

Pre-Marital Counselling and Marital Conflicts among Christian Couples in Sameta Sub County, Kisii County, Kenya

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Abstract: The purpose of the study was to establish the relationship between pre-marital counselling and marital conflict among Christian couples in Sameta Sub County, Kisii County, Kenya. The sample size of the study was 400 respondents based on total population of 8000 married couples in the study area. Descriptive, correlational and cross sectional research designs were used. Structured questionnaires and an interview guide were used as research instruments. Data was analyzed using both descriptive (frequency, percentage, mean and standard deviation) and Pearson correlation and multi-regression analysis. The findings showed that premarital counselling and marital conflict among Christian couples were significantly associated. Dimensions of premarital counselling i.e., communication, financial counselling, sexuality and biblical counselling are significant contributing factors that control marital conflicts in the study area. The dimensions (in-laws), parenting and, anatomy & physiology were not significant contributing factors to marital conflicts in the study area. The implications of the findings is that there is need to step up and encourage young people aspiring to get married to undergo premarital counselling so as to mitigate marital conflicts.

Keywords: Marital Conflict, Pre-Marital Counselling, Communication, Sexuality, Parenting.

1. INTRODUCTION

Background to the study:

Marriage is the oldest institution in the planet earth. Marriage was divinely established and instituted in the Garden of Eden by God Himself and affirmed by Jesus to be a long life union between a man and a woman in loving companionship. For the Christian, marriage commitment is to God as well as to the spouse and should be entered into only between partners who share common faith, mutual love, honor, respect and responsibility are the fabric of this relationship which is to reflect the love, sanctity, closeness and performance of the relationship between Christ and his church (Norman, 1995; SDA Church Manual, 2010).

Unfortunately, over the years the institution of marriage has continued to face numerous marital conflicts, divorce being top in the list. Others include separation, murder, infertility, homosexuality, lesbianism celibacy and anger. The ultimate outcome of premarital counselling is to bring about happiness, satisfaction and success within a marriage by helping prospective husbands and wives evaluate their relationship and individual backgrounds through communication (Parker, 2002). Proper premarital counselling and preparation enables marital couples to learn that their marriage is very important and that the decision to get married should be carefully and thoughtfully considered since marriage has got long term consequences. Research has shown that couples, who go through premarital counselling sessions, begin their marriage with tools for success. Marriage education communicates that not only does a person's marriage hold significance to them and their family, but also to the larger community around them (Stanley, Markman, & Whitton, 2002).

Today, as in the past, there are three main groups that provide most premarital education; clergy, professional counselors or therapists, and physicians. Clergy provide the greatest amount of formal premarital education, as part of optional or mandatory marriage preparation programs before church weddings. Professional counselors or therapists do some premarital education, often for those who have been divorced and are preparing to marry again. Physicians do some premarital education as well, but that is usually limited to one meeting where they give contraceptive and sexual information (Senediak, 1990). Premarital counselling refers to scheduled meetings between a marriage seeking couple and a third party, usually clergy, a mental health professional, or a physician, for the purpose of helping prospective mates evaluate their relationship and acquaint themselves with the ways by which they might build a more happy and successful marriage (Bishop, 1993).

Successful marriage is a highly valued goal for the majority of people the world over. For instance 93% of Americans rate having a happy marriage as one of their most important objectives, and more than 70% of Americans believe that marriage should be a lifelong commitment that should only be ended under extreme circumstances (Gottman, 1999). However, despite their desires for successful, life-long marriages, couples marrying for the first time in the United States continue to face roughly a 40 to 50% chance of developing of marital conflicts such as divorce during their lifetime (Gottman, 1999). Some demographic projections also predict that the divorce rate will likely rise for the coming generation, with as many as two-thirds of recent marriages ending in divorce and that two-thirds of these divorces will occur within the first ten years of marriage (Gottman, 1994).

