

**RELATIONSHIP BETWEEN GENDER ROLES AND MARITAL STABILITY AMONG  
COUPLES IN SELECTED COUNTIES OF KENYA**

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## DECLARATION

This thesis is my original work and has not been presented for a degree in any other University or for any other award.

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## Abstract

There is increased evidence of marital conflict, instability, separation and divorce both globally and in Kenya. There is a possibility that this could be attributed to changes in perceptions and performance of gender roles by the partners in a marriage arising from the impact of global influences on family socialization processes. This study sought to explore the relationship between gender roles (perceptions and performances) and marital stability among couples in selected counties in Kenya. The study used a correlational research design and was guided by the Family Systems approach. The target population was 6.83 million couples in Nairobi, Mombasa and Kisumu counties of Kenya. Multistage sampling that included stratified, convenient and purposive sampling was used to draw a sample of 402 couples for the study. Data was collected using researcher developed questionnaires measuring gender roles and marital stability. Feedback from the pilot study was used to strengthen the validity and reliability of the instruments. Descriptive and inferential statistics were used to analyse quantitative data. Spearman rank order correlation was used to determine the nature of the relationship between gender roles (perceptions and performance) and marital stability. The findings showed that there was a significant weak positive relationship between gender role perception and marital stability,  $r_s(804) = .393, p < .05$ . Further, there was a significant moderate positive relationship between gender role performance and marital stability,  $r_s(804) = .414, p < .05$ . These findings point to the need to incorporate gender role awareness into premarital and marital counselling by family counsellors and therapists as well as in the development of strategies by key stakeholders to strengthen marital stability among couples in Kenya.

## Abbreviations and Acronyms

ACORD	Agency for Co-operation and Research in Development
AIDS	Acquired Immune Deficiency Syndrome
FBO	Faith Based Organizations
FGD	Focus Group Discussions
FIDA	International Federation of Women Lawyers
MGEN	Men for Gender Equality Change Now
NACOSTI	National Commission for Science, Technology and Innovation, Kenya
NCPD	National Council for Population and Development
NGO	Non-Government Organizations
PSFMSQ	Psychosocial Factors of Marital Stability Questionnaire
SPSS	Statistical Package for Social Sciences
UNCRC	United Nations Convention on the Rights of the Child

## Definition of Terms

- Couple(s):** Man and woman who are legally married and are considered as one entity.
- Family Socialization:** Family processes that impact on children with regard to acquisition of norms, values, behaviour and social skills, during their upbringing, some of which may be about roles of men and women within a marriage
- Gender:** The distinction or categorization of people into men and women based on cultural dictates of what a man or woman is like and should do or not do.
- Gender Roles:** Characteristic behavioural traits/roles or psychological traits which are considered culturally appropriate for men or women according to a specific culture
- Gender Role Perceptions:** Mental interpretation and /or categorization of roles and behaviours expected of a person based on his or her gender resulting from socialization .In this study, it refers to husbands' and wives' mental interpretation and /or categorization of each other's roles and behaviours within their marriage based on gender differences.
- Gender Role Performance:** Conduct of roles based on interpretation and categorization of what is deemed appropriate or inappropriate for each gender as a result of socialization and may be observed within marriage.
- Gender Role Socialization:** Process of inculcation of norms, attitudes, values, behaviours and social skills deemed appropriate for men or women according to a specific culture
- Global Influence:** Any external factor including economics, politics, education and mass media, that has power to impact and change a specific cultural way of thinking and acting across contexts, including changing perceptions and/or behaviours of husbands and wives with regard to gender roles within a marriage.
- Marital Commitment:** Extent to which couples are attached to each other and desire to maintain long term marriages.
- Marital conflict:** State of stress and/or strain in a marriage relationship that could arouse hostile interactions between partners.
- Marital Stability:** The likelihood that a marriage will stay intact without dissolution or divorce as a result of nurturing mutual trust, commitment and problem solving among partners.

- Marital Trust:** Ability of a husband and wife to believe that the partner will do what is right and expected of them especially within their marriage.
- Problem solving:** Ability of husbands and wives to solve their marital differences and conflicts by the use of appropriate strategies.
- Relationship:** The positive or negative interactions that a man and woman in marriage engage in with a view to strengthening or weakening their marital bonds.

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## **CHAPTER ONE**

### **INTRODUCTION**

This chapter presents the background to the study, statement of the problem research purpose, objectives and questions. It also presents the justification, scope and limitations and assumptions of the study.

#### **1.1 Background of the Study**

Family socialization processes often tend to categorize people as men and women based on cultural dictates of what a man or woman is like and should do or not do. Each specific culture had its own processes of inculcation of norms, attitudes, values, behaviours and social skills deemed appropriate for men or women. It was hoped that such socialization processes prepared men and women to engage each other in a marital relationship where they found mutual satisfaction and marital stability.

Human beings grow to become gender aware and gender sensitive even though they are born gender free. Gender roles are understood as those behavioural or psychological traits typically associated with one's sex, as male or female and are also considered culturally appropriate (Moore, & Mathews, 2001; Matsumoto, 2001). Family socialization plays a great role in shaping the individuals gender role ideologies and at the same time engraves deeply embedded cognitive frameworks within the psyche of the person (Hilpert, Randall, Sorokowski, Atkins, Sorokowska, & Ahmadi, 2016). Although there are numerous socialization agents and environments, family



members are the most influential in shaping gender learning(Lamm, Keller, Yovsi, & Chaudhary, 2008; Jensen, & Arnett, 2012).Agents of socialization such as family cultures, traditions and present day global influences nurture the formation of cognitions, especially those related to gender, within the person. Gender socialization not only teaches and generates culturally appropriate perceptions about how men and women should think, speak, dress, and interact but also determines performance criteria for men and women within the context of the society. Members of the family are typically socialized into different gender-role criteria through the formation of appropriate gender role perceptions and performances (Philpot, 2000). As a result of their differing socialization experiences, members of each sex, for the most part develop distinct behavioural expectations, are granted disparate opportunities, and have differing life experiences (Eccles, Freedman-Doan, Frome, Jacobs, & Yoon, 2012).

Seldom do men and women consider the fact that marriage can be plagued with conflict, separation, divorce, and violence that could lead to mistrust, lack of commitment and an inability to solve problem, leading to the possibility of marital instability. Fan and Lui (2004), contend that marriage is becoming increasingly unstable especially in many developed countries where betrayal, infidelity, separation and divorce are some of the factors that define and contribute to marital instability. According to Gichinga (2003), marriage is faced with enormous challenges that range from economic, social, political, religious, psychological and emotional impacts suggesting that marriages,both globally as well as locally, are increasingly becoming unstable. For example, according to the United Nations (UN), the country with the highest divorce rate in the world is the Maldives with 10.97 divorces per 1,000 inhabitants per year. This is followed by Belarus with 4.63 and the United States with 4.34. Statistics on divorce indicate that Kenya is

facing an increase in cases of separation, divorce and marital instability. In Kenya according to records at the Milimani Law Courts, there was an upsurge of the number of couples seeking to dissolve their marriages. A total of 101 cases were recorded in 2001, 115 in 2002 and 206 cases in 2003. In the subsequent years, the figures were as high as 296, 295, 357, and 369 for the years 2004, 2005, 2006, 2007, and 2008 respectively. In the period between 2010 and 2015, approximately 1246 cases were filed at the Milimani Law Courts. These statistics are cases filed at the Milimani law courts only. The number would be higher if all cases throughout the country is considered (Ayiemba, 2013, Hetherington, 2001). This situation illustrates the need for a study on family socialization processes and the impact or relationship it has on men and woman who enter into marriage. Besides, research is also needed to discover the relationship between gender roles and marital stability.

Family socialization processes have not only made men and women aware of their own gender roles perceptions and performances, but has also taught them to perceive and evaluate the roles and performances of the other. Gender role perceptions are husbands' and wives' mental interpretation and /or categorization of each other's roles and behaviour as appropriate or inappropriate to the marriage relationship. Similarly, gender role performances are husbands' and wives' conduct of behaviour in ways that are deemed appropriate or inappropriate to the marriage relationship. It is speculated that husbands and wives personalized ways of perceiving and consequently demanding performances from the marriage relationship could be what is ailing marital stability. There is a growing possibility that men and women's personalized experiences, perspectives, preferences (perceptions) and demands for equitable and quality performances from each other is gradually becoming one of the reasons for conflict situations

that escalates into a thinking or perspective that drives the lack of trust, commitment and a lethargy to problem solve. Wilmoth and Blaney (2016) suggest that reasons for marital instability are varied, complex, unique and specific to the couple's marital relationship. Such may include the individual's personalized experiences of upbringing, experiences of family socialization, personal and/or subjective perspectives of roles and preferences about their own marriage, subjective understanding of marital conflicts and the way such conflicts should be managed and be solved (Wilmoth & Blaney, 2016). When such personal perspectives are coupled with demands for equitable and quality performances by a man and a woman within the marriage, and when such demands become concrete and non-negotiable, then there is a possibility of marital instability that could gradually lead to marital dissolution.

When a man and a woman enter into a marital relationship, each one brings into the marriage their own set of personal opinions, preferences, habits, and quirks (Lott, 2010; Arnett, 2002). They also bring into the marriage their unique perceptions and behaviour patterns based on their unique family socialization processes. When husbands and wives encounter gender role differences due to the uniqueness of their family socialization processes and when such differences are subjectively perceived and gets embedded in the cognitive structures of the man and woman, there is a tendency for the differences to grow and significantly impact role performances which in turn can inevitably give rise to marital conflict. Marital conflict can be defined as differences in opinion encountered by husbands and wives, whether positive or negative, minor or major, tactical and/or emotional leading to stress and strain on the relationship and could arouse hostile interactions meted out on each other. According to Lian and Geok, (2012) marital conflict is the existence of high levels of disagreements, hostile interactions and

stressful and disrespectful verbal abuse between couples usually caused by minor and major interpersonal interactions as well as temperaments that lead to difference in opinions. They further argue that these interpersonal interactions and temperaments that lead to differences in perceptions and opinions could also be the reasons that make the couple drift apart, feel threatened, intimidated and even contemplate separation and divorce (Lian & Geok, 2012; McGraw, 2007; Amato, Booth, Johnson, & Rogers, 2009). It is possible, therefore, that couples facing marital conflict gradually begin to perceive their marriage as breaking down just because of their inability to perceive the other as unique, different and as having been socialized into the thinking and patterns of behaviour they exhibit. Davis and Greenstein, (2004) illustrating this tension, stated that when one spouse perceived the relationship to be inequitable or unbalanced, psychological tension resulted, leading to conflict and possible marital instability. For example, it may happen that one of the two in marriage could perceive inequity in the distribution of household tasks and hence more free time was awarded to the other partner (Ganguly-Scrase, 2003). This often resulted in marital conflict and gradually to marital instability. For many, resentment grew when they were forced to give up deeply ingrained ideas/perceptions about themselves. This could mean that the man could feel that he is unmanly even if he agrees to do "woman's work." Likewise, a woman may resent the fact that her husband is not taking care of her in a protective role and that she must take on tasks that are not hers (Adegoke, 2010). Therefore, the focus of this study was to evaluate whether such perceptions about inequitable distribution of roles could trigger a reluctance in performance of the role, and therefore lead to marital dissatisfaction and marital instability.

Family socialization is not the only factor that could impact gender roles. Global influences have also become an essential socialization factor in the life of spouses demanding a shift in thinking and a change in attitudes (Behm-Morawitz & Mastro 2008). Pitcher (2016), claims that gender roles are changing at work and at home, and that young men and women are challenging traditional gender roles and expecting to share in paid work. For example, the number of women who have been empowered to enter the world of careers has increased calling for the redefinition of home responsibilities like house chores, childcare, incomes, quality time spent together and couple intimacy (Bertrand, 2006, Chebogut, & Ngeno, 2010). It is possible that such changes in perceptions of gender roles and gender role performance resulting from global influences may be contributing factors to marital conflicts and stability.

Easy movements of peoples over the globe, access to media and social networks, new technologies and industrial advancement, finance, religious ideas, academic theories and political ideologies (Machida, 2012, Marsella, 2012) have become powerful agents of socialization which can influence and change already socialized ideologies. It is believed that such influences could impact and evoke differences in husbands' and wives' gender role perspectives and performances. Men and women have encountered new thinking and awareness about previous gender ideologies and have been challenged to develop new and concrete gender role ideologies appropriate to the global changes encountered. For example, Fox, and Warber's, (2013) study on Romantic relationships over social networks attests that social networking sites are becoming a prevalent form of communication in the escalation of romantic relationships. Men and women have created the ability to declare oneself as "in a relationship" and actively link one's profile to a romantic partner's, commonly known as going, "Facebook official". This demonstrates the role

and impact technologies such as Facebook, WhatsApp, and other social media, have on romantic as well as marital relationships. These technologies influence the thinking, feelings and behaviours of those who access it including husbands and wives (Fox, & Warber, 2013; Lamanna & Riedmann 2011).

Studies that have been done on the challenges faced by the institution of marriage have their own focus. For example, studies have been done to assess female labour supply and its impact on marital stability (Özcan, & Breen, 2012); how employment and satisfaction affect men's and women's decisions to leave marriages (Sayer, England, Allison, & Kangas, 2011); effects of marital instability on children's well-being (Garriga, & Härkönen, 2009); divorce motives in a period of rising divorce (De Graaf, & Kalmijn, 2006); causal factors of divorce in African homes (Olaniyi, 2015); and social dimensions of marital conflict in Kenya (Odhiambo, & Maito, 2013). A review of literature indicates that few studies focus on marital stability from the point of view of gender role ideologies. Studies within the area of marital stability have predominantly focused on the causes of marital conflict (Agency for Co-operation and Research in Development (ACORD), 2010), separation, gender based violence (Khasakhala-Mwenesi, Buluma, Kong'ani, & Nyarunda, 2004), homicide, infidelity (Chebogut, & Ngeno 2010), HIV/AIDS (Esiet, Tiemoko, & Ibhaze, 2008), illness and divorce (Adegoke, 2010).

According to Amato, (2010) research on divorce during the past decade has focused on a range of topics, including the predictors of divorce, associations between divorce and the wellbeing of children and former spouses, and interventions for divorcing couples. The research suggests that emerging perspectives, such as a focus on the number of family transitions, the inability of

husbands and wives to transit into new ways of understanding the marital union, the reliance of husbands and wives on their family of origin are gaining prominence as reasons for conflict, violence and divorce. Previous studies in Africa on gender role perception and gender role performance mainly focussed on issues of health between the spouses and their children (Shacham, Reece, Ong'or, Omollo, & Basta, 2010), or gender violence and/or coping strategies between intimate partners (Abuya, Onsomu, Moore, & Piper, 2012). These studies have important contributions, yet their main focus is more sociological than the psychological aspects of gender role perception, gender role performance and its relationship/impact on the stability of marriage.

The impact of differences in gender role perceptions and gender role performance among couples in Kenya is vividly illustrated by Muthoni and Makana, (2015) who cited infidelity, finances, lack of communication, mistrust, family ties and cruelty as the major causes of marriage break ups. Though infidelity is the most likely cause of divorce, cruelty, barrenness, impotence and rape are also major drivers of divorce. Differences in gender role perceptions and performances, in value orientation and in ways couples relate to each other could become triggers towards instability in marriage. For example, husbands and wives could differ on how they perceive and hence manage finances, raise children, or even how to interact with family of origin or the extended family. Muthoni, et al, (2015) further states that in such situations, if couples do not speak to each other, instead, repeatedly blow things out of proportion, develop the urge to dominate or to “parent” the other causing an imbalance in the relationship, and danger of the partners drifting apart, which could possibly lead to marital instability (Muthoni & Makana, 2015). Odhiambo & Maito (2013), suggested that disagreement over roles and responsibilities of

spouses, are on the rise in Kenya and is causing psychological battering which was common and employed by both spouses (Muthoni, et.al 2015). This implies that society and social realities does have an impact on husbands' and wives' gender role perception and performances. It is possible then that couples inadvertently bring into their marriage, demands for behaviour, which have been informed through social interactions and deploy it through behaviour demands of self and of the other based on their gender role socializations.

Despite the possible role that differences in gender role perceptions and performances may play in determining the stability of marriages, few studies have focused on marital stability from the point of view of couples' gender role perceptions and gender role performances. This gap led to the need for the present study to investigate whether differences in perceptions and performances of gender roles between the couple could possibly be associated with marital stability or instability.

## **1.2 Statement of the problem**

The institution of marriage is facing challenges that are a threat to its integrity. Marital conflict, increased cases of domestic violence, infidelity, control over finances and a desire to control the other has increased the reason among couples for the dissolution of marriages. There is a growing intolerance and demand for conformity on the part of couples about the roles they play as husbands and wives. There is a waning of marital trust, commitment and problem solving among couples and an increase of vulnerability within marriage. There is a growing tendency to be married through mutual agreements than through a marital commitment making it easy for the spouses to leave whenever they perceive they have been aggrieved or let down by the other



partner. The situation gets complicated when the partner(s) may decide to leave without and prior warning or just ask the other to leave with no compromise. Leaving often takes place after much harm has been meted out to the other, through periods of intense domestic violence, hatred and disrespect for each other's roles, increasing the lack of trust, commitment and ability to problem solve making every marriage they get into a vulnerable place to be.

Family and global socialization processes has played a great role in influencing and changing gender roles perceptions and performances of husbands and wives. This has given them ability to choose between traditional and/or globalised gender roles, use such roles to benefit their own agenda in conflicts, engage in competition over each other, manipulate the other to conformity and develop a sense of control over the other. Married life has becomes a place where gender roles are used and abused in favour of the self, more than the marriage itself. Given all the factors that contribute towards marital dissolution through separation and divorce, little is known about the couples' own contributions towards their own marital stability by the way they perceive and perform their gender roles. In other words, the problem was to find out whether couple's gender role perceptions which are those mental interpretation and/or categorization of each other's behaviour as appropriate or inappropriate within their marriage, and gender role performances which represents the conduct of behaviour in ways that are deemed appropriate or inappropriate within marriage, contribute towards their own marital stability?

### **1.3 Purpose of the Study**

The purpose of this study was to assess the relationship between couple's gender roles (gender role perceptions and gender role performances) on marital stability in selected counties of Kenya.

## **1.4 Objectives of the Study**

The objectives of the study were to:

1. Find out the gender role perceptions among couples in selected counties of Kenya.
2. Establish the gender role performances among couples in selected counties of Kenya.
3. Assess the levels of marital stability based on marital trust, commitment and problem solving as indicators, among couples in selected counties of Kenya.
4. Find out the relationship between gender role perceptions and marital stability among couples in selected counties of Kenya.
5. Establish the relationship between gender role performances and marital stability among couples in selected counties of Kenya.

## **1.5 Research Questions**

The study sought to answer the following questions:

1. What are the gender role perceptions among couples in selected counties of Kenya?
2. What are the gender roles performed by couples in selected counties of Kenya?
3. What is the level of marital stability among couples in selected counties of Kenya?
4. What is the relationship between gender role perceptions and marital stability among couples in selected counties of Kenya?
5. What is the relationship of gender role performances and marital stability among couples in elected counties of Kenya?

## **1.6 Justification and Significance**

Nairobi, Mombasa and Kisumu Counties were chosen for the research because they exhibited three essential characteristics needed for the study: a history of a growing interaction with a variety of peoples, traditions and cultures; an interaction and growth arising from the socialization structures of peoples; and have encountered positive and/or negative change and growth especially to gender role perspectives and performances. Historically these counties have shown strong links to a history of migration from the countryside to the city, and from one country to another bringing with it the richness of a cultural and social intermingling and a transition from tradition to modernity; they also throw light on the new and changing gender roles played by men and women within their families and the communities; they reveal the sense of novelty and growth of their cultures and traditions and at the same time, a sense of loyalty to their cultures and tradition; and finally the resilience of a people who have faced the challenges of change and development.

These counties exhibited the emergence of new forms of thinking, of marriage and living, gender roles, gender role perceptions and performances and the possible impact on marital stability. In the first place, the changes on gender roles, marriage and family relations brought about by rural-urban migration in Kenya are visible in the three counties. Gender role changes and implication on marriage are growing and becoming wide spread. The rise in single mother families, transgender families, gay and lesbian families, and cohabiting families are also indication of impact on gender role perceptions and gender role performances. Second, the growing awareness of the presence of such marriages, the struggle encountered to perceive and comprehend such marital situations and the fact that such marital situations are gaining gradual acceptance and

momentum as new emerging family forms in Kenyan society, is widespread yet unspoken and still in search for recognition. Third, the awareness that such marital situations are gaining momentum in the Kenyan society has reciprocal implications on marriages and families. Members from such family situations may face the wrath of segregation and isolation within their own family of origin, their extended family bonds and their bonds with society. Fourth, future marriages may be impacted for generations to come, impact on inter-gender relations and could change the whole marriage and family structure.

Marriages are experiencing conflict that is becoming frequent, cruel and abusive. Separation and divorce are becoming common options to resolving marital instability. Divorce rates in Kenya according to records at the Milimani Law Courts alone indicate an upsurge of the number of couples seeking to dissolve their marriages. A total of 101 cases were recorded in 2001 increased to 115 in 2002 and to 206 cases in 2003. In the subsequent years, the figures were as high as 296, 295, 357, and 369 for the years 2004, 2005, 2006, 2007, and 2008 respectively. In the period between 2010 and 2015, approximately 1246 cases were filed at Milimani Law Courts. However, the scarcity of studies that assess the contribution of the couple's gender role perceptions and performances on marital stability justified the need for this study. As such, this study helps deepen the understanding of the dynamics operating between spouse's gender role ideologies and marital stability.

This study was deemed important as findings of the study have both theoretical and practical implications. Theoretically it would contribute to the body of knowledge and awareness on the impact couple's gender role perceptions and performances on marital stability. Such information

can be helpful to various fields of study such as psychology, sociology, anthropology and gender studies.

Therapists, psychologists, clinical psychologists and psychiatrist would benefit from the knowledge and literature gained from this study. The knowledge gained can help them understand the couple as a unique system and subsystem, grasp the fact that couple's gender role perceptions and performances can have profound impact on the couple and the marriage. Therefore, the knowledge culled out from the outcomes of this study can contribute toward making appropriate interventions and effective couples' therapy.

Churches, religious centres, government and non-government agencies can gain knowledge that could help them make relevant structures, policies and curriculum that can be used for psycho education, couples therapy, creating awareness about the strength in being different and yet being couple, it can be used to build couples awareness, marriage syllabus or curriculum for preparation to married life, strengthen marriage and family therapy and education. The information gained can help couples reach out to each other by nurturing gender roles, gender role perceptions and performances and gain the momentum towards marital stability.

