

**RELATIONSHIP BETWEEN PERSONALITY TRAITS AND MARITAL QUALITY
AMONG MARRIED INDIVIDUALS IN KIAMBU CATHOLIC DEANERY,
ARCHDIOCESE OF NAIROBI, KENYA**

KINYANJUI AGNES NJERI MUIRURI

18/00666

**Thesis Submitted in Partial Fulfilment of the Requirements for the Award of Degree of
Master of Arts in Counselling Psychology**

**INSTITUTE OF YOUTH STUDIES
TANGAZA UNIVERSITY COLLEGE
CATHOLIC UNIVERSITY OF EASTERN AFRICA**

NAIROBI-KENYA

MAY, 2023

DECLARATION

I declare that this thesis is my original work and has not in the past been presented to any other university or institution for the academic award of a degree. All sources have been appropriately cited and dully acknowledged.

Signature-----

Date -----

Kinyanjui Agnes Njeri Muiruri

Reg. No. 18/00666

This thesis has been submitted for examination with our approval as University Supervisors.

First supervisor

Signature.....

Date.....

Dr. Hubert Pinto

TANGAZA UNIVERSITY COLLEGE

The Catholic University of Eastern Africa

Second Supervisor

Signature.....

Date.....

Dr. Catherine Mwarari

TANGAZA UNIVERSITY COLLEGE

The Catholic University of Eastern Africa

DEDICATION

I dedicate my work to God who has enabled me to have reached this far. To my family particularly to my husband, John Kinyanjui, who has tirelessly supported me morally and assisted me in paying my tuition fees. Also, to my son Emmanuel who kept on encouraging me even when going became tough.

ACKNOWLEDGEMENT

My gratitude goes to Almighty God for His gift of life, blessings and care to me. This academic journey and the completion of this research thesis has been made possible as a result of the support, insights and positive criticisms that I have received from my Supervisors. I am greatly indebted to Rev. Dr. Hubert Pinto and Dr. Catherine Mwarari who are both my Supervisors. Their commitment, patience and scholarly guidance I constantly received from them, have made me reach this point.

I am thankful too to the Father in-charge of Kiambu Catholic Deanery (Dean), Archdiocese of Nairobi, Kenya, who permitted me to have access to the individual Parishes for data collection.

ABSTRACT

Globally studies have found personality traits to have positive and negative impact on marital quality. However, there is lack of similar studies with Catholic married individuals in Kiambu Deanery. The aim of the study was to establish the relationship between the big five personality traits and marital quality among married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. The study was guided by the following objectives: To determine personality traits of the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya; to find out the predictors of marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya; to determine the relationship between age, gender, level of education, years in marriage and marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya and to establish the relationship between personality traits and marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. The study employed the descriptive research design. Through proportionate stratified sampling, a sample size of 193 participants were selected for the study. The study utilized the Big Five Inventory Scale and The Revised Dyadic Adjustment Scale to collect data. The data was analyzed using descriptive statistics, regression analysis and correlational analysis with SPSS version 32. The findings from objective one showed that most of the participants in the study had personality traits of extroversion, agreeableness, conscientiousness and open mindedness while those who had negative emotionality were least represented in the study. The findings from objective two showed that among the Big Five Personality Traits, only agreeableness ($p=0.01$) and conscientiousness ($p=0.03$) were predictors of marital stability among the heterosexual married individuals. However, the personality traits of extraversion, ($p=0.837$), negative emotionality ($P=.565$) and open-mindedness ($P=.208$) were not predictors of marital quality. Furthermore, the findings from objective three showed that there was a weak negative correlation between age and marital quality ($p < 0.05$, $r = -.102$). Similarly, there was also a very weak negative correlation between years in marriage and marital quality ($p < 0.05$, $r = -.078$). In regard to education, there was a weak positive correlation between level of education and marital quality ($p < 0.05$, $r = .456$). Finally, the finding from objective four showed that personality traits of extroversion, agreeableness, open mindedness and conscientiousness correlated positively with marital quality apart from negative emotionality ($p < 0.05$, $r = -.282$). The study recommends the future studies to employ mixed method approach in order to strengthen the findings of the study. Mixed method approach can help in providing findings that cannot be realized through a single research approach.

TABLE OF CONTENTS

DECLARATION	ii
DEDICATION	iii
ACKNOWLEDGEMENT	iv
ABSTRACT	v
TABLE OF CONTENTS	vi
LIST OF TABLES	x
LIST OF FIGURES	xi
ABBREVIATIONS	xii
OPERATIONAL DEFINITIONS OF TERMS	xiii
CHAPTER ONE	1
INTRODUCTION	1
1.1 Introduction.....	1
1.2 Background to the Study	1
1.3 Statement of the Problem	8
1.4 Purpose of the Study.....	10
1.5 Objectives of the Study	10
1.5.1 General Objective.....	10
1.5.2 Specific Objectives.....	10
1.6 Research Questions	10
1.7 Justification of the Study.	11
1.8 Significance of the Study.....	11
1.9 Scope/ Delimitation of the Study	12
1.10 Assumption	12
1.11 Summary.....	12
CHAPTER TWO	13
LITERATURE REVIEW	13

2.1 Introduction.....	13
2.2 Theoretical Framework	13
2.2.1 The Five Factor Theory of Personality.....	13
2.3 Empirical Literature Review.....	15
2.3.1 The Big Five Personality traits of the married individuals.....	15
2.3.2 Predictors of marital quality among the married individuals	19
2.3.3 Correlation between age, gender educational level and years in marriage on marital quality.....	25
2.3.4 Relationship between personality traits and marital quality among the married individuals	30
2.4 Conceptual Framework	33
2.5 Summary.....	35
CHAPTER THREE	36
RESEARCH METHODOLOGY	36
3.1 Introduction.....	36
3.2 Research Design.....	36
3.3 Location of the Study	36
3.4 Target Population	37
3.5 Sampling Technique and Sample Size	37
3.5.1 Sampling Frame	38
3.5.2 Sampling Technique.....	38
3.5.3 Sample Size.....	39
3.6 Research Instruments	39
3.7 Validity	40
3.8 Reliability	41
3.9 Data Collection Procedure.....	41

3.10 Data Analysis	42
3.11 Ethical Considerations	43
3.12 Summary	44
CHAPTER FOUR.....	45
RESULTS	45
4.1 Introduction.....	45
4.2 Questionnaires Response Rate	45
4.3 Reliability of Instruments of Measure	45
4.4 Demographic Details of the Participants	47
4.4.1 Age of the Participants	47
4.4.2 Gender of Participants	47
4.4.3 Educational Level of Participants	48
4.4.4 Years in Marriage for Participants	49
4.5 Personality Traits of the Married Individuals in Kiambu Catholic Deanery	49
4.6 Predictors of Marital Quality among the Married Individuals in Kiambu Catholic Deanery ..	50
4.7 Correlation between Age, gender, level of education years in marriage and marital quality among the married individuals in Kiambu Catholic Deanery	51
4.8 Personality traits and marital quality among the married individuals in Kiambu Catholic Deanery.....	53
4.9 Summary of the Findings	54
CHAPTER FIVE.....	55
DISCUSSION	55
5.1 Introduction.....	55
5.2 Revisit of Conceptual Framework	55
5.3 Relating Findings with the Literature.....	56
5.3.1 The Big Five Personality Traits of the Married Individuals	56

5.3.2 Predictors of Marital Quality among the Married Individuals.....	57
5.3.3 Correlation between age, gender, educational level, years in marriage and marital quality.....	60
5.3.4 Relationship between personality traits and marital quality among the married individuals	62
5.4 Suggestion for Improvement of the Theory.....	64
CHAPTER SIX	66
CONCLUSION	66
6.1 Introduction.....	66
6.2 Recommendations of the Study	66
6.3 Limitations of the Study	66
6.4 Suggestions Future Orientations of the Study	67
REFERENCES.....	68
APPENDICES	81
Appendix 1: Introduction Letter	81
Appendix 2: Participants Questionnaire.....	82
Appendix 3: Krejcie and Morgan’s Table	85
Appendix 4: Research Budget	86
Appendix 5: Research Schedule	87
Appendix 6: Plagiarism Report.....	88

LIST OF TABLES

Table 1: Sampling Frame for Target Population	Error! Bookmark not defined.
Table 2: Sampling Techniques	Error! Bookmark not defined.
Table 3: Data Analysis	Error! Bookmark not defined.
Table 4: Reliability test using Cronbach’s Alpha	Error! Bookmark not defined.
Table 5: Age of Participants	Error! Bookmark not defined.
Table 6: Gender of the Participants.....	Error! Bookmark not defined.
Table 7: Education Level	Error! Bookmark not defined.
Table 8: Years in Marriage	Error! Bookmark not defined.
Table 9: Descriptive Statistics of the Big Five Personality Traits .	Error! Bookmark not defined.
Table 10: Predictors of Marital Quality among Married Individuals in Kiambu Catholic Deanery	Error! Bookmark not defined.
Table 11: Age, gender, level of education and years in marriage on marital quality among the married individuals in Kiambu Catholic Deanery	Error! Bookmark not defined.
Table 12: Correlation between the Big Five Personality Traits and Marital Quality	Error! Bookmark not defined.
Table 13: Correlation of personality traits with Consensus, Satisfaction and Cohesion	Error! Bookmark not defined.

LIST OF FIGURES

Figure 1: Conceptual Framework34

ABBREVIATIONS

CSA	–	Central Statistical Agency
DHS	–	Demographic and Health Surveys
IPV	–	Intimate Partner Violence
NACOSTI	–	National Commission for Science, Technology and Innovation.
PCEA	–	Presbyterian Church of East Africa
UNICEF	-	United Nations International Children’s Emergency Fund.
USA	–	United State of America

OPERATIONAL DEFINITIONS OF TERMS

Marriage: Marriage is a basic unit of family system where a man and woman form a lasting and interactive bond that contributes to improved physical and psychological wellbeing (Goldfarb & Trudel, 2019). In the current study, this means the legal union between a man and a woman.

Married Individuals: These are persons who are married and living together as a husband and wife. However, in this study, they will not necessarily participate as spouses or couples but rather as married individuals.

Personality Traits: Personality traits has been defined by Soto (2018) as the characteristic pattern of feeling, thinking or behavior in humans that tend to be stable overtime and across relevant situations. In this study, it means the Big Five stable characteristics namely: extroversion, openness to experience, conscientiousness, agreeableness and neuroticism.

Marital Quality: Marital quality generally refers to a multidimensional construct that refers to how people feel positively or negatively about their relationships (Morry, Reich & Kito, 2010). In the current study, marital quality will be conceptualized as consensus, satisfaction and cohesion.

Archdiocese: Archdiocese is an ecclesiastical province, made up of various catholic deaneries, headed by a Metropolitan Archbishop. The current study will be carried out in the Archdiocese of Nairobi, Kenya.

Deanery: Deanery means a number of catholic parishes of the same diocese that are geographically put under the leadership of a Priest, called the Dean. The current study will cover the Kiambu Catholic Deanery.

CHAPTER ONE

INTRODUCTION

1.1 Introduction

This chapter presents the background to the study; statement of the problem; purpose of the study, objectives of the study; research questions; significance of the study; scope and delimitation of the study and assumptions of the study.

1.2 Background to the Study

Marriage is a basic unit of family system where a man and woman form a lasting and interactive bond that contributes to improved physical and psychological wellbeing (Goldfarb & Trudel, 2019). However, sometimes a family can experience marital problems that can have a great effect on their well-being. According to Baghkhiasi et.al (2020), across all the cultures, family has been perceived as the most essential unit in the society especially while referring to cultural build-up and a central support welfare. In the African context, marriage and family is perceived as significant and the young adults are expected to get married and bear children for continuation of the society. Family support is considered fundamental in enhancing marital quality and particularly when married individuals give birth to their biological children (Sedeh & Ashtian, 2011).

Though married individuals are expected to support each other, sometimes they are likely to experience difficult challenges such as lack of intimacy that can ruin their marriage. Mirzanezhad (2020) conducted a quasi-experimental research on the impact of problem-solving oriented family therapy on emotional closeness and marital quality. The pre- and post-tests were prepared with the experimental group. The study involved 64 heterosexual married individuals who had been referred to the educational centre for counselling in Tabriz city of Iran. The findings showed that this therapy had a substantial influence on the married individuals' emotional closeness as well as on their marital quality. Asadi (2014) argued that a family may prove to be in

a difficult environment due to various stressful episodes. Such episodes are like inability to solve simple issues, postponing of issues or lack of self-value leading to poor decision making. Very often, heterosexual married individuals may fight when their interactions are sometimes not getting resolved or no answer is forthcoming. Individuals walk out of marriage, are separated and may eventually become divorced. Furthermore, Ghamari, Khani and Mollalu (2014) argue that when there is a strong marital relationship, heterosexual married individuals take care and support their positive development. However, when challenges such as lack of intimacy is experienced in the marriage, conflicts set in, and as a result, difficulties in solving their problems become real.

Psychologists have defined personality in different perspectives. Originally, personality was described as “the dynamic organization within the individual of those psychological systems that determine his unique adjustment to his environment” (Allport, 1937 p.48). He continued by defining personality traits as generalized and determined tendencies that are reliable and consistent ways for a person to adapt to his environment. Examples of such tendencies include being sociable, aggressive and fearfulness. Further, Soto (2018) defined personality traits as characteristic pattern of feeling, thinking or behavior in humans that tend to be stable overtime and across relevant situations. Even though research discusses a variety of personality models, the Big Five personality traits which is also known as the Five Factor Model is the most reliable model. The model comprises of extroversion, conscientiousness, openness to experience, neuroticism, and agreeableness (Polzehl, 2015).

Bratton (2015) argued that persons with extroversion personality are talkative, social, assertive, and likely to seek stimulation from social interaction. On the other hand, the persons with introversion personality are quiet, reflective, self-aware, express themselves better through writing other than talking, they are comfortable staying alone other than staying others and they

do not rush in making critical decisions in their lives. Although the big five personality model includes traits for extroversion and introversion, the latter is underappreciated, which is why the current study set out to close the gap. Further, Bratton (2015) argues that those married individuals with openness to experience tend to have intellectual curiosity, insight and imagination. Those persons with conscientiousness exhibit qualities including sufficiency, dependability, responsibility, prudence, morality, persistence, and discipline. Individuals with agreeableness trait possess the characteristics of kindness, forgiveness, mercifulness, warmth, gentleness, competitiveness, trustworthiness and compassion. The neuroticism trait is characterized by anxiety, self-pity, rage, sensitivity to stress, aggression, irritability, lack of emotional stability, and impulsivity among its bearers.

On the other hand, the concept of marital quality in literature has been defined in different perspectives. Morry, Reich and Kito (2010) argued that marital quality generally refers to a multidimensional construct that talks on people's attitudes about their relationships; whether they are positive or negative. Marina and Adriana (2020) also claimed that notions like marital satisfaction or discontent, adjustment, well-being, success, happiness, distress, and disagreement are interchangeable when evaluating positive or negative aspects of marital quality. Since marital quality and marital satisfaction are closely related and research has used Dyadic Adjustment Scale, they were used in this study interchangeably.

Globally, research has shown that personality traits affect marital quality. Baghkhiasi et. al., (2020) carried out a descriptive and analytical research in Iran with 235 newlyweds who had been sent to the Imam Khomeini Health Centre Qods city (Tehran, Iran) to attend pre-marital training sessions. The findings showed that during the first three months of marriage, there was an extensive decrease in marital relationship quality going down from 55.88 to 53.82. Furthermore,

this study reported that women were the most affected as they received the highest emotional abuse that touched on marital relationship quality. Similarly, Baghkhasi et al. (2020) claim that there is need to provide married people with a mix of pre-marital training programs as well as supporting measures, especially in the initial years of the marriage. This may play a significant role in the marital connection.

Whisman and Uebelacker (2012) argued that presence of a distinct substantial association between poor relationship quality and health challenges such as metabolic syndrome experienced among the married individuals was noted. The finding reported were that there was a substantial correlation amongst the poor quality of married individuals' relationships and the incidences of metabolic syndrome. This could have been in existence as a result of personality trait that could probably interfere with marital quality. According to Robles et. al (2014) psychosocial risk aspects may be a source of repeated marital challenges that may be witnessed among married individuals. These challenges may result to chronic stress within marital relationship that may lead to increased health risks. Such health risks may include diabetes as well as cardiovascular diseases that may be coupled with negative emotions. This was probably seen as a consequence of personality traits that could affect how well a marriage works. In addition, in a similar study, Brown (2017) reported that married individual's health may further suffer as evidence of health risks such as inflammatory response and elevated blood fat ailments witnessed. This probably may be as a result of stress reaction particularly in middle-age, as well as at menopause. This was likely to be brought about by personality traits that could play a role, leading to low-marital quality. The marital problems experienced by married individuals in Kiambu Catholic Deanery could have been as a result of personality traits and thus this study sought to close the gap.

Studies conducted in Turkey, Canada and Italy have linked personality traits and marital quality. A study by O'Rourke et. al (2011) conducted in Canada among 125 older married individuals on personality traits were proven to be reliable indicators of heterosexual married individual's marital happiness. The study argued that married individuals had scored higher on openness and extroversion and as a result, they had experienced marital satisfaction. Further, Zafer, Tape and Cirhinlioglu (2016) conducted a study on personality traits and marital quality. The study involved 480 married individuals from different cities in Turkey. The findings of this study showed that women had greater levels of agreeableness and neuroticism than did men. Also, the males had much higher marital quality scores than did women. Similarly, personality traits were shown to have a significant impact on marital quality by Aristide et al. (2016) in their research on the connection between compatibility and marital satisfaction among 184 married Italian persons. Married individuals who scored high on compatibility level reported high marital satisfaction.

Another research survey was carried out in Canada on personality traits and marital quality, analysing marital dissatisfaction as a result of personality traits. The study established that chances of developing depression are as high as 25 times more for the married individuals living in unhappy marriage. This could significantly affect marital quality (Goldfarb & Trudel, 2019). Similarly, the study further argued that there are normally marked problems in married individuals' relationships. This occurs when either of the individual displays personality characteristics with neuroticism signs for example, vulnerability to stress, anger or irritability in a marital union. When this ensues, conflicts episodes are high, stress levels increase, anxiety and quarrels that lead to communication breakdown set in. This was likely to results to poor marital quality that may eventually cause separation and divorce. In addition, Murray, Homes, Griffins and Derrick (2015) in their study on personality traits and marital quality argued that many married individuals were never too sure of

when their marital relationship could come to an end due to constant stress that may originate from lifespan hardships and continuous problems that may characterises their marriages, thus affecting the marital quality.