In Africa like in the case of America, the scenario is not different when it comes to the issues related to marriage and divorce. For instance in South Africa, the trend in the rate of divorces is on the higher side as a result of marital conflicts. The black African population exhibited the highest proportion of divorces followed by the white population group. For example 35.6% of the 2010 divorcees came from the African black population group and 30.5% from the white group (John, 2010). Kamotho, (2001) states that the rate of divorce and separation is on the rise amongst Christians worldwide and Kenya is not an exception as a result of marital conflict. He has pointed out that divorce rates are rising in Kenya as individualism grows, extended families drift apart and failed marriages lose their stigma. He further pin points out that not only are church members affected by marital conflicts like divorce but Christian leaders too.

In view of the above, Sameta Sub-county church members have marital conflicts observable that couples are not exposed to premarital counselling or education and families are seen to be disintegrating. Christian couples are physically fighting, separated, divorced or murdered. Incest is increasingly rising. The marital conflicts have made families to live in fear, that their families may collapse or suffer both emotional and physical abuse; children may also drop out of school and live their patrimonial homes.

Statement of the Problem:

The purpose of marriage is unity complimentary and oneness. However, according to Onyango (2013), in the contemporary society, the rate of marital dissatisfaction due to marital conflicts is at an alarming rate, not even the church has been spared. He further notes that most recent couples are engaged in divorce and separation. Children suffer psychologically, husband suffer stress, depression, anxiety or rather have asked for divorce between the partners before their respective pastors to dissolve their marriages. It is notable that these conflicts have trickled down to Christian churches in Sameta Sub County, Kisii County, Kenya. There is scanty information regarding marital and pre-marital education and it is on this background that the study aims at establishing premarital counselling and why there are marital conflicts. This study was therefore conducted to establish whether there is a relationship between premarital counselling and marital conflicts.

Purpose of the Study:

The purpose of the study was to establish the relationship between pre-marital counselling and marital conflict among Christian couples in Sameta Sub County, Kisii County, Kenya.

Objectives of the Study:

The following objectives guided the study:

- i. Assess the level of premarital counselling in Sameta Sub County, Kisii County.
- ii. Find out the status of marital conflicts in Sameta Sub County, Kisii County.
- iii. Establish whether there is a relationship between premarital and marital conflicts in Sameta Sub County, Kisii County.

Hypothesis:

i. There is no relationship between pre-marital counselling and marital conflicts in Sameta Sub County, Kisii County.

Significance of the Study:

The results of the study may be useful to the Society – where the society will come up with policies that will benefit the yet to get married persons and the married couples in Sameta Sub County and by extension the churches and other families in general i.e. (non church goers). The study findings may also add knowledge to the already existing literature. The findings may also benefit the researchers and other academicians through effective knowledge for further research. Policy makers of institutions of may also benefit from the findings in formulating policies and curriculum of offering premarital counselling and marital conflicts resolutions organize family life seminars and workshops for the married couples and yet to marry and other church members. The study may further benefit pastors, priests, elders and catechists to gain knowledge to be able to offer marital and premarital counselling.

Conceptual Framework:

