two field assistants. Some of the participants were unavailable for a face to face meeting, due to Covid-19 restrictions. However, they consented to have it by phone. The data was analyzed, using descriptive statistics, frequencies, percentages, mean and standard deviation to assess the level of marital satisfaction. T-test and ANOVA was used to test the relationship between demographic factors and couples' level of marital satisfaction. Pearson's Coefficient "r" and Spearman was employed to test the relationship between the family life cycle and marital satisfaction. Chapter IV will present the research findings.

CHAPTER FOUR

RESULTS

4.1 Introduction

Chapter four presents the findings of the study - The Relationship between the Family Life Cycle and Marital Satisfaction, among Individuals Married in the Catholic Church in Guadalupe Parish, Archdiocese of Nairobi. It begins with the response rate, demographic findings of research on participants of the Parish. This is followed by a descriptive and inferential analysis of these research findings, in accordance with the objectives of the study and ending with a limitation of the study.

4.2 Response Rate

Data was collected, using stratified sampling techniques, with the addition of 10% attrition rate, to avoid getting less than what was anticipated. Three hundred and sixty one questionnaires were distributed and three hundred and fifty one collected. The targeted sample from Kibera Region was 263 and from Adams Region 88. However the response rate from the former was less than the target ($n=253$), while the latter was greater than the target ($n=98$). Overall, the targeted sample size ($n= 351$) was attained. This was summarised according to regions, as shown in Table 3.

Table 3.*Response Rate*

Pastoral Regions	Sample Size	Distributed Questionnaires	Collected Questionnaires	Spoiled Questionnaires	Response Rate
Kibera Region	263	263	253	10	90%
Adams Region	88	98	98	-	100%
Total	351	361	351	10	100%

4.3 Reliability

Internal consistency was used to determine the reliability of the study questionnaire. To achieve this, Cronbach Alpha was conducted, with a value of 0.7 and above, indicating that the tool was internally consistent.

Table 4.*Cronbach Alpha Reliability Statistics*

THEME	NO OF ITEMS	CRONBACH ALPHA
Stages of Family Life Cycle	8	0.717
Marital satisfaction	15	0.887

According to Cronbach (1951), if the Cronbach Alpha is $\alpha \geq 0.9$, the internal consistency is excellent, $0.9 > \alpha \geq 0.8$, means good, if $0.8 > \alpha \geq 0.7$ is acceptable and if $0.7 > \alpha \geq 0.6$ or ≥ 0.5 , the internal consistency is unacceptable. In this study, Cronbach alpha was conducted on Part B of the questionnaire. According to the summary of the reliability of test results, presented in (Table 4), 8 items of Likert scales of marital satisfaction in the stages of Family Life Cycle had Cronbach alpha score of 0.717, while 15 items of Locke-Wallace marital satisfaction scales had 0.887, indicating that the multi questionnaires used in this study with the Kenyan sample, were internally consistent and hence reliable.

4.4. Socio-demographic Characteristics

The socio-demographic characteristics of participants were described by gender, age, years of marriage, level of education and employment status. The summary of participants' socio-demographic characteristics are presented in table (5).

Table 5.

Participants' Socio-demographic Characteristics

Gender	Frequency	Percent
Husband	175	49.9%
Wife	176	50.1%
Age Category		
18-25	4	1.1%
26-35	91	25.9%
36-45	138	39.35%
46-55	77	21.9%
56 and above	41	11.7%
Years of Marriage		
1-5	17	4.8%
6-10	66	18.8%
11-15	63	17.9%
16-20	68	19.4%
20-25	63	17.9%
26-30	38	10.8%
30 and above	36	10.3%
Level of Education		
No Education	6	1.7%
Primary	100	28.5%
Secondary	121	34.5%
Diploma	72	20.0%
BA	35	10.0%
MA	16	4.6%
PhD	1	0.3%
Employment Status		
Self-employed	132	37.6%
Salaried employment	103	29.3%
Casual labourer	54	15.4%
Unemployed	57	16.2%
Retired	5	1.4%
Total	351	100%

Data on participants' socio-demographic characteristics was collected from 351 participants, from two pastoral regions. The results showed that, 50.1% (n=176) were wives, while 49.9% (n=175) were husbands. Furthermore, data collected under the category of age showed that the majority of participants, 39.3% (n=138) were aged between 36 to 45 years. Only 1.1% (n=4) of participants were between 18-25 years of age.

In terms of years of marriage, 19.4% (n=68) of the participants had been married for between 16 to 20 years while 4.8% (n=17) had been married for between 1-5 years. Data was also collected under the category of participants' level of education. Out of 351 participants, 34.5% (n=121) had attained secondary level of education while 0.3% (n=1) had a PhD. In regards to economic status, 37.6% (n=132) were self-employed while 29.3% were formally employed (see Table 5).

4.5. Stage of the Family life Cycle of Couples at Guadalupe Parish

Objective one sought to establish where couples of Guadalupe Parish were on the stages of the family life cycle. To find the answer, the participants were required to respond to the scales of marital satisfaction by first indicating their present stage, according to the eight stages in the Family Life Cycle. Interestingly, the summary of findings indicated that the majority of the participants, 36.5% (n=128), were at stage V (having teenagers), (see Table 6).

Table 6.*Stages of the Family Life Cycle of Couples*

Stage of the Life Cycle	Frequency	Percent
Stage I (Without children)	2	0.6%
Stage II (With the infant)	14	4.0%
Stage III (Preschool children at home)	29	8.3%
Stage IV (All children at school)	64	18.2%
Stage V (Having teenagers)	128	36.5%
Stage VI (Children gone from Home)	64	18.2%
Stage VII (Empty nest)	27	7.7%
Stage VIII (Retirement)	23	6.5%
Total	351	100%

The study further sought to find out couples' level of MS with their present stage of FLC. Therefore they were required to indicate the level of satisfaction at their present stage, on a 4 point Likert scale (Very satisfying, quite satisfying, somewhat satisfying and not satisfying).

Table 7.*Satisfaction with the Stage of the Family Life Cycle*

Stage of the Life Cycle	Level of Satisfaction	Frequency	Percent
Stage I (Without children)	Quite satisfying	2	100
	Total	2	100.0
Stage II (With the infant)	Very satisfying	9	64.3
	Quite satisfying	3	21.4
	Somewhat satisfying	2	14.3
	Total	14	100.0
Stage III (Preschool children at home)	Very satisfying	13	44.8
	Quite satisfying	10	34.5
	Somewhat satisfying	3	10.3
	Not satisfying	3	10.3
	Total	29	100.0
Stage IV (All children at school)	Very satisfying	27	42.2
	Quite satisfying	19	29.7
	Somewhat satisfying	14	21.9
	Not satisfying	4	6.3
	Total	64	100.0
Stage V (Having teenagers)	Very satisfying	27	21.1
	Quite satisfying	37	28.9
	Somewhat satisfying	35	27.3
	Not satisfying	29	22.7
	Total	128	100.0
Stage VI (Children gone from Home)	Very satisfying	15	23.4
	Quite satisfying	21	32.8
	Somewhat satisfying	14	21.9
	Not satisfying	14	21.9
	Total	64	100.0
Stage VII (Empty nest)	Very satisfying	2	7.4
	Quite satisfying	10	37.0
	Somewhat satisfying	4	14.8
	Not satisfying	11	40.7
	Total	27	100.0
Stage VIII (Retirement)	Very satisfying	9	39.1
	Quite satisfying	3	13.0
	Somewhat satisfying	2	8.7
	Not satisfying	9	39.1
	Total	23	100.0

The findings indicate that, 64.3% of the participants were at stage II, with an infant; and these were found to be very satisfied; while the participants (40.7%) at stage VII (Empty nest) of the lifecycle, found this stage as not satisfying (See Table 7).

4. 6. Couples' Level of Marital Satisfaction in Guadalupe Parish

Objective two of the study sought to determine the level of marital satisfaction of couples at Guadalupe Parish. To meet the objective, participants were required to respond to the Locke-Wallace Short Marital Adjustment Test, which is a 15-item self-reporting measure of marital satisfaction, and areas of disagreement. The measure utilizes a complex scoring system with ten item weightings. Higher scores reflect better marital satisfaction, and more agreement between spouses. Scores range were from 2 to 158; higher scores indicate greater marital satisfaction. Scores above 100 indicate marital satisfaction. Scores less than 100 indicate marital dissatisfaction or maladjustment.

Table 8.

Level of Marital satisfaction by Mean and Standard Deviation

Level of satisfaction	Frequency	Percent	Min	Max	Mean	Std. Deviation
Low Level of satisfaction	146	41.6	6	158	99.23	32.923
High level of satisfaction	205	58.4				
Total	351	100.0				

The summary of the findings show that 58.4% (n=205) of participants had a high level of marital satisfaction, while 41.6% (n=146) had a low level of marital satisfaction. The minimum score attained was 6, while the maximum score attained was 158. The marital satisfaction mean score was 99.23 (SD = 32.923), indicating that, on average, the couples had a low level of marital

satisfaction. Findings on the levels of marital satisfaction were presented in terms of means and standard deviation. See Table (10).

4.7. Relationship between Socio demographic factors and couples' marital satisfaction

Objective three sought to establish the relationship between socio demographic factors and couples' marital satisfaction.

Gender: To establish the relationship between gender and couples marital satisfaction, an independent samples t-test was conducted. The summary of findings is presented in the subsequent tables.

Table 9.

Independent Samples Descriptive Statistics

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Marital satisfaction	Male	175	109.61	28.222	2.133
	Female	176	88.92	34.078	2.569

From table 4.9, there were 175 male and 176 female participants. Male participants had a higher level of marital satisfaction (M=109.61, SD=28.22) than female participants (M=88.92, SD=34.08).

Table 10.*Independent Samples T test Results*

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Marital satisfaction	Equal variances assumed	11.323	.001	6.192	349	.000	20.685	3.341	14.114	27.256
	Equal variances not assumed			6.195	337.963	.000	20.685	3.339	14.117	27.253

An independent-samples t-test was run to determine the relationship between gender and couples' marital satisfaction. Homogeneity of variances was not assumed, as assessed by Levene's test for equality of variances ($p < 0.05$). Male participants had a higher level of marital satisfaction ($M=109.61$, $SD=28.22$) than female participants ($M=88.92$, $SD=34.08$), a statistically significant difference, $M = 20.69$, 95% CI [14.117, 27.253], $t(337.963) = 11.323$, $p < 0.05$.

Age and Marital Satisfaction: To establish the relationship between Age category and couples marital satisfaction, a One-Way ANOVA was conducted. The summary of findings is presented in the subsequent tables.

Table 11.

One-Way ANOVA Descriptive Statistics

	N	Mean	Std. D	Std. Error	95% Confidence Interval for Mean		Min	Max
					Lower Bound	Upper Bound		
18-25	4	104.00	15.188	7.594	79.83	128.17	83	117
26-35	91	102.87	30.265	3.173	96.57	109.17	23	158
36-45	138	94.66	33.769	2.875	88.98	100.34	6	156
46-55	77	99.78	34.998	3.988	91.84	107.72	8	156
56 and above	41	105.07	32.140	5.019	94.93	115.22	30	149
Total	351	99.23	32.923	1.757	95.78	102.69	6	158

The above indicates that couples' marital satisfaction increased for those aged between 36 to 45 years ($M = 94.66$, $SD = 33.77$), 46 to 55 years ($M = 99.78$, $SD = 34.99$), 26 to 35 years ($M = 102.87$, $SD = 30.27$), 18 to 25 years ($M = 104.0$, $SD = 15.19$) 56 years and above ($M = 105.07$, $SD = 32.14$), respectively.