Research has associated marital quality with similarities of married individuals in social economic status, religious beliefs, years of education and their age (Buss & Shackelford, 2008). This means that factors such as age, gender, levels of income, levels of education, religion and years spend in marriage may or may not have a great role in the marital quality. The married individuals with high level of education were likely to have knowledge on their personalities compared to those who had low levels of education. This could bring a challenge on their marital quality. Apart from the level of education, Woszidlo and Segrin (2013) pointed out that background socialization, financial capability and the holistic exposure an individual had, were other significant factors that influenced marital quality. Despite studies pointing out the factors that touched on marital quality, they seemed to overlook the role of personality traits on marital quality among the married individuals, particularly in Kiambu Catholic Deanery, where the current study was conducted so as to bridge that gap.

Fletcher and Kerr (2013) stated that among numerous positive factors that supported successful marriage- like relationship, love and positive illusions played a significant role of maintaining a high degree of marital quality. Similarly, research further argued that in a marital relationship where stable personality traits characteristics such as agreeableness was put into practise, married individuals offered psychological support to each other. When hope and confidence among the married individuals existed and, there was less doubts in their relationships, this was likely to strengthen the married individuals' marital quality (Assad, Donnellan & Conger, 2007).

However, according to Brown (2017) problems in a marriage can arise when there is a low level of marital relationship quality as a result of negative personality traits like neuroticism. Similarly, the study argued that, in such circumstances the married individuals may be unable to solve these conflicts due to their personality traits and chances are, they were likely to separate or divorce. This may lead to deeper psychological problems such as depression (Brown, 2017).

Earlier, similar study by Gattis et. al (2013) argued that married individuals' marital quality may have been seriously and in a negative way touched by personality traits particularly neuroticism that researchers call negative affectivity being one of the stable personality traits. Furthermore, a study by Borkenau et. al (2013) reported that marital quality particularly among married individuals has a possibility of being affected by neuroticism personality trait. This was likely to cause heavy and painful emotions including anxiety and low moods of depression that may seriously affect married individual's relationship. Chances were, a likelihood to weigh heavily as well as negatively on marital quality, crippling the smooth running of the married individuals' relationships and the family as a whole.

A few studies on personality traits and marital quality have been conducted in Africa. Personality qualities were shown to have an impact on marital quality in a 2015 research by Igbo, Awopetu, and Ekoja in Nigeria that looked at the association between marriage length, personality traits, gender, and methods of dispute resolution of 100 married individuals. According to the research, the Big Five Personality Traits played a role in the married individual's conflict resolution strategies as one's personality determines to a large extent what strategies they would employ during conflicts. A similar study in Makurdi middle belt region of Nigeria by Kuruku and Aloho (2018) on influence of personality types on marital and sexual fulfillment among 199

married individuals showed the relationships between personality traits and marital quality and sexual satisfaction were substantial. traits

In Kenya there is little empirical studies on personality characteristics and marital quality among married individuals. A research by Webbo (2017) among Married Christians in Nairobi, Kenya, revealed personality traits to have a significant positive correlation amongst agreeableness and openness to experience as well as marital quality. Earlier on a study by Inanga and Marima (2016) among students in public and private day schools in Kiambu sub-country showed presence of marital conflicts negatively affecting children's self-esteem and academic performance. These marital conflicts which are affecting marital quality could be contributed by personality traits. However, there is lack of empirical study on this area and hence the significance of this study to bridge this gap.

Through marriage counseling in Kiambu, the researcher had experienced wider information from the married individuals, for example, that there exist frequent conflicts such as quarrels and poor communication, affecting interpersonal relationship among the married individuals in Kiambu, Kenya and this was likely to be the elements of personality traits hence, the choice for Kiambu as the preferred location for the current study.

Research in Kiambu County, Kenya, has overlooked the role of personality traits on the marital conflicts which may play a great role on marital quality. Since there are no empirical studies on the phenomenon, the current study was carried out in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya, hopefully to bridge this gap.

1.3 Statement of the Problem

An increase has occurred in marital conflicts among heterosexual married individuals in Kiambu. This may be due to traditional or socialized ways of being gender-appropriate, where the man looks down on the woman in accordance to practice and/or where the woman is not allowed

to talk back to the man. Conflicts like personality traits where the woman is out-spoken (extraversion) whereas the man is soft-spoken, that can be misunderstood as inability to communicate. Situations such as these can contribute to negative influence such as domestic violence or separation leading to marriage dissolution. In addition, these marital conflicts are probably as a result of the personality due to socialization that takes place in men and women in their families of origin. The two partners come into marriage without the knowledge of each other's personality traits that makes an individual unique. There is a possibility that they can get into conflicts because of one's personality traits uniqueness. This can result in poor mental health among people in Kiambu, Kenya.

The uniqueness among heterosexual married individuals in Kiambu, due to their personality traits could be the reason why they may be in conflicts. When one individual is an extrovert and the other is an introvert, there is the possibility that one could dominate the other or, one could shun the other. If such problems are not resolved, the uniqueness of the personality traits between the married individuals could lead to neurotic behaviors that may interfere with marital quality.

Since there is lack of empirical studies in Kenya on personality traits and marital quality among married individual, this research aimed to fill a gap in the literature by exploring the relationship between personality characteristics and marital quality among married individuals, and more specifically in the Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.

1.4 Purpose of the Study

This research sought to investigate the relationship between personality characteristics and marital quality among married individuals in the Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.

1.5 Objectives of the Study

1.5.1 General Objective

To investigate the relationship between personality traits and marital quality among married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.

1.5.2 Specific Objectives

- i. To determine personality traits of the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.
- ii. To find out the predictors of marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.
- iii. To determine the correlation between age, gender, level of education and years in marriage and marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.
- iv. To establish the relationship between personality traits and marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.

1.6 Research Questions

- i. What are the personality traits of the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya?
- ii. What are the predictors of marital quality among married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya?

- iii. What is the relationship between age, gender, level of education and years in marriage and, marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya?
- iv. What is the relationship between personality traits and marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya?

1.7 Justification of the Study.

This study was justified on the basis that it would help the researcher to better understand the experiences obtained from the married individuals from Kiambu Catholic Deanery on frequent conflicts affecting their marital relationships. This knowledge would help the married individuals understand how to deal with these conflicts. Moreover, the study would also provide knowledge to mental health professionals such as counsellors, psychologists and marriage and family therapists, in understanding the role of personality traits on marital quality. Furthermore, the study focus would be instrumental to church ministers such as Priests and Catechists who play a big role in preparing married individuals before as well as in their marriage.

1.8 Significance of the Study

The study was significant to married individuals in understanding how personality traits affect marriage in either a positive and/or a negative way. Moreover, the significance of the study was to raise married people's awareness of how personality traits, both similar and different, can impact marital quality in life. Additionally, the study would hopefully, be significant to Tangaza University College. Being an academic institution, Tangaza University College would benefit from the new knowledge added to the academic world... Though the study was carried out with Catholic married individuals, the knowledge generated was intended to be significant in helping married individual outside the church.

1.9 Scope/ Delimitation of the Study

This study aimed to focus on Catholic married individuals in Kiambu Catholic Denary, Archdiocese of Nairobi, Kenya and not from other deaneries in Kiambu or dioceses in Kenya. The study did not include the married individuals from other Churches apart from the Catholic Church. There are numerous models of personality types including Myers Briggs Personality Typology but the current study focussed only on the personality traits in the Big Five Factor Model. Researchers often use terms like marital satisfaction or discontent, adjustment, happiness, wellbeing, success, suffering, and disagreement when describing marital quality. However, in this study, marital quality was only used interchangeably with marital satisfaction.

1.10 Assumption

The study assumed that the findings were to be generalizable to the entire population of study. The study assumed that the participants were honest in answering the questions. Since majority of the participants filled the questionnaire and their identity was anonymous, they were likely to be honest.

1.11 Summary

This chapter presented the background to the study; statement of the problem; purpose and objectives of the study; research questions; justification, significance, scope/ delimitation and assumptions of the study. The next chapter will present literature review covering theoretical framework and empirical literature according to the study objectives.

CHAPTER TWO

LITERATURE REVIEW

2.1 Introduction

This chapter presents the literature review related to personality traits and marital quality, in line with the study objectives. The chapter begins by highlighting the relevant theory, a detailed empirical literature reviews as per the objectives and pointing out the knowledge gaps. The chapter ends by capturing the theoretical/conceptual framework.

2.2 Theoretical Framework

A theoretical framework is normally taken from a particular theory and it helps in structuring the research so as to flow from one chapter to next (Grant & Osanloo, 2014). This study was guided by the Five Factor Theory of Personality, developed by Robert McCrae and Paul Costa.

2.2.1 The Five Factor Theory of Personality

Robert McCrae was born in April 28, 1949 in Maryville, Missouri, United States of America, while Paul Costa was born in September 16, 1942 in Franklin, New Hampshire. Both were Psychologists who developed the Five Factor Theory of personality that is enriched with existing knowledge concerning personality (McCrae & Costa, 1996). This theory guided the current study. The Big Five Factor Theory of Personality also known as the Five Factor Model is said to be a modern-day theory, developed in the context of trait theory. Furthermore, according to this theory of personality, all people, regardless of their age, gender, or even culture, exhibit the same fundamental traits, though they differ in how strongly they manifest themselves (Novikova & Vorobyeva, 2019).

According to Lim (2020), the big five factor theory has components that include Neuroticism, Extraversion, Conscientiousness, Agreeableness and Openness to Experience. In

addition, this model of personality traits is thought to be the key basic dimensions in the people's personality that regulate the structures of human thinking, feeling as well as behaviour. The theory too uses acronyms such as OCEAN, NEOAC or CANOE and maintains that each of the Big Five dimensions is made up of numerous, different though closely related traits that define the range between two extreme ends. Furthermore, Laher, (2013) argues that the Five-factor theory discusses the Five components of the Five-factor model as having basic human tendencies with the characteristics of being innate, heritable as well as universal.

This theory according to McCrae and John (1992) argue that despite common criticism that the Five-factor model may not be considered as a theory of personality, this theory indirectly goes along well with the basic beliefs of traits theory. Its basic five traits can be quantitatively evaluated and there exists a degree of cross-situational uniformity with other studies of personality that connects and confirm existence of personality traits. The Five Factor Theory of personality explains that traits play a significant role that defines the distinct person. Hence, this theory seeks to help the present study understand the role personality traits play on the marital quality among heterosexual married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.

As Lim (2020) confirms that, currently, the Big Five personality traits theory is generally accepted among traits theorists and personality psychology. Similarly, the study argues that this theory has terms that widely and respectively fit well in the categories of the personality-related terms that almost match with all persons of diverse cultures. In addition, Funder (2001) reports that study has established that the Five-factor theory of personality is likely to be the utmost accurate conjecture of the basic traits features. However, John and Srivastava (1999) argue that despite the Big Five theory of personality playing a significant role in providing an overview of personality, it is likely that, there is a need for more specific traits to predict results. Furthermore,

Block (2010) argues that study may not consider the Five Factor Model as a complete theory of personality and/or even more, hardly a theory of personality. Therefore, the theory informs this study since it seems as if it consists of a well thought-out nature of communication between biology and culture concerning development of behaviours, attitudes values and roles in marital relationships.

2.3 Empirical Literature Review

This part reviewed critical empirical literature and was done in line with the objectives of the study that includes: The Big Five Personality traits of the married individuals, predictors of marital quality among married individuals, correlation between age, gender, educational level and years in marriage on marital quality and, relationship between personality traits and marital quality among married individuals in Kiambu Catholic Deanery, archdiocese of Nairobi, Kenya.

2.3.1 The Big Five Personality traits of the married individuals

Soto (2018), defined personality traits as characteristic patterns of feeling, thinking or behavior in humans that tend to be stable overtime and across relevant situations. Though research discusses several models of personality, the most reliable model is that of the Big Five personality traits that is also referred to as the Five Factor Model that include extroversion, openness to experience, conscientiousness, agreeableness and neuroticism (Engler, 2015).

The Big Five personality traits in heterosexual married individuals presents with different characteristics. As Bratton (2015) reports, extroversion personality trait presents with the characteristics of being talkative, social, assertive, and likely to seek stimulation from social interactions. Studies further report that openness to experience personality trait is also among the big five personality traits of the married individuals that presents with the characteristics of having intellectual curiosity, being imaginative as well as being very insightful.

In addition, Bratton (2015) further reports that conscientiousness personality trait witnessed among the married individuals manifests with the features of adequacy, reliability, being responsible, quite disciplined, morality, perseverance, and caution taking. The agreeableness trait, being the other personality trait in the married individuals, comprises the characteristics of kindness, forgiveness, mercifulness, warm, gentleness, competitiveness, trustworthiness and compassion. Furthermore, neuroticism trait, which exhibits characteristics of anxiety, self-pity, anger, sensitivity to stress, hostility, irritability, lack of emotional stability, and impulsiveness is also one of the big five personality traits among heterosexual married people (Bratton, 2015).

Married individuals often take things in marriage for granted including each other's personality traits. According to Malouff et. al., (2010), the Big Five, personality features characteristics have continued to be the most often utilized components to assess personality. A research was carried out in Australia and United Kingdom in the year 2010 to 2012 using a revised actor-partner interdependence model as well as association of individuals' personality traits. This was to establish the personality traits of the married individuals' similarity and marital quality. The study was conducted from a Health Retirement centre with 2,228 participants. The results showed that personality traits have more influence on women's sensitivity compared to their male counterparts (Botwin, Buss, & Shackelford, 2006). In addition, Rusbult and van Lange (2008) in a similar study, established that due to compatibility between the married individual's personalities, friendly co-existence in behavior was likely to be experienced among the individuals. This was likely to affect the outcome of each married individual.

Amani, Majzoobi, and Hamedani (2019) conducted a descriptive correlational research to examine the personality features of individual married women seeking divorce and those in regular marriages. 100 women seeking divorce and 100 women in regular marriages participated in this

research, done in Hamadan, Iran, from 2013 to 2014. The findings of the discriminant investigation showed that divorce-seeking individual women and individual women in regular marriages were significantly unlike in their personality traits of neuroticism and Openness to experience. Married individuals are likely to experience challenges within self as a result of the big five personality traits. Globally studies have shown that about 66% of all heterosexual married individuals get divorced after a certain period of living together. The married individuals whose stable characteristic personality trait is neuroticism, are likely to experience more marital conflicts due to the individual's personality traits (Terling-Watt, 2015).

Neuroticism is normally closely related to behaviors such as anger, stressful episodes, hostility, emotions instability and thoughtlessness. Headey, Muffels, and Wagner, (2013) in their study conducted in German, Australia and Britain established that in the circumstances where either one or both of the married individuals have elevated levels of neuroticism personality trait, chances are, this trait may contribute in a strong way in the declining of marital satisfaction increasing possibilities of divorce. Similarly, Gattis et al., (2004) carried out a study in U.S.A on personality traits in longstanding marriages and how it touches on marital satisfaction among married individuals. The study involved 132 participants aged between 21 to 72 years and who had spent 10.3 years in their marriages. The findings established that significance differences existed between the married individuals who were experiencing distress and the non-distressed individuals on neuroticism, conscientiousness and agreeableness who were seeking for counselling. Furthermore, the study argued that the partner's personality could not predict marital happiness.

Nevertheless, Fania and Kheirabadi (2011) argued that in a married individuals' relationship where raised scores of conscientiousness, extraversion openness to experience and

agreeableness are experienced and, decreased levels of neuroticism is witnessed, lower levels of divorce are witnessed. The majority of research on personality traits has been done in the west. The present study was carried out in Kiambu Catholic Deanery so as to fill this gap.

On the other hand, a study done by Malouff et al. (2010) to examine the married individual's personality traits established that married individuals whose personality traits scored low on neuroticism, had high levels on agreeableness as well as scoring high in conscientiousness. Further, they had the possibilities of reporting healthier heterosexual married individual's relationships due to their positive personality traits. Similarly, Botwin, Buss and Shackelford (2006) in their study found out that married women were more sensitive to personality traits of their partners. Married individuals in Kiambu County, Kiambu Catholic Deanery could have been undergoing such challenges due to their personality traits, necessitating the current study.

In Africa there was little focus on the heterosexual married individuals' personality traits. A quantitative survey was carried out in South Africa to examine cognitive adaptability and narrow personality traits of the heterosexual married individuals. The study used the Five Factor Model of personality traits and involved 2650 married individuals. The findings showed that conscientiousness, extraversion and openness to experience personality traits offer positive relationship experiences among the married individuals whereas neuroticism personality traits has to a negative experience within the married individuals' relationship (Bajwa et al., 2017; Zhao, Seibert, & Lumpkin, 2010).

However, there were no empirical studies in Kenya to determine personality traits of the heterosexual married individuals particularly in Kiambu County, Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya where the present study was carried out.

2.3.2 Predictors of marital quality among the married individuals

Globally, the desire to experience marital satisfaction for every heterosexual married individual is paramount as marital satisfaction is normally considered to be a pillar to marital quality. According to Erhabor and Ndlovu (2013) marital satisfaction is a situation whereby an individual's needs, desires and hopes in a married individual's union are taken care of and fulfilled. Marital satisfaction is considered to be a significant predictor to marital quality. Seo (2018) carried out a study in Korea to assess marital satisfaction and its significances on Korean married individuals particularly after childbirth. This study was conducted across a five years' duration. The findings showed a significant difference in marital quality in both genders of the married individuals. Women married individuals reported lower marital satisfaction than the male married individuals. In addition, Kim (2016) in a similar study conducted among Korean persons found out that there existed a persistent decline among the Korean married individuals' marital satisfaction over five years' duration after the birth of the first child. Similarly, the study further found out that the male married individuals were more contented than their female married individuals.

Baghkhasi et al. (2020) did a descriptive- analytical study in Iran on quality changes of marital relationships within the initial three months of marriage. The study participants were 235 young Iranian married individuals who had been referred to the Imam Khomeini Health Center in Qods city. The findings were that women married individuals faced relatively high emotional abuse on their marital relationship quality ranging at 55.88% and 53.82% within the initial three months and that there was a need to combine pre-marital training courses and supportive processes during the early marriage years. Satisfaction among the married individuals was thought to be a predictor to marital quality. Whisman and Baucom, (2012); Robles et al. (2014) in their studies done in Iran argued that when low marital quality was experienced among married individuals,

this did not only increase depression symptoms but, it also provided an opportunity that reduced chances of expressions of feeling, enthusiasm and the desire to reason out as married individuals'. Nevertheless, Lavner, Weiss, Miller and Karney (2018) in a study carried out in Iran reported that chances were that, positive relationship among the married individuals was likely to remain constant as a result of married individual's satisfaction. The married individuals in Kiambu County may have been going through the same challenges and experience concerning their marital satisfaction, thus the necessity for the current study.