This study will be conceptualized as shown in Fig. 1

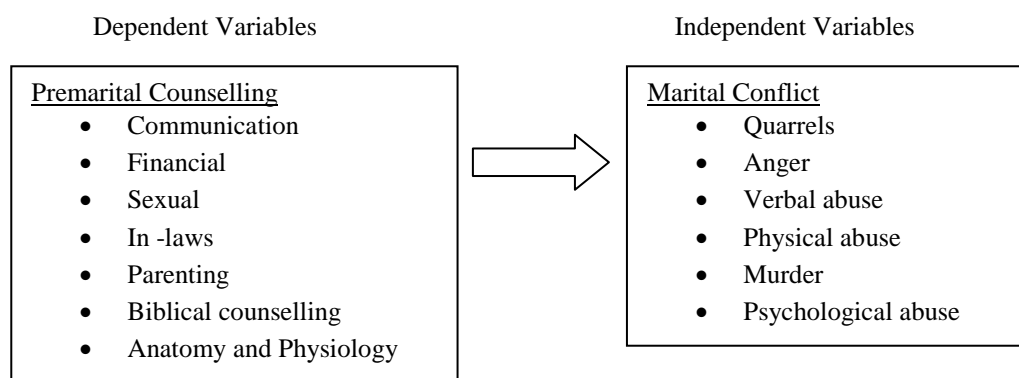


Figure.1: Conceptual Framework

Fig. 1 presents the scheme of concepts or variables that the researcher used to achieve the set objectives. The independent variables were the premarital counselling and dependent variables were the marital conflicts.

2. LITERATURE REVIEW

Marital Conflicts:

Onyango (2013) states that one of the greatest problems the church faces today is that of the broken or unhappy families due to marital conflicts. Most marriages today are far from good. Rather they are bearable, tolerable or just endurable. He further observed that unmarried men and women are not receiving adequate information as to what marriage is all about. They enter marriage as green people with no prior knowledge at all. On the other hand Senediak, (1990) points out that in America before many marriages take place, most couple could have known each other for about three years and seem so ideally suited for each other and since they were in their early teens many people have said that this couple seem destined to be together, they are intelligent, expressive, capable, involved in their activities of the church and each has a stable family background. However, who would think that just four years later this couple would meet in a court room to finalize the details of the dissolution of their marriage? Divorce happens. It has happened to a couple you know. In Los Angeles the attitude toward marriage today was revealed in the office of a marriage counselor when a young woman said “when I got married, I was looking for an ideal, but I married an ordeal and now I want a new deal”.

Onyango (2013) asserts that families are undergoing rapid and dramatic changes in form, composition and structures as follows: both the husband and the wife will hold job outside of the home, there is increase in single –parenthood, there is a sharp rise in single people living alone, and there is the greater prevalence of step families. Increases in cohabitation, rise in intermarriages, prevalence of out of wedlock children, the need to balance work and family responsibilities, postponement of marriage and family responsibilities, and increase in child free marriages and high divorce rate. There has been resurgence in the number of registered divorces in Tanzania in the past two years after declining between 2005

and 2006. According to Insolvency and Trusteeship Agency (RITA) registered divorces rose to 43 in 2007/2008 year compared to 37 in the previous year. Data collected from 1994/95 to 2007/2008 show that 2005/06 had the lowest number of registered divorces with only 28 divorces, which is a 34 per cent decline compared to the previous year. On the other hand, 2001/02 had the highest number of divorces, with 54 divorces recorded in the same period, a 45 per cent increase from the previous year's 37 divorces. However, the number of registered divorces, totaling 405 in 10 years, is said to be small compared to the real situation on the ground as most divorces go unregistered. "If you go through court documents only, there are many divorces granted in the courts (Murray, 2004).

Impact of Marital Conflicts on Spouses:

Marital conflict has deleterious effects on mental, physical, and family health. Many studies have found evidence that negative marital functioning has significance for physical health and mental well-being (Grych & Fincham, 2001). Studies show direct physiological changes accompany negative spousal interactions. For example, high levels of negative marital communication behaviors such as hostility and aggressive avoidance have been associated with elevations in cardiovascular reactivity. Marital conflict has been linked to the onset of depressive symptoms, anxiety disorders, eating disorders, episodic drinking, binge drinking, out-of-home drinking, and male alcoholism. Although married individuals are healthier on average than the unmarried, marital conflict is associated with poorer health and with specific illnesses such as cancer, cardiac disease, and chronic pain perhaps because hostile behaviors during conflict are related to alterations in immunological, endocrine and cardiovascular functioning (Grych & Fincham, 2001). Research also points to the positive impact of marriage on the health and well-being of the couple. In chapter – Social Science Finds: Marriage Matters, ||Linda Waite presents findings that the case for marriage is strong in producing more health, wealth, improved intimacy, and other benefits not enjoyed by those who live along.