Table 12.

Test of Homogeneity of Variances

Levene Statistic	df1	df2	Sig.
.965	4	346	.427

Table 4.12, shows homogeneity of variances, as assessed by Levene's Test of Homogeneity of Variance ($p = 0.427$).

Table 13.*One-Way ANOVA Results*

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	5601.406	4	1400.351	1.296	.271
Within Groups	373765.438	346	1080.247		
Total	379366.843	350			

Table 4.13, showed no statistically significant age difference for couples experiencing marital satisfaction, $F(4, 346) = 1.296, p > 0.05$.

Years of Marriage and Marital Satisfaction: To establish the relationship between Years of Marriage and couples marital satisfaction, a One-Way ANOVA was conducted. The summary of findings is presented in the subsequent tables.

Table 14.*One-Way ANOVA Descriptive Statistics*

	N	Mean	Std. D	Std. Error	95% Confidence Interval for Mean		Min	Max
					Lower Bound	Upper Bound		
1-5 years	17	116.12	22.743	5.516	104.42	127.81	76	158
6-10 years	66	106.36	29.568	3.640	99.09	113.63	26	148
11-15 years	63	91.95	33.644	4.239	83.48	100.43	6	156
16-20 years	68	98.49	32.906	3.990	90.52	106.45	19	154
20-25 years	63	96.17	30.593	3.854	88.47	103.88	32	148
26-30 years	38	95.08	43.883	7.119	80.66	109.50	8	158
30 years and above	36	102.08	28.854	4.809	92.32	111.85	48	149
Total	351	99.23	32.923	1.757	95.78	102.69	6	158

Table 4.14, indicates that couples marital satisfaction increased for those married between 11 to 15 years ($M = 91.95, SD = 33.64$), 26 to 30 years ($M = 95.08, SD = 43.88$), 20 to 25 years ($M = 96.17, SD = 30.59$), 16 to 20 years ($M = 98.49, SD = 32.91$), 30 years and above

($M = 102.08$, $SD = 28.85$), to 6 to 10 years ($M = 106.36$, $SD = 29.57$) for those married between 1 to 5 years ($M = 116.12$, $SD = 22.74$) in that order.

Table 15.

Test of Homogeneity of Variances

Levene Statistic	df1	df2	Sig.
2.457	6	344	.024

From table 4.15, there was heterogeneity of variances, as assessed by Levene's Test of Homogeneity of Variance ($p = 0.024$).

Table 16.

One-Way ANOVA Results

	Statistic ^a	df1	df2	Sig.
Welch	2.734	6	114.664	.016

a. Asymptotically F distributed.

From table 4.16, there was a statistically significant difference in marital satisfaction in relation to couples years of marriage, Welch's $F(6, 114.664) = 2.734$, $p < 0.05$. Based on the findings, the third supplementary null hypothesis was thus rejected. Based on the above findings, Games-Howell post-hoc test was conducted. The summary of findings is presented on table 4.17.

Table 17.*Games-Howell post-hoc test*

	(I) Years of marriage	(J) Years of marriage	Mean Differenc e (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Games- Howell	1-5	6-10	9.754	6.608	.756	-11.04	30.55
		11-15	24.165*	6.957	.021	2.49	45.84
		16-20	17.632	6.808	.160	-3.65	38.92
		20-25	19.943	6.729	.074	-1.15	41.04
		26-30	21.039	9.006	.247	-6.58	48.66
		30 and above	14.034	7.318	.481	-8.70	36.77
	6-10	1-5	-9.754	6.608	.756	-30.55	11.04
		11-15	14.411	5.587	.141	-2.34	31.16
		16-20	7.878	5.401	.768	-8.30	24.05
		20-25	10.189	5.301	.470	-5.70	26.07
		26-30	11.285	7.995	.793	-13.15	35.72
		30 and above	4.280	6.031	.992	-14.00	22.56
	11-15	1-5	-24.165*	6.957	.021	-45.84	-2.49
		6-10	-14.411	5.587	.141	-31.16	2.34
		16-20	-6.533	5.822	.920	-23.97	10.91
		20-25	-4.222	5.729	.990	-21.40	12.95
		26-30	-3.127	8.285	1.000	-28.36	22.10
		30 and above	-10.131	6.410	.695	-29.51	9.24
	16-20	1-5	-17.632	6.808	.160	-38.92	3.65
		6-10	-7.878	5.401	.768	-24.05	8.30
		11-15	6.533	5.822	.920	-10.91	23.97
		20-25	2.311	5.548	1.000	-14.31	18.93
		26-30	3.406	8.161	1.000	-21.48	28.29
		30 and above	-3.598	6.249	.997	-22.50	15.30
	20-25	1-5	-19.943	6.729	.074	-41.04	1.15
		6-10	-10.189	5.301	.470	-26.07	5.70
		11-15	4.222	5.729	.990	-12.95	21.40
		16-20	-2.311	5.548	1.000	-18.93	14.31
		26-30	1.096	8.095	1.000	-23.62	25.81
		30 and above	-5.909	6.163	.961	-24.57	12.75
	26-30	1-5	-21.039	9.006	.247	-48.66	6.58
		6-10	-11.285	7.995	.793	-35.72	13.15
		11-15	3.127	8.285	1.000	-22.10	28.36
		16-20	-3.406	8.161	1.000	-28.29	21.48
		20-25	-1.096	8.095	1.000	-25.81	23.62
		30 and above	-7.004	8.591	.983	-33.15	19.14
	30 and above	1-5	-14.034	7.318	.481	-36.77	8.70
		6-10	-4.280	6.031	.992	-22.56	14.00
		11-15	10.131	6.410	.695	-9.24	29.51
		16-20	3.598	6.249	.997	-15.30	22.50
		20-25	5.909	6.163	.961	-12.75	24.57
		26-30	7.004	8.591	.983	-19.14	33.15

*. The mean difference is significant at the 0.05 level.

There was a statistically significant mean increase in couples marital satisfaction scores for 11 to 15 years in marriage ($M = 91.95$, $SD = 33.64$) and for 1 to 5 years in marriage ($M = 116.12$, $SD = 22.74$), a mean increase of 24.17, 95% CI [2.49, 45.84], $P < 0.05$.

Level of Education: To establish the relationship between Level of Education and couples marital satisfaction, a One-Way ANOVA was conducted. The summary of findings is presented in the subsequent tables.

Table 18.

One-Way ANOVA Descriptive Statistics

	N	Mean	Std. D	Std. Error	95% Confidence Interval for Mean		Min	Max
					Lower Bound	Upper Bound		
No Education	6	90.67	26.235	10.710	63.13	118.20	60	121
Primary	100	94.08	32.330	3.233	87.67	100.49	13	156
Secondary	121	100.04	31.047	2.822	94.45	105.63	15	158
Diploma	72	102.79	37.251	4.390	94.04	111.55	6	158
BA	35	104.63	27.856	4.708	95.06	114.20	20	134
MA	16	99.75	42.045	10.511	77.35	122.15	19	145
PhD	1	115.00	115	115
Total	351	99.23	32.923	1.757	95.78	102.69	6	158

As shown in table 4.18, couples marital satisfaction increased from no education ($M = 90.67$, $SD = 26.24$), to primary level ($M = 94.08$, $SD = 32.33$), to MA level ($M = 99.75$, $SD = 42.05$), to secondary level ($M = 100.04$, $SD = 31.05$), to Diploma level ($M = 102.79$, $SD = 37.25$), to BA level ($M = 104.63$, $SD = 27.86$) to PhD level of education ($M = 115.00$, $SD = 0.00$) in that order.

Table 19.*Test of Homogeneity of Variances*

Levene Statistic	df1	df2	Sig.
1.718	5	344	.130

From table 4.19, there was homogeneity of variances, as assessed by Levene's Test of Homogeneity of Variance ($p = 0.13$).

Table 20.*One-Way ANOVA Results*

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	5358.310	6	893.052	.821	.554
Within Groups	374008.533	344	1087.234		
Total	379366.843	350			

From table 4.20, there was no statistically significant differences in couples marital satisfaction in relation to level of education, $F(6, 344) = 0.821, p > 0.05$.

Employment Status: To establish the relationship between Employment Status and couples marital satisfaction, a One-Way ANOVA was conducted. The summary of findings is presented in the subsequent tables.

Table 21.*One-Way ANOVA Descriptive Statistics*

	N	Mean	Std. D	Std. Error	95% Confidence Interval for Mean		Min	Max
					Lower Bound	Upper Bound		
Self-employed	132	97.42	33.652	2.929	91.63	103.22	13	158
Salaried employment	103	107.15	29.657	2.922	101.35	112.94	8	156
Casual laborer	54	96.81	33.773	4.596	87.60	106.03	6	152
Unemployed	57	90.05	33.120	4.387	81.26	98.84	21	158
Retired	5	114.80	39.417	17.62	65.86	163.74	48	149
Total	351	99.23	32.923	1.757	95.78	102.69	6	158

As shown on table 4.21, couples marital satisfaction increased from unemployed status ($M = 90.05$, $SD = 33.12$), to casual laborers ($M = 96.81$, $SD = 33.77$), to self-employed ($M = 97.42$, $SD = 33.65$), to salaried employment ($M = 107.15$, $SD = 29.66$) and to retired ($M = 114.80$, $SD = 39.42$), in that order.

Table 22.*Test of Homogeneity of Variances*

Levene Statistic	df1	df2	Sig.
1.066	4	346	.373

From table 4.22, there was homogeneity of variances, as assessed by Levene's Test of Homogeneity of Variance ($p = 0.373$).

Table 23.*One-Way ANOVA Results*

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	13211.995	4	3302.999	3.121	.015
Within Groups	366154.848	346	1058.251		
Total	379366.843	350			

As shown in table 4.23, there was a statistically significant differences in couples marital satisfaction by employment status, $F(4, 346) = 3.121, p < 0.05$. Based on the above findings, Tukey post-hoc test was conducted. The summary of findings is presented on table 4.24.

Table 24.*Tukey post-hoc test*

	(I) Employment status	(J) Employment status	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Tukey HSD	Self-employed	Salaried employment	-9.721	4.277	.156	-21.45	2.01
		Casual labourer	.609	5.255	1.000	-13.80	15.02
		Unemployed	7.372	5.156	.609	-6.77	21.51
		Retired	-17.376	14.821	.767	-58.02	23.27
	Salaried employment	Self-employed	9.721	4.277	.156	-2.01	21.45
		Casual labourer	10.331	5.465	.325	-4.66	25.32
		Unemployed	17.093*	5.370	.014	2.37	31.82
		Retired	-7.654	14.897	.986	-48.51	33.20
	Casual labourer	Self-employed	-.609	5.255	1.000	-15.02	13.80
		Salaried employment	-10.331	5.465	.325	-25.32	4.66
		Unemployed	6.762	6.178	.809	-10.18	23.70
		Retired	-17.985	15.207	.761	-59.69	23.72
	Unemployed	Self-employed	-7.372	5.156	.609	-21.51	6.77
		Salaried employment	-17.093*	5.370	.014	-31.82	-2.37
		Casual labourer	-6.762	6.178	.809	-23.70	10.18
		Retired	-24.747	15.173	.479	-66.35	16.86
	Retired	Self-employed	17.376	14.821	.767	-23.27	58.02
		Salaried employment	7.654	14.897	.986	-33.20	48.51
		Casual labourer	17.985	15.207	.761	-	59.69
		Unemployed	24.747	15.173	.479	23.72 -16.86	66.35

*. The mean difference is significant at the 0.05 level.