Cohesion was likely to act as a positive predictor to marital quality among the married individuals and to the family as well. Lee and Chang (2018) in their longitudinal study on family cohesion, involved a sample size of 2,096 married individuals. The study was conducted in Korea among Korean married individuals. The study established that in the circumstances where Fathers (male married individuals) were vigorously engaging with their families, unity within the married individuals' relationship was an evidence. This was likely to result to flexibility and family cohesion. Similarly, the study further reported that the married individuals testified of higher marital satisfaction as a result of their marital cohesion. This was likely to strengthen the married individuals' marital quality. This study intended to cover the literature gap on cohesion by undertaking it among the married individuals in Kiambu Catholic Deanery.

In the Southern United States, Harris et al. (2020) conducted a Gulf Coast Survey that included Georgia, Mississippi, Florida, Alabama, Louisiana, and Texas as well as six other Gulf-region states. This study was to evaluate relationship quality, satisfaction and consensus among married individuals and what it does to marital quality. The findings reported that the married individuals' relationships were normally distressed and that substantial negativity existed. That

inconsistency in relationship quality was constantly anticipated by certain factors such as consensus, and negative interaction among the married individuals.

Consensus among married individuals was likely to be a predictor to marital quality. Several researchers (Doane, (2016); Yizengaw et al., (2014); Zainah et al., (2012) in their Gulf Coast studies established that consensus is essential and highly self-determining aspect within the relationship of the married individuals. This include their well-strong levels of both separateness and togetherness. Similarly, the studies argued that consensus and satisfaction are central to the rapport in the marital quality of the married individuals. In addition, Bergmann et al. (2014) argued that there existed some evidence that intimate married individuals' consensus acts as a defense against any stress that may be related to the married individual's relationship thus, boosting marital quality. The necessity for the current research comes from the lack of empirical studies among heterosexual married individuals in the Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.

There is a strong likelihood that the Big Five personality traits may also function in favour of /or against marriage quality, according to research conducted worldwide (Malouff et al., 2010). In an empirical research done in the United States of America, Woszidlo and Segrin (2013) argued that neuroticism traits among married individuals, especially in the very early stages of their marriages, may be strongly associated with marital quality. The study involved 186 married individuals who had been married for a period of one and a half years. This too helped in examining the role played by negative affectivity (neuroticism) in newlywed married individuals and marital quality while commonly resolving their marital issues. The findings reported that neuroticism and family stress were resulting to a negative association with marital satisfaction of the married individuals.

Similarly, a study by Hanzal and Segrin (2009) found out that marital relationship among the heterosexual married individuals whose stable personality trait was negative affectivity referred to as neuroticism normally experience major matters in their interpersonal issues. This was likely to result to incompetence in dealing with their married individual's marriage life particularly in problem solving strategies.

In a related study, Rogge et al., (2006) argued that, where neuroticism personality trait was the stable characteristic, there was typically a rapid decline in marital well-being, particularly among the newlywed married individuals, thus predicting in a negative manner on marital quality. There are possibilities that marital quality among married individuals may be predicted by personality traits. A dyadic cross-sectional study was carried out in France with 198 married individuals having been married for about 36 years. The study reported neuroticism, personality trait to be the leading predictor of negative and depressive mood in the married individuals' relationships. This was likely to lead to marital dissatisfaction, hence adversely affecting marital quality (Gehart, 2014).

Neuroticism trait is likely to be a leading negative predictor to marital quality among married individuals. In a similar study Tolpin, Cohen, Gunthert and Farrehi (2006) argued that as a result of negative mood, married individuals may experience helplessness leading to inability to deal with stressful circumstances in the marital relationship. It was likely that this situation could significantly affect the marital life of the married individuals predicting in a negative way to their marital quality. The numerous challenges that may have been faced by married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya, may have been as a result of neuroticism personality trait that is likely to be predicting in a negative manner to their marital quality. Hence, the need for the current study.

On the other hand, literature has shown that personality traits among the married individuals, may act as predictors to marital quality. Zare, Nasir, Mastor and Wan Shahrazad (2013) conducted a descriptive correlational study in Hamadan Iran, in the journal of divorce and remarriage 9. The study found out that neuroticism personality trait had a negative outcome on marital satisfaction while Extraversion and Openness to experience traits were found to contribute to positive effects. The study found out that this happens as a result of its features, which include demonstrating empathy, having an active imagination, being intelligent, and being able to pay attention to the inner connections or involvements of each married individual woman. This in-turn helped in increasing the levels of the married individual's marital satisfaction, thus, boosting the marital quality.

Karampatsos (2011) carried out a study in Italy with 184 married individuals. The participants included men married individuals aged 44.76 years and women married individuals with a mean age of 41.46 years. The findings were that the married individuals with stable characteristics of positive personality traits, such as extraversion, conscientiousness, agreeableness, and, whose levels of negative affectivity trait were low, were found to be those with greater marital satisfaction. This would probably show a link that personality traits were likely to predict well on marital quality. Furthermore, the study argued these personality traits may help the heterosexual married individuals to use healthy and successful means in resolving their marital conflict amicably thus, achieving marital quality (Karampatsos, 2011). In addition, Croatia et al., (2019) in a similar study reported that the quality of life for each married individual was highly improved when the levels of conscientiousness personality trait in both individuals were high, resulting to better marital relationship and growth thus, predicting well on marital quality.

In Africa, studies on predictors to marital quality among married individuals have been conducted. In South Africa, studies done have shown that marital satisfaction was likely to be a significant predictor to marital quality. Plooy and Beer (2018) conducted a study in Potchefstroom Campus, South Africa using four online databases that included Psych INFO, Psych ARTICLES, JSTOR Journals, and Science Direct. The study was to examine what contributes to high levels of marital satisfaction among married individuals. The study found out that communication among married individuals was key as it provides verbal or non-verbal messages that assures affection. This also provides active conflict management among the married individuals that includes positive exchanges perceived as constructive by both married individual. In addition, using the phrase “I” instead of “you” while communicating to each other as a way of effecting good communication skill. Furthermore, using the pronoun ‘we’ that complements the listener-speaker technique. This makes each married individual feel well understood by the partner, thus, increasing the levels of marital satisfaction among the married individuals.

According to Iafate, Bertoni and Donate (2013) marital satisfaction among the South African women married individuals has been found to play the role of offering support to the married individuals body health as well as their individual well-being, helping them to overcome early death.

Nevertheless, negative predictors to marital quality were likely to be experienced by the married individuals when marital dissatisfaction occurred. Studies from the yearly report from the Department of Justice in South Africa, reported an increase of 28% in divorce rate between the years 2012 to 2013 contrary to the fewer figures of the new marriages registered during the same duration (Statistics South Africa Statistics, 2012). Reviewed studies have shown that married

individuals could have been undergoing challenges in their relationships as a result of either positive or negative predictors to their marital quality, making it necessary for the present study.

However, in Kenya, there are no empirical studies on predictors to marital quality of married individuals. Further, no empirical studies on predictors of marital quality among the married individuals in Kiambu County, Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya, hence the need for the present study to fill this gap.

2.3.3 Correlation between age, gender educational level and years in marriage on marital quality

Globally research has shown that there is a possibility that gender, age, educational level and years in marriage have a correlation to marital quality. Robinson, Hanson, Hayward and Lorimer (2019) conducted a research in Mumbai, India. The study involved married individuals, recruited through social media as well as informal networks across four study sites. This study reported that age was an aspect in heterosexual married individual's relationship as an increased age at marriage had been thought to help the individuals to have mature expectations within self and others including individual's spiritual life. This was likely to strengthen marital stability thus, promoting marital quality.

Dhamija and Roychowdhury (2020) in a similar study carried out in India argued that age had a correlation to the married individuals' life. Their mature age at marriage may have had allowed them opportunities of having enjoyed jobs of their choice and have had chances of acquiring promotions in their careers thus helping each individual take care of the marriage and enhancing marital quality.

Similarly, Lehrer & Chen, (2013); Lyngstad & Jalovaara, (2010) conducted studies in Mumbai, India. The findings reported that married individuals with relatively younger age in either

of the individual may be prone to higher risk of marriage disruption as a result of lack of self-knowledge. Such married individuals probably may not have clear understanding of his/her partner's expectations in the marital relationship due to age. The study further reported that there was a possibility of the married individuals experiencing emotional maturity due to mature age. In addition, the married individuals may experience stability/calmness in their marital relationships thus, enhancing positive results on their marital quality. The married individuals in Kiambu Catholic Deanery, may have been experiencing challenges related to their age, touching on the marital quality. The goal of the present research was hopefully to bridge this gap.

A study conducted in Northern Cyprus by Gokdemir and Tahsin (2014) argued that gender had a correlation to marital quality. The participants in that study were 501 heterosexual married individuals who had attained the age 18 years. The study was a cross-sectional survey that used ordered logistic regression analysis that compared whether marital satisfaction vary between men and women. This study argued that, despite the growth and the advancements occurring in the families, gender inequality was continuously being witnessed among the Northern Cypriots. This was noticed particularly among married individual women who continue to be offered low-paying jobs and were never considered for promotions when chances arose. Similarly, the study further argued that a considerable high number of individual married women remain jobless as a result of gender. This was likely to subject married women to lower socioeconomic status in comparison to the males as a result of gender discrimination. In a similar study Sigle-Rushton (2010) argued that gender too had a correlation to marital quality of married individuals in both Northern Cyprus and Turkey as they share the same cultural orientation of gender inequality, thus affecting the married individual's marital quality.

Gender is likely to have a correlation to marital quality among married individuals.

Weinberger, Hofstein and Whitbourne (2008) conducted a study in Tabriz using purposeful sampling to consider ways of problem-solving in relation to emotional intimacy and marital quality. The study involved 32 married individuals and found out that during the married individuals' interactions, men normally used complete speech while addressing issues whereas women used continuous language as a result of gender socialization. Nevertheless, Bertrand, Pan, and Kamenica (2013) in their study found out that in some circumstances, gender in married individuals may correlate to marital quality in a positive manner as some gender inequalities may help in stabilizing marriages that lead to lower levels of divorce among married individuals. This research sought to determine if heterosexual married people in the Kiambu Catholic Deanery could probably be facing similar difficulties as a consequence brought about by gender inequality in the society.

Empirical studies have shown limited studies on the level of education and its contribution to the married individual's marital relationships. However, Hu and Sun (2021) carried out a study in China to examine whether level of education had had a correlation to the relationships of married individuals. This study used the data from the China Family Panel Studies survey. The findings showed that individuals who had attained college education or higher normally were less likely to become married but those individuals with only high school education or below had higher chances of being in a marital relationship. The study further argued that the individuals who had attained a college degree had an added advantage to marry an individual who had an equal qualification or above.

Similarly, Li and Cheng (2019) argued that more educated married individual women were advantaged as they enjoyed more benefits from their married individual's marital relationships compared to the less-educated married individual women. Furthermore, Riddell and Song (2011)

in their study found out that married individual women with high levels of education stood better chances of getting re-employment with better financial income. There were possibilities that the level of education among married individuals may result to stable financial income and was likely to have a better correlation on marital quality among the married individuals' relationships.

On the other hand, studies have shown that the level of education among married individuals may correlate in a negative way on marital quality. Chiappori, Lyigun and Weiss (2009) found out that some married individuals with high level of education expected their married individual partners to contribute heavily in their marital relationship, which was not the case at some point. Similarly, due to the high expectations, some married individuals were comfortable only with individuals who had equal educational attainment. This may have had a negative correlation to marital quality among the married individuals. The level of education among married individuals in Kiambu Catholic Deanery may have been presenting a challenge on the marital quality hence, the need for this study.

There are limited empirical studies conducted on years in marriage and their correlation to marital quality among married individuals. Segal, Qualls, and Smyer (2011) conducted an exploratory study to assess personality dimensions that were likely to contribute to marital quality in long-term marriages. Despite limited studies concerning the duration married individuals had spent together, and on their relationship in later-life. Research reported holistic benefits such as health gains due to healthy-marital interactions, psychological as well as economic gains. Years in marriage may generally have contributed in a positive manner on marital quality of the married individuals.

In Africa there are limited studies that showed that age, gender, level of education and years in marriage had a correlation to marital quality of the heterosexual married individuals.

However, UNICEF (2014) reported that approximately 40% of girls in Africa are thought to have engaged in marriage far below the age of 18 years. Furthermore, a study by Erulkar (2013) on early marriage, marital relationships, and intimate partner violence in Ethiopia revealed that there was typically a significant age gap between child brides and their married partners. This may have contributed to power imbalances in the marriage that may have resulted to positive or negative correlation to marital quality.

Research in Ethiopia further showed that there was a possibility that gender, level of education and years in marriage had a correlation to marital quality of the married individuals. Several studies (UNICEF, 2014; Parsons et al., (2015); and Erulkar, (2013) reported that girls who got into early marriages may not have had chances to go to acquire education due to poverty experienced in their families and thus, becoming discriminated in the job market. Furthermore, as a result of these factors Choi and Ha (2011); Fleming, White and Catalano, (2010) argued that, these young married individual girls had inadequate incomes and assets that made them be poorly equipped in the ways to handle their new duties in marriage. They too faced challenges in making choices and activities concerning their lives as well as in their marital relationships.

Despite of research pointing out how age, gender, level of education and years in marriage correlate to marital quality among the heterosexual married individuals, in Kenya, there was lack of empirical study on the same, particularly in Kiambu County, Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya in which the current study aimed to bridge the gap.

2.3.4 Relationship between personality traits and marital quality among the married individuals

Studies done across the world have established a relationship between personality attributes and marital happiness. Amani et al. (2019) carried out a descriptive correlation study in Hamadan, Iran involving 100 ordinary married individual women stable in marriage and 100 individual married women pursuing divorce. This study finding were that divorce seeking women and women in an ordinary marriage were significantly different in neuroticism and openness to experience traits and this was likely to foretell either the success or failure of their marriage. Similarly, Solomon and Jackson (2014) reported that personality attributes and marital happiness were directly involved in the divorce process of married individuals. They were psychologically stressed and their marital relationship was significantly affected in a negative way. Personality traits of the married individuals are likely to direct the outcome of a marital relationship. Terling-Watt (2015), found a link between personality attributes and marital happiness as an approximately 66% of married individuals globally go through divorce after a certain period of co-existing together.

Dyrenforth, et. al., (2010); Headey, Muffels & Wagner (2013); Malouff, et al., (2010); Zare, Nasir, Mastor, & Wan Shahrazad, 2013) in their study conducted in Kemanshah, Iran pointed out that there seemed to be a link between personality attributes and marital satisfaction. These studies found out that the presence of neuroticism trait in one or both married individuals is likely to be the strongest predictor in the degeneration of marital satisfaction and increases probability of divorce. Furthermore, the study argued that, neuroticism trait was established to have a negative effect on marital satisfaction while extraversion and openness to experience traits had positive outcome.

Margelisch, Schneewind, Violete and Perrig-Chiello (2017) conducted a longitudinal survey in Switzerland that consisted of 374 married individuals. The participants were

approximately 74 years old, having been married roughly for a period of 49 years. The study found out that there existed two groups, one experienced happiness whereas the other was going through discontent in marriage. This helped the happily married individuals to score higher on well-being as well as experience good health. Several researchers (Jerskey et al. 2010; Claxton et al., (2013) argued that specific personality traits of the big five personality trait for example neuroticism was likely to facilitate fewer adaptive as well as additional challenging behaviors among the heterosexual married individuals resulting to increased discordance. This was likely to distress the married individuals' marital quality, showing a possibility of a negative relationship between personality attributes and marital happiness among the married individuals.

In a similar study, Bulgan et al., (2018); Kiani et al., (2020); Popescu and Karner-Huțuleac (2020) argued that a significant negative relationship was found to exist between neuroticism personality trait and marital satisfaction (marital quality) of the married individuals. This was likely to confirm that, there existed a negative relationship between personality traits and marital quality among married individuals. This study intended to find out whether heterosexual married individuals in Kiambu Catholic Deanery could be experiencing such negative challenges that may show a relationship between personality traits and marital quality.

Gunaydin (2022) conducted a study in Turkey, India and United Kingdom that found a link between personality attributes and marital satisfaction among married individuals. The study involved 627 volunteer married individuals aged between 15 to 82 years. The study found self-compassionate to contribute in a positive way to marital satisfaction among married individuals who were Turkish, British as well as Indians. Similarly, Okorafor (2017) reported a positive association between extraversion personality trait and marital satisfaction.

Furthermore, Bulgan et al., (2018) in their study found a significant negative correlation existing between neuroticism trait and marital satisfaction. This established a link between personality attributes and marital satisfaction. In addition, Fania and Kheirabadi (2011) argued that the married individuals whose stable characteristics of personality attributes are extraversion, conscientiousness, openness to experience, and agreeableness as well as whose neuroticism trait have controlled levels, present minimal chances of their relationship ending in divorce. Chances were that, personality traits are likely to help in uplifting the marital quality of the married individuals in a positive manner.

In Africa, there are limited empirical studies on the relationship between personality traits and marital quality. Januario, Narciso, Vieira-Santos and Relvas (2021) carried out a descriptive review on African Marital Relationships on marital quality, satisfaction, stability and marital violence in Nigeria, Ghana and South Africa. This empirical study reviewed 90 scientific articles. The findings reported that marriage is an important aspect in most African countries especially for individual married women. Similarly, Botha and Booysen (2013a) in their study established that married individuals were normally happy with their marital relationships and that, they were more satisfied than those divorced and the widowed.

In addition, Moore and Govender (2013) reported that the relationship among married individuals normally provided the source of well-being among the individual. This remains a powerful and relevant scale of marital quality among the married individuals worldwide. The previous study was conducted using the reviewed scientific articles while the present study involved heterosexual married individuals as participants.

The relationship between personality traits and marital quality among heterosexually married people in Kenya is the subject of few empirical studies. A study by Webbo (2017) among

Christian married people in Nairobi found that personality and personality traits were highly correlated with marital success, quality, and stability. Similarly, a study by Junius (2018), among Christian married individuals of PCEA Mukinyi parish in Kiambu County revealed that personality traits had either positive or negative relationship with marital quality. This was likely to happen as a result of the marital conflicts that may have been experienced among the heterosexual married individuals. However, there was lack of empirical study on this area particularly in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. Hence, the significance of this study to bridge this gap.

2.4 Conceptual Framework

A conceptual framework is a research framework that aids the researcher in conceptualizing the relationships and interactions between the variables. It helped the researcher to see how the independent and dependent variables interacted with each other (Regoniel, 2015).