Premarital Counselling:

Premarital counselling is an immunization function that boosts the partners capabilities to handle potential difficulties that may emerge later in the marriage life. These are communication skills programs, assessment inventory tool to educate engaged couples in the habits and skills that lead to happy enduring marriages. Couples who do receive premarital counselling get it from their religious advisor (Norman, 1992). Premarital and marital counselling give people the benefit of a supportive environment, the skills to deal with the problems a marriage can have during a life time. The couples acquire real expectations, real knowledge of partner and self to face the marital conflicts of a happy relationship. Professional and religious counselors present a list of skills and knowledge areas, essential to endurance of marriage. Communication skills, compatibility, long term goals, conflict resolution, expectation, intimacy and sexuality and personalities are also covered by successful premarital counselors. Statistics show that two-thirds of planning to be married couples does not take any sort of premarital inventory (McManus & McManus, 2003). Norman, (1992) explains that most young people who are anticipating marriage do not seek premarital counselling services due to the fact that they fear that their secrets or information that they may divulge to the counselor may harm their relationship. Further, in the explanation it is purported that partners may not disclose their past relationship history. Additionally, couples also fear that exploring some issues in counselling may lead to decrease in their stability marriage, which may ultimately lead the couple to end their union.

Ultimately, premarital counselling is a choice (Murray, 2004). Even though young couples experience the fears outlined above, participating in premarital counselling sends positive messages to the couple. This makes premarital counselling an important aspect in their journey to the institution of marriage. Premarital counselling has a number of benefits. Firstly, premarital counselling encourages couples to slow down and deliberate about their impending marriage. In addition to that, premarital counselling helps the young couples to have in depth insight that marriage matters and is not a decision to be made hastily. Next, premarital counselling helps inform couples of options available for help later in their lives should they ever need to seek counselling for marriage problems. Finally, premarital counselling has shown that couples who partake in the counselling sessions are at low risk for marital conflicts such as divorce (Stanley, Markman, & Whitton, 2002).

3. RESEARCH METHODOLOGY

Research Design:

The study employed a correlational research design. The research design was correlational for the purpose of allowing the establishment of the relationship between premarital counselling and marital conflict.

Location of the Study:

The study was carried out in Sameta Sub County, Kisii County, Kenya. The Sub-County contains approximately 5000 households.

Population of the Study:

The target population of Christians married couples in the Sameta Sub-County was 8,000 upon which the appropriate sample size of 400 couples was considered using Cochran's formula. The study involved 13 churches found in Sameta Sub-County, Kisii County, Kenya. In this case the researcher used Cochran's pre-determined sample sizes. The churches involved are: - SDA churches: Boronyi, Nyansongo, Kenyerere, Nyamonema, Nyamokenye and Gesure. Catholic churches: Nyamagwa, Nyakegogi, and Nyansakia. PAG churches: Sameta, Etora and Nyagesa.

Sampling Procedure and Sample Size:

The target population of Christian married couples in the Sameta Sub-County was 8,000 upon which the appropriate sample size of 400 couples was selected using Cochran's formula. 33 Christian married couples were randomly chosen from the 12 churches to get the required sample. 9 pastors and 2 priests were also purposively selected since they understand the importance of premarital counselling and marital conflicts.

Instrumentation:

A structured questionnaire was used to collect data from married couples. The questionnaire was both open ended and closed ended questions. The respondents' opinions on the items on the questionnaire were enlisted on a five point Likert scale of: 1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree. An interview guide was used for collecting in-depth information from pastors and priests.

4. RESULTS AND DISCUSSION

Premarital Counselling:

The first objective of the study was to assess the level of premarital counselling in the study area. It was assessed in respect to communication, financial, and sexual counselling. Table 1 provides the summary of the findings on communication and financial counselling.