## **1.7 Scope and Limitations**

The study focussed on obtaining data from three hundred and eighty five couples from Nairobi, Mombasa and Kisumu counties in Kenya. The specific area of study was the relationship between gender roles (gender role perceptions, gender role performances) and marital stability. Gender role perceptions and gender role performances were the independent variables and

marital stability was the dependent variable. The study assumed that family socialization as well as global influence have an impact on gender roles. Husbands and wives come into the marriage carrying with them their unique socialization processes, and a variety of understandings and principles about gender roles. The unique differences in socialization processes and principles could have challenging impacts for the couple which, if not addressed, could lead to marital conflict that could eventually impact on the dependent variable, marital stability, leading to separation or divorce. This study therefore focused on the gender role perceptions and gender role performances of couples in order to discover the relationship it has on their own marital stability.

The study used stratified, convenient and purposive sampling and chose four hundred and two couples as sample from the three counties. Calculating the sample was easy but choosing the appropriate sample from these counties was a challenge. Some of these challenges were: authenticating the identity of the couple, gauging their mental abilities and willingness to be honest when answering the study questions. All efforts were done to identify couples through the help of local leaders (not political leaders). On the day of data collection, every couple was asked if they were legally married. The affirmation was considered sufficient to allow them to be participants. Detailed instructions about the research and data collection processes, followed by signing and collection of the informed consent form helped mitigate the mental ability and honesty of the respondent.

Logistical constraints limited the effective distribution and collection of questionnaires. The appropriateness of punctuality, meeting place and times of availability of couples was a

challenge. It was for-seen that in-spite of prior consultation and agreement with local leadership, participants may not be punctual, or even fail to turn up at the venue. To mitigate this limitation, data collection went on with those participants who were legitimate and present.

Language fluency, with respect to local dialects, was another delimit that was for-seen as a factor that could impact effective data collection. The study employed a limited number of field assistants to conduct the questionnaire sessions. Every effort was made to train and empower the field assistants with sufficient knowledge and skills in organizing questionnaire sessions in local language(s).

Assessing couples gender role perceptions, gender role performances and subsequently, their relationship with marital stability was prone to limitations as these were inner subjective realities. This implied that participant's mental status, intelligence capacities, biases, and internal pre-dispositions could limit the study outcomes. Sufficient briefing on the research objectives and processes was done in order to mitigate subjectivity. Besides, participants' informed consent, confidentiality research ethics were adhered to enable effective data outcomes. Participants were debriefed and normalized after every session.

## **1.8 Assumptions of the Study**

The study assumed that:

- (i) Every family had a consistent and systematic way of socializing into gender roles (gender role perceptions, gender role performances) and marital stability constructs.

- (ii) All spouses entered marriage being impacted by traditional and global influences in a similar way irrespective of the couples background, education, place of birth and lifestyle.
- (iii) Global influences equally impact couples gender ideologies (gender role perceptions, gender role performances) and marital stability.
- (iv) Couples would be open and willing to participate and contribute their subjective perceptions and performances criteria contributing to making relevant and accurate the data collected.

## **1.9 Chapter Summary**

The background to the study highlights the fact that couples generate perceptions and performance criteria about the gender roles they engage in within marriage. These gender role perceptions and performances could be influenced by family socialization processes or impacts from globalization. The problem statement was identified as the possibility that differences due to socialization processes could be the reason for marital stability or instability. What role does the differences between the couple's gender role perceptions and/or performances play on their own marital trust, commitment, problem solving and on their own marital stability? The purpose of the study sought to address this challenge and bridge the knowledge gap by studying the differences in couples gender role perceptions and performances and its impact on their marriage. Five research objectives and questions were designed to collect data. The chapter concludes by justifying the need and relevance of the study.



## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.1. Introduction**

This chapter reviews literature on the relationship between gender role perceptions and performances on marital stability among couples. The chapter begins with the theoretical framework that guided this research and then progresses into a review of related literature. The chapter ends with a summary of the literature reviewed and a conceptual framework.

#### **2.2 Theoretical Framework**

This study was guided by the Family Systems approach as its theoretical framework. At the core of family systems approach was the assumption that families and their patterns of communication and interaction profoundly impact each other. The proponents of the Family Systems approach had different perspectives on family as a system and therefore, approached family in their own unique way. Salvador Minuchin, theorized that a family is a system that operates through repeated transactional patterns establishing the how, when, and to whom of family (Boss, Doherty, LaRossa, Schumm,& Steinmetz, 1993). Jay Haley's strategic family approach viewed symptoms of family dysfunctionality as attempts at adaptation to family relationship patterns and power struggles (Boss, et.al., 1993). Bowen believed that the family emotional system was a reaction to a kind of innate or chronic anxiety in humans. In families

this anxiety was a natural part of a struggle between individuality and togetherness (Boss, et.al., 1993). Virginia Satir believed that every human being had innate worth and that all individuals and families had the potential to grow and flourish (Boss, et.al., 1993). This research picked and chose relevant concepts from the family systems approach to guide and inform the study.

### **2.2.1 Family Systems Approach**

Family systems approach is based on certain basic elements: the family is a structure of related parts or subsystems. Each action or change affects every person in the family; the family structure has elements that can only be seen in its interactions; individual make up a family system; this family system is a complex whole that cannot be understood by examining members separately White& Klien, 2008; Knapp, 2009).

Family Systems approach views families as a system of interconnected and interdependent individuals. To understand the individual, we must understand the family system of that individual. People cannot be understood in isolation from one another. A family is greater than the sum of its parts. As members of a family system, every member is interconnected. When one member of the family moves or is impacted, the whole family moves or is impacted (Cook, 2001). An impact on any of the parts is an impact on the whole system.

The focus within family systems approach underscores the fact that the way members relate to one another is the way they build a collection of interactions (O'Brien,2005). These interactions are called a system. The system can be a family or a workgroup or a collection of friends. The

theory therefore, focuses on the system rather than individuals. The system gradually becomes a storehouse of qualitatively different elements that help the members determine who they are and what they can become (O'Brien, 2005; Reis, Collins, & Berscheid, 2000).

Each part of the system affects the other and can bring stability and homeostasis or instability and dysfunction. For example, an alcoholic family member who often destabilizes the family system through his/her unpredictability, violence, contempt, and self-focus, distorts much of the family's interaction. The whole family must adapt to these behaviours (Hughes & Gullone, 2008; Reis, Collins & Berscheid, 2000). They do things such as absorbing the anger, denying the effect of the alcoholic's behaviour, avoiding him, and even trying to cover up the behaviour. Such interactions can lead to a dysfunction in the system (Hughes & Gullone, 2008; Reis, Collins & Berscheid, 2000).

Systems are self-reflective. Humans have the capability to examine their own behaviour. This self-reflectivity allows an individual to focus on their systems and set goals. Family roles are those patterns of interaction that become ingrained habits that make change difficult; similarly, family rules are those rules that are self-regulating and peculiar to it. The family is a purposeful system; it has a goal (Cook, 2001; O'Brien, 2005). Usually the goal is to remain intact as a family. To remain intact and be functional, families need boundaries to safeguard the functionality of the member. Despite resistance to change each family system constantly adapts to maintain itself in response to its members and the environment. Systems change through the family life cycle. Changes in family systems are caused by both normative (predictable life cycle changes) and non-normative (crisis) stresses (Hughes & Gullone, 2008).

The couple being the first and essential part of the family system can interact with each other as part of the system and at the same time remain as the system. This means a husband and a wife can impact each other positively or negatively creating functionality or dysfunctionality within the couple as system (Young & Long, 2007). Therefore, addressing issues within the couple system amounts to effectively addressing issues of the parts. This study sought to find out how couples' gender role perceptions and performances, being part of the couple system, impacts marital stability. The study also sought to explore how couples' positive or negative interaction, as parts of the whole, can reflect functionality or dysfunctionality within the parts.

Family system theory stresses the need for boundaries, rules, expectations, and behaviours in order that the family is able to maintain equilibrium and status quo or homeostasis as a whole (Carr, 2006, Goldenberg et al. 2004). It further states that if something changes in one part of the family, other parts will need to adjust as well (Carter & McGoldrick, 2005). As mentioned earlier, the couple can be viewed as a "whole" that is made up of two parts-husband and wife. The couple as a dyad (whole) needs boundaries, rules, expectations and behaviour patterns that need to be upheld in order to maintain their equilibrium as couple. It also indicates that changes in one can impact on the other causing stability or instability. Husband and wife being unique individuals, coming from unique socialization environments and learning need to draw up mutual boundaries, rules, expectations and behaviour patterns that could maintain or break their equilibrium as couple. This concept guided this study to understand the growth and impact of family socialization processes on couple's similar or different gender role perceptions, gender role performances and marital stability. It also helped the study gain insight into couples'

appropriate or inappropriate stance when in conflict. Ultimately, it guided the study to gain insights on couples' gender role perceptions and performances and marital stability and how the couple can manipulate each other's gender role perceptions or performances to achieve stability or instability.

Family systems approach considers the family to be part of a larger system that is connected and interconnected as systems and subsystems. Therefore, changes in one system is seen to create an imbalance or lead to changes in other systems and/or subsystems (Goldenberg, et.al 2004, Gilman, 2011). The family is the larger system while the couple is part of the large system and is considered as a subsystem system. Changes in the couple as a subsystem, seen in conflicts, separation and divorce, does have an impact on the children and other systems connected to the family system.

This concept also guided the study to the fact that there were other factors in the environment that impact the subsystem and hence the family as a system. Husband and wife as a couple and as a part of the subsystem can be impacted by other subsystems like peers, friends, families of origin and even their own children leading to changes that could result in stability or instability. This concept enlightened the study with regards to the various subsystems and the power such subsystems have on each other. It also threw light on the possible impacts such subsystems have on the couple as individuals as well as a couple subsystem.

Families create and indoctrinate new members into appropriate gender roles and gender behaviour performances (Strong, DeVault, Cohen, 2005, Marks, et.al. 2009). Family socialization takes place even though all families ultimately give their members autonomy and

no longer expect them to live under the same roof (Gilman, 2011). Even though couples do become autonomous by leaving their family of origin and come to live under the same roof, they bring with them their own family socialization processes with respect to gender role perceptions, gender role performances, patterns of learning and behaving. These processes are different yet unique and often reflect influences from families of origin and gender role understandings. Depending on the intensity of indoctrination and the archetypical images formed in the person's cognitions, the couple can manipulate and/or pressurise the other to abandon and conform to their own understanding of gender role perceptions, gender role performances and marital stability. The struggle towards conformity in view of homeostasis can become a marital conflict leading to instability or marital cohesion leading to stability.

Family socialization processes mould members into the person they want them to be by building within them a sense of identity and belonging. In turn, husbands and wives automatically or unconsciously strive to mould the other into the husband or wife they want the other to be. The current study was guided into recognising that family socialisation structures can become tools of power that couples can use to pressurise the other into giving up their own family processes, family connections and cognitive structures, thereby leading one or the other to conceding or stonewalling giving rise to marital stability or instability.

All members in a family are and remain members for life. No one can ever relinquish their family membership (Gilman, 2011; Scott & Braun, 2006). Even in the event that a family member experiences temporary or permanent segregation through separation from other members because of vast distances, marital conflict, accidents, and sudden or natural death, the

family's influence, identity and membership remains. Being a couple is the first stage of the family structure. This stage is what invariably gives the couple a permanent identity of being husband and wife, a sense of belonging to each other and being in potential of becoming another new family structure. This present study is made aware that husband and wife, become a couple through the bonding they experience. Yet every couple, irrespective of their bonding, know that there is a place they can always return to because of their identity, connectivity and sense of belonging. Depending on the way husbands' and wives' perceive each other's identity, connectivity and sense of belonging to their family of origin, and the way they respond to it appropriately, can make or break their own family structure that they intend to build. In other words, their gender roles perceptions and gender role performances with respect to the family they hope to build will be an indicator of their marital stability. These concepts informed this study that husbands and wives, through marriage become members of each other's life and at the same time become members of each other's family of origin. Subsequently, this gives families of origin the power to exert pressure and impart changes over the couples' gender role perceptions, gender role performances and marital stability. This concept further guided the study to understand the power and ability families of origin have over couples' ideologies because of family membership ties.

### **2.2.2 Criticism of the Family Systems approach**

The Family systems approach feeds the field of Family therapy based on two normative concepts: the traditional family and idealized conceptions of family relationships. Gender discrimination and gender inequalities within the family structure have been regarded as of little importance to the development of the approach. Most theories (Psychodynamic, actions theories

and systemic theories) have been developed with a male gender being exaggerated or given much prominence, while other theories have ignored the female gender totally. The uncritical use of gender role concepts supports power differences between men and women and ignores the complexities and commonalities of human experience (Dickerson&Hare-Mustin, (2018). This gap in gender issues needs to be addressed in order that the family systems approach and practice may become a balanced approach. In the last two or three decades, feminist scholars have challenged the field of family therapy to incorporate the organizing principle of gender in its theoretical concepts, practice, and training (Sayer, England, Allison& Kangas, 2011; Odhiambo & Maito, 2013). This study contribute towards bridging this gap in knowledge and literature.

In summary, the family systems approach has enabled the study assess the development of differences in couples' gender role perceptions and gender role performances arising from family socialization, to gauge their ability to negotiate with each other on the differences in gender role perceptions and gender role performances and ultimately, to channel the differences towards marital stability.

### **2.3 Review of Related Literature**

This section critically reviews literature on couple's gender role perceptions, gender role performances and marital stability. Literature has been reviewed according to the five objectives beginning with couple's gender role perceptions, gender role performances, levels of marital Stability, relationship between gender role perceptions on levels marital stability; relationship between gender role performances and levels of marital stability and possible.



### **2.3.1 Couples' gender role perceptions**

Marriage is recognized across governments, cultures and religions as the basic unit of the society. Delworth-Anderson, Burton, and Klein, (2005) in developing a strategy aimed at the contemporary and emerging theories in studying family views marriage as a puzzle building and a puzzle solving unit. The puzzle builds as the couple grow to be a family and get clarity as they live and solve the puzzle as a couple and a family. Married couples are viewed as persons who benefit the society, ensure safety of children, bring economic well-being, and encourage freedom to live and love and all these are pointing to the assurance of moral values being passed over to the subsequent generation (Delworth-Anderson, et al., 2005).

One aspect of the puzzle is gender roles and how such roles are perceived and executed as role performances within marriage. Moore, et al., (2001) describes gender roles are those behavioural or psychological traits typically associated with being a man or a woman. Barker and Ricardo (2005) visualises gender roles as a set of mental expectations that help decide how men or women should think, act or feel. Gender role expectations become realities and behaviour through gender role perceptions and performances. Barker and Ricardo (2005) affirms that gender role perceptions are an individual's views about men and women's behaviours arising from personal judgments or internalized belief systems. Couple gender role perceptions can be defined as those acceptable (positive or negative) behaviour orientations or personal judgments or internalized beliefs which are demanded from oneself and the other within or outside of marriage (Moore et al., 2001). Similarly, Wilmoth and Blaney, (2014) point out that gender roles perceptions and performances are clearly evident, best experienced and has significant influence

within the marital context. Amato, Booth, Johnson and Rogers, (2010), in their study on the Continuity and Change in Marital Quality between 1980 and 2000, contend that gender role perceptions were one of those frequently used cognitive process, which is inevitable in human beings and which is often used to divide people into groups based on identifying factors such as race, age, religion, language and gender and that such processes inevitably had an impact on marital quality.

In a later study on how Marriage in America was changing, Amato, Booth, Johnson and Rogers, (2010) contended that marriage is facing transformation, change in quality, and stability. There is rise in individualistic thinking, a power struggle on who earns more and who should benefit more and a changing gender relations in marriage. Guilbert, Vacc and Pasley, (2000) affirm that positive relationships do not just happen but it needs a person to person relationship. They argue that when one partner desires an egalitarian marriage and the other favours traditionalism, opportunities for conflict are greatly increased. Differing gender role beliefs and differing perceptions of role equity significantly affects marital stability. Not only do most women want men who will share in household responsibilities (Guilbert, Vacc & Pasley, 2000), satisfaction with division of labour is a significant predictor of marital satisfaction. Often inflexibility about gender roles forces couples to make the decision to opt out of marriage. Even though such studies visualize the reality of marriage globally, it also is a recommendation that a similar reality could exist in other parts of the world where such studies have not been done. Besides, these studies do not specifically focus on husbands and wives gender role perceptions and how it impacts marital stability. A study into the comprehension and internalization of couples' gender role perceptions and its possible impact on marital stability is wanting.

Studies in Africa focus on traditionally socialized roles of men and women. Zungu, Salawu and Ogunbanjo (2010) studied domestic violence and found out that the perception men had about their women was motivated from the traditionally socialized gender roles. Women were perceived to be the weaker gender and hence were viewed as victims and men as perpetrators, although there are some which include both sexes as either victims or perpetrators.

The disparity between the genders is affirmed by Morrell, Jewkes and Lindegger, (2012) who state that African cultural beliefs and traditions promote men's hierarchical role in sexual relationships and especially marriage. They argue that that sexual, and male violent practices are rooted in and flow from cultural ideals of gender identities. The latter enables us to understand why men and women behave as they do, and the emotional and material context within which sexual behaviours are enacted (Jewkes & Morrell, 2010). Economic and political transformation has actually left many men without a clear position provoking tension in the relationship between men and women. Boonzaier (2005) argues that woman abuse and other forms of gender-based violence are key obstacles to gender equity across the globe. The study rightfully claimed that researchers have examined the problem of woman abuse from a multitude of perspectives. However, little research has focused specifically on both partners' constructions of their relationships. The study was based upon another study that examined how women and men in intimate heterosexual relationships attribute meaning to the man's perpetration of violence against a female partner. Narrative interviews were conducted with women and men who constituted 15 heterosexual couples. In this study, participants' narratives of self, other, relationship and violence included ambiguous constructions of victims and perpetrators; constructions of violent relationships as cyclical in nature; constructions of woman abuse as a

problem of the self; narrations of violence as a mutual endeavour and all-encompassing narratives of power and control. This study provided insight into the subjective, relational and gendered dynamics of abusive relationships, illustrated the significance of the context in shaping the ways in which experiences are narrated, and showed the value and need of theorizing towards feminist psychology. These studies have examined the problem of woman abuse from a multitude of perspectives. However, little research has focused specifically on partner's family socialization processes, constructions of gender roles perceptions and how it impacts on marital stability.

Research is increasingly focussing on understanding how socialized gender role performances contribute to individuals' well-being and the quality of their relationships (Hunter&Forden, 2002; Kirchmeyer, 2002). Women, on average, still have more responsibility for home, family life, and child care than men. Differences exist in women's perceptions of how spouses manage family finances, support the women's careers, contribute to household management, and provide interpersonal support. Specific roles and the resulting support are related to life satisfaction, job satisfaction, and work-life balance of some women (Gordon & Whelan-Berry, 2004).

In addition, it has been frequently recommended that clinicians incorporate gender role discussions and analyses into psychological work with clients based, in part, on the demonstrated connection between gender roles and well-being (Brooks& Good, 2001). Recent studies suggest that gender equality at the family level is also linked to reproductive behaviour, and stronger gender equality appears to be associated with higher fertility (Neyer, Lappegård& Vignoli, 2013; Oláh & Bernhardt, 2008; Duvander & Andersson, 2006). Other studies done locally have focused

on social dimensions where traditional values and cultural practices and their impact on marital conflicts were the main focus (Odhiambo, 2012) In another study, Okello (2015) carried out a research on factors influencing marital conflict among Church-wedded couples in Pentecostal Churches in Masinga Division, Machakos District, Kenya. These studies observed that spouses generally disregarded resolving conflicts in their marriage, therefore raising the need for the possibility of preventing marital discord through interventions focused on building skills in diverse conflict resolution styles (Greeff & De Bruyne, 2000). These studies have their specific focus yet there is need for a study that focuses precisely on the dynamics and changes arising from couple's gender role perceptions and its impact on marital stability.

The role and impact of gender role perceptions in family dynamics has been of interest to researchers (Halim, Walsh, Tamis-LeMonda, Zosuls& Ruble, 2018). Marks, Bun and McHale, (2009) illustrate that studies done on gender role attitudes of family members—mothers, fathers, sisters and brothers—are typically studied in adults and children separately, or within single (marital or parent-child) dyads. Scottet al.(2006) studied the changing attitudes of men and women, from the view point that the family has lost its original understanding of being a “normal family.” The concern of her study was to find out whether or not family values are becoming increasingly relativized to adapt to the “modern” situations. Exploring core attitudes, values and morality of family behaviours concerning marriage and motherhood, the study sought to understand whether or not attitudes were converging over time and to what extent there were generational differences regarding such family and marital values. It further explored the possibility that there may have been pronounced value shifts about some aspects of family life, while other values show greater continuity. It also studied the changing gender roles in marriage

and why gender roles in general and, more specifically, gender inequalities in domestic labour are quite hard to change. However, the present study argues that there is a possibility that values and gender roles within marriage can be influenced and experience change. Though the study alludes to global influences as a possible cause for change in family values, it does not address the impact global influences could possibly have upon couples' gender role perceptions, gender role performances and marital stability. Furthermore, this study argues that there is a possibility that spouses themselves could contribute towards the changes experienced.

Even though literature focuses on varied aspects of human interaction, the undeniable fact is that it also indirectly deals with the thinking or cognitive perspectives of the couples involved. This implies that couples, who are the two most important persons towards beginning of a family, can display healthy or unhealthy relationships depending on their gender role perceptions about each other's roles. This makes the couple responsible in the "make" or "break" of their own marriage. This begs the question whether it is the interaction of the couple's gender roles or their personal ways of thinking and perceiving their gender roles that lead to positive or negative interaction and their marital stability? This study hoped to bridge this gap and throw light on couple's gender role perceptions and its impact on marital stability.

### **2.3.2 Couples' gender role performances**

Human development embraces marriage as a unit of intimate relationship. When two adults get into an intimate relationship with each other, they bring into their relationship their personal, family, extended family, and peers socialized gender ideologies hoping that it will lead to marital stability. As the relationship grows demands for appropriate behaviour performances become

frequent and stringent. Gender role performance can be defined as appropriate behaviours demanded of men and women in a relationship and which reflect the fundamental judgments or internalized belief systems of the couple. These fundamental demands for performance, made by the couple to each other, could lead to the indication that marriage is becoming individualistic where each partner run their own affairs (Lauer& Yodanis, 2010). In individualized marriages, spouses maintain independence in their relationship even though they are a couple. Lauer and Yodanis, (2010) studying individualized marriages, sought to find out whether married couples manage their money in pooled accounts or keep separate accounts, and how variation in the individualization of marriage is related to variation in resource integration within marriage. First, the study found that individualization matters. When couples understood and practiced individualized marriage, they were more likely to keep their money separate. The presence of individualized approaches to marriage and individualized alternatives to marriage within a country or society were also related to a higher likelihood of couples keeping money separate. Second, the study found that integrating resources remained a constitutive part of marriage. Despite trends toward individualization and growing alternatives to marriage, most married couples in the study continued to pool their money together. Paradoxically, the study concluded that majority of spouses engage in interdependent and integrated behaviours indicating that trends are not clearly in a trajectory toward individualization (Yodanis& Lauer,2014). The study implicitly addressed the perceptions couples can have towards finances and its management and therefore the resulting outcome in performances. Finance is one of those issues that can thwart healthy perceptions and performance. The same can be said of gender role perceptions where gender role perceptions are individualized giving rise to individualized performances. The

current study focused on the assumption that couples personalized gender role perceptions could be the reason for low marital stability.