Independent Variable (ID)

Dependent Variable (DV)

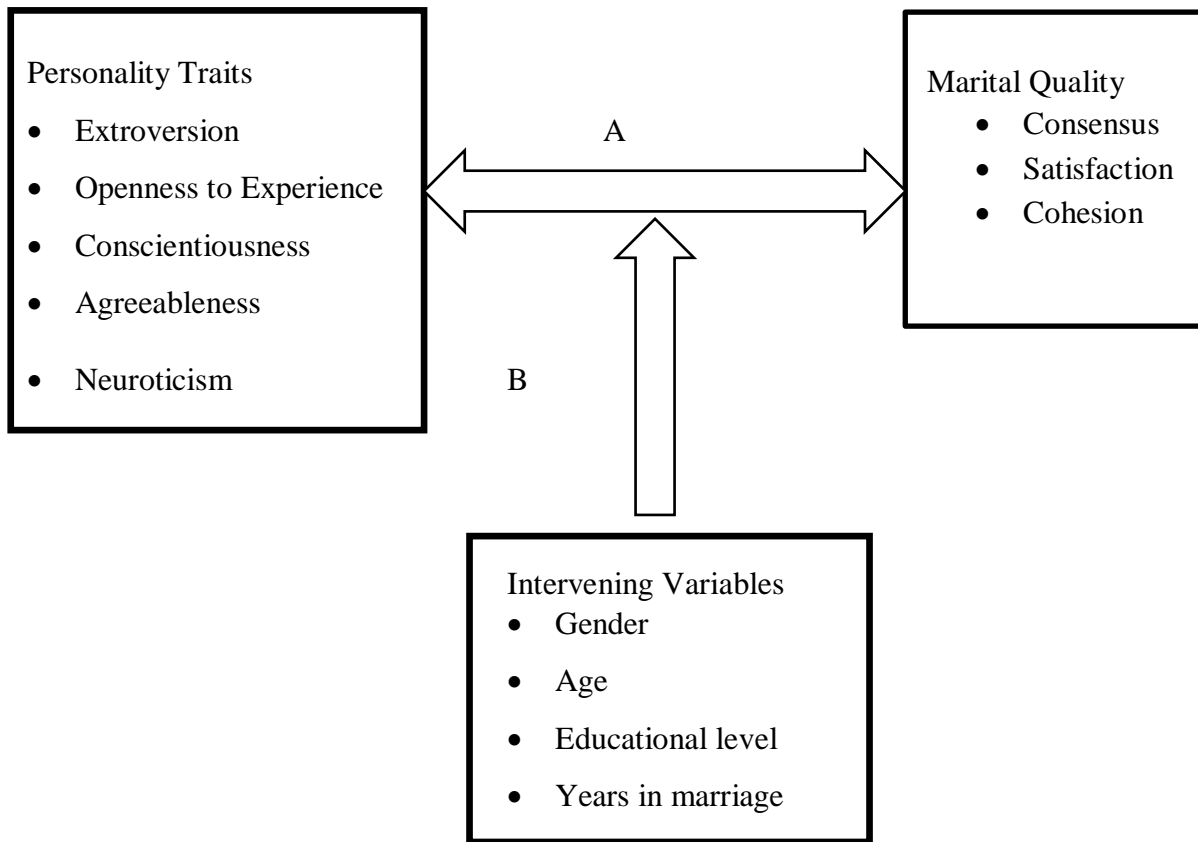


Figure 1: Conceptual Framework

Arrow A shows relationship between personality traits and marital quality among the married individuals. These personality traits can have either positive or negative relationship with marital quality. For instance, personality traits of extroversion, openness to experience, conscientiousness and agreeableness may have positive relationship with marital quality. Arrow B shows that the demographic variables of age, gender, educational level and years in marriage were likely to moderate the relationship between personality traits and marital quality among the heterosexual married individuals.

2.5 Summary

This chapter presented theoretical literature review, empirical literature review, conceptual framework and the summary of the study. The next chapter will be on research methodology.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1 Introduction

This chapter presents Research design, Location of the Study, Target Population Sampling Technique and Sample Size, Research Instruments, Data Collection Procedure, Data Analysis and Ethical Considerations.

3.2 Research Design

The study employed a correlational research design. This is a type of non-experimental research in which the researcher measures relationship between two or more variables with little or no efforts to control extraneous variables. The design was suitable for the current study because it aimed at looking at the relationship between various variables. The design provided a chance to determine the relationship between age, gender, level of education, years of marriage, and marital quality among married individuals. Additionally, to determine the relationship between personality traits and marital success among heterosexual married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.

3.3 Location of the Study

This research was done in Kiambu Catholic Deanery, which is located in Kiambu County. Kiambu Catholic Deanery is among 14 Deaneries that make the Archdiocese of Nairobi, Kenya. Kiambu Catholic Deanery has eight parishes and one Chaplaincy. The parishes include Our Lady of the Holy Rosary Ting'ang'a Parish, Okey Peter Ikinu Parish, St. Peter and Paul Kiambu Parish, All Saints Riaru Parish, St. Martin De Pores Karuri, Our Lady of Victory Lioki, St. Joseph Gathanga Parish, St. Stephen's Gachie Parish and Nazareth Chaplaincy. The location was selected because the researcher had come across married individuals who were experiencing marital

problems in their marriage. It covers Kiambu Sub-County and Kiambaa Sub-County, both situated in Kiambu County, in central Kenya. Quite a number of persons in Kiambu Catholic Deanery are employed in Nairobi as Kiambu County, where the Kiambu Catholic Deanery is situated, borders Nairobi County, which is the capital city of Kenya.

The Kiambu County is county number 022, in the former Central Province in Kenya. Its largest town is Thika, and Kiambu Town serves as its capital. Kiambu County is densely populated. It shares boundaries with the counties of Nairobi and Kajiado to the south, Machakos to the east, Murang'a to the north, Nyandarwa to the North West, and Nakuru to the west. Kiambu County is the home to white Islands, consisting of large areas with tea and coffee plantations. In addition, Kiambu County is the home too to small scale farmers, doing dairy farming, poultry and also running small scale businesses (Kiambu County, 2023).

3.4 Target Population

The target population was heterosexual Catholic married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. The total population was 360 Catholic married individuals. The population was drawn from the four parishes in Kiambu Catholic Deanery. The parishes include: Our Lady of Holy Rosary Ting'ang'a Parish; St. Peter and Paul Kiambu Parish; All Saints Riara Parish; and Okey Peter Ikinu Parish. The target population for each of the four parishes is indicated in the sampling frame (See table 3.1 Sampling Frame for Target Population).

3.5 Sampling Technique and Sample Size

Orodho& Kombo, (2002) define sampling technique as the process a researcher uses to compile individuals, locations, or objects for investigation, whereas sample size refers to the number of subjects representing the research population in a study (Krejcie& Morgan, 1970).

3.5.1 Sampling Frame

The sampling frame indicated all the married individuals in four parishes in Kiambu Catholic Deanery, Archdiocese of Nairobi. These are married individuals who have ceremonised their marriage in the Catholic Church (Kiambu Catholic Deanery Office Directory, 2022).

Table 1

Sampling Frame for Target Population

Name of the Parish	Target Population (Married Individuals)
Our Lady of the Holy Rosary Ting'ang'a Parish	75
Okey Peter Ikinu Parish	55
St. Peter and Paul Kiambu Parish	118
All Saints Riara Parish	112
Total Population	360

Kiambu Catholic Deanery Office Directory 2022

3.5.2 Sampling Technique

Sampling is the process a researcher uses to compile individuals, locations, or objects for investigation. It involves choosing a number of people or things from a population such that the chosen group has aspects that are representational of the traits present in the full group (Orodho & Kombo, 2002). The researcher used proportionate stratified random sampling to sample four Parishes which included Our Lady of the Holy Rosary Ting'ang'a Parish, Okey Peter Ikinu Parish, St. Peter and Paul Kiambu Parish and All Saints Riara Parish. The sampling technique was appropriate for this study because the participants were drawn from different parishes with different population and the design ensured that they were equally represented.

3.5.3 Sample Size

In empirical research, sample refers to number of subjects representing the research population in a study while to determine the sample size of this study, the researcher employed Krejcie and Morgan's formula of determining samples from finite populations in educational and psychological measurement (Krejcie & Morgan, 1970). According to Krejcie and Morgan's formula a population of 360 leads to a sample size of 193 participants (See appendix 4).

Table 2

Sampling Techniques

Name of the parish	Target Population	Sample size
1. Our Lady of the Holy Rosary Ting'ang'a Parish	75	40
2. Okey Peter Ikinu Parish	55	30
3. St. Peter and Paul Kiambu Parish	118	63
4. All Saints Riara Parish	112	60
Total Population	360	193

3.6 Research Instruments

The study utilized standardized questionnaires (Pervin & John et al., 1999; Crane, Middleton, & Bean, 2000). The standardized questionnaire captured three sections of measurements including the demographic details of the participants, personality traits, and marital quality.

The questionnaire had three sections. Section A captured the demographic details of age, gender, educational level, and years in marriage. Section B contained "The Big Five Inventory Scale", developed by John and Srivastava (1999); this scale contains 30 items that measures an individual's Big Five Factors (dimensions) of personality (Goldberg, 1993). The instrument

measured the five personality traits namely: Extraversion, agreeableness, conscientiousness, neuroticism, and openness. This instrument required the participants to choose the characteristic that fit them most in every item given. For example, “Do you agree that you are someone who likes to spend time with others?” The scores range from 1(disagree strongly) to 5 (Agree strongly) (See Appendix 2B: for the completion of the questionnaire). Section C collected data on marital quality using the revised Dyadic Adjustment Scale (RDAS) developed by Crane, Middleton and Bean 2000. It is a self-report questionnaire that assess three categories of marital quality namely consensus, satisfaction and cohesion. The instrument contains 14 items each asking the participants to rate certain aspects of his/her relationship on a 5 or 6-point scale. The scores range from 0 to 69 with higher scores indicating greater relationship satisfaction and lower scores indicating greater relationship distress. The cut-offs score point for the RDAS is 48 such that score of 48 and above indicate non-distress and score of 47 and below indicated marital/ relationship distress. From the previous studies, the RDAS have found to have a Cronbach’s of .90. In terms of construct validity, it has been .68 ($p < .01$) and .97 ($< .01$). In discriminant validity, the RDAS has reported 81% in differentiating distressed and non-distressed cases (See Appendix 2C: For the complete questionnaire).

3.7 Validity

Creswell (2009) defines validity as the degree to which the instrument measures what it purports to be measuring. For the researchers to come up with authentic findings there is a need to ensure that the instruments they use have the ability to measure what they intend to measure. Although there are many different kinds of validity that researchers use to examine the reliability of the instruments, the current study concentrated on face validity and content validity.

Face validity, which can be impacted by the language used within items, is the appearance of the instrument at face value to be measuring what it claims to measure. The tools have been adjusted to meet the study population in order to ensure face validity. Additionally, before the actual data collection began, the supervisors and examiners verified the face validity. Additionally, during the piloting of the instruments, face validity was examined.

The instrument's ability to capture all the study's variables is tested for content validity. Through the use of instruments that capture the study's variables, the study guaranteed content validity. Additionally, the content validity was modified in accordance with the supervisors' and examiners' recommendations.

3.8 Reliability

According to Creswell (2009), an instrument's reliability is determined by how consistently it measures the characteristic that it was intended to measure. In prior investigations, high levels of reliability were documented for each of the standardized instruments employed in this study. The instruments' dependability was reviewed once more during their piloting as well as the data's final analysis. According to Creswell (2014), the instrument's reliability should at least have a cronbach reliability of 0.70.

3.9 Data Collection Procedure

The researcher sought for an authority letter from the Program Leader of the Counseling Psychology at Tangaza University College. The authority letter accompanied with a copy of the proposal was handed over to Tangaza University College and Ethical Committee so as to obtain the clearance letter to conduct research on the relationship between personality traits and marital quality among married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.

On obtaining the clearance letter from the institution, the researcher then applied for a permit from the National Commission for Science, Technology and Innovation (NACOSTI).

In addition, the researcher proceeded to visit the Father in-charge of Kiambu Catholic Deanery referred to as the Dean, so as to inform him about the intended data collection and to obtain approval prior to conducting research. The Dean then connected the researcher to the deanery moderator, who in turn introduced the researcher to the Parishes moderators. The researcher then explained to each parish moderator about the intended research and the procedures and thereafter announcements were made during Mass through the Priests in-charge.

At the actual time of data collection, the researcher started by self-introduction to the participants, and sought time to explain the research and its procedures. The participants were informed about the ethical principles that included assurance of confidentiality and their anonymity. The researcher then responded to any questions the participants had. The researcher then invited each selected participant to fill a consent form and then issued them with the data collection questionnaires. The researcher then clarified any concern to do with the research instruments and then requested the participants to fill the questionnaire with help of four psychology students from Kiambu Catholic Deanery who were research assistants. This exercise took roughly 15 to 25 minutes. The researcher then collected the completed questionnaires from the participants, and thanked them for their input to the study.

3.10 Data Analysis

The objectives of the study served as a guide for the data analysis. Using the Statistical Package for Social Sciences (SPSS) version 32, descriptive and inferential statistics were used to

analyse the data gathered. The precise analysis that was used for each of the study's objectives is displayed in Table 3.

Table 3

Data Analysis

Objective	Type of Analysis
To determine personality traits of married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.	Descriptive Analysis
To find out the predictors of marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.	Regression Analysis
To determine whether age, gender, level of education and years in marriage have a role to play in marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.	Correlational analysis
To establish the relationship between personality traits and marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.	Correlational Analysis

3.11 Ethical Considerations

The researcher sought permission from Tangaza University College Ethical Committee (TUCREC). Then, authority from the National Council for Science, Technology and Innovation (NACOSTI) was also sought by the researcher. This is the national body that is mandated to give research authorization. This authorization letter together with the certificate of good conduct from the Criminal Investigation Department was part of ethical considerations presented to the Dean, Kiambu Catholic Deanery.

In addition, as part of ethical considerations, the researcher informed the participants about the nature, the purpose and the significance of the study. Ethical consideration also included letting the research participants get a complete understanding of the role of the participants in the study, the right that every participant has to participate in the study as well as the right to withdraw from the data collection process. Consent for free participation was also a part of ethical consideration. Confidentiality is an important aspect of ethical consideration and the researcher maintained it as well as the participants' anonymity.

The researcher was in the company of other four psychologists who assisted where debriefing was required. While reporting the results, confidentiality was maintained by the use of coding, use of pseudonyms and, no identification of the individual source of information.

3.12 Summary

This chapter presented Research design, Location of the Study, Target Population Sampling Technique and Sample Size, Research Instruments, Data Collection Procedure, Data Analysis and Ethical Considerations. The next chapter presented the findings of the study after data collection.

CHAPTER FOUR

RESULTS

4.1 Introduction

The chapter begins by presenting the questionnaire distribution return rate, demographic details of the participants and reliability of the instruments that were used for the study. The chapter further presents the study's results in accordance with its goals such as: to ascertain personality traits of the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya; to find out the predictors of marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya, to determine whether age, gender, level of education and years in marriage have a role to play in marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya; and to establish the relationship between personality traits and marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.

4.2 Questionnaires Response Rate

The researcher distributed 193 questionnaires to heterosexual married individuals to a sample size of 193. A total of 193 questionnaires were successfully collected and correctly filled translating to a response rate of 100%. The response rate was excellent because the researcher worked closely with the parish priests and catechists to ensure efficient data collection.

4.3 Reliability of Instruments of Measure

Creswell (2009) defined reliability as an instrument's capacity to consistently measure the characteristics it guarantees to evaluate. The current study utilized The Big Five Inventory Scale for measuring the personality traits of extroversion, agreeableness, conscientiousness, negative emotionality and open mindedness. Also, the Dyadic Adjustment Scale was used to measure the

variable of marital quality with its three dimensions of consensus, satisfaction and cohesion. The Big Five Inventory Scale had a Cronbach Alpha $\alpha = .654$; Extroversion Sub-Scale had $\alpha = .424$; Agreeableness Sub- Scale had $\alpha = .689$; Conscientiousness Sub-Scale had $\alpha = .762$; Negative Emotionality Sub-Scale had $\alpha = .655$; and Open Mindedness Sub- Scale had $\alpha = .325$. The Dyadic Adjustment Scale had $\alpha = .861$. The sub-Scale of consensus had $\alpha = .850$; the sub-Scale of satisfaction had $\alpha = .679$; the sub-Scale of cohesion had $\alpha = .759$. The subscales of extroversion and mindedness had a low internal reliability though overall the Big Five Inventory scale had a good internal consistency of alpha 0.654 which is acceptable. The scale of Dyadic Adjustment and its sub scales had a high internal consistence. The instruments overall reliability was good according to Selvam (2017) who states that a cronbach alpha of 0.6 and above is acceptable for the reliability of research instruments. However, the dimensions of extroversion and open mindedness scored low reliability which in a way could have affected the findings. Table 4 presents the cronbach alpha of the instruments of measures and its subscales.

Table 4
Reliability test using Cronbach's Alpha

Scale and Sub Scales	Number of Items	Cronbach's Alpha
The Big Five Inventory Scale	30	0.654
Extroversion	6	0.424
Agreeableness	6	0.689
Conscientiousness	6	0.762
Negative Emotionality	6	0.655
Open Mindedness	6	0.325
The Dyadic Adjustment Scale	14	0.861
Consensus	6	0.850
Satisfaction	4	0.679
Cohesion	4	0.759

4.4 Demographic Details of the Participants

The study captured several demographic details of the participants that were involved in the current study including age, gender, educational level and years in marriage.

4.4.1 Age of the Participants

The age of the participants who were involved in the study. Table 5 shows the descriptive age of the participants.

Table 5

Age of Participants

Variable	Sample Size	Minimum	Maximum	Mean	Std. Deviation
Age	193	22	71	42.55	10.615

Descriptive statistics were run to analyse the age of the participants. Results in table 5 showed that the youngest participant was 22 years old and the oldest participant was 71 years old. The average mean of the participants was 42.55, SD=10.615. The age of participants indicated that majority of the participants were in their middle age. That means they are likely to have attained stability in their personality compared to those young in years and in marriage.

4.4.2 Gender of Participants

Participants in the present research were asked to declare whether they were male or female. The results are provided in Table 6.

Table 6

Gender of the Participants

Gender	Frequency	Percent
Male	99	51.3
Female	94	48.7
Total	193	100

The results in table 6 showed that the majority of the participants were males (51.3%) compared to the female participants (48.7%). There was thus a small difference in gender representation in the current study. Gender was important in the current study in regard to understanding the personality traits of married individuals because they are likely to differ in their personality based on the environmental factors. In the society for instance, men are expected to be assertive and women are expected to be humble and submissive which can be of a positive or negative impact to marital quality.

4.4.3 Educational Level of Participants

The educational level of the participants involved in the current study was classified in terms of primary, secondary, certificate, diploma, degree and master's levels and the results are presented in Table 7.

Table 7

Education Level

Educational Level	Frequency	Percent
Primarily Level	13	6.7
Secondary Level	47	24.7
Certificate Level	41	21.2
Diploma Level	57	29.5
Bachelor's Degree Level	33	17.1
Master's Degree Level	2	1.0

The results in table 7 showed that highest number of participants had attained a Diploma (29.5%) those with secondary education came next (24.7%) and certificate (21.2%) Bachelor's degree (17.1%). Few of the participants had attained a master's degree (1%) and primary education level (6.7%). This implies that majority (92.5%) of married individuals in Kiambu

Denary had attained at least secondary education in their lives. People with basic level of education are likely to be aware of their personality type and of their partners and that can have a big influence on the marital quality because married individuals knows how to communicate and relate with each other.