TABLE.1: Premarital Counselling (Communication and financial counselling)

Items	Mean	SD	Interpretation
Communication			
I was taught the importance of communication in marriage	3.61	1.16	High
I was taught communication skills	3.56	1.12	High
Listening skills	3.56	1.14	High
Responding skills	3.55	1.12	High
I was taught the barriers of communication in marriage	3.54	1.18	High
Overload of information	3.28	1.18	High
Mean and SD	3.52	1.15	High
Financial Counselling			
I was taught how to prepare a budget	3.27	1.22	Moderate
I was taught how to control my finances together	3.30	1.20	Moderate
I was taught how to seek employment choices	3.28	1.22	Moderate
I was taught how to avoid debts	3.40	1.19	High
I was taught how to live according to my means	3.49	1.18	High
I was taught dangers of borrowing	3.48	1.17	High
Mean and SD	3.37	1.19	Moderate

N=392

Legend: 1.00-1.79 (very low), 1.80-2.59 (low), 2.60-3.39 (Moderate), 3.40-4.19(high), 4.20-5.00(very high)

Communication:

Results in Table 1 indicate that communication a dimension of premarital counselling was assessed by respondents as high (Mean =3.52, SD=1.15). This implies that communication is the sampled churches were taken as priority during premarital counselling. In the interview, respondents also supported the findings in the question, where they reported that communication during premarital counselling was a key component of premarital counselling. It implies that most respondents were given knowledge about communication in marriage more than financial counselling.

Financial:

According to Table 1, financial counselling was assessed by the respondents as high (Mean = 3.37, SD=1.19). As observed in communication, financial counselling during premarital counselling was always covered. However, while in the interview some respondents agreed not to carry out, others reported that they have never heard of the church.

Sexuality:

Table 2 provides the summary of the findings on sexual counselling.

TABLE.2: Premarital Counselling (Sexuality)

Items	Mean	SD	Interpretation
Sexuality			
I was given knowledge about family planning methods	3.37	1.25	High
I was given knowledge about sexual satisfaction	3.42	2.41	High
Homosexuality	3.15	1.32	High
Lesbianism	3.13	1.32	High
I was given knowledge about moral values on sexuality	3.42	1.16	High
I was given information to discuss sexual issues together	3.40	1.21	High
I was taught how to adjust in sexual activity	3.35	1.19	High
I was given information that sex is God's gift	3.59	1.03	High
Mean and SD	3.35	1.36	High

N=392

Legend: 1.00-1.79 (very low), 1.80-2.59 (low), 2.60-3.39 (Moderate), 3.40-4.19(high), 4.20-5.00(very high)

Study findings in Table 2 indicate that sexuality was assessed by the respondents as high (Mean = 3.35, SD=1.56). In the interview the issue of sexual satisfaction comes out strongly in which several respondents mentioned that it is emphasized during marital counselling.

Marital Conflicts:

Objective 2 of the study was to assess the level of marital conflicts in the study area. It was measured based on quarrels, anger, verbal abuse, physical abuse, murders and psychology abuse. Table 3 gives a summary of marital conflicts (Household Quarrels).

TABLE.3: Marital conflicts (Household Quarrels)

Items	Mean	SD	Interpretation
I know there are often quarrels in my family due to lack of communication	4.33	1.10	Very High
Financial status	4.34	1.11	Very High
In-laws	4.32	1.17	Very High
Parenting	4.28	1.22	Very High
Lack of biblical guidance	4.32	1.15	Very High
Lack of communication	4.37	1.12	Very High
Financial status	4.37	1.10	Very High
In-laws	4.37	1.12	Very High
Parenting	4.39	1.10	Very High
I was taught how to seek help from a professional counselor	3.92	1.28	High
Mean and SD	4.30	1.15	Very High

N=392

Legend: 1.00-1.79 (very low), 1.80-2.59 (low), 2.60-3.39 (Moderate), 3.40-4.19(high), 4.20-5.00(very high)

According to Table 3, counselling in respect to household quarrels was assessed as very high (Mean=4.30, SD=1.15). Several respondents in the interview reported that quarrels among Christian community were frequent. These findings are consistent with Onyango, (2013) who states that one of the greatest problems the church faces today is that of the broken or unhappy families due to marital conflicts.