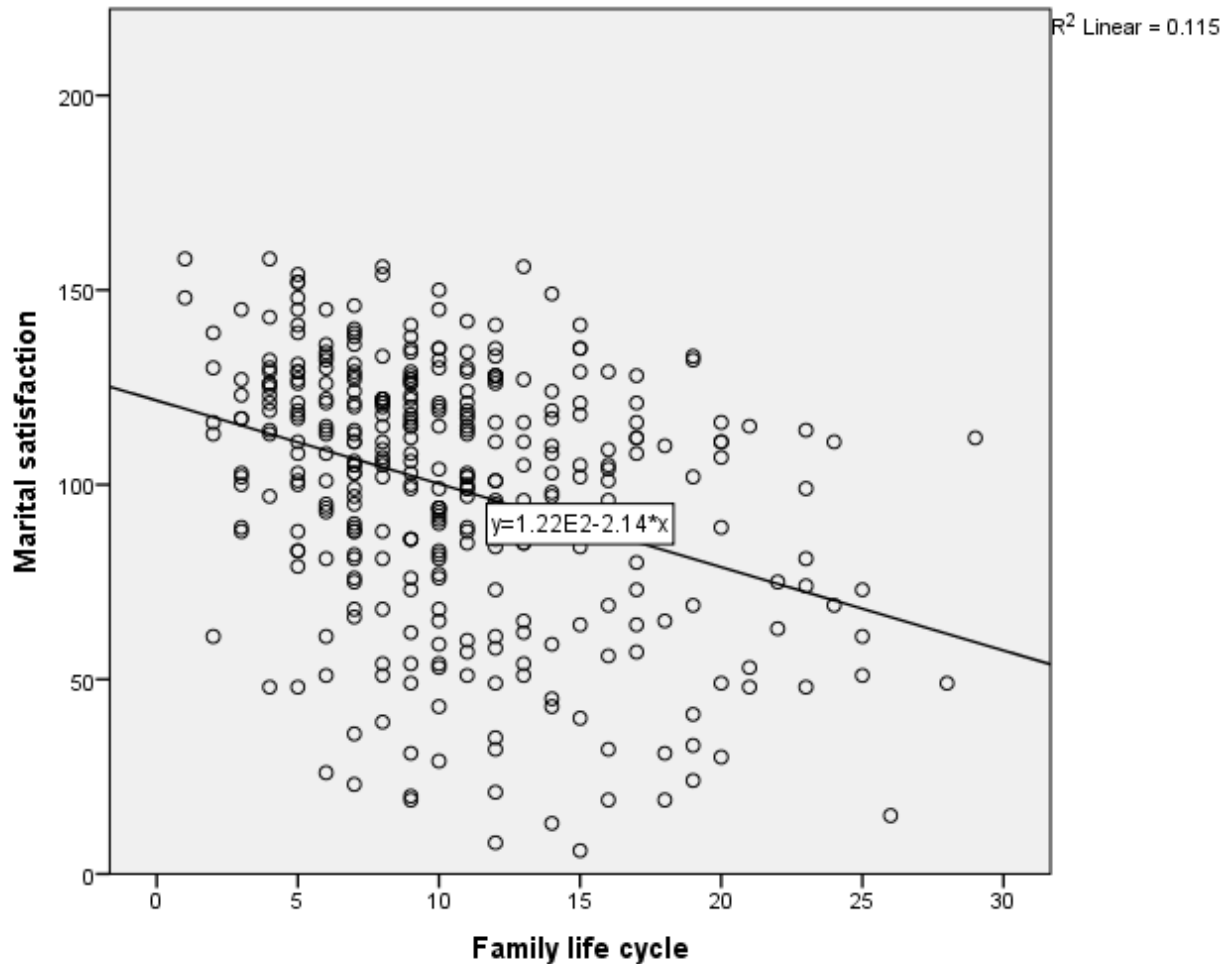
There was a statistically significant mean increase in couples marital satisfaction scores from unemployed ($M = 90.05$, $SD = 33.12$) to salaried employed ($M = 107.15$, $SD = 29.66$), a mean increase of 17.09, 95% CI [-4.66, 25.32], $P < 0.05$.

4.8. Relationship between Family Life Cycle and Marital Satisfaction

To assess the relationship between Family Life Cycle and marital satisfaction, a bivariate correlation analysis was conducted, using Pearson Product Moment Correlation Coefficient (r). Pearson Correlation was chosen since the variable A and variable B were measured in the interval scales, based on the cumulative scores; there was a presence of a linear relationship between the variables. In assessing a linear relationship between the two variables, a scatter plot between the Family Life Cycle and Marital Satisfaction was plotted. This was followed by the Pearson Product Moment Correlation Coefficient (r) analysis. The findings of the scatter plot are presented in figure. 2

Figure 2.

Scatter Plot on the Relationship between Family life cycle and Marital Satisfaction



The findings of the scatter plot show that there is evidence of a negative linear relationship between Family Life Cycle and Marital Satisfaction (Figure 2). It was therefore concluded that a Pearson Product Moment Coefficient Correlation (r) could be run and its significance tested. The summary of the correlation test (r) findings indicate that there is a significant negative correlation between Family Life Cycle and Marital Satisfaction, $r(351) = -.340$, $p = .000$. These findings imply that higher scores on Marital Satisfaction are correlated with the initial stages of the Family Life Cycle, while later stages are correlated with low levels of marital satisfaction.

Table 25. *Relationship between Family Life Cycle and Marital Satisfaction*

		1	2	3	4	5	6	7	8
1 Stage I	Pearson Correlation								
	Sig. (2-tailed)								
	N	351							
2 Stage II	Pearson Correlation	.292**							
	Sig. (2-tailed)	.000							
	N	351	351						
3 Stage III	Pearson Correlation	.285**	.354**						
	Sig. (2-tailed)	.000	.000						
	N	351	351	351					
4 Stage IV	Pearson Correlation	.345**	.422**	.503**					
	Sig. (2-tailed)	.000	.000	.000					
	N	351	351	351	351				
5 Stage V	Pearson Correlation	-.209**	-.091	-.152**	-.068				
	Sig. (2-tailed)	.000	.087	.004	.203				
	N	351	351	351	351	351			
6 Stage VI	Pearson Correlation	-.379**	-.107*	-.234**	-.152**	.235**			
	Sig. (2-tailed)	.000	.046	.000	.004	.000			
	N	351	351	351	351	351	351		
7 Stage VII	Pearson Correlation	-.316**	-.150**	-.245**	-.172**	.123*	.613**		
	Sig. (2-tailed)	.000	.005	.000	.001	.021	.000		
	N	351	351	351	351	351	351	351	
8 Stage VIII	Pearson Correlation	-.291**	-.150**	-.183**	-.138**	.066	.523**	.498**	
	Sig. (2-tailed)	.000	.005	.001	.010	.220	.000	.000	
	N	351	351	351	351	351	351	351	351
Marital satisfaction	Pearson Correlation	-.546**	-.338**	-.421**	-.421**	.248**	.484**	.469**	.433**
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000
	N	351	351	351	351	351	351	351	351

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

* . Correlation is significant at the 0.05 level (2-tailed).

Additionally, the study sought to find out if there is a relationship between FLC and negative feelings, as well as positive feelings, of interaction with spouse. Therefore, Spearman Rank Order Correlation test was used to assess the relationship between the family life cycle and negative feelings from interactive with the spouse, and positive companionship experiences with spouse. Table 13 showed the summary or findings.

Table 26.

Relationship between Family Life Cycle and Negative Feelings and Positive Companionship

		Family life cycle
Spearman's rho General satisfaction	Correlation Coefficient	.259**
	Sig. (2-tailed)	.000
	N	351
Feelings of resentment	Correlation Coefficient	.137*
	Sig. (2-tailed)	.010
	N	351
Feelings not needed	Correlation Coefficient	.276**
	Sig. (2-tailed)	.000
	N	351
Feelings misunderstood	Correlation Coefficient	.233**
	Sig. (2-tailed)	.000
	N	351
Laughing together	Correlation Coefficient	-.182**
	Sig. (2-tailed)	.001
	N	351
Calmly discussing something together	Correlation Coefficient	-.141**
	Sig. (2-tailed)	.008
	N	351
Having stimulating exchange of ideas	Correlation Coefficient	-.200**
	Sig. (2-tailed)	.000
	N	351
Working together on a project	Correlation Coefficient	-.067
	Sig. (2-tailed)	.209
	N	351

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

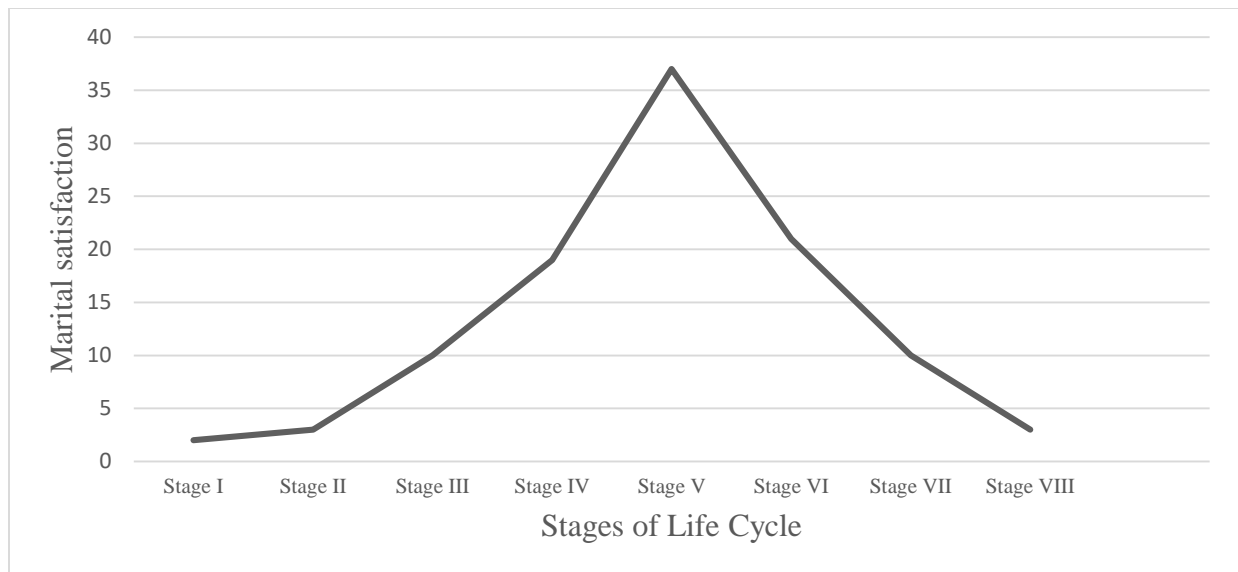
* . Correlation is significant at the 0.05 level (2-tailed).