4.4.4 Years in Marriage for Participants

The study sought to understand the years the individuals had stayed in their marriage. This was later to help in understanding whether the years spent in marriage contributes to marital quality. Table 8 gives the descriptive statistics on years spent in marriage by the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya.

Table 8

Years in Marriage

Variable	Sample Size	Minimum	Maximum	Mean	Std. Deviation
Years in Marriage	193	1	48	16.50	10.45

The results in table 8 show that the lowest number of years in marriage for the married individuals was 1 year. On the other hand, those who had stayed in marriage for the longest time were married for 48 years. The mean of the participants' years in marriage was 16.50, SD=10.45. This means the majority of the participants were married for 16 years. Most of the married individuals are likely to be bringing up adolescent children.

4.5 Personality Traits of the Married Individuals in Kiambu Catholic Deanery

The first objective was to determine the personality traits of the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. Descriptive statistics was run to

determine the personality traits of the married individuals. The differences in the mean score across the five personality traits of the married individuals are presented in Table 9.

Table 9

Descriptive Statistics of the Big Five Personality Traits

Variable	N	Minimum	Maximum	Mean	Std. Deviation
Conscientiousness	193	1.50	5.00	3.9370	.76711
Agreeableness	193	1.33	5.00	3.8299	.72926
Open Mindedness	193	1.83	5.00	3.4378	.53995
Extraversion	193	1.33	5.00	3.4119	.61427
Negative Emotionality	193	1.00	5.00	2.4741	.68310

The findings obtained on personality traits showed fairly high scores in extraversion, agreeableness, conscientiousness, and open mindedness. However, scores on negative emotionality were below average (Mean = 2.47, SD=.68). The highest score was recorded in the dimension of conscientiousness (Mean = 3.94, SD=.77). The results showed the majority of the married individuals in the study had conscientiousness personality trait followed by Agreeableness personality trait. The lowest participants in the study had negative emotionality trait followed by those who had extraversion personality traits.

4.6 Predictors of Marital Quality among the Married Individuals in Kiambu Catholic Deanery

The second objective was set to find out the predictors of marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. Regression analysis was conducted to establish whether the big five personality traits were predictors of marital quality and the results reported in Table 10.

Table 10**Regression Analysis for Marital Quality among Married Individuals in Kiambu Catholic Deanery**

Model	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta	T	Sig.
(Constant)	2.169	.707		3.066	.002
Extraversion	-.024	.115	-.018	-.206	.837
Agreeableness	.272	.107	.248	2.539	.012
Conscientiousness	.241	.113	.231	2.129	.035
Negative Emotionality	-.062	.107	-.053	-.576	.565
Open Mindedness	-.152	.120	-.103	-1.263	.208

a. Dependent Variable: Marital Quality

The findings from regression analysis presented in table 10 showed that it is only personality traits of agreeableness ($p=0.012$) and conscientiousness ($p=0.03$) that were predictors of marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. However, the personality traits of extraversion, ($p=0.837$), negative emotionality ($P=.565$) and open-mindedness ($P=.208$) were not predictors of marital quality.

4.7 Correlation between Age, gender, level of education years in marriage and marital quality among the married individuals in Kiambu Catholic Deanery

The third objective of the study aimed at establishing the correlation between age, gender, education level, and years of service among demographic factors marriage and the marital quality among married individuals. To achieve this, correlation was carried out, and the results are shown in the table 11.

Table 11**Correlation Analysis between Age, gender, level of education, years in marriage and marital quality among the married individuals in Kiambu Catholic Deanery**

Marital Quality	Pearson correlation	1	-.078	-.102	.033	.054
	Sig.		.284	.157	.646	.456
Years in Marriage	Pearson correlation	-.078	1	.925**	.034	-.124
	Sig.	.284		.001	.639	.085
Age	Pearson correlation	-.102	.925**	1	-.095	-.105
	Sig.	.157	.001		.188	.144
Gender	Pearson Correlation	.033	.034	-.095	1	-.129
	Sig.	.646	.639	.188		.073
Educational Level	Pearson correlation	.054	-.124	-.105	-.129	1
	Sig.	.456	.085	.144	.073	

** Correlation is Significant at the 0.01 Level (2-tailed).

The results that were obtained showed that there was a weak negative correlation between age and marital quality ($p < 0.05$, $r = -.102$). This implied that with increase in age there was a decrease in marital quality. Similarly, there was also a very weak negative correlation between years in marriage and marital quality ($p < 0.05$, $r = -.078$). Seemingly, the more a married individual stayed in a marriage the more the marital quality declined. In regard to education, there was a weak positive correlation between level of education and marital quality ($p < 0.05$, $r = .456$). This implies that the higher the levels of education of the married individuals, the more likely they were to have higher marital quality.

4.8 Personality traits and marital quality among the married individuals in Kiambu

Catholic Deanery

The fourth objective was to establish the relationship between personality traits and marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. A correlational analysis was run to establish the relationship between the big five personality traits and marital quality among the married individuals and results are presented in table 12.

Table 12

Correlation between the Big Five Personality Traits and Marital Quality

Variable		Marital Quality
Extraversion	Pearson Correlation	.176*
	Sig.	.015
Agreeableness	Pearson Correlation	.388*
	Sig.	.000
Negative Emotionality	Pearson Correlation	.282*
	Sig.	.000
Open Mindedness	Pearson Correlation	.134
	Sig.	.063
Conscientiousness	Pearson Correlation	.376**
	Sig.	.000

** Correlation is Significant at the 0.01 Level (2-tailed).

** Correlation is Significant at the 0.05 Level (2-tailed).

The results obtained indicated that all the four personality traits correlated positively with marital quality apart from negative emotionality ($p < 0.05$, $r = -.282$). The findings showed that the more extraverted, agreeableness, open-minded and conscientious one was, the higher the marital quality they experienced. However, of all the four personality traits that correlated

positively with marital quality, agreeableness scored the highest ($p < 0.05$, $r = -.388$). This therefore, is an indication that agreeable is a key concept in marital quality.

4.9 Summary of the Findings

The findings from objective one showed that most of the participants in the study had personality traits of extroversion, agreeableness, conscientiousness and open mindedness while those who had negative emotionality were the least in the study. The findings from objective two showed that among the Big Five Personality Traits, only agreeableness ($p=0.01$) and conscientiousness ($p=0.03$) were predictors of marital stability among the heterosexual married individuals. Nevertheless, the personality traits of extraversion, ($p=0.837$), negative emotionality ($P=.565$) and open-mindedness ($P=.208$) were not predictors to marital quality. Furthermore, the findings from objective three showed that there was a weak negative correlation between age and marital quality ($p < 0.05$, $r = -.102$). Similarly, there was also a very weak negative correlation between years in marriage and marital quality ($p < 0.05$, $r = -.078$). In regard to education, there was a weak positive correlation between level of education and marital quality ($p < 0.05$, $r = .456$). Finally, the finding from objective four showed that personality traits of extroversion, agreeableness, open mindedness and conscientiousness correlated positively with marital quality apart from negative emotionality ($p < 0.05$, $r = -.282$). The next chapter discusses the findings of the study using literature in chapter two.

CHAPTER FIVE

DISCUSSION

5.1 Introduction

This chapter begins by restating the objectives of the study which were: to determine personality traits of the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya; to find out the predictors of marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya, to determine whether age, gender, level of education and years in marriage have a correlation to marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya; and to establish the relationship between personality traits and marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. Furthermore, the study revisits the conceptual framework in relation to the findings from the data. Moreover, the findings of this study per each objective are discussed in relation to the literature review in chapter two. Finally, the study suggests improvement of the theory based on the findings of the study.

5.2 Revisit of Conceptual Framework

The first objective of the study was based on determining personality traits of the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. The findings obtained on personality traits showed fairly high scores in extraversion, agreeableness, conscientiousness, and open mindedness. However, scores on negative emotionality were below average. The majority of the married individuals in the study had conscientiousness personality trait followed by Agreeableness personality trait. The second objective was based on personality traits as predictors to marital quality. In regards to the five personality traits, it is only the agreeableness and conscientiousness traits that were predictors to marital stability. The third objective was drawn

from the intervening variables of age, gender, years in marriage and level of education in relation to marital quality. All the four variables reported negative correlation with marital quality. The fourth objective was based on the relationship between the independent variable of personality traits and dependent variable of marital quality. All the four personality traits correlated positively with marital quality apart from negative emotionality.

5.3 Relating Findings with the Literature

5.3.1 The Big Five Personality Traits of the Married Individuals

The first objective was set to determine personality traits of the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. The findings obtained on personality traits showed fairly high scores in extraversion, agreeableness, conscientiousness, and open mindedness. However, scores on negative emotionality were below average (Mean = 2.47, SD=.68). The highest score was recorded in the dimension of conscientiousness (Mean = 3.94, SD=.77). The results showed majority of the heterosexual married individuals in the study had conscientiousness personality trait followed by Agreeableness personality trait. The lowest participants in the study had negative emotionality trait followed by those with extraversion personality traits. The findings were consistent with the findings of Malouff and his colleagues (2010) who found that majority of the married individuals scored high in agreeableness, extroversion, conscientiousness, open mindedness but low in neuroticism.

The findings were also in line with those of several researchers (Bajwa et al., 2017; Zhao, Seibert, & Lumpkin, 2010) who conducted a study in South Africa using Five Factor Model of personality traits. The study involved 2650 heterosexual married individuals that found out that the majority had conscientiousness, extraversion and openness to experience personality traits thus, experiencing a positive relationship among the heterosexual married individuals whereas

some had neuroticism personality traits that associated negatively with the married individuals' relationship. Those who had neuroticism personality traits had manifested behaviors such as anger, stressful episodes, hostility, emotions instability and thoughtlessness.

According to Headey, Muffels, and Wagner (2013) married individuals with neuroticism personality trait are likely to experience relationship breakdown, separation and eventually divorce. Compared to other big five personality traits, neuroticism personality trait is a negative trait that is likely to present challenging experience and additional problems, affecting the married individual's bonding (Gattis et al., 2013).

Since neuroticism personality trait has a negative impact on marriage compared to other personality traits, this may mean that the majority of people with this personality are likely to experience dysfunctional relationships. On the other hand, Personality traits of extraversion, conscientiousness, open mindedness and agreeableness have shown positive contribution to marital quality. This means that the majority of married individuals in functional marriages are likely to experience the four positive traits compared to neuroticism trait. This may explain why most of the participants scored high in extroversion, conscientiousness, open mindedness and agreeableness compared to neuroticism personality trait.

5.3.2 Predictors of Marital Quality among the Married Individuals

The second objective was set to find out the predictors to marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. The findings showed that there were no significant differences in the mean of extraversion, ($p=0.837$) negative emotionality ($P= .565$) and open-mindedness ($P=.208$) However there was a statistically significant difference in the mean on agreeableness, ($P=.01$) and conscientiousness ($P=.03$) as predictors to marital stability. The findings disagreed with those of Woszidlo and Segrin (2013)

who conducted a study in United States of America with 186 married individuals. They found out that the presence of neuroticism traits has adverse effects on marital quality even in the early years of marriage. Further, the study found out that there was no significant difference between the neuroticism trait and marital quality. This could be attributed to the fact that there was a low score in neuroticism among the participants who participated in the study. In addition, the findings contradicted those of Tolpin, Cohen, Gunthert and Farrehi (2006) who found neuroticism trait to be a leading negative predictor to marital quality among married individuals. As a result of negative mood, married individuals may experience helplessness leading to inability to deal with stressful circumstances in the marital relationship. Since the score on neuroticism trait were below average, this could have influenced the findings that neuroticism has no influence on marital quality among the married individuals.

The findings were not in line with those of Zare Nasir, Mastor and Wan Shahrazad (2013) who in their descriptive correlational study found out that openness to experience was not considered to be a predictor to marital quality. This occurs due to its characteristics of showing empathy, having active imagination, being intellectual as well as being able to pay attention to inner involvements or connections to each married individual woman. This in-turn helps in increasing the levels of the married individual's marital satisfaction, thus, boosting the marital quality.

The current study found out that openness to experience was not a predictor to marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. The findings could have been influenced by the African culture whereby married individuals are expected to operate within the norms and traditions of the society and therefore, openness to experience may not be widely encouraged. The majority of the participants in the

study might have been conservative by the fact that the highest score was in conscientiousness personality trait.

On the other hand, the findings of the study were consistent with those of Karampatsos (2011), who conducted a study in Italy with 184 married individuals on personality traits that are likely to predict marital quality. He found conscientiousness trait as one of the contributors to marital quality. The findings of the study showed conscientiousness and agreeableness personality traits to be the leading predictors to marital quality. The personalities traits of conscientiousness and agreeableness are likely to go together because where order is required people are expected to conform. Again these findings could be attributed to the African culture where married individuals are expected to make commitment in their marriage. However, the study contradicted the findings of the current study in that extroversion trait is not a predictor to marital quality. In addition, the findings of these studies are in agreement with those of Croatia, Williams, Ashford-Smith, Cobban, Fitzsimmons, Sukhatme and Hunter (2019) who reported that the quality of life for each married individual was highly improved when the levels of conscientiousness, one of the big five personality trait in both individuals was high, resulted to better marital relationship and growth thus, predicting well on marital quality. Unlike the findings of the current study, the findings of Karampatsos (2011) with married individuals conducted in Italy found the personality trait of extroversion to be a predictor to marital quality. There could also be a possibility that married individuals with extroverted personality traits are likely to be connecting well with people from outside than with their partners and hence, not promote marital quality in their marriage.

5.3.3 Correlation between age, gender, educational level, years in marriage and marital quality

The third objective of the study aimed at establishing the relationship between demographic variables of age, gender, level of education, years in marriage and the marital quality among married individuals. The results obtained showed that there was a weak negative correlation between age and marital quality ($p < 0.05$, $r = -.102$). This therefore implied that with increase in age there was a decrease in marital quality. Similarly, there was also a very weak negative correlation between years in marriage and marital quality ($p < 0.05$, $r = -.078$). Seemingly, the more married individuals stayed in a marriage the more the marital quality declined. In regard to education, there was a weak positive correlation between level of education and marital quality ($p < 0.05$, $r = .456$). The higher the levels of education of the married individuals the more likely they were to have higher marital quality.

The findings that as age of married individuals increase, there is decrease in marital quality, contradicted those of Robinson, Hanson, Hayward and Lorimer (2019). They conducted a research in Mumbai, India with married individuals, recruited through social media as well as from informal networks across four study sites. The study argued that an increase in age of marriage had been thought to help the individuals to have mature expectations within self and others, including individual's spiritual life. Furthermore, the current findings were not in agreement with the ones of Dhamija and Roychowdhury (2020) who reported that age plays a positive role in the married individuals lives. Their mature age at marriage may have had allowed them opportunities of having enjoyed jobs of their choice. In addition, these individuals may have had chances of acquiring promotions in their careers thus helping each individual take care of the marriage due to their mature age, enhancing marital quality. Probably when married individuals are young in marriage they are in strong love with each other and are committed with each other in bringing up their

children. Later they are likely to develop intolerance towards each other which is likely to affect their marital quality compared to when they were young in their marriage.

Also, the findings contradicted those of several researchers (Lehrer & Chen, 2013; Lyngstad Jalovaara, 2010). Their study reported that married individuals with relatively younger age in either of the individual may be prone to higher risk of marriage disruption as a result of lack of self-knowledge. Such married individuals may probably not have clear understanding of their partner's expectations in the marital relationship due to age. The study further argued that there was a possibility of the married individuals experiencing emotional maturity as a result of their mature age. In addition, the married individuals may experience stability/calmness in their marital relationships thus, enhancing positive results on their marital quality.

Furthermore, the findings of this current study contradicted the findings of Erulkar (2013) who conducted a study in Ethiopia that found out that married individuals who are young in marriage experienced violence leading to poor marital quality. Several studies (UNICEF, 2014; Parsons, Edmeades, Kes, Petroni, Sexton and Wodon, 2015; and Erulkar, 2013) have reported that, girls who are prone to early marriages normally may not have had chances to go to acquire education due to poverty and thus, becoming discriminated in the job market. Furthermore, these young married individuals may tend to be disregarded by their male married individuals when it comes to the marital decision-making. Such incidences are likely to play a negative role on the married individuals marital quality (Choi and Ha, 2011; Fleming, White and Catalano, 2010).

The findings resemble the ones of Li and Cheng (2019) who found that more educated married individual women are advantaged as they enjoy more benefits from their married individual's marital relationships compared to the less-educated married individual women. Furthermore, the findings are consistent with those of Riddell and Song (2011) who in their study

carried out in China found out that married individual women with high levels of education stood better chances of getting re-employment with better financial income. There are possibilities that the level of education among married individuals may result to stable financial income and is likely to help married individuals experience healthier marital quality among the married individuals.

However, the current findings contradicted the ones of Chiappori, Lyigun and Weiss (2009) who conducted a study in China. The study found out that some married individuals with high level of education expected their married individual partners to contribute heavily in their marital relationship, which was not the case at some point. Due to the high expectations, some married individuals only were comfortable with individual who had equal educational attainment which to some extent played a negative role to marital quality among the married individuals.

5.3.4 Relationship between personality traits and marital quality among the married individuals

The fourth objective was to establish the relationship between personality traits and marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. The results obtained indicated that all the four personality traits correlated positively with marital quality apart from negative emotionality ($p < 0.05$, $r = -.282$). The findings showed that the more extraverted, agreeableness, open-minded and conscientious one was, the higher the marital quality they displayed. However, of all the four personality traits that correlated positively with marital quality, agreeableness scored the highest ($p < 0.05$, $r = -.388$). This therefore, is an indication that agreeable is a key concept in marital quality.

The findings of this study resonated with the ones of Gunaydin (2022) who conducted studies in Turkey, India and United Kingdom among 627 volunteer married individuals aged between 15 to 82 years. He found self-compassionate to contribute in a positive way to marital

satisfaction among married individuals who were Turkish, British as well as Indians. Similarly, the findings were consistent with those of Okorafor (2017) who reported a positive association between extraversion personality trait and marital satisfaction while a significant negative correlation between neuroticism trait and marital satisfaction was evidence. The findings of the current study were equally supported by the ones of Fania and Kheirabadi (2011) in their study in Iran that found out that married individuals whose stable characteristics of personality traits are extraversion, conscientiousness, openness to experience, and agreeableness had experienced marital quality in their marriage.