One of the main reasons for high divorce rate is that married people do not know the reason for their marriage. Most people marry for love, companionship, social status, they believe marriage is designed by God, the church wants it, or because it is a cultural tradition. These subjective reasons often lead to marital conflict. The United Nations Convention on the Rights of the Child argues that marital conflict is becoming common among the affluent in Kenya with a strong socio-cultural link. Thus, women who are either too dependent or too independent are more likely to face marital conflict than their peers who fall under neither of the extremes (UNCRC, 2012). Odhiambo and Maito (2013), researching on the social dimensions of marital conflict in Kenya, used the Anglican Diocese of Maseno North as a case study. The study illustrated vividly the challenges faced by couples arising from the way they perceive gender roles and consequently reflecting their demands for gender role performance behaviour. According to the study, destructive marital conflict was perceived to be related to a wide array of factors which were grouped into five interrelated categories: socio-economic factors, socio-cultural factors, personal attributes of the spouse, domestic family life factors and factors of structural inequality. The data indicated that psychological battering was common and was employed by both spouses. About a third of women indicated they had been victims of physical abuse yet kept their abusive relationship because they were constrained by a network of social, cultural and economic barriers. Respondents' perception of gender relations in society informed their relationship to the opposite sex and this they carried over into marriage to back up their individualized ways of perceiving and performing even in the face of marital conflict (Odhiambo & Maito, 2013). The



study showed the impact of socialization processes on gender role performances which can be positive or negative and affects marital stability. It also shows the fact that changes in gender role perception and performances could present opportunities for adaptation and growth or lead to defensiveness and withdrawal. Change is initially stressful for both individuals in the relationships. If these changes are ignored or left unaddressed, they could become reasons for couple conflict and marital instability. The current study sought to find out whether socialisation processes had any impact on couple's gender role performance demands and whether such demands lead to marital conflict, violence, abuse and stalemate in the marital relationship.

Marital conflict is an indication of the existence of unresolved perspectives, value orientations or behaviour performances between spouses. An unresolved and conflicting situation is a situation in which two or more values, perspectives and opinions are contradictory in nature, and have not yet aligned or agreed upon. According to Fincham (2012), couples in marital conflict are distressed and may make more negative statements and fewer positive statements and they are also most likely to respond with negative behaviour when their partner behaves in a negative way. One reason why conflict develops is that two persons view a situation differently. Jensen et.al.(2012) affirm that perceptual differences are usually expressed through emotions and behaviours. An individual's perception of fairness in the relationship is determined by an appraisal of the outcomes or performances (Jensen et.al. 2012). Thus, a person looks at what he or she is getting out of a relationship vis-a-vis what the partner is receiving. When one perceives the relationship to be inequitable or unbalanced, psychological tension results leading to conflict (Davis, et.al. 2004). It may happen that among couples, one may, for example, perceive inequity in the distribution of household tasks, giving more free time to the other partner (Ganguly-

Scrase, 2003). For example, a man may feel that he is unmanly even if he agrees to do "woman's work." Likewise, a woman may resent the fact that her husband is not taking care of her in a protective role and that she must take on tasks that are not hers (Adegoke, 2010). When such perceived inequity of gender roles pile up and begin to ferment, they grow into deep resentments giving one the feeling that they are forced to give up deeply ingrained ideas about themselves and consequently on what and how they do. There is need for a study that addresses these mentally accumulated and unresolved conflicts between husbands and wives, the impact it has over their perceptions and gender role performances and subsequently its impact on marital stability.

Couples in conflict can use conflict to learn how to manage and improve their performance both positively or negatively. Ejaz, Igbani and Ara,(2012) affirm that couples who strive to attain a balance in perception, and therefore learn how to manage conflict also learn conflict resolution strategies that add positive performance factors rather than negative affect. The way that couples deal with interpersonal conflict or their verbal and/or nonverbal interactions and behaviours can determine whether the relationship will remain intact or dissolve (Curran, et al., 2011). Another study by Brown and Roberts(2014) has shown that high levels of negative expressions and low levels of positive expressions are used during arguments between partners who experience vast amounts of distress and face possible dissolution. Couples who face unresolved conflicts about their gender roles, may also project a diminished or minimal sense of performance(Brown & Roberts, 2014). In Kenya, The Federation of Women Lawyers (2018) reported that cases of domestic violence that have surfaced due to marital conflict hit a five year high in the first half of 2018. The human rights umbrella reported that it handled 2,182 domestic violence cases

between the months of January to June 2018. This was higher as compared to 2010 where the figure stood at 2028 conflict cases. Whisman and Uebelacker (2006) found that relationships suffering from unresolved conflicts are related to social role impairment with family and friends, diminished work functioning, pain and anxiety, worse mental and physical health, and increased likelihood of suicidal ideation. Relationships with high rates of unresolved conflict could reflect a mental “stuckness” or the inability to perceive the other’s perspective and hence the inability to perform the desired role demands which could lead to ideations of separation and/or divorce. As seen earlier, there is abundance of literature about marital conflicts and divorce. But seldom has literature dealt with the possibility that couple’s unresolved ideations about gender role conflicts and the lack or imbalance of gender role performances could be the factor that fuels divorce. This present study hopes to bridge this gap in literature and knowledge.

The impact of gender role perception and the resulting demands for gender role performances is well illustrated by Perrone et al. (2009) who discussed the changing gender roles in career, marriage, and parenting. The study argues that gender roles in family and work domains are in a state of flux. The traditional view of the male as the breadwinner and the female as homemaker has shifted overtime (Acker, 2004). Perrone’s (2009) study affirms that changes in social norms have resulted in men and women placing a high premium on both work and family roles (Friedman, 2007).

Other studies suggest that gender equality at the family level is also linked to reproductive behaviour, and stronger gender equality appears to be associated with higher fertility (Neyer, Lappegård & Vignoli, 2013; Oláh, 2003; Duvander & Andersson 2006). Higher gender equality

may very well lead to higher fertility; more important however, as one moves away from the male breadwinner model, is the potential mismatch between gender equality, (that is the actual sharing taking place across genders) and gender ideology, that is the “attitudes regarding the appropriate roles, rights, and responsibilities of women and men in society”(Kroska, 2007). The mismatch between the two might result in “unfulfilled expectations”, and a feeling of disappointment may lower fertility. To exemplify, if the woman has liberal attitudes towards gender roles (i.e., she has an egalitarian ideology regarding gender roles and gender relations in the couple), and the man does not fulfill her expectations through sharing household tasks, she might derive lower satisfaction from the partnership, which in turn may lower the chances for the couple agreeing on having children, which presumably lowers overall fertility (Mencarini & Sironi, 2012; Aassve et al., 2014). Goldscheider, Bernhardt and Brandén (2013), in their study, state that there is some evidence suggesting inconsistency between attitudes toward couples’ sharing of tasks and actual division of housework reduces the likelihood of continued childbearing even in a high gender-equal society like Sweden. This study explored whether already existing gender role perceptions and the demand for appropriate gender role performances create balance or imbalance that could possibly have an effect on marital stability.

### **2.3.3 Marital stability among Couples**

Marriage, being the basic unit of society, plays a major role in the well-being of the society. Marital stability is an essential and critical component in marriage and plays a pivotal role in the success or failure of marriage. Globally, incidents of family violence, separations and divorce are increasing. This is evident in the falling numbers of marriage in United Kingdom from 459,000 since 1971 to around 286,000 in 2011 (Barlow, 2008). Existing research by Kenya National

Bureau of Statistics (KNBS, 2017) and Kenya Integrated Household Survey (KIHBS, 2006) reveal that marital instabilities are increasingly becoming common necessitating the Kenya government to introduce the matrimonial property bill to enable even distribution of family assets in the event of separation or divorce.

The increasing rate of divorce in African homes is an intricate incident happening among African couples as is visible in the world at large. Family is indeed the bedrock of any continent, and the world. The rampant occurrence of divorce in African homes is found to have socio-economic and political impacts in the society. This is affirmed by Olaniyi(2015), who collected and analysed primary data from married people from several countries across the African continent. Data was collected using questionnaires (face-to-face and online). Data was collected from sixty married homes, and forty divorcees (consisting of sixty married couples living together, twenty men divorcees and twenty women divorcees). Participants were selected at random and given copies of questionnaires to be filled in. The results showed that respondents perceived barrenness or infertility as the major cause of divorce because it carried with it social stigma. Some emotional outcomes were absence of love and intimacy, other outcomes were ignorance, poverty, religion, gender differences, and unemployment. As mentioned above, data from FIDA (Kenya), Maendeleo ya Wanaume, Faith Based Organizations (FBO), Non-Government Organizations (NGO) and media reports suggest that destructive marital conflict is on the increase in Kenya and has an impact on marital stability. For example, according to Muthoni and Makena (2015), statistical data, indicates that divorce cases are on the rise in Kenya, with the number of cases filed at Milimani Law Courts in Nairobi alone rising steadily from 295 in the year 2010 to a total of 1,246 between the year 2010 and 2015. This shows that despite the effort

and policies, Kenya is still faced with the problem of increase in marital instability and there is little information available about the effectiveness and appropriateness of the existing programmes to curb the problem (Muthoni & Makena, 2015).

Marital stability is the degree to which a couple share mutual trust, commitment and problem solving with the intention of keeping their marriage intact without dissolution or divorce (Lian & Geok, 2012; Berscheid & Regan, 2016). Marital stability can also be viewed as the mental firmness of couples to face, resolve and keep the marriage intact during times of marital discord (Lauer et al., 2010). Researches in the field of marital conflict around the world indicate that conflict aggravates minor abuses among 25% of the affected women (Mahapatra, 2012). Conflicts experienced in the marriage setup can lead to poorer health conditions and higher risk of certain diseases such as the heart disease (Asadi et al., 2016). Recker (2010), evaluating the impact of conflicts in marriages on the physical and psychosocial health of children, concluded that such conflicts adversely affect the emotional safety of children and affirms that conflicts that are properly managed can help couples learn from each other and improve their relationships.

Studies on marital conflict point out lack of mutual trust, commitment and problem solving among couples. For example, emerging perspectives on couples in conflict focus on the number of family transitions rather than on divorce as a single event, as probable cause towards divorce (Amato, 2010). Such situations of couple and family transitions need to be embraced by the couple as well as the family members. When one transit leaving the other behind, mutual trust, commitment and inability to problem solve could become the norm. Other studies indicate that the change in marital satisfaction due to extramarital affairs increases the probability of divorce,

but it is not the only determinant of marital instability and can bear heavily on mutual trust, commitment and the ability to problem solve (Fanet.al., 2004).

De Graaf and Kalmijn (2006), using survey data on 1,718 ever-divorced men and women in the Netherlands, describe the motives people give for their divorce as falling under two categories: issues and trends. The issues are again put under three types: relational issues, behavioural problems, and problems about work and division of labour. Similarly there are three important trends: the normalization of divorce, the psychologization of relationships, and emancipation of women. First, severe divorce motives (violence and infidelity) have become less important. This is interpreted in terms of a threshold hypothesis: when the threshold for divorce is higher, marriages that end in divorce will be more problematic. Second, there has been a trend toward more relational and psychological motives, particularly among women. Third, problems in the realm of work and house-hold labour have become more important motives for a divorce. Gager and Sanchez (2003), examining the effects of couples' perceptions of shared time, marital quality and stability on subsequent odds of marital dissolution, affirmed that of central importance in the analysis is the role that gender played, because empirical evidence documents significant gender variation in spouses' expectations, perceptions, and experience of marriage. For example when husbands provide more negative evaluations of marital quality, the couple are more likely to dissolve their marriage. However, when more concrete, proximate measures of marital stability are considered, wives' negative reports are better predictors of subsequent divorce.

In Africa, studies on mutual trust, commitment and problem solving as components of marital stability are few. Olufunmilola (2010), examined the psychosocial factors as predictors of marital

stability among married women in private universities in Ogun State. Two hundred (N=200) women were randomly selected using stratified random sampling technique. Family Assessment Device, a subscale of McMaster Family Functioning Scales and Psychosocial Factors of Marital Stability Questionnaire (PSFMSQ) were used to measure marital stability, communication, age at marriage, in-laws' interference and marital suspicion. The main findings were that suspicion (trust) in marriage and communication (commitment and problem solving) affect marital stability negatively. While this current study is enriched through the understanding that suspicion is one of the factors predicting instability, it also recognizes that the data used by Olufunmilola was predominantly taken from women. This leaves a gap because couples as a unit have been ignored. The present study addresses spouses as a unique unit and hence bridging the gap by culling data from couples.

In another study, Animasahun and Femi Fatile (2011), investigated the patterns of marriage instability in modern African society, especially Lagos metropolis, and its implications on marriage counselling. The results obtained showed that; there was no significant difference in marriage instability between couples with polygamous family background and couples with monogamous family background. There was no significant difference in marriage instability among couples with different social status. There was no significant difference in marriage instability between couples with different religious background. There was no significant difference in marriage instability among couples with different careers. There was no significant difference in marriage instability among couples with different educational backgrounds. The study by Animasahun and Femi Fatile focuses on couples from polygamous and monogamous backgrounds. It did not address gender role perceptions and gender role performances of the



couples from such situations and its implications on marital stability. This is another gap which the present study hopes to bridge.

Studies in Kenya have mainly focused on factors that impact marriage. Omondi and Kamonjo (2015), posit that in Kenya today, like in many parts of the world, there is an increasing change in perceptions about marriage and marital stability. The study suggests that the rate of single parenthood, cohabitation, separation and divorce is an indication of the fragility of marriage. This would suggest that the perception of marital stability is changing as the perceptions about marriage is also changing. The study by Omondi and Kamonjo examined how selected factors (religious affiliation, mass media, and family of origin, student's education aspirations and domestic violence) influence university students' perceptions of marriage. Even among religious groups like Christians, marriages are no longer stable as they used to be and divorce is becoming more common (Hofstede, 2001).Grossbard-Shechtman(2017), adds that there have been dramatic changes in marriage and divorce patterns all over the world for the past fifty years that the lifespan of marriage is falling while marital instability is growing.

In Kenya, Kiriswa (2003) points out two main sources of family problems. These are internal (from the couple) and external (from outside the couple). The internal problems include personality clashes, poor communication and unrealistic expectations of each other. According to Kiriswa (2003), the cultural understanding of marriage is a major source of marital problems. Bartos and Wehr(2002), affirm that the styles of conflict resolution which are impacted by cultural contexts and socialization processes and at the same time the needs for a desirable conflict resolution style in one culture may be unpleasant and unproductive in another. Cai and

Fink(2002), contend that cultures are different in their preferred forms of handling conflict, trust, commitment and problem solving. Due to culture and socialization in the Kenyan context, the models and skills suggested may not be applicable unless researches are conducted locally in order to tailor skills and techniques to the local context. This gap has given this present study the significance it needs.

#### **2.3.4 Relationship between couples' gender role perceptions and marital stability**

Gender socialization was meant to build reciprocity and complementarities between the sexes so as to establish and maintain the integrity of fundamental units such as the family (Machida, 2012; Marsella, 2012). This study was informed that gender socialization through family socialization was meant to build reciprocity and complementarities between spouses. On the contrary separation and divorce experienced by couples indicates a possible change in couples gender role perceptions formation and understanding. Hence, this present study sought to explore the relationship between changes in couples' gender role perceptions and implications such changes has on marital stability. Oláh, Richterand Kotowska, (2014), contend that husbands and wives' perceptions about work and family lives increasingly influence each other. As both women and men engage in earning as well as caring activities, often reinforced by employment instability and precariousness, gender relations and related values and attitudes have become more fluid, changing dynamically over the life course in the context of blurring boundaries of family and work life (Oláh, Richter& Kotowska,2014). The gradual blurring of boundaries and the fluid situation caused has had an impact on couples' perceptions about each other which in turn affects marital stability.

The relationship between gender role perceptions and marital stability is well illustrated in the study by Rochlen and Mahalik(2004), who evaluated the relationship between women's perceptions of men's gender role conflict and women's relationship satisfaction and well-being. One hundred seventy-five women reported perceptions of their most recent or current male romantic partner's gender role conflict and rated their own levels of somatisation, depression, anxiety, self-esteem, and relationship satisfaction. Women who perceived their romantic partners as scoring higher on success, power, and competition and lower on restrictive affectionate behaviour between men reported greater levels of depression and anxiety(Young, & Long, 2007). Women who perceived their partners as scoring lower on success, power, and competition and restrictive emotionality reported greater relationship satisfaction (Abuyaet al., 2012). This study left a gap when it just focused on couples' perceptions on gender conflict arising from the struggle for power, success and competition. It did not explore the possibility of couple's traditional and/or global gender role perceptions as possible contributors towards marital conflict and marital stability. It is this gap that this present study sought to bridge.

As men and women grow into adulthood they encounter other agents of socialization such as environment, peers, schools, universities, and global influences. It is believed that these, especially those of globalization, have a positive or negative impact that can confirm or change couples gender role perceptions and gender role performance (Esere, 2011; Seguino, 2006) which in turn impacts marital stability. Studies that focus on the impact and changes on gender role perceptions, gender role performances and marital stability are few. Yodanis (2005),examined the cross-national relationship between a divorce culture on a national level and gender equality in intact marriages. Based on multilevel analysis of data from 22 countries in the

International Social Survey Programme, the results indicated that a divorce culture on the national level is associated with greater marital equality. In other words, in countries where divorce is accepted and practiced, the distribution of work between women and men in marriage is more equal (Adegoke, 2010; Carrere, 2000). These findings support the enhanced equality hypothesis that the possibility of divorce provides women with leverage to gain more equal status within marriage. However, what is not clear from Yodanis' study is whether or not marital equality guaranteed marital stability. Yodanis informs the present study that a divorce culture has an influence on marital equality. However, the study does not address the personal and psychological pain that divorce culture has on the couple's gender role perceptions, gender role performances and marital stability. This present study sought to bridge this gap as it seeks to understand the pain caused by a divorce culture on spouse's gender role perceptions, gender role performances and marital stability. Moreover, this study gauges the contribution of the spouses themselves towards the divorce culture and how much of the divorce culture is due to the changes in couples gender role perceptions and gender role performances and its associated impact on marital stability. In addition, the primary focus of Yodanis' study was marital equality and not marital stability. In doing so, the study leaves a gap which the present study sought to fill.

### **2.3.5 Relationship between couples' gender role performances and marital stability**

Married couples invariably develop a shared understanding of who does what in their relationship. It is often the unspoken norm of recognition of an inevitable division of labour and responsibilities (Best, 2010; Esere, 2011). Although there is division of labour between the spouses, there are changing social expectations, which are reflected in somewhat different gender

roles at different times (Ganguly-Scrase, 2003; Chow, 2003). For example, traditionally fathers were employed out of the home and mothers tended to the household. This means that the father was the bread winner while the mother not only did housekeeping but also took primary responsibility for child upbringing (Kirwen, 2010; Bertrand, 2006). Globalization, with its power to socialize, has made things different and changed gender role performances. These days, most mothers work in different career fields and similarly household responsibilities are shared by fathers as well. Yet these are not shared equally because men still fix things and take care of the manly jobs (Bertrand, 2006). Women, on the other hand, still have primary responsibility for the proper maintenance of the home and the welfare of the children (Holton, 2000; Huber, Danaher, Breedlove, 2011). If both parents work, for instance, it is more often the mother who takes time off to bring a sick child to the doctor—unless the father’s schedule is much more flexible. Most women—although not all—do the cooking and cleaning. Most men—but not all—do the repairs. Men are likely to assemble the furniture; women are likely to find themselves with the task of cleaning it (Marks et.al., 2009; Doku & Oppong, 2011).

Globalization as an agent of socialization has put forward so-called 'alternatives' to the family, with attention moving from the problem of divorce to that of de facto couples (Olson & DeFrain, 2000; Huber et.al., 2011; Esiet et.al., 2008), from the treatment of infertility in women to medically assisted procreation (Clark et.al., 2009), from abortion to research and manipulation of stem-cells obtained from embryos, from the problem of the contraceptive pill to the morning-after pill (Ganguly-Scrase, 2003). The granting of family rights and advantages to transitory couples who do not want to commit themselves formally even to civil marriage is now also taking place (Chebogut, et.al. 2010, Yodanis, 2005). Such alternatives are also gender sensitive

and hence create new gender role perceptions that could instigate appropriate gender role performance responses (Lauer, et.al. 2010, Lamanna & Riedmann, 2011). There is a possibility that these “alternative” gender role perceptions and gender role performances are viewed differently by spouses and could lead to couples’ conflict that have implications on marital stability. For example, the woman could perceive natural family planning as the right way to intimacy while the man would prefer the woman to have the contraceptive pill and be unwilling to use protection. This could trigger couples conflict, infidelity, and lead to marital instability.

In another study on role conflict, stress and dual-career couples, Panda (2011), found out that with the increasing number of women getting into employment (in India), there are explicit changes observed with regard to the conventional norms regarding the position and status assigned to them in the family and in the society (Philpot, 2000; Wang, Whitson & Menon, 2012). Women all over the globe have progressed and reached a new paradigm. They have established their freedom, self-autonomy and personal growth, are better able to express themselves, and are striving hard to achieve their objectives (Crouter, 2007; Kulik, 2002). These new roles are the additional to traditional roles and responsibilities of bearing and rearing children and the management of domestic and household (Olson & DeFrain, 2000; Perrone, 2009).

In the dual career families, where both husband and wife are earning, a different situation emerges. Women have to balance identity, power and status with family roles and responsibilities often in conflict and psychological distancing from the spouse resulting in tension, stress and strain (Scott & Braun, 2006; Lauer et.al., 2010). This situation, often times, result in a clash between the domestic roles and the job roles for both working couples (Doku,

2011; Harbinson & Robinson, 2003). This implies that globally, the man needs to share domestic chores with his spouse for family harmony and peace to be retained in dual-career families. The present study is informed that the changes due to global influences have demanded from spouses an appropriate adjustment to their already existing gender role perceptions and gender role performance. The stress and strain experienced by the spouses as they renegotiate their gender role ideologies could possibly lead to couple conflict and impact marital stability. This present study has addressed this matter.

Gender role performance carries with it emotions that could be expressed through behaviour outcomes. Hence studying gender role performance in spouses could possibly be the gateway to understanding the gender role perceptions of the spouses and the stress and strain experienced due to the changes demanded. This could help understand the influence it could have on marital stability.

## **2.4 Summary of Literature Reviewed**

This chapter critically reviewed literature on the relationship between gender role perceptions and gender role performances on marital stability among couples. The study was guided by the family systems approach as its theoretical framework. The Literature was then reviewed according to the five objectives of the study. The review began by analysing couple's gender role perceptions and gender role performances as unique mental structures that belong to men and women. It then proceeded to find out how family and global socialization processes impact changes or resistance to change on couples gender roles perception and performances. The possible similarities and/or differences on couple's gender role perceptions and performances

arising from that impact of family and or global socialization has also been discussed. Marital stability has been addressed based on three components: marital trust, commitment and problem solving. Ultimately, the chapter has also discussed the possibility of marital conflict, separation and divorce resulting from the differences in couples' gender role perceptions and performances as possibilities leading to marital stability or instability.