Table 4 gives a summary of marital conflicts (Verbal abuse).

TABLE.4: Marital conflict (Verbal abuse)

Items	Mean	SD	Interpretation
I know there is verbal abuse in my family like name calling	3.90	1.24	High
I know there is verbal abuse in my family due to financial status	3.83	1.25	High
I know there is verbal abuse in my family because of in-laws	3.78	1.23	High
I know there is verbal abuse in my community like name calling	3.93	.095	High
I know there is verbal abuse in my community due to financial status	3.96	.880	High
I know there is verbal abuse in my community because of in-laws	3.95	0.89	High
Mean and SD	3.89	1.07	High

N=392

Legend: 1.00-1.79 (very low), 1.80-2.59 (low), 2.60-3.39 (Moderate), 3.40-4.19(high), 4.20-5.00(very high)

In Table 4, verbal abuse as indicator of marital conflict among respondents was assessed as very high (Mean = 3.89, SD=1.07). Respondents mentioned that there are several abuses among the spouses which include name calling. One respondent reported that her spouse had called her “a dead body and good for nothing”. These findings are consistent with (Festus, 2014) whose findings showed that verbal abuse is very common in Kenya.

Table 5 gives a summary of marital conflicts (Physical Abuse).

TABLE.5: Marital Conflict (Physical Abuse)

Items	Mean	SD	Interpretation
I know there is physical abuse in my family like burning children with hot objects	3.25	1.57	Moderate
I know there is physical abuse in my family like husband children with hot objects	3.28	1.51	Moderate
I know there is physical abuse in my family like wife children with hot objects	3.69	1.49	High
I know there is a wife beating by husband in my community	4.14	1.13	High
I know there is a husband beating wife in my community	4.07	1.14	High
I know there is a father beating children in my community	4.34	0.89	High
I know there is a mother beating children in my community	4.35	0.91	High
Mean and SD	3.25	1.57	High

N=392

Legend: 1.00-1.79 (very low), 1.80-2.59 (low), 2.60-3.39 (Moderate), 3.40-4.19(high), 4.20-5.00(very high)

According to Table 5, counselling in respect to physical abuse was assessed as high (Mean =3.25, SD=1.57). In the interviews, beating of spouses featured prominently, using iron box and threatening with kitchen knives. These findings are consistent with (Festus, 2014) whose findings showed that physical abuse is very common in Kenya.

Table 6 gives a summary of marital conflicts (Psychological Abuse).

TABLE.6: Marital conflict (Psychological Abuse)

Items	Mean	SD	Interpretation
Total neglect of a family	4.08	1.20	High
Total neglect of children	3.92	1.30	High
Total neglect of wife	3.87	1.33	High
Total neglect of a husband	3.86	1.37	High
I know one family member beating another with contempt of little value	4.05	1.21	High
Feeling of Worthlessness	4.10	1.06	High
Low self esteem	4.13	1.03	High
I know one member of my family who does not control his temper	4.17	0.99	High
I know one member in my community who does not control his temper	4.23	0.90	Very High
Mean and SD	4.23	0.90	Very High

N=392

Legend: 1.00-1.79 (very low), 1.80-2.59 (low), 2.60-3.39 (Moderate), 3.40-4.19 (high), 4.20-5.00 (very high)

According to Table 6, counselling in respect to psychology abuse was assessed as very high (Mean = 4.23, SD=0.90). In the interviews, neglecting of the family, feeling of worthlessness and low self-esteem came out strongly to show that psychological abuse was common among couples. These findings are also consistent with (Festus, 2014) whose findings showed that psychological abuse is very common in Kenya.