Further, the current study findings were consistent with several studies (Dyrenforth et al., (2010); Headey, Muffels &Wagner, (2013); Malouff, at al., (2010); Zare, Nasir, Mastor, & Wan Shahrazad, (2013) conducted in Kemanshah, Iran the study argued that the presence of neuroticism trait in one or both married individuals is likely to be the strongest predictor in the degeneration of marital satisfaction and increased probability of divorce. Furthermore, the study argued that, neuroticism trait was established to have a negative effect on marital satisfaction while extraversion and openness to experience traits had positive outcome.

In addition, the findings were in line with those of Claxton, O'Rourke, Smith and DeLongis, (2013) who reported that the personality trait of neuroticism is likely to facilitate fewer adaptive as well as additional challenging behaviors among the married individuals resulting to increased discordance. This is likely to distress the married individuals' marital quality, showing a possibility of a negative relationship between personality traits and marital quality among the married individuals.

5.4 Suggestion for Improvement of the Theory

The study was guided by the Five Factor Theory of personality. The theory was developed by Robert McCrae and Paul Costa. Both were Psychologists who developed the Five Factor Theory of personality that is enriched with existing knowledge concerning personality (McCrae & Costa, 1996). The Big Five Factor Theory of Personality also known as the Five Factor Model is said to be a modern-day theory, developed in the context of trait theory. Further, this theory of personality advocates that all individuals irrespective of their age, gender and even culture, share the same basic traits but vary in the degree of their manifestation (Novikova & Vorobyeva, 2019). According to Lim (2020), the big five factor theory has components that include Extraversion, Conscientiousness, Openness to Experience Agreeableness as well as Neuroticism. In addition, this model of personality traits is thought to be the key basic dimensions in the people's personality that regulate the structures of human thinking, feeling as well as behaviour.

The researcher gives suggestions of improving the theory based on its limitations of addressing the variables of the current study. The theory only dwells on the positive side of the personality traits of Extraversion, Conscientiousness, Openness to Experience and Agreeableness in relation to marital quality. There could be a possibility of negative sides of the theory in relation to marital quality. Married individual who are extroverted are likely not to have listening ears to their partners. This can easily affect the marital quality. A married individual with conscientiousness personality traits is likely to be dominant and controlling the other partner and hence, negatively affecting their marital quality. Married individuals of openness to experience and agreeableness personality traits are likely to lack assertiveness in their decision making and hence affect the marital quality. The traits are not balanced. The theory has only one personality trait that is negative compared to the other four positive traits. The theory failed to explain how the demographic variables of age and gender influence the personality traits of the married

individuals. This theory does not connect directly to the relationship between personality traits and marital quality. There is need to improve the theory in relation to balancing the positive and negative side of the personality traits. Since people may want to present the positive side of themselves, they are likely not to be honest in answering the items of neuroticism personality trait and especially in African culture where mental disorders are perceived as a serious mental sickness and people would not want to be associated with it.

5.5 Summary

The chapter began by restating the objectives of the study. They included: to determine personality traits of the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya; to find out the predictors of marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya, to determine whether age, gender, level of education and years in marriage have a correlation to marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya; and to establish the relationship between personality traits and marital quality among the married individuals in Kiambu Catholic Deanery, Archdiocese of Nairobi, Kenya. The study further revisited the conceptual framework in relation to the findings from the data. In addition, the findings of this study were discussed as per the objective in relation to the literature review in chapter two. Finally, the study suggested improvement of the theory based on the findings.

CHAPTER SIX

CONCLUSION

6.1 Introduction

This chapter presents the recommendations of the study based on the findings. The chapter also presents the limitations of the study based on the methodology adopted. Finally, the study provides suggestions for future research.

6.2 Recommendations of the Study

The study recommends to marriage and family counsellors the need during pre-marital counselling to psycho-educate the individuals preparing to get married on the role of personality traits on marital quality. Individuals preparing to get married need awareness on how personality traits are likely to affect their marriage in a positive or negative way. The institutions of higher learning offering degree courses in marriage and family counselling at different levels need to factor personality traits in the curriculum.

Furthermore, the study recommends to marriage and family counsellors to come up with ways of helping heterosexual married individuals possessing the personality trait of neuroticism. The findings have shown that it has a negative influence on marital quality. There is a need for counsellors to employ assessment of neuroticism personality traits and especially among the married individuals whose marriage relationships are dysfunctional. It would be helpful to include assessment courses in the curriculum of marriage counsellors in order to develop competent professionals who can conduct assessment with married individuals when need arises in order to offer effective services to their clients.

6.3 Limitations of the Study

The study had a few limitations. First, it focused on married individuals rather than married couples. The understanding of the role of personality traits on marital quality probably might have

been strong if the study had focused on married couples other than married individuals. Secondly, the study employed a quantitative approach which might not have given the participants an opportunity to express themselves in regards to their personality traits and how they might have affected their marriage in either a positive or negative way. If the study could have considered mixed method approach, the qualitative findings probably might have strengthened the quantitative elements. The qualitative findings might have explained some findings which quantitative data were not able to explain. They might explain for instance why extroversion personality trait is a strong predictor to marital quality compared to other previous studies. Also, a mixed method approach might have given the researcher an opportunity to collect rich data using both questionnaires and interview guides or focus group discussion guide and that would have strengthened the findings.

6.4 Suggestions Future Orientations of the Study

The study recommends the future studies on personality traits and marital quality to consider involving married couples other than married individuals. This will help in better understanding the role of personality traits on marital quality because the study will be focusing on married couples who are living together. Moreover, future studies need to consider looking at other personality types from different theoretical perspectives apart from the Big Five Personality.

In addition, the researcher recommends the future studies to employ mixed method approach in order to strengthen the findings. A mixed method approach will help in providing findings that cannot be realized through a single research approach.

REFERENCES

- Alesia Woszidlo & Chris Segrin (2013) Negative Affectivity and Educational Attainment as Predictors of Newlyweds' Problem Solving Communication and Marital Quality, *The Journal of Psychology*, 147:1, 49-73, DOI: 10.1080/00223980.2012.674069.
- Allport, W.G. (1937). *Personality: A psychological interpretation*. New York: Henry Holt.
- Amiri, M., Farhoodi, F., Abdolvand, N., & Bidakhavidi, A.R. (2011). *A study of the relationship between big-five personality traits and communication styles with marital satisfaction of married students majoring in public universities of Tehran*. *Procedia Special and Behavioral Sciences*, 30, 685689.
- Aristide Saggino, Mariavittoria Martino, Michela Balsamo, Leonardo Carlucci, Sjoerd Ebisch, Marco Innamorati, Laura Picconi, Roberta Romanelli, Maria Rita Sergi & Marco Tommasi (2016) Compatibility quotient, and its relationship with marital satisfaction and personality traits in Italian married couples, *Sexual and Relationship Therapy*, 31 (1), 83-94, DOI: 10.1080/14681994.2015.107095
- Asadi, S. (2014). *Comparison of the effectiveness of Cognitive Behavioral and Bowen Family Therapy in enhancing the quality of life, psychological well-being and resilience with regard to the role of differentiation control* [Master's Degree Thesis in Clinical Family Psychology]. University of Science and Culture. 1–15. (In Persian)
- Assad, K. K., Donnellan, M. B., & Conger, R. D. (2007). Optimism: An enduring resource for romantic relationships. *Journal of Personality and Social Psychology*, 93(2), 285–297. doi.org/10.1037/0022-3514.93.2.285
- Axelsson, M., Ekerljung, L., Lundbäck, B., & Lötvall, J. (2016). Personality and unachieved treatment goals related to poor adherence to asthma medication in a newly developed adherence questionnaire – a population-based study. *Multidisciplinary Respiratory Medicine*, 11 (1), 42. <https://doi.org/10.1186/s40248-016-0078-8>
- Baek, Y., Martin, P., Siegler, I. C., Davey, A., & Poon, L. W. (2016). Personality traits and successful aging: Findings from the Georgia centenarian study. *The International Journal of Aging and Human Development*, 83(3), 207–227. <https://doi.org/10.1177/0091415016652404>
- Baghkhasi, M., Akbari, N., Birashk, B., Khedmat, L., & Haghani, H. (2020). The Quality Changes of Marital Relationships in Iranian Couples at Marriage Onset: A Descriptive and Analytical Study. *The American Journal of Family Therapy*, 48(4), 317-339. <https://doi.org/10.1080/01926187.2019.1710621>
- Bajwa, S.U., Shahzad, K., & Aslam, H. (2017). Exploring big five personality traits and gender as predictors of entrepreneurs' cognitive adaptability. *Journal of Modelling in Management*, 12, 143–161. <https://doi.org/10.1108/JM2-04-2014-0026>

- Barelds, D. P. H. (2005). Self and partner personality in intimate relationship. *European Journal of Personality, 19*, 501–518. doi:10.1002/per.549
- Bashir Mirzanezhad (2020)
- Bay, F., Bahrami, F., Fatehizadeh, M., Ahmadi, S., & Etemadi, O. (2012). Attachment orientations and female sexual function: The mediation role of sexual assertiveness and self-consciousness. *Interdisciplinary Journal of Contemporary Research in Business, 4*(5), 50–63.
- Bergmann, N., Gyntelberg, F., & Faber, J. (2014). *The appraisal of chronic stress and the development of the metabolic syndrome: A systematic review of prospective cohort studies.* *Endocrine Connections, 3*(2), R55–R80. doi:10.1530/EC-14-0031
- Blank, T. O., & Bellizzi, K. M. (2006). After prostate cancer: Predictors of well-being among long-term prostate cancer survivors. *Cancer, 106*(10), 2128–2135
- Block, J. (2010). The five-factor framing of personality and beyond: Some ruminations. *Psychological Inquiry, 21*, 2 – 25.
- Borkenau, P., Mauer, N., Riemann, R., Spinath, F.M., & Angleitner, A. (2004). Thin slices of behavior as cues of personality and intelligence. *Journal of Personality and Social Psychology, 86*, 599–614. doi:10.1037/0022-3514.86.4.599.
- Botha, F., & Booyesen, F. (2013a). The gold of one's ring is not far more precious than the gold of one's heart: Reported life satisfaction among married and cohabitating South African adults. *Journal of Happiness Studies, 14*(2), 433–456. <https://doi.org/10.1007/s10902-012-9337-3>
- Botha, F., & Booyesen, F. (2013a). The gold of one's ring is not far more precious than the gold of one's heart: Reported life satisfaction among married and cohabitating South African adults. *Journal of Happiness Studies, 14*(2), 433–456. <https://doi.org/10.1007/s10902-012-9337-3>
- Botha, F., & Booyesen, F. (2013b). *The relationship between marital status and life satisfaction among South African adults.* *Acta Academica, 45*(2), 150–178.
- Botwin, M. D., Buss, D. M., & Shackelford, T. K. (2006). Personality and mate preferences: Five factors in mate selection and marital satisfaction. *Journal of Personality, 65*, 107–136. <https://doi.org/10.1111/j.1467-6494.1997.tb00531.x>.
- Bratton, J. (2015). *Introduction to work and organizational behaviour.* Basingstoke, NY:
- Brown, T. E. (2017). *Marital Quality and Cardiovascular Risk in Women during the Menopausal Transition.* Brigham Young University, Thesis no. 6471. <https://scholarsarchive.byu.edu/etd/6471>. DOI: 10.1080/13607863.2010.519324.
- Brown, T. E. (2017). *Marital Quality and Cardiovascular Risk in Women During the Menopausal Transition* Brigham Young University, Thesis no. 6471. <https://scholarsarchive.byu.edu/etd/6471>

- Bulgan, G., Kemer, G., & Çetinkaya Yıldız, E. (2018). Marital satisfaction of Turkish individuals: The role of marriage type, duration of marriage, and personality traits. *International Journal of Humanities and Social Science*, 8(1), 88–97.
- Bulgan, G., Kemer, G., & Çetinkaya Yıldız, E. (2018). Marital satisfaction of Turkish individuals: The role of marriage type, duration of marriage, and personality traits. *International Journal of Humanities and Social Science*, 8(1), 88–97.
- Cameron, L. G., & Baucom, D. H. (2009). *Examining the individual within marriage: Personal strengths and relationship satisfaction*. *Personal Relationships*, 16, 421–435. doi:10.1111/j.1475-6811.2009.01231.x
- Carr, D., & Springer, K.W. (2010). Advances in families and health research in the 21st century. *Journal of Marriage and Family*, 72, 743-761. doi:10.1007/978-1-4020-8356-3_32
- Chiappori, P.-A., Iyigun, M., & Weiss, Y. (2009). Investment in schooling and the marriage market. *American Economic Review*, 99(5), 1689–1713. <https://doi.org/10.1257/aer.99.5.1689>
- Choi, N. G., and J.-H. Ha. 2011. “Relationship between Spouse/Partner Support and Depressive Symptoms in Older Adults: Gender Difference.” *Aging & Mental Health* 15 (3), 307–17.
- Claxton, A., O’Rourke, N., Smith, J.A.Z., & DeLongis, A. (2013). *Personality traits and marital satisfaction within enduring relationships: An intra-couple discrepancy approach*. *Journal of Social and Personal Relationships*, 29, 375396. doi:10.1177/0265407511431183
- Cohen, O., Geron, Y., & Farchi, A. (2010). A typology of marital quality of enduring marriages in Israel. *Journal of Family Issues*, 31, 727747. doi:10.1177/0192513£09358566
- Crane, D. R., Middleton, K. C., & Bean, R. A. (2000). *Establishing criterion scores for the Kansas*
- Creswell, J. (2009). *Research design: Qualitative, quantitative, and mixed methods approaches*. SAGE Publications, Incorporated.
- Creswell, J. W. (2014). *Research Designs: International Student Edition. Qualitative, quantitative and mixed methods Approaches*. (4th Ed.). London: Sage Publications.
- Dhamija, G., & Roychowdhury, P. (2020). Age at marriage and women’s labour market outcomes in India. *Journal of International Development*, 32 (3), 342–374. <https://doi.org/10.1002/jid.3456>.
- Doane, M. J. (2016). Cohesion, marital. In C. Shehan (Ed.), *Encyclopedia of family studies* (Vol. 1, pp. 1–3). New York, NY: Wiley Blackwell.
- Duba, J.D., Hughey, A.W., Lara, T., & Burke, M.G. (2012). Areas of marital dissatisfaction among long term couples. *Adults Pan Journal*, 11, 3954. doi:10.1002/j.2161- 0029.2012.00004.x

- Dulcinea Januario, Isabel Narciso, Salomé Vieira-Santos & Ana Paula Relvas (2021) *Second Journey through a Descriptive Review of Research on African Marital Relationships – Empirical Findings, Marriage & Family Review*, 57:8, 700-720, DOI: 10.1080/01494929.2021.1887988
- Duncan, S. F., Larson, J. H., & McAllister, S. (2014). *Characteristics of individuals associated with involvement in different types of marriage preparation interventions*. *Family Relations*, 63, 680–982. DOI: 10.1111/fare.12094
- Duncan, S. F., Larson, J. H., & McAllister, S. (2014). *Characteristics of individuals associated with involvement in different types of marriage preparation interventions*. *Family Relations*, 63(5), 680–692. <https://doi.org/10.1111/fare.12094>
- Duncan, S. F., Rogers, M., & McAllister, S. (2018). Individual personality characteristics associated with marriage preparation outcomes of perceived helpfulness and change. *Journal of Couple and Relationship Therapy*. doi:10.1080/15332691.2017.1372836
- Dura-Ferrandis, E., Mandelblatt, J. S., Clapp, J., Luta, G., Faul, L., Kimmick, G., ... Hurria, A. (2017). Personality, coping, and social support as predictors of long-term quality-of-life trajectories in older breast cancer survivors: CALGB protocol 369901 (Alliance). *Psycho-Oncology*, 26(11), 1914–1921.
- Dyrenforth, P. S., Kashy, D. A., Donnellan, M., & Lucas, R. E. (2010). Predicting relationship and life satisfaction from personality in nationally representative samples from three countries: The relative importance of actor, partner, and similarity effects. *Journal of Personality and Social Psychology*, 99, 690–702. doi:10.1037/a0020385.
- Engler, B. (2015). *Personality theories* (9th ed.). Boston: Wadsworth.
- Erhabor, S. I., & Ndlovu, N. J. (2013). How happy are married people? Psychological indicators of marital satisfaction of married men and women in Gauteng Province, South Africa. *Gender & Behaviour*, 11(2): 5486-5498.
- Erulkar, A. 2013. “Early Marriage, Marital Relations and Intimate Partner Violence in Ethiopia.” *International Perspectives on Sexual and Reproductive Health* 39 (1): 6–13.
- Fania, S., & Nasaghchi Kheirabadi, A. (2011). *Personality Traits and Mental Divorce*. *Social and Behavioral Sciences*, 30, 671–675.
- Fincham, F. D., & Bradbury, T. N. (1987). The assessment of marital quality: A reevaluation. *Journal of Marriage and the Family*, 49(4), 797–809. doi:10.2307/351973.
- Fisher, T. D., & McNulty, J. K. (2008). Neuroticism and marital satisfaction: The mediating role played by the sexual relationship. *Journal of Family Psychology*, 22, 112–122. doi:10.1037/0893-3200.22.1.112.

- Fleming, C. B., H. R. White, and R. F. Catalano. 2010. "Romantic Relationships and Substance Use in Early Adulthood: An Examination of the Influences of Relationship Type, Partner Substance Use, and Relationship Quality." *Journal of Health and Social Behavior* 51 (2), 153–67.
- Fletcher, G. J. O., & Kerr, P. (2013). Love, reality, and illusion in intimate relationships. In J. A. Simpson, L. Campbell, J. A. Simpson, L. Campbell (Eds.), *The Oxford handbook of close relationships* (pp. 306–320). New York, NY: Oxford University Press.
- Gattis, K. S., Berns, S., Simpson, L. E., & Christensen, A. (2004). Birds of a feather or strange birds? Ties among personality dimensions, similarity, and marital quality. *Journal of Family Psychology*, 18, 564–574. doi:10.1037/0893-3200.18.4.564.
- Gehart, D. (2014). *Mastering competencies in family therapy: A practical approach to theories and clinical case documentation* (2nd ed.). Pacific Grove, CA: Brooks and Col
- Ghamari, M. R., Khani, S. D., & Mollalu, M. (2014). A survey of marital dissatisfaction with perceived social support and life orientation. *Journal of Counseling and Psychotherapy*, 3(11), 45–64. (In Persian)
- Gokdemir, O., & Tahsin, E. (2014). Factors that influence the life satisfaction of women living in the Northern Cyprus. *Social Indicators Research*, 115, 1071–1085. doi:10.1007/s11205-013-0265-3.
- Goldberg, L. R. (1990). An alternative "description of personality": The Big-Five factor structure. *Journal of Personality and Social Psychology*, 59, 1216-1229.
- Goldfarb, M. R., & Trudel, G. (2019). Marital quality and depression: a review. *Marriage & Family Review*, 55(8), 737-763. <https://doi.org/10.1080/01494929.2019.1610136>
- Gong, M. (2007). Does status inconsistency matter for marital quality? *Journal of Family Issues*, 28(12), 1582–1610.
- Grant, C., & Osanloo, A. (2014). Grant, Understanding, selecting, and integrating a theoretical framework in dissertation research: creating the blueprint for your "house, ". *Administrative Issues Journal: Connecting Education, Practice and Research*, 4, (2), 12-26. Retrieved from <https://files.eric.ed.gov/fulltext/EJ1058505.pdf>.
- Gray, J. S., & Pinchot, J. J. (2018). Predicting health from self and partner personality. *Personality and Individual Differences*, 121, 48–51. <https://doi.org/10.1016/j.paid.2017.09.019>
- Günaydin, H. (2022) Marital Satisfaction in Relation to Big Five, Punitiveness, Unrelenting Standard and Self-Compassion, *The American Journal of Family Therapy*, 50:1, 94-112, DOI: 10.1080/01926187.2021.2021830
- Hanzal, A., & Segrin, C. (2009). The role of conflict resolution styles in mediating the relationship between enduring vulnerabilities and marital quality. *Journal of Family Communication*, 9, 1–20. doi:10.1080/15267430902945612.