It has been shown that differences in family socialization processes can display healthy or unhealthy gender role perceptions within a marital relationship. Couples are the initiators of the marriage and family life cycle. Being unique as a couple and at the same time being separate individuals they enter into marriage with their own gender role perceptions and performance criteria. The relationship could depend on how the couple perceive their gender roles as a husband and a wife, what sense they make of it, and therefore what response they give to it as gender role performance. This makes the couple responsible for the “make” or “break” of their own marriage depending on the way they perceive their gender roles and performances as essential to the success or failure of the marriage. This study explored whether already existing gender role perceptions and the demand for appropriate gender role performances create balance or imbalance that could possibly have an effect on marital stability.

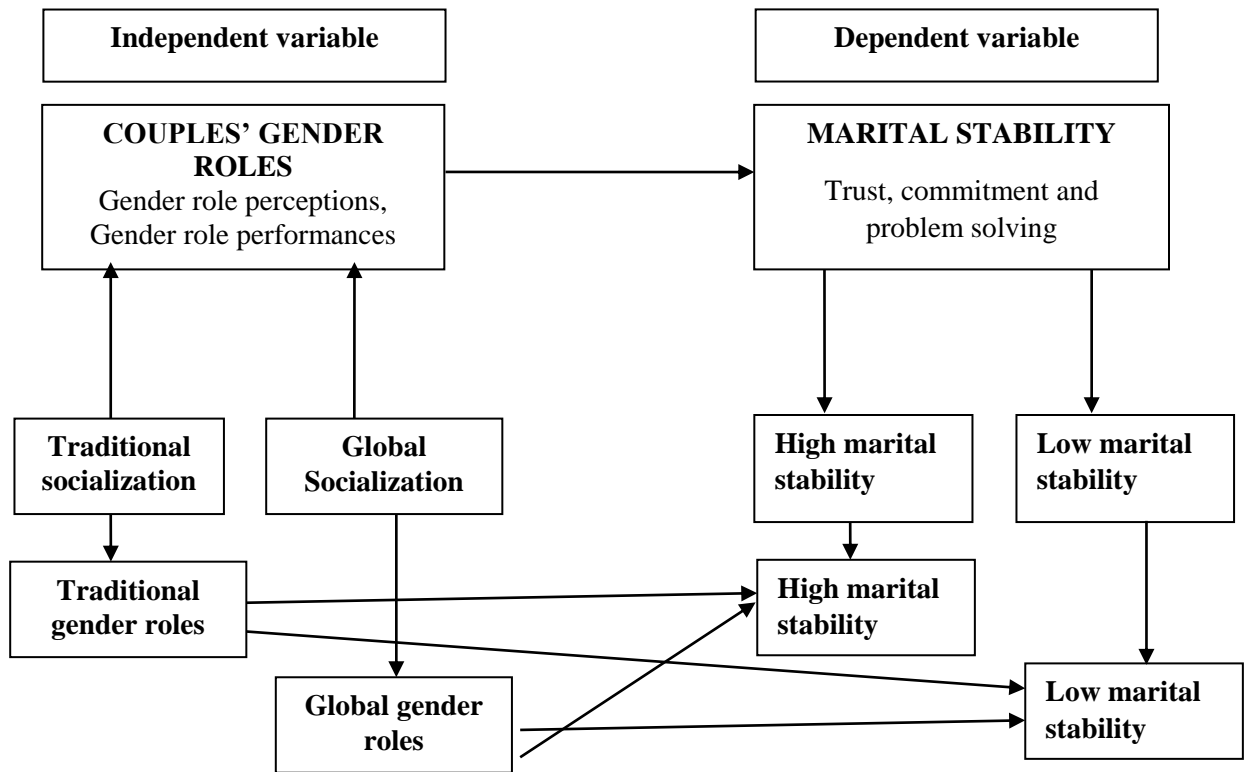
Literature on marital stability unfolds the fact that there has been dramatic changes in marriage and divorce patterns all over the world for the past fifty years that the lifespan of marriage is falling while marital instability is growing. In Kenya, literature points out two main sources of family problems, those that are internal (from the couple) and external (from outside the couple). The internal problems include personality clashes, poor communication and unrealistic expectations of each other among others. The cultural understanding of marriage is another



major source of marital problems. What may seem to be a problem resolution style in one culture may not be acceptable in another. Cultures are different in their preferred forms of handling conflict, trust, commitment and problem solving. Due to differences in cultures and socialization processes, it is possible that couple's gender role perceptions and performance are influenced by culture which in turn could influence marital trust, commitment, problem solving and marital stability. The possibility that there could be a relationship between gender role perceptions, gender role performances and marital stability is the need, purpose and significance of this study.

## **2.5 Conceptual Framework**

The independent variable was gender roles operationalized in terms of gender role perceptions and gender role performances. Traditional and global socialization have the power to impact and either maintain or change male/female gender role perceptions and gender role performances. The dependent variable was marital stability operationalized in terms of high or low marital stability. This study sought to assess the impact of traditional and global socializations on gender roles and their relationship to high or low marital stability.



**Figure 1: Conceptual Framework**

## CHAPTER THREE

### RESEARCH METHODOLOGY

#### 3.1 Introduction

This chapter presents the research methodology used for the study on the relationship between gender role perceptions and performances on marital stability among spouses. It highlights the research design, locale, population, sampling size and procedure, data collection tools, data collection methods, data analysis and management, and ethical considerations.

#### 3.2 Research Design

The study used correlational research design and mixed methods approach. The mixed method approach was used to collect quantitative and qualitative data. The correlational research design enabled the research to assess the correlations (relationship) between the independent and dependent variables. The coefficient of correlation ( $r$ ), also known as the product moment correlation coefficient is a value  $r$  and lies between  $\pm 1$ . When  $r = (+) 1$ , it is indicative of a perfect positive correlations. When  $r = (-) 1$ , it points out a perfect negative correlations. When  $r$  lies nearer to  $+1$  or  $-1$ , there is a higher level of correlation. This study sought to establish the relationship, strong or weak, positive or negative, or even no relation at all, between couples' gender roles, which is the independent variable and marital stability.

### **3.3 Study Variables**

The independent variable was gender roles, which, for this study, were operationalized as couples' gender role perceptions and gender role performances arising from family and global socialization. The dependent variable was marital stability which was operationalized in terms of three components: mutual trust, commitment and problem solving.

### **3.4 Site of Study**

The study was done in the counties of Nairobi, Kisumu and Mombasa. These Counties were chosen because they exhibited three essential characteristics essential to this study: first, a history of a growing interaction with a variety of peoples, traditions and cultures; second, an interaction and growth arising from the socialization structures of peoples and third, that they have encountered positive and/or negative change and growth especially to gender role perspectives and performances.

Nairobi is the capital and largest city of Kenya. The city and its surrounding areas form the Nairobi County. Nairobi came into existence when the supply depot for the Uganda Railway was constructed linking Mombasa to Uganda. Nairobi became the hub that linked essential traffic routes of skilled and unskilled labourers from within and without the country. The rural-urban migration, the intermingling of peoples from varied cultural traditions, and the growth experienced by the people justifies the choice of Nairobi for this study.

Mombasa, being the coastal city of Kenya along the Indian Ocean, is also the country's oldest and second-largest city, with an estimated population of about 1.19 million residents in 2019. After Nairobi, Mombasa, is considered the second-most-populous city in Kenya (Kenya National Bureau of Statistics, 2019). The history of Mombasa shows the presence of the Bantu, the Arabs, Portuguese, the Persians, the Turks, Zanzibar and finally the British implying a growing interaction with a variety of peoples, traditions and cultures. Besides, there is an interaction and growth arising from the socialization structures of the peoples and seen through the positive and/or negative change and growth especially to gender role perspectives and performances.

Kisumu, ideally located on the shores of Lake Victoria, is the third largest city in Kenya after Nairobi and Mombasa. Kisumu has an estimated population of 900,000, while the metropolitan region comprising the city and its suburbs and satellite towns of Maseno, Kondele and Ahero was estimated at over 1.5 million as of 2019 (Kenya National Bureau of Statistics, 2019). Kisumu is the principal city of western Kenya and plays a key role in linking trade routes from the coastal city of Mombasa with the vast Great Lake regions. Kisumu gradually grew to become the hub where traders from Uganda, Tanzania, Burundi, Rwanda and Democratic Republic of Congo met and commerce flourished. This meeting place or hub of people from different nationalities, cultures and traditions, not only nurtured but enriched and shaped the perceptions and performances of peoples of Kisumu. The richness due to the intermingling of peoples, cultures, and traditions, justifies the choice of Kisumu for this study.

### **3.5 Target Population**

The study focussed on couples who were legally married within the Kenya Population. For this study, the populations of the three counties was considered the target population: Nairobi with 4.3 million residents, Mombasa with 1.19 million residents and Kisumu with 1.14 million residents (Kenya National Bureau of Statistics, 2019).

### 3.6 Sampling Techniques and Sample Size

The study employed a multi-staged sampling technique. The technique was employed in two stages. Stratified sampling for stage one and convenience sampling for stage two. In stage one Stratified sampling was employed to breakdown the population into manageable clusters. The manageable clusters were Nairobi, Mombasa and Kisumu as counties. In the second stage, convenience sampling was used to obtain the sample for quantitative data and purposive sampling was used for qualitative data. The multi-staged sampling technique and the sample populations as illustrated in the table 1.

**Table 1: Sampling Frame**

STAGE 1- STRATIFIED SAMPLING				
Strata	Nairobi County	Kisumu County	Mombasa County	
STAGE 2- CONVENIENCE and PURPOSIVE SAMPLING				
		Population size	Population sample	Total
Nairobi County		4.5 m	240	240
Mombasa County		1.19 m	54	54
Kisumu		1.14 m	108	108
Total		6.83 m	402	402

The population size of Nairobi County was 4.5 million, Mombasa County 1.19 million and Kisumu County was 1.5 million. The total population of the three counties put together was 6.83

million. According to Krejcie and Morgan (1970), table, determining sample sizes for research activities (Appendix 5) three hundred and eighty four couples were considered to be representative of the views of the study population. The minimum sample size desired was 384. However to take care of potential non response, oversampling was done hence a sample size of 402 was used. The sample population was distributed among the three Counties in the following proportions: Nairobi County having the largest population of 3.5m was apportioned a total sample of 240 couples, Mombasa was apportioned 55 couples and Kisumu was apportioned 110 couples.

### **3.7 Research Instruments**

The instruments used for the study were researcher developed questionnaires and focus group discussion guides. The questionnaires consisted of two parts. The first part was to gather relevant demographic information about the participants. The second part was to collect data for the study objectives which were: i) couple's gender role perceptions (Section A); (ii) couple's gender role performances (Section B); (iii) Marital stability based on three components – mutual trust, commitment and problem solving (Section C); (iv) relationship between gender role perceptions and marital stability (Section A/C); (v) relationship between gender role performances and marital stability (Section B/C). The tools were designed to collect both quantitative and qualitative data.

The questionnaires were designed to gather data from husbands and wives as couple's. Every couple was given a set of questionnaires: one for the husband and the other for the wife. The statements were designed to capture data on couples' gender role perceptions, performances and

marital stability. The questionnaire consisted of statements drawn on a Likert scale. For each item, the respondents were required to indicate their level of agreement: where 1=strongly agree, 2= agree, 3= undecided, 4= disagree and 5= strongly disagree. To achieve 95% return rate, four hundred and five (405) sets (husband and wife) of questionnaires were carefully coded and distributed to the selected counties. Table 2 presents the coding and distribution of questionnaires.

**Table 2 Coding and Distribution of Questionnaires**

County	Number of Questionnaires	Population sample	Coding of Questionnaires	Coding to identify couples		Example of coding
				Husband	wife	
Nairobi	240	240	001-240	001-240	001-240	Couple one: 001/001 Couple two: 002/002
Mombasa	55	55	301-355	301-355	301-355	Couple one: 301/301 Couple two: 302/302
Kisumu	110	110	401-510	401-510	401-510	Couple one: 401/401 Couple two: 402/402
Total	405	405				

As seen in table 2, a total of 405 sets of questionnaires were distributed to the three Counties. Nairobi County received 240, Mombasa county 55 and Kisumu county 110 questionnaires. Each questionnaire was distinctly coded; Nairobi county from 001 to 240, Mombasa County from 301 to 355 and Kisumu County from 401 to 510. Every couple was assigned a unique code that identified them as couple and the county they were located. As for example, questionnaire 301 would identify: couple 301 and that the couple participated from Mombasa County. The researcher verbally confirmed from each couple if they were officially married. This was taken as sufficient affirmation and confirmation that the couple were eligible to participate in the research.



Gender role perceptions and gender role performance were measured by fifteen items based on either traditional or global gender roles. For each item, the respondents were required to indicate the level of agreement using a Likert scale. Since there were a total of fifteen (15) items, the highest possible score for each individual was Seventy five (75) that is (15X5). The lowest possible score on the other hand was fifteen (15) that is (15X1). To obtain a couple's score, an average was obtained between the scores of the husband and wife. The scores were then categorized as follows: thirty seven (37) and below indicated perceptions/performances that were minimally traditional; thirty eight to fifty three (38-53) indicated perceptions/performances that were moderately traditional and a score of fifty four (54) and above represented perceptions/performances that were highly traditional. A higher score that indicated couples' perceptions/performances were highly traditional was also an indication that their perceptions/performances were minimally global. A lower score that indicated perceptions/performances that were minimally traditional was an indication that their gender role perceptions/performances were highly global.

Marital stability was operationalized under three components – Trust, commitment and problem solving and was scored by combining the scores of the three indicators. Trust was assessed using nine statements, commitment was assessed using seven statements and problem solving was assessed using nine statements. For each item, the respondents were required to indicate the level of agreement on a Likert scale. Trust and problem solving were measured using nine (9) items each. The highest possible score for each individual was forty five (45) that is (9X5). The lowest possible score on the other hand was nine (9) (9X1). To obtain a couples score on levels of trust and problem solving, an average was obtained between the scores of the husband and that of the

wife. Commitment was gauged using a total of seven (7) items. The highest possible score for each individual was thirty five (35) that is (7X5). The lowest possible score, on the other hand, was seven (7) that is (7X1). To obtain a couples score on levels of trust, commitment and problem solving, an average was obtained between the scores of the husband and that of the wife. The scores were then categorized as follows: on trust and problem solving, scores less than or equal to eleven ( $\leq 11$ ) indicated low level trust or problem solving but also indicated high level distrust or lack of problem solving. Scores between twelve (12) and thirty four (34) indicated moderate level trust or problem solving and moderate level distrust or lack of problem solving. Scores greater than or equal thirty five ( $\geq 35$ ) indicated high level trust or problem solving but also low level distrust or lack of problem solving. On commitment, scores less than or equal to nine ( $\leq 9$ ) indicated low level commitment and also high level of lack of commitment. Scores between ten (10) and twenty six (26) indicated moderate level of commitment and moderate lack of commitment. Scores greater than or equal to twenty seven ( $\geq 27$ ) indicated high level of commitment and low levels of lack of commitment.

Marital stability was conceptualized as comprising of three indicators: trust, commitment and problem solving. The scores on marital stability/instability were attained by combining the scores of the three indicators - trust, commitment and problem solving. A higher score that indicated high marital stability also indicated low instability. A lower score indicated low marital stability also indicated high instability. Since there were a total of twenty five (25) items, the highest possible score for each individual was one hundred and twenty five (125) that is (25X5). The lowest possible score on the other hand was twenty five (25 (25X1)). To obtain a couples score on marital stability, an average was obtained between the scores of the husband and that of

the wife. The scores were then categorized as follows: Scores less than or equal to sixty four ( $\leq 64$ ) indicated low marital stability and high marital instability; scores between sixty five (65) and ninety (90) indicated moderate marital stability and moderate marital instability and scores greater than or equal to ninety one ( $\geq 91$ ) indicated high marital stability and low marital instability.

All efforts were made to keep the questionnaire to manageable levels so as to avoid participant fatigue. The length of the questionnaire could have possibly impacted the outcomes. Even though all questions on the questionnaire were answered, there was a possibility that some participants, as they moved down the questionnaire could have answered the questions without giving full thought to the statements. The questionnaire was able to capture essential data from participants.

### **3.8 Pilot Study**

A pilot study was used to assess and enhance the validity and reliability of the research instruments. Ten couples from Nairobi County were randomly chosen. Their consent and readiness to participate was sought, before the pilot study was done. These ten couples were excluded from the final sample of the study. Potential problem areas that were discovered from the pilot study helped refine the instruments before final administration of the instruments were done.

### **3.9 Validity and Reliability**

A pilot study was conducted to assess the validity and reliability of the tools. Validity refers to the degree to which an instrument accurately measures what it intends to measure. Reliability refers to the degree to which an instrument yields consistent results. Common measures of reliability include internal consistency, test-retest, and inter-rater reliabilities.

The instrument used was developed by the researcher. In the first place, efforts were made to enhance the validity and reliability of the questionnaire by generating sufficient number of items covering the five research objectives of the study. The outcomes of the pilot study helped validate and make reliable the questionnaire. Second, in developing the questionnaires the researcher worked closely with the two supervisors who, independently of the other, checked each statement for its ability to generate valid and reliable data in terms of the variables measured and this helped enhance the validity of the questionnaire. Finally, the validity and reliability of the statements used in the questionnaire were further enhanced by a peer group who, scrutinised each statement by checking whether the statement was relevant to the Kenyan context. Items that were not describing the desired context were modified to reflect the desired Kenyan context.

Test-retest reliability was used to check the reliability of the questionnaires. During piloting, the questionnaires were administered on two successive occasions. A period of three weeks was given and was considered long enough for the participants not to remember their previous choice of answers. At the same time, the three week period was considered short enough for the participants to have a break before the second administration. Reliability coefficients of  $r_{xx} = .87$  and  $r_{Xx} = .88$  were obtained from the first and the second administration respectively. These

correlations were considered adequate since researchers agree that no absolute rules exist for internal consistencies but most agree on a minimum internal consistency coefficient of .70 (Taherdoost, 2016). In addition, inter-rater reliability was used to check the degree of agreement between the two supervisors during both the pilot and the final study. Almost similar results were obtained.

Efforts were also made during questionnaire sessions to enhance validity and reliability by observing basic assurances like: a) establishing the necessary rapport with the respondents and giving clear written and verbal instructions to the respondents in order to have clarity of tasks; b) the purpose of the study was made clear; c) assuring respondents that their responses would be treated with utmost confidentiality and would only be used for the intended research purposes. This was to encourage respondents to respond with honesty which would also enhance validity and reliability.

### **3.10 Data Collection Procedures**

Data was collected primarily by the researcher, who took the principal role in the distribution and collection of questionnaires. When groups were involved, the researcher personally administered questionnaires and collected the responses as well. Since the sample population was vast and spread over the three counties, the researcher employed six field research assistants (two per county) to assist with data collection. Field research assistants were chosen using the following criteria: i) had sufficient knowledge on research skills and psychology; ii) had a working knowledge of the local language, geography of the county and its localities, iii) had the ability to travel, and iv) had the willingness to work with couples. The field assistants were trained on the aims and objectives of the research, handling of questionnaires and the contents (the ability to

explain, distribute, clarify queries, give time for responding and collection), how to deal effectively and responsibly with participants (respect for the participant), address issues of informed consent, confidentiality, and the rights of participants; and personal integrity and trust for benefit of the research. A legal contract was signed with the field assistants before the research was undertaken.

The questionnaire sessions were conducted as follows: First a safe place was identified in order to conduct the session, preferably a hall. Couples were then contacted and made aware of the venue. On the material day when participants were gathered, sufficient information was given to the participants on the aims, ethics and the aspects of confidentiality. Then the participants were encouraged to give their informed consent by appending their signatures on the informed consent forms. Questionnaires were then administered by the researcher. Whenever the number of respondents was large the help of the two field research assistants was sought. Participants were given sufficient time, approximately 40 minutes to one hour, to answer their questionnaires after which the filled-in questionnaires were collected. The session came to a close with concluding remarks and debriefing done wherever needed.

### **3.11 Data Analysis and Presentation**

The data collected from the selected counties was analysed and grouped into the following categories, themes and sub-themes: (a) Couples gender role perceptions; (b) Couples gender role performances; (c) Levels of marital stability based on the three components of trust, commitment and problem solving; (d) relationship between gender role perceptions and marital stability-trust,

commitment, and problem solving; and (e) relationship between gender role performances and marital stability-trust, commitment, and problem solving.

Data collected was transcribed, cleaned and put into proper written form. It was then reduced through a system of coding, memos and summaries into distinct ideas and/or experiences. Quantitative data was then keyed into the Statistical Package for Social Sciences (SPSS) for analysis, interpretation and conclusion. Descriptive and quantitative data, like measures of central tendency and dispersion, were used to describe the characteristics of the study population and other variables. Inferential and qualitative data was used in statistical decision-making and for interpreting trends arising from the study. The findings of the study have been presented using tables and summaries.

### **3.12 Data Management and Ethical Considerations**

Before beginning the study, the researcher sought letters of introduction, authorization and ethical clearance from Kenyatta University. The necessary permit from the National Commission for Science, Technology and Innovation, Kenya (NACOSTI) to conduct the research was also obtained. To uphold the dignity of the participant, data management and ethical considerations were adhered to by the researcher. Data collection and analysis revealed no identifying factors about participants' identities. Coding was used in place of names so as to ensure confidentiality of data and of personal identities. All participants signed the informed consent form before any data was collected. Participants were made aware that they could terminate their participation in the study at any time with no consequences to them. Participants were assured that all data collected would be confidential and at no time would it be released. There was no foreseen

reason for deceit. At the end of every data collection session, the researcher conducted a debriefing session in order to prevent any harm as a result of their participating in the study.



## CHAPTER FOUR

### PRESENTATION OF FINDINGS AND DISCUSSION

#### 4.1 Introduction

This chapter presents the findings of the study on the relationship between gender role perceptions, gender role performances and marital stability among Couples in selected counties of Kenya. The chapter begins with presentation of demographic characteristics of respondents of the study sample followed by the demographics of respondents by county. The findings of the study are presented according to the study objectives and will end with a brief summary of findings. The following were the research objectives:

1. Find out the gender role perceptions among couples in selected counties of Kenya.
2. Establish the gender role performances among couples in selected counties of Kenya.
3. Assess the levels of marital stability among couples in selected counties of Kenya.
4. Find out the relationship between gender role perceptions and marital stability among couples in selected counties of Kenya.
5. Establish the relationship between gender role performances and marital stability among couples in selected counties of Kenya.

#### 4.2 Distribution and Response Rate of the Participants

This study sampled 402 men and women (couples) from the three counties. Four hundred and five questionnaires were distributed and were duly collected. Table 3 shows the distribution and response rate of the sample.