Relationship between Marital Counselling and Marital Conflict:

Objective three of the study was to establish the relationship between marital counselling and marital conflict. Results are summarised in Table 7.

TABLE.7: Relationship between Marital Counselling and Marital Conflict

Description	Value
Pearson Correlation (r)	-0.310*
P – Value	0.035
Coefficient of Determination (r ²)	0.093

N = 392

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

According to Table 7, there is a weak negative correlation between marital counselling and marital conflict ($r=0.310$, $p=0.035$), further, the findings indicate that there is a statistically significant relationship between marital counselling and marital conflict in the study area. This implies that where marital counselling is low then marital conflicts increases. According to study findings using Coefficient of Determination ($r^2=0.093$), marital counselling accounts for 9.30% variation in marital conflict. This implies that if premarital counselling can be offered regularly then marital conflicts will be reduced. These findings are consistent with Noller, Feeney, Sheehan, & Peterson, (2000) who also found a statistically significant relationship between marital counselling and marital conflict. The study further explored the contribution of each dimensions of marital counselling in this study on marital counselling. Table 8 provides the summary of the study findings.

TABLE.8: Contribution of Marital Counselling on Marital Conflicts

Predictors	Unstandardized Coefficients		Standardized Coefficients		Sig.
	B	SD Error	Beta		
Constant	-1.34	0.100			0.000
Communication	-0.027	0.012	-0.024		0.034*
Financial Counselling	-0.043	0.016	-0.034		0.027*
Sexuality	-0.048	0.023	-0.030		0.039*
In-laws	-0.090	0.037	-0.001		0.067
Parenting	-0.026	0.021	-0.021		0.053
Biblical Counselling	-0.019	0.034	-0.023		0.045*
Anatomy & Physiology	-0.004	0.011	-0.006		0.072

*Significant at the 0.05 level (2-tailed)

In Table 8, communication counselling, financial counselling, sexuality, in-laws, parenting, biblical counselling, and anatomy and physiology were analyzed using multi-regression to establish the contribution of each dimension to marital conflict. According to Table 8, study results based on standardized coefficients (beta) and p-value, indicate that, communication counselling (b= -0.024 or 2.4%, p=0.034), financial counselling (b= -0.034 or 3.4%, p=0.027), sexuality (b= -0.030 or 3.0%, p=0.039), biblical counselling (b= -0.023 or 2.3%, p= 0.045), have a significant contribution to the reduction to marital conflict in the model. Financial counselling contributes most to reduction of marital conflict. However, marital counselling in respect to in-laws (b= -0.001 or 0.1%, p=0.067), parenting (b=0.021 or 2.1%, p= 0.053), and anatomy and physiology (b= -0.006 or 0.6%, p= 0.072) do not have significant contribution to the reduction to marital conflict in the model. These study findings are consistent with the findings of Hanzal and Segrin (2008), Jacquet and Surra (2001) and (Kirk, 2002). These findings suggest that marital counselling is associated with marital stability.

Hypothesis Testing:

Based on the study findings shown in Table 7, the calculated P- value is 0.035 which is less than 0.05 hence, the null hypothesis which stated that "There is no relationship between pre-marital counselling and marital conflicts in Sameta Sub County, Kisii County", is rejected and the conclusion is made that there is a significant relationship between premarital counselling and marital counselling. This finding is consistent with Noller, Feeney, Sheehan, & Peterson, (2000) who also found a statistically significant relationship between marital counselling and marital conflict.

5. CONCLUSIONS

Premarital counselling and marital conflict among Christian couples are significantly associated with marital conflict. Dimensions of premarital counselling i.e., communication, financial counselling, sexuality and biblical counselling are significant contributing factors that control marital conflicts in the study area. The dimensions (in-laws), parenting and, anatomy & physiology are not significant contributing factors to marital conflicts in the study area.

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