- Hawkins, A. J., Stanley, S. M., Blanchard, V. L., & Albright, M. (2012). *Exploring programmatic moderators of the effectiveness of marriage and relationship education programs: A meta-analytic study*. *Behavior Therapy*, 43(1), 77–87. <https://doi.org/10.1016/j.beth.2010.12.006>.
- Headey, B., Muffels, R., & Wagner, G. G. (2013). Choices which change life satisfaction: Evidence from Germany, Britain & Australia. *Social Indicators Research*, 112(3), 725–748. doi:10.1007/s11205-012-0079-8.
- Hellmuth, J. C., & McNulty, J. K. (2008). Neuroticism, marital violence, and the moderating role of stress and behavioral skills. *Journal of Personality and Social Psychology*, 95, 166–180. doi:10.1037/0022-3514.95.1.166.
- Hosseini Sedeh, S. M., & Fathi Ashtiani, A. (2011). Relationship between marital satisfaction and duration of marriage among students of Imam Khomeini Educational and Research Institute (RA). *Psychology and Religion*, 3(4), 127–145.
- Hosseini Sedeh, S. M., & Fathi Ashtiani, A. (2011). Relationship between marital satisfaction and duration of marriage among students of Imam Khomeini Educational and Research Institute (RA). *Psychology and Religion*, 3(4), 127–145.
- Iafrate, R., Bertoni, A., & Donate, S. (2013). *Marital Adjustment*. In A. Michalos (Ed.), *Encyclopedia of quality of life and well-being research* (pp. 3776–3779). Dordrecht: Springer.
- Igbo, H. I., Awopetu, R. G., & Ekoja, O. C. (2015). Relationship between Duration of Marriage, Personality Trait, Gender and Conflict Resolution Strategies of Spouses. *Procedia – Social and Behavioural Sciences*, 190, 490 – 490.
- Inanga, N., & Marima, E. (2016). Effects of marital conflicts on academic performance of students in public and private day secondary schools in Kiambu Sub- County Kenya. *International Journal of Science and Research*, 7(5), 889-893.
- Jackson, J. B. (2009). Premarital couple predictors of marital relationship quality and stability: A meta-analytic study [Ph. D.
- Januario, D., Narciso, I., Vieira-Santos, S., Fonseca, G., & Relvas, A. P. (2018). First journey by a descriptive review of empirical research on African marital relationships – Scientific dissemination, thematic focus, and methodology. *Marriage & Family Review*, 54(3), 259–281. <https://doi.org/10.1080/01494929.2017.1403996>.
- Jerskey, B.A., Panizzon, M.S., Jacobson, K.C., Neale, M.C., Grant, M.D., Schultz, M., ... Lyons, M.J. (2010). *Marriage and divorce: A genetic perspective*. *Personality and Individual Differences*, 49, 473-478. doi: 10.1016/j.paid.2010.05.0
- John, O.P., & Srivastava, S. (1999). The Big-Five trait taxonomy: History, measurement, and theoretical perspectives. *Handbook of personality: Theory and Research*, 2, 102-138.

- Joseph, S., & Inbanathan, A. (2016). *A sociological review of marital quality among working couples in Bangalore City*. Working Paper 370, Institute for Social and Economic Change, Bangalore. ISBN: 978-81-7791-226-5.
- Junius, E. N. (2018). *Relationship between psychological well-being and marital quality*. A case of study among married Christian couples of PCEA Mukinyi parish Kiambu County Kenya.
- Kagitcibasi, C. (2017). *Family, self, and human development across cultures: Theory and applications*. Routledge.
- Kamp Dush, C.M., Taylor, M.G., & Kroeger, R.A. (2008). *Marital happiness and psychological well-being across the life course*. *Family Relations*, 57, 211226. doi:10.1111/j.1741-3729.2008.00495.x
- Karampatsos, J.M. (2011). A marriage between two perceptions: How spirituality and perceived similarity between husbands and wives impacts marital satisfaction (*Unpublished doctoral dissertation*), Department of Pastoral Counseling of Loyola University, Maryland.
- Katja Margelisch, Klaus A. Schneewind, Jeanine Violette & Pasqualina Perrig-Chiello (2017) Marital stability, satisfaction and well-being in old age: variability and continuity in long-term continuously married older persons, *Aging & Mental Health*, 21, (4) 389-398, DOI: 10.1080/13607863.2015.1102197.
- Khojastehmehr, R., Ahmadighozlojeh, A., Sodani, M., & Shiralinia, K. (2015). The effectiveness of fairness-based contextual therapy on emotional intimacy and marital quality of couples. *Journal of Applied Psychology*, 9(2), 79–96. (In Persian).
- Khojastehmehr, R., Sobhani, J. S., & Rajabi, G. (2014). Direct and indirect effect of perspective-taking on marital quality: Testing a mediation model. *Journal of Modern Psychological Research*, 8(32), 129–151. (In Persian).
- Kiambu Catholic Deanery Office Directory, 2022.
- Kiani, S., Yaqoob, N., Javed, S., & Siddique, S. K. (2020). *Relationship between personality factors and marital satisfaction among working married doctors: Moderating role of gender*. *Rawal Medical Journal*, 45(1), 144–147.
- Kim, O., & Jeon, H. O. (2013). Gender differences in factors influencing sexual satisfaction in Korean older adults. *Archives of Gerontology and Geriatrics*, 56(2), 321–326. [Crossref](#). [PubMed](#).
- Kobus du Plooy & Ronél de Beer (2018) Effective interactions: Communication and high levels of marital satisfaction, *Journal of Psychology in Africa*, 28:2, 161-167, DOI: 10.1080/14330237.2018.1435041
- Krejcie, R. V., & Morgan, D. W. (1970). Determining sample size for research activities. *Educational and psychological measurement*, 30(3), 607-610.

- Laher, S (2013). Understanding the Five-Factor Model and Five-Factor Theory through a South African cultural lens. *South African Journal of Psychology*, Vol. 43, Issues (2) 208-221.
- Larson, J. H., Blick, R. W., Jackson, J. B., & Holman, T. B. (2010). Partner traits that predict relationship satisfaction for neurotic individuals in premarital relationships. *Journal of Sex and Marital Therapy*, 36(5), 430–444. doi:10.1080/0092623X.2010.510778.
- Lavner, J. A., Weiss, B., Miller, J. D., & Karney, B. R. (2018). Personality change among newlyweds: Patterns, predictors, and associations with marital satisfaction over time. *Developmental Psychology*, 54(6), 1172–1185. <https://doi.org/10.1037/dev0000491>.
- Lee, Y., & Chang, E. (2018). An analysis of the relationship among fathers of young children's family interaction, marital satisfaction, marital conflict and fathers' happiness. *Journal of Parent Education*, 10(3), 101–122. <http://www.riss.kr/link?id=A105677736>.
- Lehrer, E., & Chen, Y. (2013). The labor market behavior of married women with young children in the U.S.: Have differences by religion disappeared? The Institute for the Study of Labor (IZA Discussion Paper No. 7254).
- Li, T., & Fung, H. H. (2011). *The dynamic goal theory of marital satisfaction*. *Review of General Psychology*, 15, 246–254. <https://doi.org/10.1037/a0024694>.
- Li, X., & Cheng, H. (2019). Women's education and marriage decisions: Evidence from China. *Pacific Economic Review*, 24(1), 92–112. <https://doi.org/10.1111/1468-0106.12247>.
- Lim, A., (2020). *The big five personality traits*. Simple Psychology. www.simpypsychology.org/big-five-personality.html.
- Liu, H., & Waite, L. (2014). Bad marriage, broken heart? Age and gender differences in the link between marital quality and cardiovascular risks among older adults. *Journal of Health and Social Behavior*, 55(4), 403–423. doi:10.1177/0022146514556893.
- Long, A. (2005). *The relationship among marital quality, sexual frequency, sexual disagreement, depression, and married women's sexual satisfaction* [thesis]. Auburn University. <http://hdl.handle.net/10415/744>.
- Lyngstad, T., & Jalovaara, M. (2010). A review of the antecedents of union dissolution. *Demographic Research*, 23 (10), 257–292. <https://doi.org/10.4054/DemRes.2010.23.10>.
- Malouff, J. M., Thorsteinsson, E. B., Schutte, N. S., Bhullar, N., & Rooke, S. E. (2010). The five-factor model of personality and relationship satisfaction of intimate partners: A meta-analysis. *Journal of Research in Personality*, 44, 124–127. doi: 10.1016/j.jrp.2009.09.004.
- Malouff, J. M., Thorsteinsson, E. B., Schutte, N. S., Bhullar, N., & Rooke, S. E. (2010). The five-factor model of personality and relationship satisfaction of intimate partners: A meta-analysis. *Journal of Research in Personality*, 44, 124–127. <https://doi.org/10.1016/j.jrp.2009.09.004>.
- Mansoureh Baghkhahi, Nahid Akbari, Behrooz Birashk, Leila Khedmat & Hamid Haghani (2020) The Quality Changes of Marital Relationships in Iranian Couples at Marriage Onset: A

- Descriptive and Analytical Study, *The American Journal of Family Therapy*, 48:4, 317-339, DOI: 10.1080/01926187.2019.1710621.
- Marina Zanella Delatorre & Adriana Wagner (2020) Marital Quality Assessment: Reviewing the Concept, Instruments, and Methods, *Marriage & Family Review*, 56:3, 193-216, DOI: 10.1080/01494929.2020.1712300.
- Marital Satisfaction Scale and the Revised Dyadic Adjustment Scale. *American Journal of Mirzanezhad, B. (2020). The Effect of Problem-Solving Based Family Therapy on Emotional Intimacy and Marital Quality of Cultural Couples in Tabriz. The American Journal of Family Therapy*, 1-26. <https://doi.org/10.1080/01926187.2020.1765894>.
- McCrae, R. R., & Costa, P. T., Jr. (1996). *Toward a new generation of personality theories: Theoretical contexts for the five-factor model*. In J. S. Wiggins (Ed.), *The five-factor model of personality* (pp. 51–87). New York: Guilford Press.
- McCrae, R. R., & John, O. P. (1992). An introduction to the five-factor model and its applications. *Journal of Personality*, 60, 175–215.
- Mingzhi Hu & Zhenning Sun (2021).
- Moore, E., & Govender, R. (2013). Marriage and cohabitation in South Africa: An enriching explanation? *Journal of Comparative Family Studies*, 44(5), 623–639. <https://doi.org/10.3138/jcfs.44.5.623>.
- Moore, E., & Govender, R. (2013). Marriage and cohabitation in South Africa: An enriching explanation? *Journal of Comparative Family Studies*, 44(5), 623–639. <https://doi.org/10.3138/jcfs.44.5.623>.
- Morry, M. M., Reich, T., & Kito, M. (2010). How do I see you relative to myself? Relationship quality as a predictor of self-and partner-enhancement within cross-sex friendships, dating relationships, and marriages. *The Journal of Social Psychology*, 150(4), 369–392. doi:10.1080/00224540903365471.
- Murray, S. L., Holmes, J. G., Griffin, D. W., & Derrick, J. L. (2015). The equilibrium model of relationship maintenance. *Journal of Personality and Social Psychology*, 108(1), 93–113. doi.org/10.1037/pspi0000004.
- Norm O'Rourke, Amy Claxton, Pak Hei Benedito Chou, JuliAnna Z. Smith & Thomas Hadjistavropoulos (2011) *Personality trait levels within older couples and between-spouse trait differences as predictors of marital satisfaction*, *Aging & Mental Health*, 15:3, 344-353, NY: Springer Cham Heidelberg. Palgrave Macmillan.
- Norton, R. (1983). Measuring marital quality: A critical look at the dependent variable. *Journal of Marriage and the Family*, 45(1), 141–151. doi:10.2307/351302.
- Novikova, I. A., & Vorobyeva, A. A. (2019). The five-factor model: Contemporary personality theory. In K. D. Keith (Ed.), *Cross-cultural psychology: Contemporary themes and perspectives* (pp. 685–706). Wiley Blackwell. <https://doi.org/10.1002/9781119519348.ch33>

- O'Rourke, N., Claxton, A., Chou, P. H. B., Smith, J. Z., & Hadjistavropoulos, T. (2011). Personality trait levels within older couples and between-spouse trait differences as predictors of marital satisfaction. *Aging & Mental Health, 15*, 344–353. <https://doi.org/10.1080/13607863.2010.519324>.
- Paris, J. (2015). *Mood disorders and personality disorders: Simplicity and complexity*. In L. W. Choi-Kain & J. G. Gunderson (Eds.), *Borderline personality and mood disorders: Comorbidity and controversy* (pp. 3–9). New York, NY: Springer.
- Parsons, J., J. Edmeades, A. Kes, S. Petroni, M. Sexton, and Q. Wodon. (2015). “*Economic Impacts of Child Marriage: A Review of the Literature*.” *The Review of Faith & International Affairs* 13 (3): 12–22.
- Polzehl, T. (2015). *Personality in speech: Assessment and automatic classification*. New York.
- Popescu, B., & Karner-Huțuleac, A. (2020). The relationship between personality traits, emotional schema and dyadic satisfaction. *Annals of the Al. I. Cuza University, Psychology Series, 29*, 29–48.
- Proulx, C.M., Helms, H.M., & Buehler, C. (2007). Marital quality and personal well-being: A meta-analysis. *Journal of Marriage and Family, 69*, 576593. doi:10.1111/j.1741-3737.2007.00393.x
- Riddell, W. C., & Song, X. (2011). The impact of education on unemployment incidence and re-employment success: Evidence from the U.S. labour market. *Labour Economics, 18*(4), 453–463. <https://doi.org/10.1016/j.labeco.2011.01.003>.
- Robinson, O., Hanson, K., Hayward, G., & Lorimer, D. (2019). Age and cultural gender equality as moderators of the gender difference in the importance of religion and spirituality: Comparing the United Kingdom, France, and Germany. *Journal for the Scientific Study of Religion, 58*(1), 301–308. <https://doi.org/10.1111/jssr.12567>.
- Robles, T. F., Slatcher, R. B., Trombello, J. M., & McGinn, M. M. (2014). *Marital quality and health: A meta-analytic review*. *Psychological Bulletin, 140*(1), 140–187. doi:10.1037/a0031859.
- Rogge, R. D., Bradbury, T. N., Hahlweg, K., Engl, J., & Thurmaier, F. (2006). Predicting marital distress and dissolution: Refining the two-factor hypothesis. *Journal of Family Psychology, 20*, 156–159. doi:10.1037/0893-3200.20.1.156.
- Rozita Amani, Mohammad Reza Majzoobi & Kiana Hadian Hamedani (2019) Comparing the Big-Five Personality Traits of Iranian Women in the Midst of Divorce and Women in the Normal State of Marriage, as Predictors of Divorce, *Journal of Divorce & Remarriage, 60* (1), 1-11, DOI: 10.1080/10502556.2018.1466258.
- Rusbult, C. E., & van Lange, A. M. (2008). *Why we need interdependence theory*. *Social and Personality Psychology Compass, 2*, 2049–2070. <https://doi.org/10.1111/j.1751-9004.2008.00147.x>

- Segal, D. L., Qualls, S. H., & Smyer, M. A. (2011). *Aging and mental health (2nd edition)*. Hoboken, NJ: Wiley.
- Seo, M. (2018). Trajectories in and predictors of marital satisfaction after the first baby arrives. *Korean Journal of Child Care and Education Policy*, 12(3), 31–53. <http://www.riss.kr/link?id= A105960495> <https://doi.org/10.5718/kcep.2018.12.3.31>.
- Shakerian, A. (2012). The role of personality trait dimensions and gender on predicting marital adjustment. *Journal of Kermanshah University of Medical Sciences (Behbood)*, 16, 16–22. <https://www.sid.ir/en/journal/ViewPaper.aspx?id=278873>.
- Shiota, M. N., & Levenson, R. W. (2007). Birds of a feather don't always fly farthest: Similarity in Big Five personality predicts more negative marital satisfaction trajectories in long-term marriages. *Psychology and Aging*, 22, 666–675.
- Sigle-Rushton, W. (2010). Men's unpaid work and divorce: Reassessing specialization and trade in *British families*. *Feminist Economics*, 16(2), 1–26. doi:10.1080/13545700903448801.
- Solomon, B. C., & Jackson, J. J. (2014). Why do personality traits predict divorce? multiple pathways through satisfaction. *Journal of Personality and Social Psychology*, 106(6), 978–996. doi:10.1037/a0036190.
- Soto, C. J. (2018). *Big Five personality traits*. In M. H. Bornstein, M. E. Arterberry, K. L. Fingerman, & J. E. Lansford (Eds.), *The SAGE encyclopedia of lifespan human development* (pp. 240-241). Thousand Oaks, CA: Sage.
- State Planning Organization (SPO). (2010). *Household workforce survey results*. Retrieved May 20, 2014, from <http://www.devplan.org/>. Nicosia, Northern Cyprus.
- Statistics South Africa (2012). *Marriages and divorces 2011*. Retrieved from: <http://beta2.statssa.gov.za/publications/P0307/P03072012.pdf>.
- Stephen F. Duncan, Megan A. Rogers & Shelece McAllister (2018) Individual Personality and Emotional Readiness Characteristics Associated with Marriage Preparation Outcomes of Perceived Helpfulness and Change, *Journal of Couple & Relationship Therapy*, 17 (3), 209-226, DOI: 10.1080/15332691.2017.1372836.
- Stephen F. Duncan, Thomas Jack Esplin White & Spencer L. James (2021) Understanding Early-Married Men's Involvement in Marital Interventions, *Journal of Couple & Relationship Therapy*, 20:3, 230-255, DOI: 10.1080/15332691.2020.1809587.
- Stroud, C.B., Durbin, C.E., Saigal, S.D., & Knobloch-Fedders, L.M. (2010). Normal and abnormal personality traits are associated with marital satisfaction for both men and women: An actor partner interdependence model analysis. *Journal of Research in Personality*, 44(4), 466-477.