**Table 3** Distribution and Response Rate

Participants	Distributed	Response Rate				Total %
		Answered and Returned	%	Unanswered and Returned	%	
Nairobi	240	240	59.26	0	0	<b>59.26</b>
Kisumu	110	108	26.67	2	0.49	<b>27.16</b>
Mombasa	55	54	13.33	1	0.25	<b>13.58</b>
<b>Total</b>	<b>405</b>	<b>402</b>	<b>99.26</b>	<b>3</b>	<b>0.74</b>	<b>100</b>

A sample of four hundred and two (402) couples from the three counties was sufficient to achieve the needed confidence levels. As seen in table 3, 240 questionnaires were distributed and collected from couples in Nairobi County, 110 questionnaires were distributed and collected back from Kisumu County and 55 questionnaires were distributed and collected from Mombasa County. The response rate was as follows: Nairobi County had 59.26 percent, Kisumu County 26.67 percent and Mombasa County had 13.33 percent. The total response rate for the three counties was 99.26 percent.

#### 4.3 Demographic Characteristics of the Respondents

Data was collected under the following socio-demographic variables: age, number of years in marriage, employment status and educational level. Data was collected from husbands and wives

as individuals and not as couples. Demographic data was analysed and presented according to the participants in the sample and as participants within the three counties.

#### 4.3.1 Demographic characteristics of respondents as per sample

Demographic data on age, number of years in marriage, employment status and education level was collected and analysed as individuals (wives and husbands). The findings are presented in table 4:

**Table 4** Demographic Distribution of Respondents as husbands and wives

<b>Age of Respondents</b>				
Age Category	Husbands		Wives	
	Frequency	Percent	Frequency	Percent
No response	0	0.0	3	0.7
Less than 25 years	22	5.5	43	10.7
25-35 years	160	39.8	186	46.3
36-45 years	124	30.8	100	24.9
46-55 years	64	15.9	53	13.2
56-65 years	28	7.0	16	4.0
Above 65 years	4	1.0	1	0.0
<b>Total</b>	<b>402</b>	<b>100.0</b>	<b>402</b>	<b>100.0</b>

<b>Years in Marriage</b>				
Years in Marriage	Husbands		Wives	
	Frequency	Percent	Frequency	Percent
No response	1	0.2	1	0.2
1-5 years	128	31.8	131	32.6
6-10 years	104	25.9	109	27.1
11-15 years	60	14.9	53	13.2
16-20 years	44	10.9	46	11.4
21-25 years	24	6.0	24	6.0
26-30 years	18	4.5	15	3.7
31-35 years	10	2.5	13	3.2
36-40 years	9	2.2	5	1.2
40 years and above	5	1.2	5	1.2
<b>Total</b>	<b>402</b>	<b>100.0</b>	<b>402</b>	<b>100.0</b>

<b>Respondents employment status</b>				
Characteristic	Husbands		Wives	
	Frequency	Percent	Frequency	Percent
No response	4	1.0	22	5.5
Self Employed	106	26.4	117	29.1
Salaried	208	51.7	135	33.6
Casual	52	12.9	15	3.7
Unemployed	16	4.0	102	25.4
Others	16	4.0	11	2.7
<b>Total</b>	<b>402</b>	<b>100.0</b>	<b>402</b>	<b>100.0</b>

<b>Respondents education status</b>				
Characteristic	Husbands		Wives	
	Frequency	Percent	Frequency	Percent
No response	2	0.5	24	6.0
Never been to school	4	1.0	3	0.7
Primary	38	9.5	42	10.4
Secondary	78	19.4	105	26.1
Post-secondary certificate	46	11.4	41	10.2
Post-secondary diploma	75	18.7	71	17.7
Bachelors	107	26.6	87	21.6
Masters	45	11.2	28	7.0
Doctorate	5	1.2	1	0.2
Others	2	0.5	0	0.0
<b>Total</b>	<b>402</b>	<b>100.0</b>	<b>402</b>	<b>100.0</b>

From table 4 findings indicate that most couples, that is 39.8% of men and 46.3% of women, were within the age brackets of twenty five to thirty five years, while 30.8% of men and 24.9% of wives were between the ages of thirty six to forty five years. The years in marriage shows that most couples, that is 31.8%, were within one to five years of marriage, followed by those from six to ten years at 25.9% and 27.1% for males and females respectively. Couple's employment status shows that 51.7% of men and 33.6% women were under salaried employment. Self-employment came next with 26.4% men, 29.1% being women. There were 4.0% of men, 25.4% of women who were unemployed. With respect to their level of education, 26.6% of men had attained a Bachelor's degree followed by secondary education (19.4%) and a post-secondary

diploma (18.7%). On the sides of the women, 26.1% had attained secondary level of education, followed by Bachelor's degree (21.6%) and post-secondary diploma (17.7%). It is also noteworthy to underline the fact that 11.2% of men had Master's degrees and 1.2% achieved Doctoral degree. On the side of the women, 7.0% had Master's degree and 0.2% had Doctoral degree. It is important to note that 1.0% of men and 0.7% of women have never been to school.

#### 4.3.2 Demographic characteristics of respondents by County

This section presents the demographic data of the respondents according to counties. The findings are presented in Table 5:

**Table 5 Demographic status by County**

AGE						
Age	Nairobi		Mombasa		Kisumu	
	F	%	F	%	F	%
No response	3	0.6	0	0.0	0	0.0
Less than 25	42	7.7	5	4.4	18	12.3
25-35 years	226	41.5	59	51.8	61	41.8
36-45 years	147	27.0	34	29.8	43	29.5
46-55 years	84	15.4	13	11.4	20	13.7
56-65 years	37	6.8	3	2.6	4	2.7
Above 65 years	5	0.9	0	0.0	0	0.0
Total	544	100.0	114	100.0	146	100.0
YEARS IN MARRIAGE						
Status	Nairobi		Mombasa		Kisumu	
	f	%	F	%	F	%
No response	1	0.2	1	0.9	0	0.0
1-5	167	30.7	53	46.5	39	26.7
6-10	145	26.7	25	21.9	43	29.5
11-15	89	16.4	4	3.5	20	13.7
16-20	63	11.6	13	11.4	14	9.6
21-25	26	4.8	11	9.6	11	7.5
26-30	18	3.3	5	4.4	10	6.8
31-35	14	2.6	2	1.8	7	4.8
36-40	12	2.2	0	0.0	2	1.4
40-above	9	1.7	0	0.0	0	0.0
Total	544	100.0	114	100.0	146	100.0
EMPLOYMENT STATUS						

Status	Nairobi		Mombasa		Kisumu	
	f	%	F	%	F	%
No response	26	4.8	0	0.0	0	0.0
Self- employed	168	30.9	34	29.8	21	14.4
Salaried	239	43.9	68	59.6	36	24.7
Casual	36	6.6	2	1.8	29	19.9
Unemployed	59	10.8	9	7.9	50	34.2
Other: specify	16	2.9	1	0.9	10	6.8
Total	544	100.0	114	100.0	146	100.0

EDUCATION LEVEL						
Status	Nairobi		Mombasa		Kisumu	
	f	%	F	%	F	%
No response	25	4.6	1	0.9	0	0.0
Never been to school	4	0.7	0	0.0	3	2.1
Primary	26	4.8	8	7.0	46	31.5
Secondary	111	20.4	23	20.2	49	33.6
Post-secondary certificate	62	11.4	20	17.5	5	3.4
Post-secondary diploma	98	18.0	33	28.9	15	10.3
Bachelor's degree	148	27.2	23	20.2	23	15.8
Master's degree	63	11.6	5	4.4	5	3.4
Doctorate	6	1.1	0	0.0	0	0.0
Other: specify	1	0.2	1	0.9	0	0.0
Total	544	100.0	114	100.0	146	100.0

As shown in table 5, most respondents were aged between 25 to 35 years. Data also indicated that 41.5% of the respondents were from Nairobi County, 51.8% from Mombasa County, and 41.8% from Kisumu County were aged between 25 to 35 years. With respect to the years in marriage, respondents were distributed between 1 to 5 years and 6 to 10 years in marriage. Data also revealed that 30.7% of respondents from Nairobi County, 46.5% from Mombasa County, and 26.7% from Kisumu County were married for 1 to 5 years, while 26.7% of respondents from Nairobi County, 21.9% from Mombasa County, and 29.5% from Kisumu County were in marriage for 6 to 10 years. With regard to couples' employment status, 43.9% Nairobi County and 59.6% from Mombasa County were in salaried employment, while 34.2% of respondents in Kisumu County were unemployed. With respect to couples' level of education 27.2% of the participants from Nairobi County had Bachelor's degree, 28.9% of those from Mombasa County

had post-secondary diploma level of education, while 33.6% of participants from Kisumu County had attained secondary level of education.

#### **4.4 Findings on the Study Objectives**

This section presents findings of the study in line with the research objectives.

##### **4.4.1 Gender role perceptions**

The first research objective was to find out the gender role perceptions among couples in selected counties of Kenya. Data was collected using a gender role perception questionnaire with fifteen items measuring gender role perceptions based on either traditional or global gender roles. For each item the respondents were required to indicate their level of agreement using a score of 1 to 5 where 1=strongly agree, 2= agree, 3= undecided, 4= disagree and 5= strongly disagree. A higher score indicated perceptions that tended to be highly traditional (minimally global), while a lower score indicated perceptions that were minimally traditional (highly global). Since there were a total of fifteen (15) items, the highest possible score for each individual was seventy five [(75 (15X5)]. The lowest possible score, on the other hand, was fifteen [(15 (15X1)]. To obtain a couples score, an average was obtained between the scores of the husband and wife. The scores were then categorized as follows: thirty seven (37) and below indicated perceptions that were minimally traditional; thirty eight to fifty three (38-53) indicated perceptions that were moderately traditional and a score of fifty four (54) and above represented scores that were highly traditional.

#### 4.4.1.1 Gender Role Perceptions

This section presents the gender role perceptions of couples in general, followed by the gender role perceptions of couples by County and ends with gender role perceptions by gender and by county.

#### 4.4.1.2 Gender role perceptions of couples

Data was analysed to gauge gender role perceptions of couples in general. The findings are presented in table 6:

**Table 6 Couples Gender Role perceptions**

<b>Frequencies on Couples Gender Role Perceptions</b>		
<b>Level of Perception</b>	<b>Couple</b>	
	<b>Frequency</b>	<b>Percent</b>
Highly Traditional	450	56.0
Moderately Traditional	345	42.3
Minimally Traditional	9	1.1
	<b>804</b>	<b>100.0</b>

Findings on couples' gender role perceptions in general shows that 56% of couples were highly traditional while 42.3% were moderately traditional in their gender role perceptions.

The findings on gender role perceptions for couples in general were consistent with family socialization processes. Family socialization processes initiated men and women into appropriate traditional gender roles. Husbands were identified as “bread winners”, “providers” and “heads” of the family. Wives were identified as “life givers”, “nurturers” and “care takers” of the family. Philpot (2000), argued that traditional gender role traits are deeply embedded within the psyche of men and women. Males and females were typically socialized from an early age into different



gender-role behaviour's within the family. This confirms the findings of this study that couples in general were highly traditional in their gender role perceptions. Malatras, Luft, Sokolowski and Israel (2012), pointed out that as a result of their differing socialization experiences, members of each sex for most part develop distinct behavioural expectations, are granted disparate opportunities, and have differing life experiences even though they are a couple. Such distinct and differing socialization experiences, that make the partners in the couple unique, could also be the reason why couples showed that they were highly traditional in their gender role perceptions.

It is noteworthy to observe that even though data indicated couples were highly traditional in their gender role perceptions, it is also noticeable that 42% of couples were moderately traditional in their gender role perceptions. This could imply that even though couples gender role perceptions were highly traditional, there has been some tangible impact from global influences on their gender role perceptions. These findings show consistency with the global trend and its power to socialize as reiterated by Kim and Nam(2018), who points out the important changes that have been occurring to the family structure throughout the last 40 years in Korea, such as an increase in marital age, decrease in the marriage rate, increase in divorce rate, and a decrease in total birth rate. Such phenomena are hard to capture within the traditional concept of the family. Phenomenal changes like that of transformation from the patriarchal system of family members into a hierarchical order to a nuclear family, from single income family to a co-working couple family structure, are some of the changes that are visible in today's family structure in its various forms. Such changes definitely have an impact on couples' gender role perceptions and could probably be the reason why a good number of couples favoured the moderately traditional option in this study. This could also imply that there is

possibility that couples are slowly and gradually moving away from traditional gender roles or constantly seeking to strike a balance between traditional gender roles and global gender role perceptions.

#### 4.4.1.3 Couples Gender role perceptions by County

Further analysis on couple's gender role perception by county was done. The findings are presented in table 7

**Table 7 Couples Gender Role Perceptions by County**

County	Level of Perception	Frequency	Percent
Nairobi	Minimal Traditional	7	1.3
	Moderate Traditional	225	41.4
	Highly traditional	312	57.4
	<b>Total</b>	<b>544</b>	<b>100.0</b>
Mombasa	Minimal Traditional	2	1.8
	Moderate Traditional	55	48.2
	Highly traditional	57	50.0
	<b>Total</b>	<b>114</b>	<b>100.0</b>
Kisumu	Moderate Traditional	65	44.5
	Highly traditional	81	55.5
	<b>Total</b>	<b>146</b>	<b>100.0</b>

Table 7, shows that couples from the three counties were highly traditional. 57.4% of couples from Nairobi County, 50% from Mombasa County and 55.5% from Kisumu County were highly traditional in their gender role perceptions. At the same time, data indicates that 41.4% of couples from Nairobi, 48.2% of couples from Mombasa and 44.5% of couples from Kisumu were moderately traditional.

The expected outcome was that couples from the three counties would be moderately or highly globalized in their gender role perceptions showing some impact from global socializing trends. On the contrary, findings of this study showed that couples from the three counties were highly traditional which was inconsistent with the expected outcomes. It is interesting to note that even though couples from the three counties face varied global socializing environments, findings show that couples were highly traditional than global in their gender role perceptions. Family socialization processes could be one way of making sense of such an outcome because it is through family socialization that humans learn what appropriate and/or inappropriate gender role perceptions are. Literature affirms that family and global socialization processes have power over the person and forms in them appropriate gender role perceptions. For example, Satow (2001) argued that parents probably exert the greatest influence, especially on their very young offspring with regards to gender role formation. On the other hand, Lott (2010) affirmed and expanded family socialization processes to include the construction of all socially acquired habits and knowledge that are subjectively acquired through personal cognitive constructions. This is consistent with the study findings where there was a growing number of couples who were moderately traditional. Wise (2008) explained further the understanding of the process when he contends that the construction process in turn becomes the embodiment of a tradition and a history that shapes the life of the person and a people, often called culture. In their desire to uphold their traditionally socialized roles, couples could inadvertently resist changes demanded of them with respect to their gender role perceptions which in turn could impacts on their marital stability.

#### 4.4.1.4 Couples Gender role perceptions by Gender and by County

Further analysis was done based on gender and by County. Outcomes are shown in table 8

**Table 8 Gender role perceptions by Gender and by County**

County	Levels of perception	Husbands		Wives		couples	
		Frequency	Percent	Frequency	Percent	Frequency	Percent
Nairobi	Minimal Traditional	3	1.1	4	1.5	7	1.3
	Moderate Traditional	121	44.6	104	38.1	225	41.4
	Highly traditional	147	54.2	165	60.4	312	57.4
	<b>Total</b>	<b>271</b>	<b>100.0</b>	<b>273</b>	<b>100.0</b>	<b>544</b>	<b>100.0</b>
Mombasa	Minimal Traditional	1	1.8	1	1.8	2	1.8
	Moderate Traditional	30	52.6	25	43.9	55	48.2
	Highly traditional	26	45.6	31	54.4	57	50.0
	<b>Total</b>	<b>57</b>	<b>100.0</b>	<b>57</b>	<b>100.0</b>	<b>114</b>	<b>100.0</b>
Kisumu	Moderate Traditional	34	45.9	31	43.1	65	44.5
	Highly traditional	40	54.1	41	56.9	81	55.5
	<b>Total</b>	<b>74</b>	<b>100.0</b>	<b>72</b>	<b>100.0</b>	<b>146</b>	<b>100.0</b>

From table 8, 54.2% of husbands from Nairobi County, 54.1% from Kisumu County were highly traditional, while 52.6% from Mombasa County were moderately traditional. Wives from the three counties were highly traditional. 60.4% from Nairobi County, 54.4% from Mombasa County, and 56.9% from Kisumu County were highly traditional. Couples from the three counties were highly traditional. 57.4% of couples from Nairobi County, 50% from Mombasa County and 55.5% from Kisumu County were highly traditional.

Findings show that both husbands and wives were highly traditional in their gender role perceptions. Yet it was observed that there was a growing number of husbands and wives who

tended towards being moderately traditional. A possible explanation could be attributed to the socialization processes that men and women are socialized in. Socialization processes can positively and/or negatively impact human beings, contributing towards the formation of positive and/or negative impressions, thoughts, feelings and behaviours about themselves and the other. Besides, socialization processes could help men and women develop unique gendered perceptual criteria about each other's thinking, feelings and behaviours. Such perceptual criteria could not only lead men and women into struggles with power, competition and dominance over the other, but also be interpreted and perceived as a weakness in the other which could be exploited for gain. For example, women are more pressurized to traditional roles than men. Often times, depending on the environment(s) faced by the woman, she may perceive herself as adequate or inadequate (Animasahun & Femi, 2011, Ayodele, 2001, Boerner, Jopp, Carr, Sosinsky, & Kim, 2014, Brown & Roberts, 2014).

When a woman postpones child bearing in order to enjoy a career, it is possible that she may meet women who already have borne children and who speak of their roles as mothers. This could trigger the woman to perceive herself as inadequate and hence, she could pressurize herself to become a mother. Chodorow (2012) illustrates this fact by postulating that girls continue to identify with their mothers and they also psychologically merge with them. As a consequence, the daughter's self-concept or gender role perceptions are characterized by mutuality and a sense of relatedness that orients her towards interpersonal relationships. This interpersonal orientation is the main reason why women engage in mothering and show more connectedness to their mothers than men. In contrast to females, boys develop by increasingly separating themselves from their mothers and define themselves in terms of difference from females. They begin to

denigrate femininity in an attempt to establish their own separateness and individuation (Chodorow, 2012). It is possible that women, due to their family socialization processes, experience their family interconnectedness, to a large extent than men and hence tend to be perceived as more traditional than men, which is consistent with the findings of the current study.

Findings also show that 42% of husbands and wives when put together as couples scored moderately traditional in their gender role perceptions. This could indicate that even though husbands, wives and couples from the three counties scored highly traditional on their gender role perceptions, there was an impact from global influences on their gender role perceptions. This is consistent with Ember (2012) who contends that people consider themselves to be unique individuals with their own set of personal opinions, preferences, habits, and quirks which are deep seated within the psyche of the person.

Another reason why couples were consistently highly traditional in their gender role perceptions was because both the man and the woman in marriage were constantly challenged and reminded about their traditional gender roles by members of families of origin, extended family and/or friends. This finding is consistent with what Young (2007) visualizes as vertical and/or horizontal stressors that have the greatest impact on both partners in the couple even though the greater impact is on the woman in the marriage. Often times these stressors become constant reminders to the couple especially the woman and her role of being wife and mother. The woman, can begin to perceive herself as wife and mother and become convinced that her primary gender role is to be “child bearer” in order to be perceived as a woman. It is also possible that the

role of “child bearer” can give rise to other gender roles like, “stay at home mother” and/or “care giver” of the home and the man being perceived as “provider”, and “bread winner.” This backs the outcome of this study that it is possible that the woman feel more pressurized, than the man, into traditional thinking arising from obligations to the nuclear family and the society. This is consistent with the findings of this study where wives were highly traditional in their gender role perceptions than men.

In summary, there was a consistency in the findings about couple’s gender role perceptions, where couples in general, couples by County, and couples by gender by County all exhibited highly traditional gender role perceptions. On the other hand, it must be pointed out that there has been a constant growth of couples whose gender role perceptions were moving towards being moderately traditional. It is also interesting to note that findings indicate men from Nairobi and Kisumu counties score almost identical in their gender role perceptions. It is also noticeable that women from Nairobi County, even though they experience the greatest impact from the modern world, scored highly traditional in their gender role perceptions. Findings from Mombasa County show that men were moderately traditional while women were highly traditional. Among couples by County, findings show that although couples were highly traditional, there has been some impact from globalization as the tendency to be moderately traditional grows.

#### **4.4.2 Gender Role Performances**

The second research objective was to establish the gender role performances among couples in selected counties of Kenya. Data was collected using a gender role performance questionnaire

with fifteen items measuring gender role performances based on either traditional or global performances. For each item, the respondents were required to indicate the level of agreement using a score of 1 to 5 where 1=strongly agree, 2= agree, 3= undecided, 4= disagree and 5= strongly disagree. A higher score indicated performances that tended to be highly traditional (minimally global), while a lower score indicated performances that were minimally traditional (highly global). Since there were a total of fifteen 15 items, the highest possible score for each individual was seventy five [(75 (15X5)]. The lowest possible score on the other hand was fifteen [(15 (15X1)]. To obtain couple's score an average was obtained between the scores of the husbands and wives. The scores were then categorized as follows: thirty seven (37) and below indicated performances that were minimally traditional; thirty eight to fifty three (38-53) indicated performances that were moderately traditional and a score of fifty four (54) and above represented performances that were highly traditional.

#### **4.4.2.1 Gender Role Performance**

This section presents the gender role performance of couples in general, followed by gender role performances of couples by County and finally gender role performance of husbands, wives and couples by county.



#### 4.4.2.2 Couples Gender Role Performance

Data was analysed to find out couple's gender role performances and the findings are presented in table 9

**Table 9** Gender role performances of couples

Frequencies on Couples Gender Role Performance		
Level of Performance	Couple	
	Frequency	Percent
Highly Traditional	317	39.4
Moderately Traditional	479	59.6
Minimally Traditional	8	1.0
	<b>804</b>	<b>100.0</b>

Data analysis on couples in general indicated that 59.6% of couples were moderately traditional in their gender role performances while 39.4% were highly traditional in their gender role performances.

The expected outcome was that couples' gender role performances would match the outcomes on their gender role perceptions. But the outcomes on their gender role perceptions and the resultant outcomes from their gender role performances shows an inconsistency between the two. Findings on couples' gender role perceptions showed that 56% of couples were highly traditional and 42.3% of couples were moderately traditional in their gender role perceptions. But findings on couple's gender role performances showed that 59.6% of couples were moderately traditional in their gender role performances while 39.4% were highly traditional in their gender role performances.

Findings on couple's gender role performances should have been consistent with the findings on couple's gender role perceptions. Findings point out that couples in general were moderately traditional in their gender role performances which runs contrary to their gender role perceptions which were highly traditional. Similarly, even though a growing number of couples tended towards being moderately traditional in their gender role perceptions, findings on gender role performances show the tendency of couples in general tending towards being highly traditional. This means that even though couples' tended to be moderately traditional in their gender role performances, there is an impact from family socialization processes over their gender role performances.