The findings indicate that there is a significant positive correlation between the family life cycle and general satisfaction, $r_s(349) = .259, p < .05$. They further establish a significant positive correlation between the family life cycle and negative feelings, in interactions with a spouse: feelings of resentment, feelings of not being needed and feeling misunderstood, $r_s(349) = .137, p < .05$, $r_s(349) = .276, p < .05$ and $r_s(349) = .233, p < .05$ respectively. The implication of the findings is that the more couples advance along the stages of the Family Life Cycle, the more negative feelings, from negative interaction and experiences, increase, and couples find it more difficult to transit from one stage to another successfully. On the other hand, the findings also establish a significant negative correlation between family life cycle and positive companionship: laughing together, calmly discussing something together and having stimulating exchanges of ideas, $r_{est}(349) = -.182, p < .05$, $r_s(349) = -.141, p < .05$ and $r_s(349) = -.200, p < .05$ respectively. The findings show that though the transition from one stage of the family life cycle to another may be challenging, positive companionship, and support for each other, help couples to deal successfully with the difficulties of the life cycle.

Based on the findings, the study sought to illustrate the shape of marital satisfaction of couples in Guadalupe Parish, by the stages of the life cycle through which they were passing. The illustrated figure (3) indicates that there is an upside down V shaped curve of marital satisfaction in the stages of the life cycle, implying that marital satisfaction among couples in Guadalupe Parish is greater in the earlier stages of the life cycle, from stages I to IV, and declines between stages V to VIII of the life cycle.

Figure 3.

Curve on Marital Satisfaction over the Life Cycle



Chapter five presents a discussion of the findings of the research, in accordance with the objectives of the study, recommendations for improvement of the theory and a revisit of the conceptual framework.

4.9 Testing of Hypotheses

In this study, there were four hypotheses that showed a relationship between socio-demographics and couples' marital satisfaction, a relationship between family life cycle and marital satisfaction among married individuals in Guadalupe Parish.

1. H1. There is a significant relationship between demographic factors and a couple's marital satisfaction in Guadalupe Parish.
2. H0. There is no a significant relationship between demographic factors and couples' marital satisfaction in Guadalupe Parish.
3. H2. There is a significant relationship between family life cycle and marital satisfaction among married individuals in Guadalupe Parish.

4. H0. There is no a significant relationship between family life cycle and marital satisfaction among married individuals in Guadalupe Parish.

The first hypothesis was tested using T-test and ANOVA. The Findings on the relationship between socio demographic factors and couples' marital satisfaction in Guadalupe parish established that male participants had a higher level of marital satisfaction ($M=109.61$, $SD=28.22$) than female participants ($M=88.92$, $SD=34.08$), a statistically significant difference, $M = 20.69$, 95% CI [14.117, 27.253], $t(337.963) = 11.323$, $p < 0.05$. There was a statistically significant difference in marital satisfaction in relation to couples years of marriage, Welch's $F(6, 114.664) = 2.734$, $p < 0.05$. The findings further established a statistically significant difference in couples marital satisfaction by employment status, $F(4, 346) = 3.121$, $p < 0.05$. Therefore the null hypotheses, stating that there is no a significant relationship between gender, years of marriage and economic status and marital satisfaction was rejected in favour of the alternative hypotheses stating that there is a significant relationship between gender, years of marriage and economic status and marital satisfaction among married individuals in Guadalupe Parish. On the other hand, there is no a significant relationship between, the age $F(4, 346) = 1.296$, $p > 0.05$ and level of education $F(6, 344) = 0.821$, $p > 0.05$ of participants and marital satisfaction. Therefore the alternative hypothesis stating that there is a significant relationship between age and level of education of participants among married individuals in Guadalupe Parish, was rejected in favour of the null hypotheses stating that there is no a significant relationship between age and level of education, and marital satisfaction.

To test the second hypothesis, a bivariate correlation analysis was conducted, using Pearson Product Moment Correlation Coefficient (r). Pearson Correlation was employed since the variable A and variable B were measured in the interval scales, based on the cumulative scores,

and there was a presence of a linear relationship between the variables. In assessing a linear relationship between the two variables, a scatter plot between Family Life Cycle and Marital Satisfaction was plotted. This was followed up by the Pearson Product Moment Correlation Coefficient (r) analysis. The findings show that there is a significant negative relationship between variable A and Variable B, $r(351) = -.340, p = .000$, thus was rejected the null hypothesis stating that there is no a significant relationship between family life cycle and marital satisfaction among married individuals in Guadalupe Parish.

4.10. Limitation of the Study

1. The use of simple random sampling limited the researcher in balancing the number of respondents per stage in life. This is the reason many of the couples who took part in the study were in stage V (parents with teenagers).
2. The researcher believes that Cluster sampling might have worked better in this study.
3. Using a single data collection tool for this study was also limiting. The study used the questionnaire to collect data, and the inclusion of another tool such as interviews or focused group discussion would have given the researcher an added advantage in terms of triangulating the findings.

CHAPTER FIVE

DISCUSSION

5.1 Introduction

Chapter five discusses the results of the research based on the four study objectives, suggestions for the improvement of the theory used, revisiting the conceptual framework. The findings are compared and contrasted with those of previous researchers.

5.2 Couples and Stages of the Family Life Cycle

According to the results of objective one, 36.5% (n=128) were at stage V of Family Life Cycle (with adolescent family). 64.3% of couples were at stage II (with an infant), 44.8% were at stage III (pre-school children at home) and 42.2% at stage IV (all children at school) found their lives very satisfying. These results are similar to those of others who researched a similar topic. For example, a study by Staples and Bates (2018) indicates that couples with infant children are satisfied with life, even if they have little experience. The same researchers (2018) add that couples with preschool children are also satisfied with life; as they grow, with the experience of rearing children, they gain skills that make them stronger. These findings suggest that couples are more satisfied with their lives in the initial stages of marriage, when they do not have children, or their children are very young. The possibility could be that when a husband and a wife come together for the first time, love is at its peak. The partner is at the centre of one's life. They see no faults in each other, are able to tolerate each other and are ready to forgive (Vaes, 2019). Fisher and Brown (2012) call this stage a "euphoric love stage" where partners are filled with pleasure, attraction and enjoyment in each other's love. However, Hosseini and colleagues (2019) point out that when the first child is born, attention is divided, as there are new responsibilities which may affect the way

the couple relate. As the family advances to other stages, tensions and difficulties may arise that affect the bond between the couple, hence, affecting marital satisfaction.

Additionally, the findings of this objective show that 40.7% of couples at stage VII of the life cycle (Empty nest) were not satisfied, in line with previous studies that indicate that the empty nest stage has various challenges for parents. Wilk (2016) writes that parents may feel loneliness, sadness, even depression, when their children depart from home. They have to adjust to a life without children around them. For example, Liu and Guo, (2008) note that at the empty-nest stage, the elderly are more likely to have mental health issues that leave them unsatisfied with their lives. Badiani and De Sousa (2016) point out that many couples, at this stage, suffer from illnesses and psychological problems that come with dissatisfaction. The above findings reveal that there are new challenges for couples at each stage of the Life Cycle; how they handle them is what makes the difference.

The findings equally reveal that when members of the family interact with others, that interaction influences satisfaction among married couples. The findings of the current study, on couples and stages of family life cycle, affirm the theory that every individual has a role to play in the growth of the family; each one, through his/her contribution, influences the growth of the family. This is the reason why each stage of the life cycle is different from the other; and each influences satisfaction differently.

5.3 Couples' Level of Marital Satisfaction

The results of this study show that, on average, the couples have a low level of marital satisfaction $M=99.23(SD=32.923)$. 36.5% of the respondents were couples with adolescent children. There are studies that show that marital satisfaction deteriorates with time, and particularly among couples with adolescents; these parents are more occupied with the lives of

their children than they are with their marriage. Adolescent children go through many developmental changes, at the same time seeking to find their own identity, so couples spend more time dealing with their children's issues than working on their marital relationship. Farnia, Bazeghi, Shakeri, Ahmadi, Tatari, and Mahboubi (2014) discovered that parents' marital satisfaction was considerably lower, where there were adolescents with difficulties, such as drug problems. Cui and Donnellan (2009) also agree that parents' marital satisfaction decreases at these times. Whiteman, McHale, and Crouter (2007) suggest that children's pubertal development is linked to changes in a couple's relationship, particularly, a decrease in confidence and an increase in pessimism, linked almost always, to a firstborn's puberty. However, the current study findings, that 58.4% of the couples had a high level of marital satisfaction, suggesting average satisfaction, seem to differ with the above studies. On the other hand, since this study was conducted on just one study site, an inclusion of others could have given a different finding. These findings indicate that every individual has a role to play in the growth of the family, as highlighted in the Family Systems Theory. They show that the growth and development of adolescents affect how parents relate, thus influencing parents' marital satisfaction. This is what the Family Systems Theory illustrates.

5.4 Relationship between Socio-Demographic Factors and Marital Satisfaction

5.4.1 Gender

The findings of this study indicate that husbands have a higher level of marital satisfaction ($M=109.61$, $SD=28.22$) than wives ($M=88.92$, $SD=34.08$), a statistically significant difference, $M = 20.69$, 95% CI [14.117, 27.253], $t(337.963) = 11.323$, ($p < 0.05$), are more satisfied with their marriage. This is similar to those of other researchers who have investigated the relationship between gender and marital satisfaction. For example, Sander (2010) found that female

participants reported a significantly lower marital satisfaction than males ($\beta=-0.0872$; $p<.001$). Maryam and Mahmood (2014), in their study on marital satisfaction among diabetic patients, state that male diabetic patients showed more marital satisfaction $M=91.7800$, $SD=12.792$, ($P=000$) as compared to the female diabetic patients ($M=49.7500$, $SD=10.593$). According to these authors, female patients were unable to fulfil their responsibilities, or the expectations of their partners and family members, due to illness; this caused them to be dissatisfied with their lives. On the other hand, male diabetic patients received a lot of care and support from their partners and family members during their illness which made them feel satisfied. This affirms the theory that each individual (male and female) plays an important role in the family; because of their uniqueness, each one is different from other family members (Lye, 1993; Philpot, 2000). This can explain why husbands have higher marital satisfaction than their wives, because issues in the family impact them differently and their contribution to the family is also different.

5.4.2 Age

Though the findings under age category reveal that couples in midlife (36-45 years, $n=138$) experience a low level of marital satisfaction ($M=94.66$, $SD=33.77$), while couples in later years (56 and above, $n=41$) experience a higher level ($M = 105.07$, $SD = 32.14$), there was no a significant relationship between age and marital satisfaction, $F(4, 346) = 1.296$, $p > 0.05$. These findings concur with previous researchers who have researched this topic. For example, Bett, Kiptiony and Sirera (2017) found that there is not a significant correlation between age and marital satisfaction, ($\beta = 0.105$, $p=0.054$). Additionally, the findings of Anahita and colleagues (2016) indicate that there is no significant relationship between age and a couple's marital satisfaction, $p > 0.05$.

The findings show that the particular age groups experienced marital satisfaction differently, at different stages of family life, indicating that age affects the family system at every stage – it affects parents and children. This is in line with the Family System Theory that suggests that one member's problem affects the whole system; this suggests that parents in midlife are less satisfied, because more is required of them, emotionally and financially, than parents with infants, preschoolers, or from the elderly who have launched their children into adulthood.

5.4.3 Years of Marriage

In terms of years of marriage, the findings show that there is a statistically significant difference in marital satisfaction in relation to couples' years of marriage, Welch's $F(6, 114.664) = 2.734, p < 0.05$. For example, couples who had been married from 1-5 years, experience a high level of marital satisfaction, while those married between 11-15 years, experience a low level of satisfaction. The findings agree with the majority of previous researchers who have found a statistically significant relationship between years of marriage and marital satisfaction. For instance, VanLaningham, Johnson and Amato (2001) carried out a Longitudinal Analysis of the Multiple-Wave Panel and their findings of model 1 revealed that there was a significant linear decline in marital happiness with years of marriage ($\beta = -.076, P < .001$); model 2 test also showed a statistically significant decline ($P < .001$); model 3 test result also showed that there is a significant correlation between marital satisfaction and years of marriage ($P < .001$). Additionally, Anhita and colleagues (2016) also found a significant correlation between years of marriage and marital satisfaction, ($r = 0.30, P = 0.001$).