- Terling-Watt, T. (2015). Explaining divorce: An examination of the relationship between marital characteristics and divorce. *Journal of Divorce & Remarriage*, 35(3), 125–145. doi:10.1300/J087v35n03_08.
- Tolpin, L. H., Cohen, L. H., Gunthert, K. C., & Farrehi, A. (2006). Unique effects of depressive symptoms and relationship satisfaction on exposure and reactivity to daily romantic relationship stress. *Journal of Social and Clinical Psychology*, 25(5), 565–583. doi.org/10.1521/jscp.2006.25.5.565.
- UNICEF (United Nations Children's Fund). 2014. *Ending Child Marriage: Progress and Prospects*. New York, NY: UNICEF.
- Victor W. Harris, Brian Visconti, Charles B. Sewell, Randall Cantrell, Jon Anderson & Emily M. Davison (2020) Southern Romance: *Relationship Quality, Consensus, and Context among Cohabiting Couples in the Gulf States*, *Marriage & Family Review*, 56:2, 109-143, DOI: 10.1080/01494929.2019.1655518.
- Wan Shahrazad, W. S. (2013). Personality traits, the risk of divorce and marital satisfaction: *An intrapersonal model*. *Social Sciences (Pakistan)*, 8(5), 466–472. 101080/09720073.2016.11892086.
- Webbo, R.K. (2017). *The effects of personality traits on marital satisfaction among Christians in Nairobi: a case of Kilimani, Nairobi west, Kayole and Kitengela wards*. Published Ph.D. thesis. United State International University-Africa, Nairobi.
- Weinberger, M. I., Hofstein, Y., & Whitbourne, S. K. (2008). Intimacy in young adulthood as a predictor of divorce in midlife. *Personal Relationships*, 15(4), 551–557. https://doi.org/10.1111/j.1475-6811.2008.00215.
- Whisman, M. A., & Baucom, D. H. (2012). *Intimate relationships and psychopathology*. *Clinical Child and Family Psychology Review*, 15(1), 4–13. doi:10.1007/s10567-011-0107-2.
- Whisman, M. A., & Uebelacker, L. A. (2012). *A longitudinal investigation of marital adjustment as a risk factor for metabolic syndrome*. *Health Psychology*, 31(1), 80–86. doi:10.1037/a0025671.
- Williams, L., Ashford-Smith, S., Cobban, L., Fitzsimmons, R., Sukhatme, V., & Hunter, S. C. (2019). Does your partner's personality affect your health? Actor and partner effects of the Big Five personality traits. *Personality and Individual Differences*, 149, 231–234. https://doi.org/10.1016/j.paid.2019.06.004.
- Williamson, H., & Lavner, J. (2020). Trajectories of marital satisfaction in diverse newlywed couples. *Social Psychological and Personality Science*, 11 (5), 597–604. https://doi.org/10.1177/1948550619865056.

- Wodon, Q. T., C. Male, K. A. Nayihouba, A. O. Onagoruwa, A. Savadogo, A. Yedan, J. Edmeades, A. Kes, N. John, L. Murithi, M. Steinhaus, S. Petroni. 2017. *Economic Impacts of Child Marriage: Global Synthesis Report*. Economic Impacts of Child Marriage. Washington, D.C.: World Bank Group.
- Wozidlo, A., & Segrin, C. (2013). Negative affectivity and educational attainment as predictors of newlyweds' problem-solving communication and marital quality. *The Journal of Psychology*, 147(1), 49-73. <https://doi.org/10.1080/00223980.2012.674069>.
- Yildirim, F., Abukan, B., & Oztas, D., (2019). *From Early Marriage to Adolescent Pregnancy in Turkey: A Review Study in Socio-Cultural Context*. In D. Akella (Ed.) *Socio-Cultural Influences on Teenage Pregnancy and Contemporary Prevention Measures*. (pp. 77-94). IGI Global. <http://doi:10.4018/978-1-5225-6108-8.ch005>.
- Yizengaw, S. S., Kibret, B. T., Gebersulis, A. G., & Sewasew, D. T. (2014). Marital adjustment among early, age-appropriate arranged and love-matched marriage, Motta, North West Ethiopia. *Innovare Journal of Social Sciences*, 2(4), 65–73.
- Zafer, C., Yeliz K. T. & Cirhinlioglu, F., G. (2016) The Relationship between Personality Traits and Marital Quality in Married Couples in Turkey. *The Anthropologist*, 25:12, 34 44, DOI:
- Zainah, A. Z., Nasir, R., Hashim, R. S., & Yusof, N. M. (2012). *Effects of demographic variables on marital satisfaction*. *Asian Social Science*, 8(9), 46–49. doi:10.5539/ass. v8n9p46.
- Zare, B., Nasir, R., Mastor, K. A., & Wan Shahrazad, W. S. (2013). *Personality traits, the risk of divorce and marital satisfaction: An intrapersonal model*. *Social Sciences (Pakistan)*, 8(5), 466–472.
- Zhao, H., Seibert, S.E., & Lumpkin, G.T. (2010). The relationship of personality to entrepreneurial intentions and performance: A meta-analytic review. *Journal of Management*, 36, 381–404. <https://doi.org/10.1177/0149206309335187>

APPENDICES

Appendix 1: Introduction Letter

May 5th, 2022

Tangaza University College –CUEA

Researcher Introduction Letter

Dear Participants,

My name is Agnes Kinyanjui, currently a post-graduate student at Tangaza University College. I am presently carrying out a research on the *Relationship between Personality Traits and Marital Quality among married Individuals in Kiambu Catholic Deanery Archdiocese of Nairobi, Kenya*, a requirement for the degree program. I request you to kindly participate in this study that is utilizing a questionnaire to obtain information from the participants. Participation is voluntary and any information provided by you will be treated with utmost respect and confidentiality. No harm is envisaged. The information obtained will be used for academic purposes only. You are also free to withdraw from the study at any point. Benefits of participating in this research may include participant's empowerment as they get more knowledge from the result of the study leading to better health, exercising own autonomy and contributing to the growth of the society. Debriefing will be provided where the need arises.

Please, kindly sign below if you are willing to participate in this study.

Sign-----

Date-----

Thank you for your cooperation

Sincerely yours,

Signed -----

Agnes Kinyanjui

18/00666

Appendix 2: Participants Questionnaire

Section A

Please give the appropriate information about yourself by ticking or filling where applicable.

1. Your age: [] years
2. Your gender: Male [] Female []
3. Educational Level: Primary [] secondary [] Certificate [] Diploma [] Bachelor's Degree [] Master's Degree [] PhD []
4. Years in marriage

Section B

Here are number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please tick or circle the appropriate box to each statement to indicate the extent to which you agree or disagree with that statement.

Where 1 = Disagree Strongly, 2 = Disagree a little, 3 = Neither Agree nor disagree, 4 = Agree Little, 5 = Strongly Agree

I see myself as someone who.....

1	Tends to be quiet	1	2	3	4	5
2	Is compassionate, has a soft heart	1	2	3	4	5
3	Tends to be disorganized	1	2	3	4	5
4	Worries a lot	1	2	3	4	5
5	Is fascinated by art, music, or literature	1	2	3	4	5
6	IS dominant, acts as a leader	1	2	3	4	5
7	Is sometimes rude to others	1	2	3	4	5
8	Ha difficulty getting started on tasks	1	2	3	4	5
9	Tends to feel depressed	1	2	3	4	5
10	Has little interests in abstract ideals	1	2	3	4	5

11	IS full of energy	1	2	3	4	5
12	Assumes the best about people	1	2	3	4	5
13	Is reliable, can always be counted on	1	2	3	4	5
14	Is emotionally stable, not easy to upset	1	2	3	4	5
15	Is original, comes up with ideals	1	2	3	4	5
16	Is outgoing, Sociable	1	2	3	4	5
17	Can be cold and uncaring	1	2	3	4	5
18	Keeps things neat and tidy	1	2	3	4	5
19	Is relaxed, handles stress well	1	2	3	4	5
20	Has few artistic interests	1	2	3	4	5
21	Prefers to have others take charge	1	2	3	4	5
22	Is respectful, treats others with respect	1	2	3	4	5
23	Is persistent, works until the task is finished	1	2	3	4	5
24	Feels secure, comfortable with self	1	2	3	4	5
25	Is complex, deep thinker	1	2	3	4	5
26	Is less active than other people	1	2	3	4	5
27	Tends to find fault with others	1	2	3	4	5
28	Can be somewhat careless	1	2	3	4	5
29	Is temperamental, gets emotionally easily	1	2	3	4	5
30	Has little creativity	1	2	3	4	5

(Soto & John, 2017)

Section C

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

Where 0 = Always Disagree, 1 = Almost Always Disagree, 2 = Frequently disagree, 3 = Occasionally agree, 4 = Almost Always Agree, and 5 = Always Agree.

1	Religious Matters	1	2	3	4	5
2	Demonstration of Affection	1	2	3	4	5

3	Making Major Decisions	1	2	3	4	5
4	Sex Relations	1	2	3	4	5
5	Conventionality (Correct or proper behavior)	1	2	3	4	5
6	Career Decisions	1	2	3	4	5

Please indicate below approximate extent agreement or disagreement between you and your partner for each item on the following list. Where 0 = All the time, 1 = most of the time, 2 = more often than not, 3 = Occasionally, 4 = rarely and 5 = never.

7	How often do you discuss or have you considered divorce, separation, or terminating your relationship	0	1	2	3	4	5
8	How often do you and your partner quarrel?	0	1	2	3	4	5
9	Do you ever regret that you married (or lived together) ?	0	1	2	3	4	5
10	How often do you and your mate “ get on each other’s nerves”?	0	1	2	3	4	5

Please indicate below approximate extent agreement or disagreement between you and your partner for each item on the following list. Where 0 = never, 1=rarely 2= Occasionally, 3= almost every day, 4 = every day.

11	Do you and your mate engage in outside interests together?	4	3	2	1	0
----	--	---	---	---	---	---

Please indicate below approximate extent agreement or disagreement between you and your partner for each item on the following list. Where 0 = never, 1 = less than one a month, 2 = once or twice a month, 3 = once or twice a week, 4 = once a day and 5 = more often.

	How often would you say the following events occur between you and your mate?						
12	Have a stimulating exchange of ideas	0	1	2	3	4	5
13	Work together on a project	0	1	2	3	4	5
14	Calmly discuss something	0	1	2	3	4	5

Appendix 3: Krejcie and Morgan's Table

Recommended Sample Size (S) for Populations (N) with finite Sizes

N	S		N	S		N	S
10	10		220	140		1200	291
15	14		130	144		1300	297
20	19		240	148		1400	302
25	24		250	152		1500	306
30	28		260	155		1600	310
35	32		270	159		1700	313
40	36		280	162		1800	317
45	40		290	165		1900	320
50	44		300	169		2000	322
55	48		320	175		2200	327
60	52		340	181		2400	331
65	56		360	186		2600	335
70	59		380	191		2800	338
75	63		400	196		3000	341
80	66		420	201		3500	346
85	70		440	205		4000	351
90	73		460	210		4500	354
95	76		480	214		5000	357
100	80		500	217		6000	361
110	86		550	226		7000	364
120	92		600	234		8000	367
130	97		650	234		9000	368
140	103		700	248		10,000	370
150	108		750	254		15,000	375
160	113		800	260		20,000	377
170	118		850	265		30,000	379
180	123		900	269		40,000	380
190	127		950	274		50,000	381
200	132		1000	278		75,000	382
210	136		1100	285		100,000	384

Krejcie and Morgan, 1970).

Appendix 4: Research Budget

Item	Cost in Ksh
Stationary	20,000
Research License	5,000
Research Assistants	30,000
Transport	52,000
Professional Editing	50,000
Final Report	20,000
Miscellaneous	20,000
Total	197,000

Appendix 5: Research Schedule

Activity	Component	Duration
Concept Paper Preparation	<ul style="list-style-type: none"> • Coming up with topic • Research gap • Research methodology 	January to March 2021
Proposal Preparation	<ul style="list-style-type: none"> • Review of related literature • Theoretical and conceptual framework • Submission of the proposal • Defense of the proposal • Proposal correction after defense • Submission of corrected proposal 	April, 2022
Data Collection and Analysis	<ul style="list-style-type: none"> • Data collection • Data cleaning • Data transcription • Data analysis 	June, 2022
Thesis Preparation	<ul style="list-style-type: none"> • Thesis write up • Thesis submission • Thesis defense • Thesis correction after defense • Submission of the final corrected thesis 	July, 2022

Appendix 6: Plagiarism Report

9/18/23, 10:48 AM Turnitin - Originality Report - RELATIONSHIP BETWEEN PERSONALITY TRAITS AND MARITAL QUALITY AMONG MARR...

Turnitin Originality Report

Processed on: 08-May-2023 11:46 EAT
 ID: 2087375595
 Word Count: 17515
 Submitted: 1

RELATIONSHIP BETWEEN PERSONALITY TRAITS AND MARITAL QUALITY AMONG MARRIED INDIVIDUALS IN KIAMBU CATHOLIC DEANERY, ARCHDIOCESE OF NAIROBI, KENYA By Kinyanjui Agnes Njeri Muiruri

TANGAZA UNIVERSITY COLLEGE,
 Catholic University of Eastern Africa,
 Chief Librarian
 P. O. Box 15055,
 00509 - Nairobi.

Ashline

Similarity Index	Similarity by Source
13%	Internet Sources: 10% Publications: 6% Student Papers: 4%

- < 1% match ("Encyclopedia of Personality and Individual Differences", Springer Science and Business Media LLC, 2020)
["Encyclopedia of Personality and Individual Differences", Springer Science and Business Media LLC, 2020](#)

- 1% match (Internet from 09-Oct-2022)
<https://www.rsisinternational.org/journals/ijriss/Digital-Library/volume-6-issue-7/878-883.pdf>

- 1% match (Internet from 22-Dec-2022)
<http://dspace.pauuniversity.ac.ke:8080/xmlui/bitstream/handle/123456789/3021/Winnie%20Solosi.pdf?sequence=1>

- < 1% match (Internet from 26-Apr-2023)
<http://repository.tangaza.ac.ke/bitstream/handle/20.500.12342/1385/MARY%20THESIS%20FOR%20SUBMISSION%20FINAL.pdf?isAllowed=y&sequence=1>

- < 1% match (Internet from 19-Dec-2022)
<http://repository.tangaza.ac.ke/bitstream/handle/20.500.12342/1381/Beatrice%20W.%20Churu%20-%20Final%20MA%20Thesis%20%281%29.pdf?isAllowed=y&sequence=1>

- < 1% match (Internet from 22-Oct-2022)
<http://repository.tangaza.ac.ke/bitstream/handle/20.500.12342/1372/Final%20Copy%20Sept%202022.pdf?isAllowed=y&sequence=1>

- < 1% match (Internet from 26-Apr-2023)
<http://repository.tangaza.ac.ke/bitstream/handle/20.500.12342/1391/William%20Kanju.pdf?isAllowed=y&sequence=1>

- < 1% match (Internet from 26-Apr-2023)
<http://repository.tangaza.ac.ke/bitstream/handle/20.500.12342/413/Exploring%20Communication%20Breakdown%20as%20a%20Pathwa%20isAllowed=y&sequence=1>

- < 1% match (Internet from 26-Apr-2023)
<http://repository.tangaza.ac.ke/bitstream/handle/20.500.12342/1390/Thesis%20for%20Fridah-20th%20October%202022%20%281%29.pdf?isAllowed=y&sequence=1>

- < 1% match (Internet from 15-Apr-2023)
<https://www.rsisinternational.org/journals/ijriss/articles/relationship-between-emotional-intelligence-and-social-wellbeing-among-members-of-the-congregation-of-the-daughters-of-the-holy-spirit-in-the-catholic-diocese-of-osogbo-western-nigeria/>

- < 1% match (Adannia A. Dike-Aghanya, Okemefuna Micheal Okpala, Tobias Chineze Enike, Chidozie Martin Iwudo. "Religiosity, Gender and Personality Traits as Predictors of Marital Satisfaction among Christian couples", IBADAN JOURNAL OF THE SOCIAL SCIENCES, 2019)
 Adannia A. Dike-Aghanya, Okemefuna Micheal Okpala, Tobias Chineze Enike, Chidozie Martin Iwudo. "Religiosity, Gender and Personality Traits as Predictors of Marital Satisfaction among Christian couples", IBADAN JOURNAL OF THE SOCIAL SCIENCES, 2019

- < 1% match (Internet from 17-Jul-2021)
<https://ir-library.ku.ac.ke/bitstream/handle/123456789/18754/Effectiveness%20in%20the%20use%20of%20information%20and%20communication%20technology.pdf>

- < 1% match (Internet from 17-Jul-2021)
<https://ir-library.ku.ac.ke/bitstream/handle/123456789/19229/Information%20Technology.pdf>

- < 1% match (Internet from 12-Jun-2021)
<https://ir-library.ku.ac.ke/bitstream/handle/123456789/21950/Influence%20of%20Capacity%20Building.pdf?isAllowed=y&sequence=1>

- < 1% match (Rozita Amani, Mohammad Reza Majzoobi, Kiana Hadian Hamedani. "Comparing the Big-Five Personality Traits of Iranian Women in the Midst of Divorce and Women in the Normal State of Marriage, as Predictors of Divorce", Journal of Divorce & Remarriage, 2018)
 Rozita Amani, Mohammad Reza Majzoobi, Kiana Hadian Hamedani. "Comparing the Big-Five Personality Traits of Iranian Women in the Midst of Divorce and Women in the Normal State of Marriage, as Predictors of Divorce", Journal of Divorce & Remarriage, 2018

- < 1% match (Internet from 03-Apr-2023)
<http://dspace.unza.zm/bitstream/handle/123456789/7386/Main%20Document.pdf?isAllowed=y&sequence=1>

- < 1% match (Internet from 02-Apr-2023)
<http://dspace.unza.zm/bitstream/handle/123456789/6779/Main%20Document.pdf?isAllowed=y&sequence=1>

- < 1% match (Internet from 02-Apr-2023)
<http://dspace.unza.zm/bitstream/handle/123456789/6790/Main%20Document.pdf?isAllowed=y&sequence=1>

- < 1% match (H. Deniz Günaydin. "Marital Satisfaction in Relation to Big Five, Punitiveness, Unrelenting Standard and Self-Compassion", The American Journal of Family Therapy, 2021)
 H. Deniz Günaydin. "Marital Satisfaction in Relation to Big Five, Punitiveness, Unrelenting Standard and Self-Compassion", The American Journal of Family Therapy, 2021

https://www.turnitin.com/newreport_printview.asp?eq=1&eb=1&esm=5&oid=2087375595&sid=0&n=0&m=2&svr=6&r=49.78211144390732&lang=.../1/16