Becoming a couple means merging of two persons' perspectives, histories, values and worldviews. Men and women come from unique socialization processes and are often challenged by each other's differences in gender role perceptions and performance criteria. When couples are aware of their gender roles, they feel pressurized to behave or perform in gender appropriate ways. Young et al. (2007) describes a couple as a unique dyad of separateness and influence. They are separate from each other as individuals with a unique identity and at the same time originate from separate families of origin, thereby giving the partners within the couple and their families of origin, the ability to influence and be influenced by each other positively or negatively. It is therefore possible that the ability to influence can play a role in pressurizing the couple into conforming to appropriate gender role performances based on personalized family socialized criteria. This is consistent with the outcome of this study that even though couple's gender role perceptions were highly traditional, their gender role performances were moderately traditional.

#### 4.4.2.3 Gender role Performances by County

Further analysis was done on data collected on gender role performance of couples by County.

Findings are presented in table 10.

**Table 10 Gender role performance of couples by County**

County	Level of Performance	Frequency	Percent
Nairobi	Minimal Traditional	8	1.5
	Moderate Traditional	309	56.8
	Highly traditional	227	41.7
	<b>Total</b>	<b>544</b>	<b>100.0</b>
Mombasa	Moderate Traditional	51	44.7
	Highly traditional	63	55.3
	<b>Total</b>	<b>114</b>	<b>100.0</b>
Kisumu	Moderate Traditional	119	81.5
	Highly traditional	27	18.5
	<b>Total</b>	<b>146</b>	<b>100.0</b>

As shown in table10, 56.8% of couples from Nairobi County and 81.5% from Kisumu County were moderately traditional in their gender role performances, while 55.3% from Mombasa County were highly traditional in their gender role performances. The table also reveals that 41.7% of couples from Nairobi County were highly traditional while 44.7% from Mombasa County were moderately traditional in their gender role performances.

Findings indicate that couples from Nairobi County scored higher towards being moderately traditional in their gender role performances, yet the gap was reducing between those who were moderately traditional and those who were highly traditional. Another interesting finding is that majority of couples from Kisumu County were moderately traditional in their gender role performances. There is a possibility that new developments in the county demanded new ways of

perceiving the self and hence gave couples the opportunity towards new ways of performances. Findings from Mombasa County showed that 55.3% couples were highly traditional while at the same time the gap between highly traditional and moderately traditional (44.7%) was gradually narrowing and pointing out to the possible influence from globalization.

When a man and a woman come together in marriage, they take on a new identity of being a couple. Even though the couple identity makes them one, they are still two separate individuals who have the ability to influence and impact each other positively or negatively. This can create in them the tendency either to please or to manipulate each other in order to gain favour and/or affirmation from the other. This tendency can lead the couple into conflict which can escalate and influence marital stability. This is consistent with Beayboeuf-Lafontant (2007) study that such demands for appropriate gender role performance behaviours may not only strengthen, weaken and/or challenge husbands and wives, but it also has the potential to lead to conflict. This could therefore, be the struggle that husbands and wives go through in order to accommodate each other's uniqueness, separateness and role performances. Davis and Greenstein (2004) illustrate the impact gender role perception has on gender role performance stating that husbands and wives often look at what he or she is getting out of a relationship vis-a-vis what the partner is receiving. If either of them perceives the relationship to be inequitable or unbalanced, then psychological tension prevails which could bear on marital stability. The tension between pleasing and manipulating could affirm the findings of this study where even though couples from Nairobi County scored higher towards being moderately traditional, and couples from Mombasa County scored highly traditional, the reducing gap between those who were

moderately traditional and those who were highly traditional could be indicative of the couples struggle to come to par between gender role perceptions and gender role performances.

#### 4.4.2.4 Gender role Performances by Gender and by County

Further analysis by gender and by county was done and the findings are presented in table 11

**Table 11 Gender role Performances by Gender and by County**

County	Levels of performances	Husbands		Wives		couples	
		Frequency	Percent	Frequency	Percent	Frequency	Percent
Nairobi	Minimal Traditional	3	1.1	5	1.8	8	1.5
	Moderate Traditional	147	54.2	162	59.3	309	56.8
	Highly traditional	121	44.6	106	38.8	227	41.7
	<b>Total</b>	<b>271</b>	<b>100.0</b>	<b>273</b>	<b>100.0</b>	<b>544</b>	<b>100.0</b>
Mombasa	Moderate Traditional	27	47.4	24	42.1	51	44.7
	Highly traditional	30	52.6	33	57.2	63	55.3
	<b>Total</b>	<b>57</b>	<b>100.0</b>	<b>57</b>	<b>100.0</b>	<b>114</b>	<b>100.0</b>
Kisumu	Moderate Traditional	60	81.1	59	81.9	119	81.5
	Highly traditional	14	18.9	13	18.1	27	18.5
	<b>Total</b>	<b>74</b>	<b>100.0</b>	<b>72</b>	<b>100.0</b>	<b>146</b>	<b>100.0</b>

From table 11, 54.2% of husbands from Nairobi and 81.1% from Kisumu counties were moderately traditional while 52.6% from Mombasa County were highly traditional in their gender role performances. Among wives, 59.3% from Nairobi and 81.9% from Kisumu counties were moderately traditional while 57.2% from Mombasa County were highly traditional in their gender role performances. Among couples, 56.8% of couples from Nairobi and 81.5% from Kisumu counties were moderately traditional while 55.3% from Mombasa County were highly traditional. It must be acknowledged that 44.6% of husbands, 38.8% of wives and 41.7% of couples from Nairobi County displayed highly traditional gender role performances. Similarly,

47.4% of husbands, 42.1% of wives and 44.7% of couples from Mombasa County displayed moderately traditional gender role performances.

When two individuals come together in marriage each brings into the marriage relationship their own set of personal opinions, preferences, habits, and quirks (Lott, B 2010, Arnett, J., 2002). Each brings into the marriage relationship their own ideas and quirks about gender roles and gender performances based on their unique socialization. When gender role ideologies significantly vary and differ from spouse to spouse because of differences in family socialization processes, conflict sometimes is inevitable and could bear on the marriage stability. For example, Davis & Greenstein (2004) rightly illustrates this tension stating that when one spouse perceives the relationship to be inequitable or unbalanced, psychological tension results leading to conflict and possible marital instability. It may happen that among spouses, one may, for example, perceive inequity in the distribution of household tasks, giving more free time to the other partner (Ganguly-Scrase, 2003). This could result in conflict and gradual marital instability. For many, resentment can grow when they are forced to give up deeply ingrained ideas about themselves (Boerner, Jopp, Carr, Sosinsky & Kim, 2014). For example, a man may feel that he is unmanly even if he agrees to do "woman's work." Likewise, a woman may resent the fact that her husband is not taking care of her in a protective role and that she must take on tasks that are not hers (Adegoke, 2010). These differences in spousal perceptions and performances, brought about through family socialization processes are consistent with this study findings where couple's gender role perceptions were highly traditional while their gender role performances were moderately traditional.

The findings of this study is consistent with the study done by Jeong-Yoo and Hyunju (2002) who studied Korean couples and their rapidly changing gender role attitudes (perceptions) and behaviours (performances) attributed to modernization, urbanization, and industrialization. The findings suggested that there was a relationship between husbands' and wives' gender role perceptions and performances. When the couples were well educated and employed, their perception of their high income levels boosted their positive gender role performances. Couples' traditional attitude (perceptions) toward women's employment, men's provider role, and non-traditional family life was usually associated with wife's higher performance levels. On the other hand, in such traditional attitudinal context, men's perspective of their wife's employment as non-traditional was related to low marital performance levels. Similarly, husband's traditional attitudes toward sharing of housework had negative effects on the couple performances, although wife's traditional attitudes toward sharing housework had a positive effect on their marital performances. This is consistent with the outcome of the present study that though couples' gender role perceptions have been influenced by global influences yet, the actual behaviour or gender role performances were moderately traditional.

The findings of this study once again are consistent with the study done by Jiping and Shengming (2001) who using a longitudinal national sample of married individuals, examined the changes in gender ideologies of married men and women regarding family roles. The changes were gauged from men's and women's perspectives of "women's employment." Depending on whether they perceived it to be a "threat or benefit", a "gain or loss", the couples' responses could reveal their gender role perceptions and of performances accordingly. The study reiterated that when men perceived women's employment as a threat to their role as provider,

they often became resistant to the women's gender roles and gender equality. This resistance also indicated a fear of losing their masculine identities and their wives' domestic services. When men's perspective focused on "benefit", there was an ideological shift in men toward egalitarianism because men benefit materially from their wives' financial contributions to the family. Empirical findings suggest that both members in the couple were moving in the direction of egalitarianism. This is consistent with the finding of this study where couples were moderately traditional in their gender role performances, confirming Jiping and Shengming's (2001) findings.

#### **4.4.3 Levels of Marital Stability among Couples**

The third objective aimed at assessing the levels of marital stability among couples in selected counties of Kenya. Marital stability was conceptualized as comprising of three indicators: trust, commitment and problem solving. Trust was assessed using nine statements, commitment was assessed using seven statements and problem solving was assessed using nine statements. For each item the respondents were required to indicate the level of agreement with the statements using a score of 1 to 5 where 1=strongly agree, 2= agree, 3= undecided, 4= disagree and 5= strongly disagree. Scores of the three components combined indicated marital stability. An individual's score was obtained by adding together scores on all the items in the tool. A higher score indicated high marital stability (low instability) while a lower score indicated low marital stability (high instability).

The level of marital stability was then gauged by merging the three components of marital trust, commitment and problem solving. Since there were a total of twenty five (25) items the highest



possible score for each individual was one hundred and twenty five [125 (25X5)]. The lowest possible score on the other hand was twenty five [25 (25X1)]. To obtain couples scores on marital stability, an average was obtained between the scores of the husband and that of the wife. The scores were then categorized as follows: Scores less than or equal to sixty four (64) indicated low marital stability (high marital instability); scores between sixty five (65) and ninety (90) indicated moderate marital stability (moderate marital instability) and scores greater than or equal to ninety one (91) indicated high marital stability (low marital instability).

#### 4.4.3.1 Couples level of Marital Stability

Data was analysed on couples' levels of marital stability. The findings are presented in table 12.

**Table 12**Couples level of Marital Stability

<b>Frequencies on Couples Levels of Marital Stability</b>		
Level	Couple	
	Frequency	Percent
Low Marital Stability	10	1.2
Moderate Marital Stability	509	63.3
High Marital Stability	285	35.4
	<b>804</b>	<b>100.0</b>

Table 12 shows that 63.3% of couples were moderate in their levels of marital stability while 35.4% of couples showed high levels of marital stability.

The expected outcome was that couples would score low on marital stability. On the contrary, scores revealed that couples scored moderate in their levels of marital stability. A possible explanation could be that couples perceive their own marriages and performances in marriage as stable in comparison to other marriages that are facing separation, divorce and instability. It is

believed that social, behavioural, domestic, sexual, religious and financial factors influence marital stability (Maciver& Dimkpa, 2012;Dada, Adetutu, Bada& Sanni, 2016). Though, globally, education has improved the quality of the understanding of the need for marital stability, the impact of family socialization plays a vital role in decision-making especially in the less educated parts of the globe (Ayodele, 2001). For example, socialization and cultures contribute to the break up and impact couples. One of the factors responsible for these the break-up or separation or divorce is lack of children which couples encounter some years after inception of the union (Maciveret.al. 2012).

When couples discover that they are childless, they begin to perceive their marriage as incomplete and the need to remarry is often felt especially with pressure from members of the family of origin, friends and even the larger society (Ayodele, 2001). In spite of being educated, childless couples often face stigma and ridicule of family socialization processes that often perceive them as incomplete and shame them. The shame becomes visible as couples' performances are questioned. Marital conflict becomes the norm ultimately resulting in suspicion, unhappiness and even separation and divorce (Dada, Adetutu, Bada& Sanni, 2016). It is possible then, that the constant friction arising from husbands' and wives' differences in perception and performances, coupled with impact from their various socialization processes could lead them to the decision to separate or divorce or lead them to ignore such shame and so present a high level of marital stability.

#### 4.4.3.2 Couples Levels of Marital Stability by County

Data was then analysed to find out the levels of marital stability by county. The findings are shown in table 13

**Table 13** Couples Levels of Marital Stability by County

<b>County</b>	<b>Level of Marital Stability</b>	<b>Frequency</b>	<b>Percent</b>
Nairobi	Low Marital Stability	7	1.3
	Moderate marital stability	323	59.4
	High Marital Stability	214	39.3
	<b>Total</b>	<b>544</b>	<b>100.0</b>
Mombasa	Low Marital Stability	1	0.9
	Moderate marital stability	78	68.4
	High Marital Stability	35	30.7
	<b>Total</b>	<b>114</b>	<b>100.0</b>
Kisumu	Low Marital Stability	2	1.4
	Moderate marital stability	108	74.0
	High Marital Stability	36	24.7
	<b>Total</b>	<b>146</b>	<b>100.0</b>

Table 13 shows that 59.4% of couples from Nairobi County, 68.4% of couples from Mombasa and 74.0% of couples from Kisumu County indicated moderate levels of marital stability.

Findings of this study showed that couples from Nairobi, Mombasa and Kisumu indicated moderate levels of marital stability. Marriage and marital stability spells out the interaction between husband and wife and unfolds their positive and/or negative marital experiences. The interaction between husband and wife often reflect their positive or negative gender role perceptions and the resultant demands for appropriate gender role performances. The expected outcome was that couples would score low on marital stability. On the contrary, findings revealed that couples scored high on marital stability. The findings of this study are consistent with studies on marital stability. For example, Boerner, Jopp, Carr, Sosinsky and Kim (2014),

studied gender differences in older adults' appraisals of positive and negative aspects of their marriages and examined how these appraisals relate to global marital satisfaction. Men and women who had positive appraisals of their marital experiences showed high levels of marital stability. Similarly, men and women who displayed negative appraisals displayed low levels of marital stability. Such findings were again consistent with Hawkins, Carrère, Sybiland Gottman's (2002) findings that married individuals who report low marital happiness are nearly 5 times more likely to divorce than those who report greater marital happiness. Fan et al. (2004) studied how the perceived changes in marital satisfaction affect marital stability using a unique data set obtained in Hong Kong. Findings showed that a change in marital satisfaction due to extramarital affairs increases the probability of divorce, but it is not the only determinant of marital instability. These results affirm and align well with the outcomes of this present study.

#### 4.4.3.3 Level of Marital Stability by gender and by county

Further analysis by gender and by county generated findings which are presented in table 14

**Table 14** Level of Marital Stability by gender by county

County	Levels of Marital Stability	Husbands		Wives		couples	
		Frequency	Percent	Frequency	Percent	Frequency	Percent
Nairobi	Low Marital Stability	2	0.7	5	1.8	7	1.3
	Moderate marital stability	160	59.0	163	59.7	323	59.4
	High Marital Stability	109	40.2	105	38.5	214	39.3
	<b>Total</b>	<b>271</b>	<b>100.0</b>	<b>273</b>	<b>100.0</b>	<b>544</b>	<b>100.0</b>
Mombasa	Low Marital Stability	1	1.8			1	0.9
	Moderate marital stability	38	66.7	40	70.2	78	68.4
	High Marital Stability	18	31.6	17	29.8	35	30.7
	<b>Total</b>	<b>57</b>	<b>100.0</b>	<b>57</b>	<b>100.0</b>	<b>114</b>	<b>100.0</b>
Kisumu	Low Marital Stability	57	77.0	2	2.8	2	1.4
	Moderate marital stability	17	23.0	51	70.8	108	74.0
	High Marital Stability			19	26.4	36	24.7
	<b>Total</b>	<b>74</b>	<b>100.0</b>	<b>72</b>	<b>100.0</b>	<b>146</b>	<b>100.0</b>

Table 14 shows that 59.4% of couples from Nairobi County, 68.4% of couples from Mombasa and 74.0% of couples from Kisumu County indicated moderate levels of marital stability. Noteworthy of acknowledging is that 40.2% of husbands, 38.5% of wives and 39.3% of couples from Nairobi County displayed high levels of marital stability. Similarly, 31.6% of husbands from Mombasa County displayed high levels of marital stability.

The expected outcome was that couples would score low on marital stability. On the contrary, scores revealed that couples scored high on marital stability. A possible explanation could be that couples perceive their own marriages and performances in marriage as stable in comparison to other marriages that are facing separation, divorce and instability. When data was put together from the three counties, husbands, wives and couples demonstrated moderate levels of marital stability. A possible explanation is through the concept of “sentiment override”. Navarra and Gottman (2018) define sentiment override as the tendency husbands and wives use to assess the other’s behaviour as either positive or negative on the basis of more globally held perceptions about the partner rather than the objective nature of the partner's immediate behaviour. Sentiment override then tends to become a kind of perceptual filter husbands and wives use to view and assess the behaviour of each other. Sentiment override could be indicative that husbands and wives are conscious of the complex nature of social life lived around them, and therefore show that they are a match to the situation. Lian, and Geok (2012), illustrate the fact that irrespective of the outcomes of husbands and wives’ gender role perceptions and gender role performances, what matters to couples is to present a sound level of marital stability. The urge to present a sound level of marital stability could be the reason why husbands and wives override their own perceptions and performances about marital trust, in order to present their marriage as highly stable.

#### 4.4.4 Level of Marital Stability based on the components of Marital Stability

This section deals with marital trust, commitment and problem solving as the three components of marital stability

##### 4.4.4.1 Trust as a Component of Marital Stability

Data was analysed on the component of trust and findings are presented in table 15

**Table 15** Level of Trust as a component of marital stability Trust

Levels of Trust as a component of Marital Stability		
Level	Couple	
	Frequency	Percent
Low Trust	18	2.2
Moderate Trust	227	28.2
High Trust	559	69.5
	<b>804</b>	<b>100.0</b>

As seen in table 15, 69.5% of couples showed high level of marital trust. When data on marital trust, as a component of marital stability, was put together from the three counties, couples demonstrated high levels of marital trust as a component of marital stability. When data on trust, as a component of marital stability, was analysed the outcomes showed that couples from Nairobi and Mombasa Counties had high levels of marital trust as a component of marital stability while couples from Kisumu showed moderate levels of marital trust as a component of marital stability.

##### 4.4.4.2 Level of Trust as a component of marital stability by County

Data was further analysed to determine the level of trust as a component of marital stability by County. The results are presented in table 16

**Table 16**Level of Trust as a component of marital stability by County

<b>County</b>	<b>Levels of Trust</b>	<b>Frequency</b>	<b>Percent</b>
Nairobi	Low level of trust	15	2.8
	Moderate level of trust	127	23.3
	High level of trust	402	73.9
	<b>Total</b>	<b>544</b>	<b>100.0</b>
Mombasa	Low level of trust	1	0.9
	Moderate level of trust	27	23.7
	High level of trust	86	75.4
	<b>Total</b>	<b>114</b>	<b>100.0</b>
Kisumu	Low level of trust	2	1.4
	Moderate level of trust	73	50.0
	High level of trust	71	48.6
	<b>Total</b>	<b>146</b>	<b>100.0</b>

As shown in table 16, most of the couples from Nairobi (73.9%) and Mombasa (75.4%) counties displayed high levels of marital trust, while 50.0% of couples from Kisumu County showed moderate levels of trust. It is noteworthy to observe that 48.6% of couples from Kisumu County had high levels of marital trust.

The expected outcome was that marital trust would tend to be minimal or moderate because of influences from globalization. On the contrary, couples exhibited high levels of marital trust. Marital trust between two interdependent persons can be visualized as the confidence in and reliance on each other's good qualities, especially fairness, truth, honour, or ability. Heller (2000) contends that marital trust believes that the person who is trusted will do what is expected of them. According to Berscheid and Regan (2016), trust is a core component of healthy relationships, and represents the ability of one to feel a sense of comfort with taking a risk to become close in an intimate relationship. Studies show that marital trust has been recognized as an important factor in interpersonal relationships (Cottrell, Neuberg, & Li, 2007), in couples.

Marital trust plays a vital role in maintaining the psychological well-being of husbands and wives (Kim & McKenry, 2002; Williams, 2003).

#### 4.4.4.3 Level of Trust as a component of marital stability by Gender and by County

Further analysis by gender and by County was carried out on data based on trust as a component of marital stability. Findings are presented in table 17

**Table 17** Level of Trust as a component of marital stability by Gender and by County

County	Levels of Marital Trust	Husbands		Wives		couples	
		Frequency	Percent	Frequency	Percent	Frequency	Percent
Nairobi	Low level of trust	5	1.8	10	3.7	15	2.8
	Moderate level of trust	73	26.9	54	19.8	127	23.3
	High level of trust	193	71.2	209	76.6	402	73.9
	<b>Total</b>	<b>271</b>	<b>100.0</b>	<b>273</b>	<b>100.0</b>	<b>544</b>	<b>100.0</b>
Mombasa	Low level of trust	1	1.8			1	0.9
	Moderate level of trust	16	28.1	11	19.3	27	23.7
	High level of trust	40	70.2	46	80.7	86	75.4
	<b>Total</b>	<b>57</b>	<b>100.0</b>	<b>57</b>	<b>100.0</b>	<b>114</b>	<b>100.0</b>
Kisumu	Low level of trust	1	1.4	1	1.4	2	1.4
	Moderate level of trust	43	58.1	30	41.7	73	50.0
	High level of trust	30	40.5	41	56.9	71	48.6
	<b>Total</b>	<b>74</b>	<b>100.0</b>	<b>72</b>	<b>100.0</b>	<b>146</b>	<b>100.0</b>

As shown in table 17, 73.9% of couples from Nairobi and 75.4% of couples from Mombasa counties showed high levels of marital trust while 50.0% of couples from Kisumu County had moderate levels of trust and 48.6% had high levels of marital trust. Some 71.2% of husbands and 76.6% of wives from Nairobi and 70.2% of husbands and 80.7% of wives from Mombasa counties showed high levels of marital trust as a component of marital stability. Also, 58.1% of husbands from Kisumu County showed moderate levels of marital trust as a component of marital stability. At the same time, 40.5% of husbands from Kisumu County showed moderate levels of marital trust as a component of marital stability. On the other hand, 56.9% of wives



from Kisumu County showed high levels of marital trust, while 41.7% of wives from Kisumu County showed moderate levels of marital trust as a component of marital stability.

When data on trust, as a component of marital stability was analysed, the outcomes showed that couples from Nairobi and from Mombasa Counties showed high levels of marital trust while couples from Kisumu County showed moderate levels of marital trust as a component of marital stability. Similarly, husbands and wives from Nairobi and Mombasa counties showed high levels of marital trust as a component of marital stability, while husbands from Kisumu County showed moderate levels of marital trust as a component of marital stability. It is also observed that a sizeable percentage of husbands from Kisumu County showed moderate levels of marital trust as a component of marital stability. On the other hand, wives from Kisumu County showed both high and moderate levels of marital trust as a component of marital stability.