This finding is in line with the family system, that each stage of marriage, and an individual's life, is affected by the changes occurring within the family as a whole. And as shown

in results, couples' who were in initial stages of marriage, and in later years, were found to be more satisfied than couples who were in middle years of marriage.

5.4.4 Level of education

The findings on level of education show that there is no statistically significant relationship between education and marital satisfaction, $F(6, 344) = 0.821, p > 0.05$. The results agree with the previous researchers who found no significant relationship between them. For instance, Bett, Kiptiony and Sirera, (2017) found that a couple's level of education did not contribute to marital satisfaction, (beta=0.048, $p=0.364$). It seems that the participants in the current study did not measure their success in marriage in terms of their education. The findings contrast with the belief of the Family Systems Theory that every aspect of an individual's life, in the family system, affects the system in one way or another.

5.4.5 Employment status

The findings on the relationship between Employment status and marital satisfaction, show that there is a statistically significant difference in couples' marital satisfaction - $F(4, 346) = 3.121, p < 0.05$. This finding concurs with previous studies. For instance, Awinja (2018) states that there was a significant relationship between employment status and marital satisfaction among women, $p < 0.05$. Further, Talbot (2011) suggests that being employed sorts out many problems that can lead to marital dissatisfaction, hence it influences marital satisfaction. Bhattarai, Gurung, and Kunwar (2015) writes that, in general, satisfaction in marital life is the same across employment types, but the employment of a spouse, in government institutions, leads to more affection and commitment among couples. Thus the findings on the relationship between economic status and marital satisfaction support the theory that every detail in a person's life, in the family system, influences the whole family in some way.

5.5 Relationship between Family Life Cycle and Marital Satisfaction

This study hopes to provide insight into how MS is affected by the transition between each stage within the Family System. Every transition in FLC calls for individuals/couples and parents to change, to rearrange priorities and to reorganize their lifestyle to meet the challenges of the new life cycle stage (Gerson, 1995). In contrast with previous studies, the findings of this study show that there is a significant negative relationship between FLC and MS, $r(351) = -.340, (p = .000)$. This findings indicate that as couples advance with the stages of FLC, their MS is decreasing. In other words, the higher scores of MS were correlated with the initial stages of FLC while later stages of FLC were correlated with low level of MS. This finding differs from what a majority of previous researchers established. For example, Blood and Wolf (1960) found that the first four stages were found to be stable; and there was a statistically significant decline at stages five and six ($p < .01$). Though no statistically significant decline occurred, a tendency of decline was consistently found. Further, Rollin and Cannon (1974) found that there was a statistically significant decline from stages 1 to stage 2 and again from stage 4 to stage 5 ($p < .01$) then stabilised over the last four stages. However, the findings of Vanlaningham, Johnson and Amato (2001) indicate that the stages of FLC did not account for the general pattern of change in MS. They argue that it is the marital duration that has effects on MS ($p < .01, p < .05$).

Additionally, the findings indicate that marital satisfaction of couples in Guadalupe Parish resemble an inverted V shaped, implying that their satisfaction is greater in the earlier stages of the family life cycle, from stages I to IV, and declines between stages V to VIII. This finding is also contrary to the findings of previous researchers. For example, the results from Blood and Wolfe (1960) proposed that the marital satisfaction of couples resemble the shape of an “L”, implying that satisfaction is high in the initial stages, followed by a continual decline. However,

the results from Rollins and Feldman (1970) resemble an inverted U, indicating that couples' satisfaction is high in the earlier stages, declines after the first child is born, but is high again after the children are launched into adulthood. This is because couples have more free time to be together and to nurture their relationship. However, the findings of Vanlaningham, Johnson and Amato (2001) suggest that MS does not increase in the later years of marriage; after an initial decline, MS either continues to decline or remains flat. In their study, the marital duration is from 5- 50 years of marriage.

The findings of the present study has brought forth a new expression of marital satisfaction adding new knowledge to the existing literature. The findings on the relationship between the family life cycle and marital satisfaction confirm the appropriateness of the theory used in this study. The theory argues that the family is a system and each unit in the system impacts the whole, differently, and at different stages. The use of different study methodologies, different populations, socio-cultural aspects and theories, may be responsible for the variation of findings between different studies.

5.6 Suggestions for improvement of the Theory

The present study adopts Bowen's (1974) Family Systems Theory which explains that a family is a system, built up by individuals who work together for the betterment of all. Bowen focuses on the emotional side of individuals within the system.

However, Kohli (2007), emphasises that since the 1960s, society has changed. People's expectations, of themselves and others, have also changed and these have affected the roles they play. For example, the role of the father in the home is no longer seen as a bread winner or "as a good provider" (page no), the role of mother is no longer seen as just house keeper, thus affecting marriage and child bearing. As various life styles have emerged, it becomes more difficult to

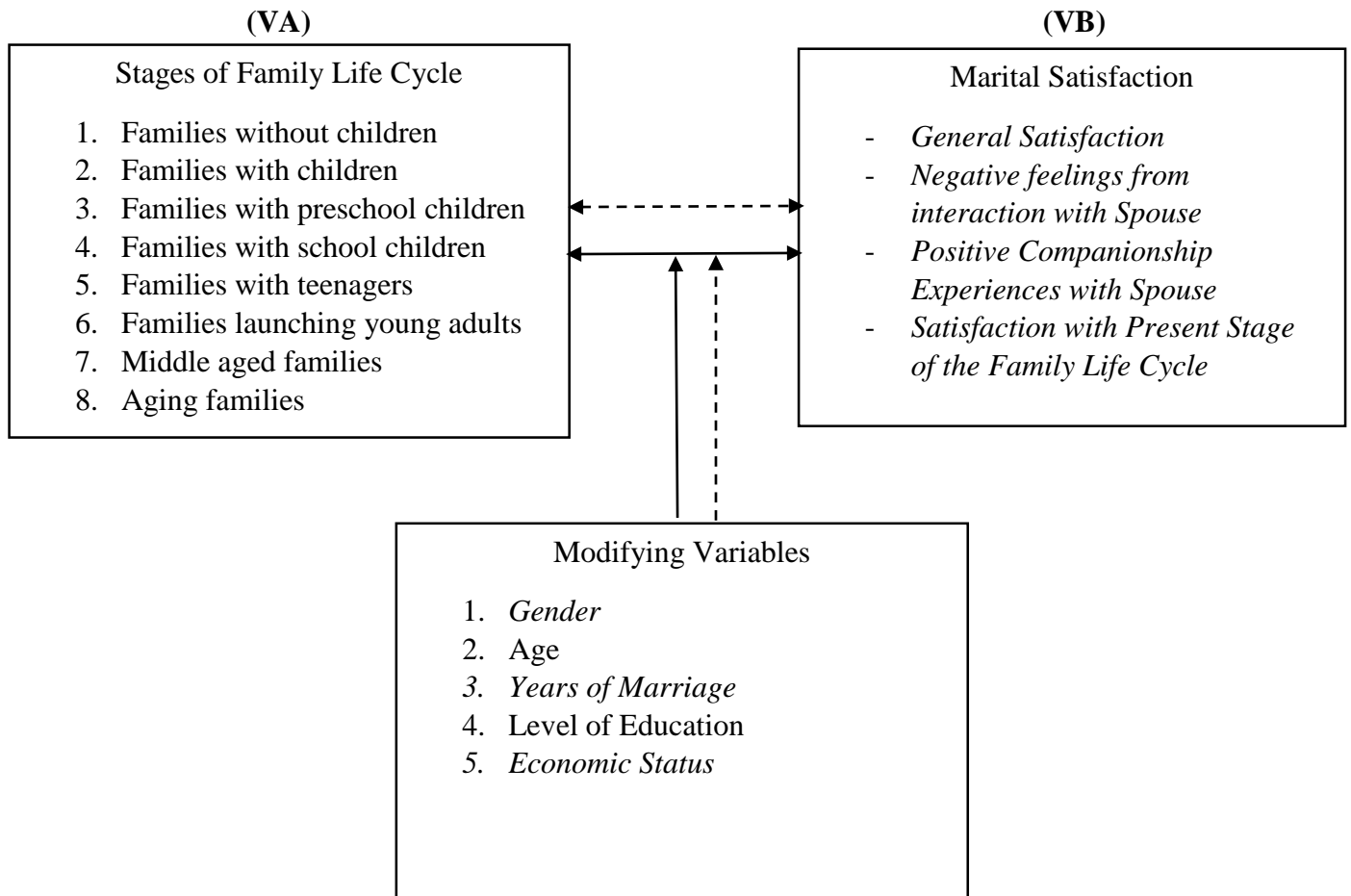
describe what the normal patterns of the life cycles are. There are fewer models to guide family members on how to negotiate the transitions of the stages of the life cycles, thus leading to a more stressful life (Kohli, 2007). Furthermore, in a world of rapid change, it is necessary to acknowledge that norms and definitions of life cycles are relative, based on the sociocultural context an individual is in (Mc Goldrick et al., 2011a, 2011b; Falicov, 2011; Kliman & Madsen, 2011; Ashton, 2011; Hines, 2011). In the present study, the majority of couples (36.5%) are at stage V, with teenage children. On average, the level of their marital satisfaction is low. According to Goldenberg (2004), this may be that couples “under stress were not flexible enough” to allow to emerge new ways of interacting with the changes within the system, so as to satisfy the “developmental needs of its members” (p.26). Gerson (1995) observes that every transition calls a family to change, to rearrange priorities, to reorganize to meet the challenges of the new life cycle stage. There is a need to educate couples and parents on how to do this in order to prevail over the challenges of the life cycle.

5.7 Revisiting the Conceptual Framework

This section evaluates the conceptual framework of the study; whether the findings of the study concur with the variables of the study suggested in the conceptual framework.

Figure 4.

Conceptual Framework Revised



Originally, the researcher proposed the conceptual framework (Figure 1) which explained that marital satisfaction could be achieved through the successful completion of the family life cycle stages; couples can achieve marital satisfaction, despite economic hardships and external stressful factors. For example, the study proposed that the modifying variables- gender, age, years of marriage, level of education and economic status of couples affect their marital satisfaction. In the present study, the T-test and one way ANOVA test results show that gender has a significant relationship with marital satisfaction; male participants show a higher level of marital satisfaction ($M=109.61$, $SD=28.22$) than female participants ($M=88.92$, $SD=34.08$), a statistically significant

difference, $M = 20.69$, 95% CI [14.117, 27.253], $t(337.963) = 11.323$, $p < 0.05$. Furthermore, there is a statistically significant difference in marital satisfaction, in relation to couples years of marriage, Welch's $F(6, 114.664) = 2.734$, $p < 0.05$. The findings further establish a statistically significant difference in couples marital satisfaction by employment status, $F(4, 346) = 3.121$, $p < 0.05$. The modifying variables that had a significant relationship with marital satisfaction are highlighted in italics. Additionally, the arrows between variables A and B, and the modifying variables, are dotted, indicating that these variables affect, and are affected by each other, one way or another (See Figure 3).