As couples, husbands and wives from Nairobi and Mombasa counties showed high levels of marital trust while those from Kisumu were moderate in their marital trust as a component of marital stability. Yet as couples from the three counties the outcome was that husbands, wives and couples indicated high levels of marital trust as a component of marital stability. This outcome reflects trends from previous research by German (2008) who found that trust and marital satisfaction are significantly higher among women than men though Judeh (2011) contends that there are no significant gender differences in interpersonal trust. Ross (2009) found that successful relationships are those in which partners know that they can accept each other's words, believe in each other, and depend on each other to keep promises and to be faithful to commitments that are made. William and Mark (2008) investigated the predictors of marital

adjustment on the first two years of marital relation. They found that interpersonal trust, desired spousal behaviour change, and emotional maturity are highly associated with marital satisfaction.

#### **4.4.5 Levels of commitment as a component of marital stability**

This section presents data on marital commitment as a component of marital stability.

##### **4.4.5.1 Couples' Commitment as a component of marital stability**

Data on marital commitment as a component of marital stability was analysed and the findings are presented in table 18

**Table 18 Commitment as a component of marital stability**

<b>Levels of Commitment as a component of Marital Stability</b>		
<b>Level</b>	<b>Couple</b>	
	<b>Frequency</b>	<b>Percent</b>
Low commitment	20	2.5
Moderate commitment	108	13.4
High commitment	676	84.1
	<b>804</b>	<b>100.0</b>

From table 18 it is observed that 84.1% of couples scored high levels of marital commitment.

##### **4.4.5.2 Levels of commitment as a component of marital stability by County**

Further analysis of data on commitment as a component of marital stability by county was done and the findings are presented in table 19

**Table 19 Levels of commitment as a component of marital stability by County**

<b>County</b>	<b>Levels of Commitment</b>	<b>Frequency</b>	<b>Percent</b>
Nairobi	Low level of commitment	12	2.2
	Moderate level of commitment	83	15.3
	High level of commitment	449	82.5
	<b>Total</b>	<b>544</b>	<b>100.0</b>
Mombasa	Low level of commitment	3	2.6
	Moderate level of commitment	22	19.3
	High level of commitment	89	78.1
	<b>Total</b>	<b>114</b>	<b>100.0</b>
Kisumu	Low level of commitment	5	3.4
	Moderate level of commitment	3	2.1
	High level of commitment	138	94.5
	<b>Total</b>	<b>146</b>	<b>100.0</b>

As shown in table 19, most of the couple's, that is 82.5%, from Nairobi, 78.1% from Mombasa County and 94.5% from Kisumu County showed high levels of marital commitment as a component of marital stability.

#### **4.4.5.3 Levels of commitment as a component of marital stability by gender and by County**

Further analysis of data on marital commitment by gender and by County was done and the findings are presented in table 20

**Table 20 Levels of commitment as a component of marital stability by gender and by County**

County	Levels of Marital Commitment	Husbands		Wives		couples	
		Frequency	Percent	Frequency	Percent	Frequency	Percent
Nairobi	Low level of commitment	3	1.1	9	3.3	12	2.2
	Moderate level of commitment	35	12.9	48	17.6	83	15.3
	High level of commitment	233	86.0	216	79.1	449	82.5
	<b>Total</b>	<b>271</b>	<b>100.0</b>	<b>273</b>	<b>100.0</b>	<b>544</b>	<b>100.0</b>
Mombasa	Low level of commitment	3	5.3	13		3	2.6
	Moderate level of commitment	9	15.8	44	22.8	22	19.3
	High level of commitment	45	78.9		77.2	89	78.1
	<b>Total</b>	<b>57</b>	<b>100.0</b>	<b>57</b>	<b>100.0</b>	<b>114</b>	<b>100.0</b>
Kisumu	Low level of commitment	3	4.1	2		5	3.4
	Moderate level of commitment	1	1.4	2	2.8	3	2.1
	High level of commitment	70	94.6	68	94.4	138	94.5
	<b>Total</b>	<b>74</b>	<b>100.0</b>	<b>72</b>	<b>100.</b>	<b>146</b>	<b>100.0</b>

As shown in table 20, majority of couple's, that is 82.5% from Nairobi County, 78.1% from Mombasa County and 94.5% from Kisumu County showed high levels of marital commitment as a component of marital stability. When data was analysed according to gender, 86.0% of husbands from Nairobi, 78.9% from Mombasa and 94.6% from Kisumu County displayed high levels of marital commitment as a component of marital stability. Majority of the wives that is 79.1% from Nairobi, 77.2% from Mombasa and 94.4% from Kisumu counties displayed high levels of marital commitment as a component of marital stability.

From the point of view of the levels of marital commitment as a component of marital stability, couples exhibited high levels of marital commitment. Marital commitment is the couples' ability or willingness to sacrifice personal needs and wants by prioritizing the marriage as a way of promoting positive relationship and behaviour that lead to higher levels of security and stability as a couple (Allen& Olson, 2001). Literature on marital commitment have suggested the

existence of three primary dimensions of marital commitment: an attraction component based on devotion, satisfaction, and love, a moral normative component based on a sense of personal responsibility for maintaining the marriage relying on the belief that marriage is an important social and religious institution, and a constraining component based on fear of the social, financial, and emotional costs of relationship termination (APA, 2012). It is possible that couples perceive marital commitment as a delicate aspect of life and hence give their total commitment to it. This could be the reason why couples scored high in marital commitment as an indicator to marital stability.

Family socialization processes often instils the fact that the male child is the one who furthers the lineage and hence couples that are childless (barren) or have borne only female children, face a lot of shame and ridicule from the families of origin. It is possible that a gradual distrust and distancing could grow among the partners within the couple that could lead to lack of commitment (Kirwen, 2010). When couples are influenced by families of origin, peers and friends they could gradually develop the tendency to conform to the environment. Conforming to urgency of the family socialization process and the need to keep the lineage alive and growing could lead to distrust and lack of commitment. It is possible then that couples', in order to hide their guilt and shame could exhibit high levels of marital commitment.

When husbands and wives scores were further analysed separately, wives scored higher on commitment than husbands. This could be due to traditional and cultural socialization processes where, as mentioned earlier, the boy child has the place of pride while the girl child is meant to be given away in marriage. It is possible that the boy child grows up taking for granted many

roles and responsibilities that could show itself as husbands. Traditionally the male child was considered to become the head of the family. This could lead husbands' to take for granted their role as heads and therefore assume that they are committed to the marriage. Wives on the other hand, may have been socialized to nurture the marriage and so could take on the roles that belong to the husband portraying higher scores on commitment.

#### **4.4.6 Levels of Problem Solving as a Component of Marital Stability**

This section presents analysed data on the levels of problem solving among couples.

##### **4.4.6.1 Levels of Problem Solving among Couples as a Component of Marital Stability**

Data was analysed on levels of problem solving among couples and the findings are presented in table 21

**Table 21 Levels of Problem Solving among Couples as a Component of Marital Stability**

<b>Levels of Problem Solving as a component of Marital Stability</b>		
<b>Level</b>	<b>Couple</b>	
	<b>Frequency</b>	<b>Percent</b>
Low Problem Solving	223	27.7
Moderate Problem Solving	538	66.9
High Problem Solving	43	5.3
	<b>804</b>	<b>100.0</b>

From table 21 most of the couples, that is 66.2% reported moderate levels of marital problem solving as a component of marital stability and 27.7% reported low levels of problem solving as a component of marital stability.

#### 4.4.6.2 Levels of Problem Solving among Couples as a Component of Marital Stability by County

Further analysis of data on problem solving as a component of marital stability by county was done and the findings are presented in table 22

**Table 22 Levels of Problem Solving among Couples as a Component of Marital Stability by County**

<b>County</b>	<b>Levels of Problem Solving</b>	<b>Frequency</b>	<b>Percent</b>
Nairobi	Low level of problem solving	165	30.3
	Moderate level of problem solving	343	63.1
	High level of problem solving	36	6.6
	<b>Total</b>	<b>544</b>	<b>100.0</b>
Mombasa	Low level of problem solving	33	28.9
	Moderate level of problem solving	78	68.4
	High level of problem solving	3	2.6
	<b>Total</b>	<b>114</b>	<b>100.0</b>
Kisumu	Low level of problem solving	25	17.1
	Moderate level of problem solving	117	80.1
	High level of problem solving	4	2.7
	<b>Total</b>	<b>146</b>	<b>100.0</b>

From table 22, 63.1%, from Nairobi, 68.4% from Mombasa and 80.1% from Kisumu counties showed moderate levels of problem solving as a component of marital stability.

#### 4.4.6.3 Levels of Problem Solving among Couples as a Component of Marital Stability by Gender by County

Further analysis of data on problem solving as a component of marital stability was done by gender and by County. Findings are presented in table 23

**Table 23 Levels of Problem Solving among Couples as a Component of Marital Stability by gender by County**

County	level of problem solving	Husbands		Wives		couples	
		Frequency	Percent	Frequency	Percent	Frequency	Percent
Nairobi	Low level of problem solving	75	27.7	90	33.0	165	30.3
	Moderate level of problem solving	172	63.5	171	62.6	343	63.1
	High level of problem solving	24	8.9	12	4.4	36	6.6
	<b>Total</b>	<b>271</b>	<b>100.0</b>	<b>273</b>	<b>100.0</b>	<b>544</b>	<b>100.0</b>
Mombasa	Low level of problem solving	15	26.3	18	31.6	33	28.9
	Moderate level of problem solving	41	71.9	37	64.9	78	68.4
	High level of problem solving	1	1.8	2	3.5	3	2.6
	<b>Total</b>	<b>57</b>	<b>100.0</b>	<b>57</b>	<b>100.0</b>	<b>114</b>	<b>100.0</b>
Kisumu	Low level of problem solving	11	14.9	14	19.4	25	17.1
	Moderate level of problem solving	59	79.7	58	80.6	117	80.1
	High level of problem solving	4	5.4			4	2.7
	<b>Total</b>	<b>74</b>	<b>100.0</b>	<b>72</b>	<b>100.0</b>	<b>146</b>	<b>100.0</b>

From table 23, it is observed that both husbands and wives showed moderate levels of marital problem solving as a component of marital stability. Some 63.5% of husbands and 62.6% of wives from Nairobi, 71.9% of husbands and 64.9% of wives from Mombasa and 79.7% of husbands and 80.6% of wives from Kisumu counties showed moderate levels of marital problem solving as a component of marital stability. Couples in general from the three counties also showed moderate levels of problem solving as a component of marital stability. Data showed that 63.1% of couples from Nairobi, 68.4% from Mombasa and 80.1% of couples from the Kisumu counties showed moderate levels of marital problem solving as a component of marital stability.

The ability to problem solve is vital to marital stability. The current findings suggest that couples fall under moderate levels of marital problem solving. Couples scored higher levels on marital



trust and commitment while scores for marital problem solving were at moderate levels. Marital problem solving is the most challenging aspect of marriage and could become the breaking point for couples and their marriage. Any couple relationship must inevitably have disagreements and conflict. Couples benefit when disagreements and conflict are solved with openness and respect thereby deepening and makes the relationship grow. The degree to which couples allow for openness (marital trust) and authenticity (marital commitment), will be the degree to which they are able to problem solve making their relationship complete and satisfying (Scott et al., 2006; Lauer et al., 2010). Couples have been traditionally socialized to hide their thoughts and feelings and to meet their roles and responsibilities. Often times, couples are encouraged to persevere in conflict for the sake of the marriage. This suggests that the couple give up their own perceptions and performances and ignore problem solving, in order to hold on to and persevere in the marriage. This could probably be another reason why couples scored moderately in problem solving.

Men and women have been socialized to perform certain specific gender roles which act as criteria towards marital stability. Men were taught to be head of the family while women were taught to be nurturers and managers of the family. Such criteria, pertaining to gender roles, have been entrenched in the person's psyche for generations (Martin, 2004). These socialization processes could be the motivation force towards problem solving where husbands "impose" and/or wives "persevere." The inability to problem solve occurs when interdependent persons, like a couple, experience the fact that one of them needs to change their ways of perceiving and performing in order to move on and they refuse to do the needful. It is once again possible that

such outcomes could result in separation and divorce. This could also be the possible reason for husbands and wives to score moderate levels of problem solving.

#### 4.4.7 Relationship between Gender Role Perceptions and marital stability

The fourth objective sought to establish the relationship between gender role perceptions and marital stability among couples in selected counties of Kenya. Spearman’s correlation coefficient was used to establish the relationship between gender role perceptions and marital stability as well as the components of marital stability which were trust, commitment and problem solving.

##### 4.4.7.1 Relationship between gender role perceptions and marital stability

Data was analysed for the relationship between gender role perceptions and marital stability. The findings are presented in table 24

**Table 24 Relationship between Gender Role Perceptions and Marital Stability.**

		Marital stability	
Spearman's rho	Gender Role perception	Correlation Coefficient	.393**
		Sig. (2-tailed)	.000
		N	804

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

As shown in table 24, there was a significant positive weak correlation between gender role perception and marital stability,  $r_s(804) = .393, p < .05$ . This indicates that the higher the

traditional gender role perceptions of the couple were the higher the marital stability and the lower the traditional gender role perceptions of the couple were the lower the marital stability.

It was expected that impacts from global influences would be high on couple's perceptions of marital trust, marital commitment and marital problem solving which in turn would result in low marital stability. On the contrary, data outcomes on marital trust established a significant low positive correlation between gender role perceptions and marital trust as a component of marital stability. There was also a significant low positive relationship between gender role perceptions and marital commitment as a component of marital stability; and a significant low positive correlation between gender role perceptions and problem solving as a component of marital stability. This resulted in a significant low positive correlation between gender role perceptions and marital stability. This meant that the more traditional the gender role perceptions were, the higher the levels of marital stability. The less traditional the gender role perceptions were, the lower the level of marital stability.

Studies that have compared and contrasted the relationship between couples, especially those who entered into a relationship with the "traditionally masculine men and traditionally feminine women" idea, revealed that despite an apparently strong initial attraction to each other, men and women with traditional gender roles have relationships that are far from optimal. However, one's society prescribes and encourages the adoption of traditional gender role orientations because they promoted the effective socialization and social integration of its members (Fan & Marini, 2000). Besides, But these same traditional gender roles that facilitate men's and women's

attraction to each other may in the context of the global world lead to dissatisfaction in their relationships (Kaler, 2001; Yodanis, 2005).

Kirwen (2010) states that family socialization gave a person a unique identity, a sense of belonging, a sense of security and a bond through blood ties. On the contrary, global impacts, may be powerful but lack the power of identity, sense of belonging and blood ties. It is possible that gender role perceptions of husbands and wives could be impacted more through family socialization than global influences and result in high levels of marital trust and marital commitment. This could be the reason why the current study resulted in the correlation of the higher the traditional gender role perception were the higher the marital stability.

#### **4.4.7.2 Testing Hypotheses 1**

To establish the relationship between gender role perceptions and marital stability among couples in selected counties of Kenya, the following null hypothesis was tested:

H01: There is no significant relationship between gender role perceptions and marital stability among couples in selected counties of Kenya.

To test this hypothesis, Spearman's rank-order correlation analysis was conducted. The findings are presented on table 25.

**Table 25 Relationship between gender role perceptions and marital stability among Couples**

County			Marital Stability	
Nairobi	Spearman's rho	Gender Role Perception	Correlation Coefficient	.412**
			Sig. (2-tailed)	.000
			N	544
Mombasa	Spearman's rho	Gender Role Perception	Correlation Coefficient	.374**
			Sig. (2-tailed)	.000
			N	114
Kisumu	Spearman's rho	Gender Role Perception	Correlation Coefficient	.299**
			Sig. (2-tailed)	.000
			N	146

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

As shown in table 25, Spearman's rank-order correlation was run to assess the relationship between gender role perception and marital stability among couples. There was a moderately significant positive correlation between gender role perception and marital stability among couples in Nairobi County,  $r_s(544) = .412, p < .05$ . There was a significant correlation between gender role perception and marital stability among couples in Mombasa County,  $r_s(114) = .374, p < .05$  and of couples from Kisumu County,  $r_s(146) = .299, p < .05$ .

#### 4.4.7.3 Relationship between Gender Role Perceptions and Marital Stability by County

Data was analysed on the relationship between gender role perceptions and marital stability by county .The findings are as shown in table 26

**Table 26 Relationship between Gender Role Perceptions and Marital Stability by County**

County	Marital Stability
--------	-------------------

Nairobi	Spearman's rho	Gender Role Perception	Correlation Coefficient	.412**
			Sig. (2-tailed)	.000
			N	544
Mombasa	Spearman's rho	Gender Role Perception	Correlation Coefficient	.374**
			Sig. (2-tailed)	.000
			N	114
Kisumu	Spearman's rho	Gender Role Perception	Correlation Coefficient	.299**
			Sig. (2-tailed)	.000
			N	146

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

As shown in table 26, Spearman's rank-order correlation was run to assess the relationship between gender role perception and marital stability among couples. There was a moderately significant positive correlation between gender role perception and marital stability among couples in Nairobi County,  $r_s(544) = .412, p < .05$ . There was a significant correlation between gender role perception and marital stability among couples in Mombasa County,  $r_s(114) = .374, p < .05$  and of couples from Kisumu County,  $r_s(146) = .299, p < .05$ .

#### **4.4.7.4 Relationship between Gender Role Perceptions and Marital Trust as a component of marital stability**

Further analysis was done on the relationship between gender role perceptions and marital trust as a components of marital stability.

#### **Table 27 Relationship between Gender Role Perceptions and Marital Trust as a component of marital stability**

			Trust
Spearman's rho	Perception	Correlation Coefficient	.236**
		Sig. (2-tailed)	.000
		N	804

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

As shown in table 27, Spearman's rank-order correlation was run to assess the relationship between gender role perception and trust as a component of marital stability among couples. There was a significant low positive relationship between gender role perceptions and trust as a component of marital stability,  $r_s(804) = .236, p < .05$ . This means that the more traditional the gender role perceptions were, the higher the trust as a component of marital stability. The less traditional the gender role perceptions were the lower the trust as a component of marital stability.

#### 4.4.7.5 Relationship between Gender Role Perceptions and Marital Trust as a component of Marital Stability by county

Data was further analysed to establish the relationship between gender role perceptions and trust as a component of marital stability. Outcomes are presented in table 28:

**Table 28** Relationship between Gender Role Perceptions and Trust as a component of Marital Stability by county

County				Trust
Nairobi	Spearman's rho	Gender Role Perception	Correlation Coefficient	.314**
			Sig. (2-tailed)	.000
			N	544
Mombasa	Spearman's rho	Gender Role Perception	Correlation Coefficient	.336**
			Sig. (2-tailed)	.001
			N	114
Kisumu	Spearman's rho	Gender Role Perception	Correlation Coefficient	-.116

	Sig. (2-tailed)	.111
	N	146

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

As shown in table 28, a Spearman's rank-order correlation was run to assess the relationship between gender role perception and trust among couples. There was a significant positive correlation between gender role perception and trust among couples in Nairobi County,  $r_s(544) = .314, p < .05$  and among couples in Mombasa County,  $r_s(114) = .336, p < .05$ . There was no correlation between gender role perception and trust among couples in Kisumu County,  $r_s(146) = -.116, p > .05$ .

Gender differentiation is a fundamental phenomenon that affects virtually every aspect of people's daily lives. It specifies how gender perceptions or conceptions are constructed from the complex mix of personal and social experiences and how these operate in concert with motivational and self-regulatory mechanisms to guide gender-linked conduct throughout life course (Berscheid & Regan, 2016, Bertrand, 2006 & Boerner, Jopp, Carr, Sosinsky & Kim, 2014). Gender perspectives, gender conceptions and gender roles are the product of a broad network of social influences operating interdependently in a variety of societal subsystems. People contribute to their self-development and bring about social changes that define and structure gender relationships. The expectation was that impacts from global influences would be high on couple's perceptions resulting in an equally appropriate impact on marital trust as a component of marital stability. As mentioned above, family socialization gives the member an identity, a sense of belonging, the feeling of security, and a bond of blood ties. Loyalty to family traditions is so deeply ingrained in the member that it is possible that husbands and wives could exhibit loyalty to family socialization as marital trust in the partner. When men and women enter



into marriage with their subjective perceptions about gender roles, values and attitudes, it is once again possible that faithfulness to one's own family traditions, values and attitudes may come first in opposition to the partner's perceptions on gender roles, values and attitudes. Making an effort to strike a balance between family and global socializations within the marriage could be the reason for the outcome of this study indicating a moderate positive relationship between gender role perceptions and marital trust as a component of marital stability.

**4.4.7.6 Relationship between Gender Role Perceptions and Commitment as a component of marital stability**

Data was converted into composite scores and Spearman's rank-order correlation was run to assess the relationship between gender role perception and commitment among couples from the three counties. Table 29 shows the outcomes of the relationship

**Table 29 Relationship between Gender Role Perceptions and Commitment as a component of marital stability**

	Commitment
Spearman's rho Perception Correlation Coefficient	.286**
Sig. (2-tailed)	.000
N	804

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

As shown in table 29, a Spearman's rank-order correlation was run to assess the relationship between gender role perception and commitment as a component of marital stability among couples. There was a weak significant relationship between gender role perception and commitment as a component of marital stability,  $r_s(804) = .286, p < 0.05$ . This means that the

more traditional the gender role perceptions were, the higher the commitment as a component of marital stability. The less traditional the gender role perceptions were the lower the commitment as a component of marital stability.

#### 4.4.7.7 Relationship between Gender Role Perceptions and Commitment as a component of marital stability by county

Data was further analysed to establish the relationship between gender role perceptions and commitment as a component of marital stability. Outcomes are presented in table 30.

**Table 30 Relationship between Gender Role Perceptions and Commitment as a Component of Marital Stability by County**

County				Commitment
Nairobi	Spearman's rho	Gender Role Perception	Correlation Coefficient	.248**
			Sig. (2-tailed)	.000
			N	544
Mombasa	Spearman's rho	Gender Role Perception	Correlation Coefficient	.438**
			Sig. (2-tailed)	.000
			N	114
Kisumu	Spearman's rho	Gender Role Perception	Correlation Coefficient	.313**
			Sig. (2-tailed)	.000
			N	146

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

As shown in table 30, Spearman's rank-order correlation was run to assess the relationship between gender role perception and commitment among couples. There was a (weak statistically) significant positive correlation between gender role perception and commitment

among couples in Nairobi County,  $r_s(544) = .248, p < .05$ , and among couples in Kisumu County,  $r_s(146) = .313, p < .05$ ; while there was a moderately significant positive correlation between gender role perception and commitment among couples in Mombasa County,  $r_s(114) = .438, p < .05$ .