On the other hand, the findings on stages of the family cycle of couples in Guadalupe Parish, reveal that 36.5% ($n=128$) of couples are at stage five. These couples reported dissatisfaction with their marriage. The findings confirm what is illustrated in the conceptual framework, that various stages of the family life cycle influence, or are influenced by, marital satisfaction. Furthermore, the findings on couples' marital satisfaction level in Guadalupe Parish reveal that couples experience a low level of marital satisfaction. The minimum score was 99.23 ($SD=32.923$). The research findings concur with the presentation in the Conceptual Framework which indicates that Life Cycle Stages influence marital satisfaction. The main objective of the study, on the relationship between family life cycle and marital satisfaction results, show that there is a negative linear relationship between the two variables, $r(351) = -.340$, $p < 0.05$. These findings confirm the illustration in the conceptual framework that shows that the family life cycle influences marital satisfaction. Chapter six, reflects on the findings of the study, summarises and offers recommendations, thus concluding this study.

5.8 Summary

The findings of the study reveal that there is a negative relationship between the family life cycle and marital satisfaction. The shape of marital satisfaction of couples resemble an inverted V. This implies that the satisfaction is greater at the initial stage of FLC and decreases from stage V to later stages. The reason for this seems to be that the biggest number of couples are at stage V, where they spent more time taking care of the needs of children than their own marriage. However, husbands experience a higher level of marital satisfaction than wives. Additionally, years of marriage and employment status of couples show a significant correlation with marital satisfaction. The study reveals that negative feelings in interaction, affects the relationship in marriage and destroys happiness, while positive feelings contribute towards a happy and healthy marriage.

CHAPTER SIX

SUMMARY, CONCLUSION AND RECOMMENDATIONS

6.1 Introduction

This chapter consists of a summary, conclusion to the findings and the recommendations of the study.

6.2 Summary

In terms of demographics, 50.1% of the couples were wives, while 49.9% were husbands, indicating equal representation. 39.3% were aged between 36 and 45 years, while 25.9% were between 26 and 35 years. 19.4% had been married from 16 to 20 years. 34.5% had attained a high school level of education. Out of 351 participants (37.6%) were self-employed, while 29.3% were in salaried employment.

Findings on the stages of the couples, on the Family Life Cycle, convey that (36.5%), were at stage V (having teenagers), while 18.2% were at stage IV (All children at school) and stage VI (Children gone from home). Out of 351 participants, 35.9% had been married for about 16 to 20 years. 38.3% had attained a primary level of education, while 41.4 were self-employed. The data reveal that 64.3% of couples at stage II (with infant), 44.8 % at stage III (pre-school children at home) and 42.2% couples at stage IV (all children at school), found these stages very satisfying. Findings on couples' level of marital satisfaction indicate that 58.4% have a high level of marital satisfaction, while 41.6% have a low level. Descriptive statistics, by mean and standard deviation, denote that, on average, the couples have a low level of marital satisfaction ($M=99.23$, $SD=32.923$).

Findings on the relationship between socio demographic factors and couples' marital satisfaction show that male participants have a higher level of marital satisfaction ($M=109.61$, $SD=28.22$) than female participants, ($M=88.92$, $SD=34.08$), a statistically significant difference, $M = 20.69$, 95% CI [14.117, 27.253], $t(337.963) = 11.323$, $p < 0.05$. There is a statistically significant differences in marital satisfaction in relation to couples years of marriage, Welch's $F(6, 114.664) = 2.734$, $p < 0.05$. The findings further establish a statistically significant difference in couples marital satisfaction and their employment status, $F(4, 346) = 3.121$, $p < 0.05$.

Findings on the relationship between the Family Life Cycle and Marital Satisfaction among couples in Guadalupe Parish show a significant negative correlation between the two- $r(351) = -.340$, $p < 0.05$. The results indicate that higher scores on marital satisfaction are correlated with the initial stages of the Family Life Cycle, while later stages of the cycle are correlated with low levels of marital satisfaction. Additionally, the findings also show that there is a positive relationship between general satisfaction and the family life cycle, $r_s(349) = .259$, $p < .05$. Furthermore, the result reveals that there is a significant relationship between the family life cycle and negative feelings when interacting with a spouse $r_s(349) = .137$, $p < .05$, $r_s(349) = .276$, $p < .05$ and $r_s(349) = .233$, $p < .05$. However there is a significant negative correlation between the family life cycle and positive companionship experiences with a spouse $r_s(349) = -.182$, $p < .05$, $r_s(349) = -.141$, $p < .05$ and $r_s(349) = -.200$, $p < .05$. Based on these results, the shape of marital satisfaction of couples in Guadalupe Parish is an inverted V shaped curve.

6.3 Conclusion of Findings

The study reveals that 36.5% of couples are at stage V of the Family Life Cycle (having teenagers) and it was found that they experience low levels of marital satisfaction. On the other hand, 64.3% ($n=9$) are at stage II, with an infant; these were found to be very satisfied with their

marital relationship. When determining the level of a couple's marital satisfaction, 58.4% experience a high level of marital satisfaction. However, a means score and standard deviation reveal that on average, couples have a low level of marital satisfaction. The study indicates that various demographic characteristics influence the marital satisfaction of these couples. Gender was found to have a statistically significant link with marital satisfaction -husbands experience a high level of marital satisfaction compared to wives. Additionally, years of marriage have a significant relationship with marital satisfaction as well as employment status.

The study has found that there is a relationship between the Family Life Cycle and marital satisfaction. It shows that many couples are more satisfied in their first years of marriage, especially the first ten years. Satisfaction begins to deteriorate in midlife, especially when the couple has teenagers or young adults. After midlife, when the couple has launched the children to adulthood, the satisfaction begins to rise, because the couple has now time to concentrate on themselves. Additionally, the study has found that as couples move along the stages of the family cycle, and experience negative interactions, the more their negative feelings increase and the more difficult it becomes to successfully transit from one stage to another. On the other hand, the findings also show that though the transition from one stage of the family life cycle to another may be challenging, positive companionship, and support for each other, helps couples to deal successfully with the difficulties of the life cycle.

6.4 Recommendations

1. This study recommends that married couples be encouraged to create time for each other, no matter what circumstances they are dealing with. The findings indicate that couples in midlife, dealing with teenagers, are less satisfied with their marriages because they spend more time taking care of their children and working for money to pay bills, especially

school fees. Finding time for each other, amid all these issues, will help them get through the difficulties and improve their marital satisfaction.

2. The study recommends that married couples make communication a key aspect of their marriage. The findings of the study indicate that family is a system and each individual plays a vital role in how the family develops. Communication will help the couples understand each other in the challenges they face in marriage.
3. The study also recommends that couples work together on all issues that concern their family. Working in unity helps avoid unnecessary misunderstandings that reduce marital satisfaction. Family Systems Theory, the basis of the study, views the family as a unit. Therefore, to progress effectively through each life stage, working together as a couple is key.

6.5 Future research

1. This study recommends future research to investigate whether counselling helps couples navigate through the stages of the Family Life Cycle and how this is related to marital satisfaction.
2. It is recommended that comparative studies be conducted, to determine whether there are significant differences in marital satisfaction at the different stages of the Life Cycle.

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Appendix A

Research Consent Form – Participants

<p style="text-align: center;">Title of research project: Relationship between Family Life Cycle and Marital Satisfaction among Individuals Married in the Catholic Church in Guadalupe Parish, Archdiocese of Nairobi, Kenya</p>
<p>This study is conducted by the student of Counselling Psychology at Tangaza University College. It has been approved by the lecturer (contact:iysma@tangaza.org).</p> <p>The study is designed to measure the relationship between family life cycle and marital satisfaction. The family life cycle comprises emotional and intellectual stages we pass through within a family from childhood to retirement years. Marital satisfaction is an individual's evaluation of the marital relationship. A couple's ability to negotiate the transitional challenges of the family life cycle stages is an important factor for a couple's happiness in marriage. The study involves no known risk to participants and contains no deception. It will take approximately 30 minutes to take part in the research study.</p> <p>The task requires the participant to answer a series of questions on Family Life Cycle and Marital Satisfaction. There is no right or wrong answers. All responses will be treated as strictly confidential. No participant's result will be presented individually, but only in collective form. Please read your rights as stated below and if you agree to be a participant, please sign the consent at the end.</p>
<p>Name of researcher: Elizabeth R. Kan Hwai</p>
<p>Position of researcher: MA Student in Institute of Youth Studies at Tangaza University College (CUEA)</p>
<p>Contact address for researcher: P.O. Box 21303, 2/10 Ngong Road, Nairobi, Kenya. Tel: +254706447222</p>
<p>Contact of the College: P.O Box 15055-00509 Langata South Rd, Nairobi, Kenya. Tel:+254 722204724</p>
<p>Signed by researcher:</p> <p>Date:</p>
<p style="text-align: center;">Statement to be signed by the participant:</p> <ul style="list-style-type: none"> I confirm that the researcher has fully explained the nature of the project and all the activities which I will be asked to do. I confirm that I have had opportunity to ask questions about this project. I understand that my participation is voluntary, and that I may withdraw at any time during the project, without having to give a reason I agree to take part voluntarily in this project. <p>Signatures</p> <p>Wife..... Husband.....</p> <p>Date.....</p>

Appendix B

Request and Reply to use the Questionnaires

[The Gottman Institute] Re: Request to use Gottman Research

External

Inbox



Kyle Benson (The Gottman Institute) <customerservice@gottman.com>
to me

Thu, Jun 3, 8:18 PM

##- Please type your reply above this line -##

Your request (45730) has been updated. To add additional comments, reply to this email.

Kyle Benson (The Gottman Institute)

Jun 3, 2021, 10:18 PDT

Hi Elizabeth,

Thanks for reaching out about seeking permission for the Scales of Marital Satisfaction by Stages of Family Life Cycle and the Locke-Wallace Short Marital Adjustment Test. The Gottman Institute or Dr. Gottman did not create either of those questionnaires so we can't give you permission for something we don't have the rights to. I know that you can use the Locke-Wallace as stated in the book "Measures for Clinical Practice and Research." Regarding the Family Life Cycle, you will need to contact that author.

Thanks,
Kyle from the Research Team

1900026

May 13, 2021, 14:35 PDT

Name
Elizabeth Kan Hwai
Email
<u>1900026@tangaza.ac.ke</u>
To better route your message, please select a category:
Other
Subject
Seeking permission
Message
<p>Dear Sir/Madam,</p> <p>I am Elizabeth R. Kan Hwai, (Reg No. 19/00026). I am studying for a Master of Arts in Counselling Psychology (Marriage and Family) in the Institute of Youth Studies at Tangaza University College, Nairobi, Kenya. Currently I am writing a Thesis proposal on "Association between Family Life Cycle and Marital Satisfaction among Catholic Couples in Guadalupe Parish, Nairobi. I wish to adopt the Scales of Marital Satisfaction by Stages of Family Life Cycle and the Locke-Wallace Short Marital Adjustment Test for my research. Therefore, I seek your permission to employ these instruments to my study. Looking forward to hearing from you.</p> <p>Thanking you in advance.</p> <p>Sincerely yours,</p> <p>Elizabeth</p>

This email is a service from The Gottman Institute

Appendix C

The Questionnaires for Participants

The Questionnaire

This questionnaire consists of two parts. Part A addresses demographic information and Part B consists of the questions to be answered. Please note that there is no right or wrong answers. Your honesty in responding to the items is what is most important.

Part A: Demographic Information. Please tick what applies to you.

- | | | |
|------------------------|-------------|--------------------------|
| 1. Gender: | Husband | <input type="checkbox"/> |
| | Wife | <input type="checkbox"/> |
| 2. Age: | 18 – 25 | <input type="checkbox"/> |
| | 26 – 35 | <input type="checkbox"/> |
| | 36 – 45 | <input type="checkbox"/> |
| | 46 – 55 | <input type="checkbox"/> |
| | 56 – Above | <input type="checkbox"/> |
| 3. Name of outstation: | St Bakita | <input type="checkbox"/> |
| | St. Thomas | <input type="checkbox"/> |
| | St. Luke | <input type="checkbox"/> |
| | St. Dominic | <input type="checkbox"/> |
| | Woodley | <input type="checkbox"/> |
| | Olympic | <input type="checkbox"/> |
| | Kilimani | <input type="checkbox"/> |
| | Jamhuri | <input type="checkbox"/> |
| 4. Years of Marriage: | | |
| | 1 – 5 | <input type="checkbox"/> |
| | 6 – 10 | <input type="checkbox"/> |
| | 11 – 15 | <input type="checkbox"/> |
| | 16 – 20 | <input type="checkbox"/> |
| | 20 – Above | <input type="checkbox"/> |

5. Level of Education :

- No education ☐
- Primary ☐
- Secondary ☐
- Diploma ☐
- BA ☐
- MA ☐
- PhD ☐

6. Employment status:

- Self-employed ☐
- Salaried employment ☐
- Casual labourer ☐
- Unemployed ☐

Part B.

Section 1.

Scales of Marital Satisfaction by stages of Family Life Cycle Used by Rollins and Feldman (1970).

For each of the following items, check one response: Put a tick in the box.



1.	<p>General Marital Satisfaction– “In general, how often do you think that things between you and your wife/husband are going well?</p> <p><input type="checkbox"/> all the time, <input type="checkbox"/> most of the time, <input type="checkbox"/> more often than not, <input type="checkbox"/> occasionally, <input type="checkbox"/> rarely, <input type="checkbox"/> never.</p>
2.	<p>Negative Feelings from Interactive with Spouse- “How often would you say that the following events occur between you and your husband/wife.</p> <p><input type="checkbox"/> You feel resentful, <input type="checkbox"/> never, <input type="checkbox"/> once or twice a year <input type="checkbox"/> once or twice a month, <input type="checkbox"/> once or twice a week, <input type="checkbox"/> about once a day, <input type="checkbox"/> more than once a day.</p>

	<p>You feel not needed;</p> <p><input type="checkbox"/> never, <input type="checkbox"/> once or twice a year <input type="checkbox"/> once or twice a month, <input type="checkbox"/> once or twice a week, <input type="checkbox"/> about once a day, <input type="checkbox"/> more than once a day.</p>
	<p>You feel misunderstood:</p> <p><input type="checkbox"/> never, <input type="checkbox"/> once or twice a year, <input type="checkbox"/> once or twice a month, <input type="checkbox"/> once or twice a week <input type="checkbox"/> about once a day <input type="checkbox"/> more than once a day.</p>
3.	<p>Positive Companionship Experiences with Spouse “How often would you say that the following events occur between you and your husband/wife?</p> <p>Laugh together, <input type="checkbox"/> never, <input type="checkbox"/> once or twice a year, <input type="checkbox"/> once or twice a month, <input type="checkbox"/> once or twice a week, <input type="checkbox"/> about once a day, <input type="checkbox"/> more than once a day.</p> <p>Calmly discuss something together:</p> <p><input type="checkbox"/> never, <input type="checkbox"/> once or twice a year, <input type="checkbox"/> once or twice a month, <input type="checkbox"/> once or twice a week <input type="checkbox"/> about once a day <input type="checkbox"/> more than once a day.</p> <p>Have a stimulating exchange of ideas:</p> <p><input type="checkbox"/> never, <input type="checkbox"/> once or twice a year, <input type="checkbox"/> once or twice a month, <input type="checkbox"/> once or twice a week, <input type="checkbox"/> about once a day <input type="checkbox"/> more than once a day.</p> <p>Work together on a project:</p> <p><input type="checkbox"/> never, <input type="checkbox"/> once or twice a year, <input type="checkbox"/> once or twice a month, <input type="checkbox"/> once or twice a week, <input type="checkbox"/> about once a day, <input type="checkbox"/> more than once a day.</p>
4.	<p>Satisfaction with Present Stage of the Family Life Cycle- “Different stages of the family life cycle may be viewed as being more satisfying than others. How satisfying do you think the following stages are?</p> <p>Stage I, without children <input type="checkbox"/> very satisfying, <input type="checkbox"/> quite satisfying, <input type="checkbox"/> somewhat satisfying, <input type="checkbox"/> not satisfying .</p> <p>Stage II, with the infant <input type="checkbox"/> very satisfying, <input type="checkbox"/> quite satisfying, <input type="checkbox"/> somewhat satisfying, <input type="checkbox"/> not satisfying.</p> <p>Stage III, Preschool children at home <input type="checkbox"/> very satisfying, <input type="checkbox"/> quite satisfying, somewhat satisfying, <input type="checkbox"/> not satisfying.</p>

	Stage IV, all children at school <input type="checkbox"/> very satisfying, <input type="checkbox"/> quite satisfying, <input type="checkbox"/> somewhat satisfying, <input type="checkbox"/> not satisfying.
	Stage V, having teenagers <input type="checkbox"/> very satisfying, <input type="checkbox"/> quite satisfying, <input type="checkbox"/> somewhat satisfying, <input type="checkbox"/> not satisfying.
	Stage VI, children gone from home <input type="checkbox"/> very satisfying, <input type="checkbox"/> quite satisfying, <input type="checkbox"/> somewhat satisfying, <input type="checkbox"/> not satisfying.
	Stage VII, empty nest <input type="checkbox"/> very satisfying, <input type="checkbox"/> quite satisfying, <input type="checkbox"/> somewhat satisfying, <input type="checkbox"/> not satisfying.
	Stage VIII, retirement <input type="checkbox"/> very satisfying, <input type="checkbox"/> quite satisfying, <input type="checkbox"/> somewhat satisfying, <input type="checkbox"/> not satisfying.

Appendix D

Section 2: Questionnaires for Marital Adjustment

Date: -----

Locke-Wallace Marital Adjustment Test Scoring Key

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

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

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

		Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
2	Handling Family Finances	5	4	3	2	1	0
3	Matters of Recreation	5	4	3	2	1	0
4	Demonstration of Affection	8	6	4	2	1	0
5	Friends	5	4	3	2	1	0
6	Sex Relations	15	12	9	4	1	0
7	Conventionality (right, good, or proper conduct)	5	4	3	2	1	0
8	Philosophy of Life	5	4	3	2	1	0
9	Ways of dealing with in-laws	5	4	3	2	1	0

For each of the following items, check one response:

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

Locke-Wallace Marital Adjustment Scale (<85 is cut-off) Score _____

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Scoring: The scoring rubric (points for each response) is included in the above scale, but should not be included when giving the scale to respondents. The scores for all 15 items should be added up together. Higher scores indicate greater satisfaction.

Kiswahili Version

(Hojaji za washiriki)

(Hojaji)

(Hojaji hii ina sehemu mbili. Sehemu A inashughulika na ujumbe unauhusu washiriki kulingana takwimu/nambari na sehemu B inahusu maswali ya kujibiwa. Tafadhali kumbuka kwamba hakuna jibu nzuri au baya. Uaminifu ni wako muhimu sana unapojibu maswali.)

Sehemu A: Ujumbe kuhusu washiriki. Tafadhali weka alama kwenye visaduku kulingana na wewe.

- | | | |
|-------------------------|-------------|--------------------------|
| 1. Jinsia : | Bwana | <input type="checkbox"/> |
| | Bibi | <input type="checkbox"/> |
| 2. Miaka | 18 – 25 | <input type="checkbox"/> |
| | 26 – 35 | <input type="checkbox"/> |
| | 36 – 45 | <input type="checkbox"/> |
| | 46 – 55 | <input type="checkbox"/> |
| | 56 – na juu | <input type="checkbox"/> |
| 3. Jina la kanisa lako: | St Bakita | <input type="checkbox"/> |
| | St. Thomas | <input type="checkbox"/> |
| | St. Luke | <input type="checkbox"/> |
| | St. Dominic | <input type="checkbox"/> |
| | Woodley | <input type="checkbox"/> |
| | Olympic | <input type="checkbox"/> |
| | Kilimani | <input type="checkbox"/> |
| | Jamhuri | <input type="checkbox"/> |
| 4. Miaka katika ndoa: | | |
| | 1 – 5 | <input type="checkbox"/> |
| | 6 – 10 | <input type="checkbox"/> |
| | 11 – 15 | <input type="checkbox"/> |
| | 16 – 20 | <input type="checkbox"/> |
| | 20 – na juu | <input type="checkbox"/> |

5. Kiwango cha elimu:

Haujasoma	<input type="checkbox"/>
Shule ya msingi	<input type="checkbox"/>
Shule ya upili	<input type="checkbox"/>
Stashahada	<input type="checkbox"/>
Shahada ya uzamili	<input type="checkbox"/>
Shahada ya uzamifu	<input type="checkbox"/>
Shahada ya uzamifu	<input type="checkbox"/>

6. Ajira:

Umejiajiri	<input type="checkbox"/>
Umeajiriwa na unapata mshahara	<input type="checkbox"/>
Unafanya vibarua	<input type="checkbox"/>
Haujaajiriwa	<input type="checkbox"/>

Sehemu ya B

Kipimo cha kuonyesha kiasi cha kuridhika kwenye ndoa katika awamu za maisha ya familia kulingana na Rollins na Feldman (1970).

Kwa kila swali jagua jibu moja kwa kuweka alama kwenye visaduku.



1.	<p>Kwa jumla ni mara ngapi unafikiria maisha kati yako na Bwana yako au Bibi yako yanaendelea vizuri.</p> <p><input type="checkbox"/> kila wakati, <input type="checkbox"/> karibu kila wakati, <input type="checkbox"/> mara nyingi, <input type="checkbox"/> mara kwa mara, <input type="checkbox"/> mara chache, <input type="checkbox"/> hata.</p>
2.	<p>Mtazamo hasi katika uhusiano wako na mume wako au mke wako. Ni mara ngapi utasema yafuatayo yanatendeka kati yako na bwana yako au mume wako.</p> <p>Unasikia kukasirika:</p>

	<input type="checkbox"/> Hausikii hata, <input type="checkbox"/> mara moja au mbili kwa mwaka <input type="checkbox"/> mara moja au mbili kwa mwaka, <input type="checkbox"/> mara moja au mbili kwa mwezi, <input type="checkbox"/> , karibu mara moja kwa siku. <input type="checkbox"/> , zaidi ya mara moja kwa siku.
	Unasikia hautakikani: <input type="checkbox"/> hausikii unaeleweka hata, <input type="checkbox"/> mara moja au mbili kwa mwaka, <input type="checkbox"/> mara moja au mbili kwa mwezi, <input type="checkbox"/> mara moja au mbili kwa wiki, <input type="checkbox"/> karibu mara moja kwa siku, <input type="checkbox"/> zaidi ya mara moja kwa siku.
	Unasikia unaeleweka: <input type="checkbox"/> hausikii unaeleweka hata, <input type="checkbox"/> mara moja au mbili kwa mwaka, <input type="checkbox"/> mara moja au mbili kwa mwezi, <input type="checkbox"/> (mara moja au mbili kwa wiki, <input type="checkbox"/> mara moja kwa siku, <input type="checkbox"/> zaidi ya mara moja kwa siku.
3.	<p>Maisha mazuri na bwana yako bibi yako- ? Ni mara ngapi utasema yafuatayo yanatendeka?</p> <p>kucheka pamoja: <input type="checkbox"/> hamchekei hata, <input type="checkbox"/> mara moja au mbili kwa mwaka, <input type="checkbox"/> mara moja au mbili kwa mwezi, <input type="checkbox"/> mara moja au mbili kwa wiki, <input type="checkbox"/> mara moja kwa siku, <input type="checkbox"/> zaidi ya mara moja kwa siku.</p> <p>Kwa upole mnajadiliana kuhusu mambo: <input type="checkbox"/> hamjadiliani kwa upole hata, <input type="checkbox"/> mara moja au mbili kwa mwaka, <input type="checkbox"/> mara moja au mbili kwa mwezi, <input type="checkbox"/> mara moja au mbili kwa wiki <input type="checkbox"/> mara moja kwa siku <input type="checkbox"/> zaidi ya mara moja kwa siku.</p> <p>Manachangamka mnapobadilishana mawazo: <input type="checkbox"/> hamchangamkihata, <input type="checkbox"/> mara moja au mbili kwa mwaka, <input type="checkbox"/> Mara moja au mbili kwa mwezi, <input type="checkbox"/> mara moja au mbili kwa wiki, <input type="checkbox"/> mara moja kwa siku <input type="checkbox"/> zaidi ya mara moja kwa siku.</p> <p>Zaidi ya mara moja kwa siku: <input type="checkbox"/> hamfanyi hata, <input type="checkbox"/> mara moja au mbili kwa mwaka, <input type="checkbox"/> mara moja au mbili kwa mwezi, <input type="checkbox"/> mara moja au mbili kwa wiki, <input type="checkbox"/> mara moja kwa siku, <input type="checkbox"/> (zaidi ya mara moja kwa siku). </p>

4.	<p>Umeridhika na kiwango cha familia yako katika maisha ya ndoa-Viwango tofauti vya maisha ya familia huonekana kuridhisha kuliko vingine.Umeridhika vipi katika viwango vifuatavyo?</p>
	<p>Awamu ya kwanza, bila watoto: <input type="checkbox"/> huridhisha sana, <input type="checkbox"/> huridhisha tu, <input type="checkbox"/> huridhisha kidogo, <input type="checkbox"/> (hairidhishi hata).</p>
	<p>Awamu ya pili, na mtoto mdogo: <input type="checkbox"/> huridhisha sana, <input type="checkbox"/> huridhisha tu, <input type="checkbox"/> huridhisha kidogo, <input type="checkbox"/> hairidhirishi hata.</p>
	<p>Awamu ya tatu, kabla watoto kwenda shule: <input type="checkbox"/> huridhisha sana, <input type="checkbox"/> huridhisha tu, <input type="checkbox"/> huridhisha kidogo, <input type="checkbox"/> hairidhishi hata.</p>
	<p>Awamu ya nne, watoto wote wakiwa shule: <input type="checkbox"/> huridhisha sana , <input type="checkbox"/> huridhisha tu, <input type="checkbox"/> huridhisha kidogo, <input type="checkbox"/> hairidhishi hata.</p>
	<p>Awamu ya tano, ukiwa na vijana: <input type="checkbox"/> very satisfying, <input type="checkbox"/> quite satisfying, <input type="checkbox"/> somewhat satisfying, <input type="checkbox"/> not satisfying.</p>
	<p>Awamu ya sita, watoto kutoka nyumbani: <input type="checkbox"/> huridhisha sana, <input type="checkbox"/> huridhisha tu, <input type="checkbox"/> huridhisha kidogo, <input type="checkbox"/> hairidhishi tu.</p>
	<p>Awamu ya saba, kiota tupu: <input type="checkbox"/> huridhisha sana, <input type="checkbox"/> huridhisha tu, <input type="checkbox"/> huridhisha kidogo, <input type="checkbox"/> (Hairidhishi hata).</p>
	<p>Awamu ya nane, kuondoka kazini na kupumzika: <input type="checkbox"/> huridhisha sana, <input type="checkbox"/> huridhisha tu, <input type="checkbox"/> huridhisha tu, <input type="checkbox"/> hairidhishi hata.</p>

Sehemu ya pili

Terehe: -----

(Kipimo cha Locke-Wallace cha maisha katika ndoa)

1. Angalia kwenye kipimo ulichopewa kiachofafanua kiwango cha furaha kwa kuzingatia kila kitu katika ndoa yako kwa sasa. Katikati, ambapo pana “furaha” (15) inaonyesha kiwango cha furaha ile watu hupata katika ndoa, upande wa kushoto wa katikati inaonyesha wale wachache ambao hawana furaha katika maisha ya ndoa na upande wa kulia wa katikati inaonyesha wachache wanao furahia sana maisha ya ndoa.

0	2	7	15	20	25	35
.
Hakuna kufurahia kabisa			Furaha			Kufurahia sana

Taja kiwango cha kuelewana au kutoelewana kwenu na mke wako au mme wako kwenye hojaji zifuatazo.

		Kila wakati tunaelewana	Karibu kila wakati tunaele-wana	Mara kwa mara hatuelewani	Mara nyigi hatuelewani	Karibu kila wakati hatuelewani	Kila wakati hatuelewani
2	Kushughulikia fedha za familia	5	4	3	2	1	0
3	Maswala ya burudani	5	4	3	2	1	0
4	Kuonyesha mapenzi	8	6	4	2	1	0
5	Marafiki	5	4	3	2	1	0
6	Uhusiano wa kijinsia	15	12	9	4	1	0
7	Mwenendo (wa ukweli, mzuri au mwema)	5	4	3	2	1	0
8	Falsafa ya maisha	5	4	3	2	1	0
9	Uhusiano na wakwe	5	4	3	2	1	0


Kwa kila hojaji zifuatazo, chagua jibu moja.

	Mafarakano yakitokea yanaleta nini:
--	-------------------------------------

	(a) Bwana kuyakubali <u>0</u> (b) bibi kuyakubali <u>2</u> (c) Makubaliano kutoka kwa kila mmoja <u>10</u>
11.	Wewe na Bwanako/ Bibi yako mnavutiwa na mambo ya nje? (a) yote <u>10</u> (b) baadhi yake <u>8</u> (c) kidogo sana <u>3</u> (d) hamutiwi na chochote <u>0</u>
12.	Wakati hauna kazi ya kufanya, kwa uangalifu unapenda: (a) kwenda nje _ (b) kukaa nyumbani Mume wako /mke wako mara nyingi hupenda: (a) kwenda nje _ (b) kukaa nyumbani Kukaa nyumbani kwenu wote hoja 10; kwenda nje kwenu wote, 3; mafarakano, hoja 2
13.	Ni matamani yako kwamba haungekuwa umeoa/ kuolewa? (a) mara nyingi <u>0</u> (b) mara kwa mara <u>3</u> (c) mara chache <u>8</u> (d) hautamani hata <u>15</u>
14.	Ungejaliwa kuishi tena, unafikiri ungefanya nini? (a) ungemoa uliyenaye? <u>15</u> (b) ungeoa mtu mwingine <u>0</u> (c) haungeoa kabisa <u>1</u>
15.	Unaweka siri kwa mume wako au mke wako? (a) hauweki kabisa <u>0</u> (b) mara chache <u>2</u> (c) kwa vitu vingi <u>10</u> (d) kwa kila kitu <u>10</u>

Appendix E

Ethical Clearance from Tangaza University College

 **TANGAZA UNIVERSITY COLLEGE**
The Catholic University of Eastern Africa
OFFICE OF THE DIRECTOR OF POST-GRADUATE STUDIES
E-mail: dir.pgsr@tangaza.ac.ke Website: www.tangaza.ac.ke

OUR Ref: DPGSR/ER/09/2021 Date: 2nd September 2021

Elizabeth R. Kan Hwai
Institute of Youth Studies
School of Arts and Social Sciences
Tangaza University College

Dear Sr. Elizabeth,

RE: ETHICS CLEARANCE FOR ELIZABETH R. KAN HWAI, REG. NO. 19/00026


Reference is made to your letter dated 30th August 2021 requesting for ethical clearance of your research proposal to carry out a study on *“Relationship between family life cycle and marital satisfaction among individuals married in the Catholic Church in Guadalupe Parish, Archdiocese of Nairobi, Kenya”*.

I am pleased to inform you that, your research proposal has been reviewed and you can now apply for research permit. You are advised to submit your proposal to the National Commission for Science, Technology and Innovation (NACOSTI), for the issuance of a research permit and further guidance before commencing the data collection exercise for your study. You are also advised to adhere to the code of ethics of protection of human subjects during the entire process of your study.

This approval is valid for one year from 2nd September 2021.

Please, ensure that after the data analysis and final write up, you soft copy of the thesis to the Director of Post-Graduate Studies – Tangaza University College for records purposes.

Yours sincerely,



DANIEL M. KITONGA (Ph.D.)
Director, Post-Graduate Studies
Tangaza University College






CC: Dr. Fr. Hubert Pinto – Programme Leader, MA in Counselling Psychology (IYS)

P.O. Box 15055 - 00509 Langata, Nairobi Kenya
Tel: +254 20 8097667 / 0732 897 000 / 0733 685 059 / 0722 204 724 / 0714 610 777

Email: inquiries@tangaza.ac.ke
Website: www.tangaza.ac.ke

Appendix F

Research Permit from NACOSTI

 REPUBLIC OF KENYA	 NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
Ref No: 426535	Date of Issue: 21/September/2021
RESEARCH LICENSE	
	
<p>This is to Certify that Sr.. Elizabeth Rose Kan Hwai of Tangaza University College, has been licensed to conduct research in Nairobi on the topic: Relationship between Family Life Cycle and Marital Satisfaction among Individuals Married in the Catholic Church in Guadalupe Parish, Archdiocese of Nairobi, Kenya for the period ending : 21/September/2022.</p>	
License No: NACOSTI/P/21/12906	
426535	
Applicant Identification Number	Director General NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
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Appendix G

Research Permit from the Parish



Our Lady of Guadalupe Parish
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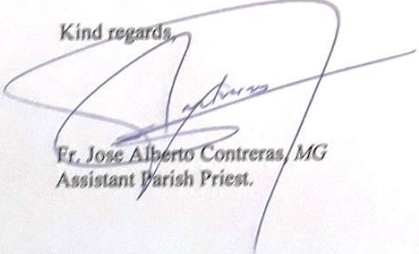
2nd October 2021.

Elizabeth R. Kan Hwai
Ref. No 19/00026
Institute of Youth Studies
Tangaza University College
P.O.Box 15055 – 00509
Langata South Rd, Nairobi, Kenya.



RE: RESEARCH AUTHORIZATION.

Following your request for authority to carry out research on “*Relationship between family life cycle and marital satisfaction among individuals married in the Catholic Church in Guadalupe Parish, Archdiocese of Nairobi, Kenya*”. I am pleased to inform you that you have been authorized to undertake research in Guadalupe Parish.

Kind regards,



Fr. Jose Alberto Contreras, MG
Assistant Parish Priest.



P.O. Box: 21245 - 00505 Ngong Rd, Nairobi, Tel: 020 2391003 Cell: 0722544798 E-mail: mail@guadalupeparishke.org
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Appendix H

Plagiarism Test

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Appendix I

Map of Guadalupe Parish