Marital commitment was described as husbands and wives' willingness to sacrifice personal needs and wants in view of prioritizing marriage needs and wants, even when one is absent. It is the ability of husbands and wives to recognize the rewards and values of their marriage while ignoring or devaluating the possible alternatives. The expectation was that global influences would be high on couple's gender role perceptions and hence result in appropriate impact on marital commitment as a component of marital stability. Doku, Opong and Asante (2011) contend that globalization creates a sense of a more stable world and better lives for people thereby creating an atmosphere for better commitment to marriage. Through Facebook, whatsapp, social media, and social networking, globalization has made connectivity and relationships easier. The impact from globalization not only carries with it the perception of a better world and living but also carries with it positive and negative benefits of belonging to a larger global family. For example, access to a variety of empowerment programmes, access to a broad spectrum of relationships and even the ability to engage in multiple relationships that could be sexual in nature (Doku, Opong, & Asante, 2011).

By broadening the couple's perspective of the world and life, globalization has become a challenge to traditional perceptions through new globalized values, attitudes, skills and competencies which are resulting in a departure from traditional perceptions. Men are accepting

to engage in “women only” roles such as nurturing children or washing the dishes; while women are engaging in “men only” roles such as engaging in jobs and professional careers outside the home.

Globalized perceptions were believed to strengthen couple’s marital commitment, enrich their perceptions of each other and bring them towards new ways of perceiving and performing gender roles. Data revealed that among couples in general, there was a weak significant relationship between gender role perception and marital commitment as a component of marital stability. Findings showed that there was a weak statistically significant positive correlation between gender role perception and marital commitment among couples in Nairobi and from Kisumu counties, and a moderately significant positive correlation between gender role perception and marital commitment among couples from Mombasa County.

These findings pointed the fact that the more traditional the gender role perceptions were, the higher the marital commitment as a component of marital stability. The less traditional the gender role perceptions were the lower the marital commitment as a component of marital stability. It is possible then, that couples in order to embrace the new world of global values, attitudes, and competencies also discover that marital relationships have been compromised when couples engage in cheating, infidelity, and even multiple relationships. This indicates that the more traditional the gender role perceptions the higher the marital commitment as a component of marital stability and the less traditional the gender role perceptions were the lower the marital commitment as a component of marital stability.

Globalization is posing a challenge to traditional, social and cultural processes by presenting speed connectivity, accessibility, and quick solutions to daily issues of life. Besides, connectivity to the whole world is possible on a simple smart phone. Men and women are becoming more and more faithful and committed to their smart phones than to their spouses. There are more and more romantic moments and conversations with their smart phones than with their spouses. Learning becomes easier and a personal choice giving men and women the ability to be multi or cross cultural (Kirwen, 2010; Doku & Asante, 2011).

Husbands and wives work hard to keep their marital relationship alive by pursuing a delicate balance between family socialization and global socialization. In striking the balance between the family and global socialization processes, couples could subtly enter into a power and control competition mode which could in turn lead to lack of marital commitment and impact on marital stability. This could be a possible explanation why the relationship between gender role perceptions and marital commitment as a component of marital stability was a weak negative non-significant relationship.

#### **4.4.7.8 Relationship between Gender Role Perceptions and Problem Solving as a Component of Marital Stability**

Data was converted into composite scores and Spearman's rank-order correlation was run to assess the relationship between gender role perception and marital stability among couples from the three counties. Table 31 shows the outcomes of the relationship.

**Table 31 Relationship between Gender Role Perceptions and Commitment as a Component of Marital Stability by County**

			Problem solving
Spearman's rho	Perception	Correlation Coefficient	.244**
		Sig. (2-tailed)	.000
		N	804

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

As shown in table 31, there was a weak statistically significant positive correlation between gender role perception and problem solving as a component of marital stability,  $r_s(804) = .244$ ,  $p < 0.05$ . This means that the more traditional the gender role perceptions were, the higher the problem solving as a component of marital stability; and the less traditional the gender role perceptions were, the lower the problem solving component of marital stability.

**4.4.7.9 Relationship between Gender Role Perceptions and problem solving as a component of marital stability by County**

Data was further analysed to establish the relationship between gender role perceptions and problem solving as a component of marital stability. Outcomes are presented in table 32

**Table 32 Relationship between Gender Role Perceptions and problem solving as a component of marital stability by County**

County				Problem solving
Nairobi	Spearman's rho	Gender Role Perception	Correlation Coefficient	.261**
			Sig. (2-tailed)	.000
			N	544
Mombasa	Spearman's rho	Gender Role Perception	Correlation Coefficient	.049
			Sig. (2-tailed)	.607
			N	114
Kisumu	Spearman's rho	Gender Role Perception	Correlation Coefficient	.360**
			Sig. (2-tailed)	.000

---

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

As shown in table 32, a Spearman's rank-order correlation was run to assess the relationship between gender role perception and problem solving among couples. There was a (weak statistically) significant positive correlation between gender role perception and problem solving among couples in Nairobi County,  $r_s(544) = .261, p < .05$  and among couples in Kisumu County,  $r_s(146) = .360, p < .05$ . The relationship between gender role perception and problem solving among couples in Mombasa County was statistically insignificant,  $r_s(114) = .049, p > .05$ .

Marital problem solving was defined as the ability of spouses to face major or minor differences and conflict situations within marriage through the use of positive or negative strategies. Viewing the contemporary global setting, the expectation was that global influences would have a high impact on couple's gender role perceptions and problem solving abilities as a component of marital stability.

In an era where humans crave for "short term" "high speed" solutions to issues of life, the internet has come alive with as many solutions to the issues of life. Problem solving has never been easier, when issues get resolved by just filling in data onto a database and retrieving solutions. The internet is filled with readymade solutions to problems of life. In fact it is believed that problem solving is losing the human element of communication between two aggrieved persons and has become impersonal.

On the contrary traditional problem solving strategies involved various people concerned with the couple, such as bride's maid, best man, uncles and aunties and even members of families.

Unlike in the globalized world, the process followed was lengthy and yet always ended with a solution that gave marriage the priority over the couple and hence the integrity of the marriage was always upheld. It is possible that couples feel heard and find satisfaction in traditional strategies even if a perfect solution has not been achieved thereby indicating that traditional socializations is the preferred strategy towards problem solving. Globalization, on the other hand involves impersonal problem solving solutions that involves finding solutions over the internet or smart phones and trying to put it into practice. It is possible therefore that couples prefer the traditional strategy because it involves human contact, even if it does not bring about perfect solutions as opposed to the global strategy that is often impersonal. This could be a possible reason why the outcome of the present study was a weak positive non-significant relationship between gender role perception and problem solving as a component of marital stability implying more traditional than global strategy.

#### **4.4.8 Relationship between Gender Role Performances and Marital Stability**

The fifth objective sought to establish the relationship between gender role performances and marital stability among couples in selected counties of Kenya. Data was collected on the two variables namely gender role performances and marital stability. Spearman's correlation coefficient was used to establish the relationship between gender role performances and the components of marital stability which were trust, commitment and problem solving.

Correlation analyses express the strength of linkage or co-occurrence between two variables. It is determined through a single value between -1 and +1 called the correlation coefficient. But,



correlations are limited to linear relationships between variables. Pearson's bivariate correlation coefficient uses assumptions about the distribution of the two variables while Spearman's correlation does not use assumptions but ranks. This allows data to be analysed from an ordinal point of view. In short, Spearman's correlation analysis can be used to measure the relationship between two variables where Pearson's bivariable correlations are not met. In other words, Spearman correlation calculates the Pearson correlation for variables that are converted to ranks and at the same time tests the null hypothesis of independence between two variables.

The data collected for this study was categorized into ordinal levels of measurement and hence, Spearman rank order correlation was used to identify, establish and test the strength and direction of the monotonic relationship between the two sets of data -gender role performances and marital stability. This section present the relationship between gender role performances and marital stability, followed by the relationship between gender role performances and each component of marital stability namely trust, commitment and problem solving according to the three counties.

#### **4.4.8.1 Relationship between gender role performance and marital stability**

As mentioned earlier, data was collected on the two variables namely gender role performances and marital stability. Spearman's rank correlation coefficient was used to establish the relationship between gender role performances and marital stability from the three counties. Table 33 shows the outcomes of the relationship.

**Table 33 Relationship between gender role performance and marital stability**

		Marital stability	
Spearman's rho	Gender role performance	Correlation	.416**
		Coefficient	
		Sig. (2-tailed)	.000
		N	804

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

As shown in table 33, a Spearman's rank-order correlation was run to assess the relationship between gender role performance and marital stability among couples. There was a significant moderate positive relationship between gender role performance and marital stability,  $r_s(804) = .414, p < .05$ . This indicates that the higher the couples' gender role performances were traditional, the higher the marital stability and the lower the couples' gender role performances were traditional the lower the marital stability.

#### **4.4.8.2 Testing Hypotheses 2**

To establish the relationship between gender role performances and marital stability among couples in selected counties of Kenya, the following null hypothesis was tested.

H02: There is no significant relationship between gender role performances and marital stability among couples in selected counties of Kenya.

To test this hypothesis, a Spearman's rank-order correlation analysis was conducted. The findings are presented in table 34.

**Table 34 Relationship between Gender Role Performance and Marital Stability among Couples in General**

County				Marital Stability
Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.471**
			Sig. (2-tailed)	.000
			N	544
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.401**
			Sig. (2-tailed)	.000
			N	114
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	.195**
			Sig. (2-tailed)	.019
			N	146

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

As shown in table 34 a Spearman's rank-order correlation was run to assess the relationship between gender role performance and marital stability among couples in general. There was a moderately significant positive correlation between gender role performance and marital stability among couples in Nairobi County,  $r_s(544) = .471, p < .05$  and among couples in Mombasa County,  $r_s(114) = .401, p < .05$ . There was a significant positive correlation between gender role performance and marital stability among couples in Kisumu County,  $r_s(146) = .195, p < .05$ .

**Table 35 Relationship between gender role performances and marital stability**

			Marital stability
Spearman's rho	Gender role performance	Correlation Coefficient	.416**
		Sig. (2-tailed)	.000
		N	804

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

As shown in table 35, a Spearman's rank-order correlation was run to assess the relationship between gender role performance and marital stability among couples. There was a significant

moderate positive relationship between gender role performance and marital stability,  $r_s(804) = .414, p < .05$ . This indicates that the higher the couples' gender role performances were traditional the higher the marital stability and the lower the couples' gender role performances were traditional the lower the marital stability. Based on these findings, the null hypothesis was thus rejected and alternate hypothesis accepted.

The current study was done with couples who enjoyed the benefits of a globalized world and hence the expected outcome was that there would be an impact from global influences on couple's gender role performances and marital stability. On the contrary, results showed that there was a significant weak positive relationship between traditional gender role performance and marital stability.

Traditional gender role performances carry with it a sense of familiarity, fulfilment, and satisfaction while globalized gender role performances carry with it novelty, thrill and competition. The sense of familiarity gives the confidence that the person is not alone as the role has been performed and perfected from generation to generation. When the person discovers he/she is not alone, there is joy and satisfaction through fulfilment. On the contrary, globalized gender role performances are often new, novel and contain thrill and competition. It is possible then, that couples in order to be part of a larger family tied together through the bonds of tradition, prefer to be traditional in their gender role performances. This could be the reason why traditional gender role performances were related to marital stability.

This relationship is well echoed by Brown, and Roberts (2014) who contend that women in ‘traditional’ marriages who accept this role have improved well-being. In couples with ‘modern’ views, women who earn more than their husbands and still have to do most of the domestic work, have lower well-being. This persists if they work part-time and if they report no time pressures. Men who hold traditional views have lower well-being if their wives work; and men who hold modern views on gender roles only have higher well-being if their wives are the higher earner but only work part-time. The outcomes not only show close connection between gender role perceptions and gender role performances, but also points out the interaction between traditional versus global gender roles and therefore the possibility of marital stability/instability.

The findings of the current study resonates with the study of Odhiambo (2012) who carried out research on marital discord in Kenya focusing on the causes emanating from social dimensions. His findings reveal that traditional values and cultural practices have a great impact on marital conflicts and hence marital stability. Other studies reveal a gradual levelling out of gender differences, as women have decreased their hours of household work significantly and men have increased their modestly (Randi & Trude 2012). Women even today do the bulk of the household works. At the same time, attitudes and values favouring gender equality show a long term positive trend. It is possible that as gender role performances get levelled out traditional gender role performances become easier to uphold than global gender role performances.

#### 4.4.8.3 Relationship between gender role performance and marital stability among couples by County

Further analysis was done in order to find out the relationship between gender role performance and marital stability among couples by County. Findings are presented in table 36.

**Table 36 Relationship between gender role performance and marital stability among Couples by County**

County				Marital Stability
Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.471**
			Sig. (2-tailed)	.000
			N	544
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.401**
			Sig. (2-tailed)	.000
			N	114
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	.195**
			Sig. (2-tailed)	.019
			N	146

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

As shown in table 36 a Spearman's rank-order correlation was run to assess the relationship between gender role performance and marital stability among couples. There was a moderately significant positive correlation between gender role performance and marital stability among couples in Nairobi County,  $r_s(544) = .471, p < .05$  and among couples in Mombasa County,  $r_s(114) = .401, p < .05$ . There was a significant positive correlation between gender role performance and marital stability among couples in Kisumu County,  $r_s(146) = .195, p < .05$ .

#### 4.4.8.4 Relationship between Gender role performance and marital trust as a components of marital stability

Further analysis was done in order to find out the relationship between gender role performance and trust as a components of marital stability. Findings are presented in table 37.

**Table 37 Relationship between Gender role performance and marital trust as a components of marital stability**

		Trust
Spearman's rho	Performance	Correlation Coefficient
		.393**
		Sig. (2-tailed)
		.000
		N
		804

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

As shown in table 37, a Spearman's rank-order correlation was run to assess the relationship between gender role performance and trust as a component of marital stability among couples. There was a significant moderate positive correlation between gender role performance and trust as a component of marital stability,  $r_s(804) = .393, p < .05$ . This means that the more traditional the gender role performance, the higher the trust as a component of marital stability and the less traditional the gender role performances, the lower the trust component of marital stability.

#### **4.4.8.5 Relationship between gender role performances and marital trust as a component of marital stability by County**

Further analysis was done in order to find out the relationship between gender role performance and trust as a component of marital stability by county. Findings are presented in table 38.

**Table 38 Relationship between gender role performances and marital trust as a component of marital stability by County**

County				Trust
Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.440**
			Sig. (2-tailed)	.000
			N	544
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.387**
			Sig. (2-tailed)	.000
			N	114
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	-.072
			Sig. (2-tailed)	.388
			N	146

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

As shown in table 38, a Spearman's rank-order correlation was run to assess the relationship between gender role performance and trust among couples. There was a moderately significant positive correlation between gender role performance and trust among couples in Nairobi County,  $r_s(544) = .440, p < .05$  and among couples in Mombasa County,  $r_s(114) = .387, p < .05$ . The relationship between gender role performance and trust among couples in Kisumu County was insignificant,  $r_s(146) = -.072, p > .05$ .

#### **4.4.8.6 Relationship between gender role performances and marital trust as a component of marital stability by gender and by County**

Further analysis was done in order to find out the relationship between gender role performance and trust as a component of marital stability by gender and by County. Findings are presented in table 39.



**Table 39 Relationship between gender role performance and marital trust among Husbands**

County		Trust		
Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.539**
			Sig. (2-tailed)	.000
			N	271
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.304**
			Sig. (2-tailed)	.022
			N	57
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	-.050
			Sig. (2-tailed)	.674
			N	74

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

As shown in table 39, a Spearman's rank-order correlation was run to assess the relationship between gender role performance and trust among husbands. There was a moderately significant correlation between gender role performance and trust among husbands in Nairobi County,  $r_s(271) = .541, p < .05$ . There was a (weak statistically) significant positive correlation between gender role performance and trust among husbands in Mombasa County,  $r_s(57) = .346, p < .05$ . The relationship between gender role performance and trust among husbands in Kisumu County was insignificant,  $r_s(74) = -.050, p > .05$ .

**Table 40 Relationship between gender role performance and marital trust among Wives**

County		Trust		
Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.347**
			Sig. (2-tailed)	.000
			N	273
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.484**
			Sig. (2-tailed)	.000
			N	57
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	-.052

	Sig. (2-tailed)	.664
	N	72

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

As shown in table 40, a Spearman's rank-order correlation was run to assess the relationship between gender role performance and trust among wives. There was a (weak statistically) significant positive correlation between gender role performance and trust among wives in Nairobi County,  $r_s(273) = .347, p < .05$  and among wives in Mombasa County,  $r_s(57) = .484, p < .05$ . The relationship between gender role performance and trust among wives in Kisumu County was insignificant,  $r_s(72) = -.052, p > .05$ .

The current study involved couples of the modern era which offered them better living standards, fast solutions, thrilling relationships and lightning speed connectivity. Relationships became exciting, strangers became friends and networking became the catchword. Life in the globalized world became fast moving, thrilling and added a lot of fun. Though engaging in relationships become easier and fun, it also makes the relationship impersonal and virtual. This impersonal and virtual was often carried home to the wife and family. Husbands and wives communicate with each other more through short message services (SMS), calls, or through social networks such as whatsapp, skype or facebook. Smart phones have become the medium of communication and are the medium of suspicion. Husbands and wives suspect each other, given a chance they scroll through each other's phone messages, emails and photo galleries creating even more suspicion and mistrust. As the silence grows, so does the mistrust and hence marital instability. This could be one reason why many couples back track to traditional roles performances to keep the marriage alive. It is possible that couples trust levels is being challenged by globalization and

though globalization gives them the speed and thrill of performances, it is the traditional gender role performances that give them the sense of trust in each other hence the possibility of the outcome of the current study being a significant moderate positive relationship between gender role performance and trust as a component of marital stability.

Traditional gender role performances are backed by generations of human touch and sense of identity and belonging. It is drawn out of performances that are familiar, has fulfilment and satisfaction and even has the possibility to create a sense of trust or mistrust in the couple. Kamo (2000) illustrates the interaction between husbands and wives by stating that both women and men tend to overestimate their own, and underestimate the partner's performances. At the same time, women hold more positive attitudes towards gender role performances than men. Accordingly, women and men assess their actual household practices in the light of different standards, women reporting a more traditional division, and men reporting a more equal division of the household performances. In spite of the differences in perceptions, it is possible that couples experience communication and interaction through traditional gender role performances than global gender role performances and hence marital trust. This could be another reason for the outcome of this study being a significant moderate positive relationship between gender role performance and trust as a component of marital stability.

When couples' relationship is viewed as one entering the other's world and worldview in order to assimilate, accommodate and so acculturate, it is possible that the journey helps widen their worldviews about each other, gain proper perspective of each other's similarities and differences and ultimately strengthen the trust they have in each other. This could be the reason why the

outcome of this research was that there was a significant moderate positive relationship between gender role performance and trust as a component of marital stability.

**4.4.8.7 Relationship between Gender role performance and marital commitment as a component of marital stability**

Data on the relationship between gender role performances and commitment as a component of marital stability was calculated as one whole. The outcome is presented in table 41

**Table 41 Relationship between Gender role performance and marital commitment as a component of marital stability**

		Commitment
Spearman's rho	Performances	.114**
	Correlation Coefficient	
	Sig. (2-tailed)	.001
	N	804

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

As shown in table 41, a Spearman's rank-order correlation was run to assess the relationship between gender role performance and commitment as a component of marital stability among couples. There was a weak positive correlation between gender role performance and commitment as a component of marital stability,  $r_s(804) = .114, p < .05$ .

**4.4.8.8 Relationship between Gender Role Performance and Marital Commitment as a Component of Marital Stability by County**

Data on the relationship between gender role performances and commitment as a component of marital stability was calculated by county. The outcome is presented in table 42

**Table 42 Relationship between Gender role performance and marital commitment as a component of marital stability by County**

County				Commitment
Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.184**
			Sig. (2-tailed)	.000
			N	544
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.252**
			Sig. (2-tailed)	.015
			N	120
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	.156
			Sig. (2-tailed)	.060
			N	146

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

As shown in table 42 a Spearman's rank-order correlation was run to assess the relationship between gender role performance and commitment among couples. There was a significant positive correlation between gender role performance and commitment among couples in Nairobi County,  $r_s(544) = .184, p < .05$  and among couples in Mombasa County,  $r_s(114) = .252, p < .05$ . However, the relationship between gender role performance and commitment among couples in Kisumu County was not statistically significant,  $r_s(146) = .156, p > .05$ .

**4.4.8.9 Relationship between Gender role performance and marital commitment as a component of marital stability by Gender by County**

Data was further analysed to establish the relationship between gender role performances and commitment as a component of marital stability by gender and by county. Outcomes are presented in table 43, 44, and 45

**Table 43 Relationship between gender role performance and Commitment among Husbands**

County			Commitment	
Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.231**
			Sig. (2-tailed)	.000
			N	271
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.226
			Sig. (2-tailed)	.091
			N	57
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	.104
			Sig. (2-tailed)	.380
			N	74

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

As shown in table 43, Spearman's rank-order correlation was run to assess the relationship between gender role performance and commitment among husbands. There was a significant positive correlation between gender role performance and commitment among husbands in Nairobi County,  $r_s(271) = .231, p < .05$ . The relationship between gender role performance and commitment among husbands in Mombasa and Kisumu counties was insignificant,  $r_s(57) = .226, p > .05$  and  $r_s(74) = .104, p > .05$  respectively.

**Table 44 Relationship between gender role performance and Commitment among Wives**

County			Commitment	
Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.132*
			Sig. (2-tailed)	.029
			N	273
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.276*
			Sig. (2-tailed)	.038
			N	57
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	.230*
			Sig. (2-tailed)	.051
			N	72

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

As shown in table 44, Spearman's rank-order correlation was run to assess the relationship between gender role performance and commitment among wives. There was a significant positive correlation between gender role performance and commitment among wives in Nairobi County,  $r_s(273) = .132, p < .05$ , among wives in Mombasa County,  $r_s(57) = .276, p < .05$  and among wives in Kisumu County,  $r_s(72) = .230, p < .05$ .

**Table 45 Relationship between gender role performance and Commitment among Couples**

County				Commitment
Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.184**
			Sig. (2-tailed)	.000
			N	544
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.252**
			Sig. (2-tailed)	.015
			N	120
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	.156
			Sig. (2-tailed)	.060
			N	146

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

As shown in table 45, Spearman's rank-order correlation was run to assess the relationship between gender role performance and commitment among couples. There was a significant positive correlation between gender role performance and commitment among couples in Nairobi County,  $r_s(544) = .184, p < .05$  and among couples in Mombasa County,  $r_s(114) = .252, p < .05$ . However, the relationship between gender role performance and commitment among couples in Kisumu County was not statistically significant,  $r_s(146) = .156, p > .05$ .

Family and traditional gender role performance socialization give husbands and wives the desired human touch, sense of belonging, identity and satisfaction enkindling in the relationship the possibility of marital trust. Similarly, global socialization gives men and women the experience of a better life, better possibilities, quick solutions and a world of thrilling experiences. Traditional performances give the couple the warmth of human connectivity while global performances give them the thrill of individuality. It is possible that traditional gender role performances, even though has an aspect of warmth to it could gradually lose its warmth as routine creeps in. Husbands and wives could gradually perform their roles as part of routine with no or little commitment to the marriage. On the other hand, it is possible that husbands and wives enjoy the novelty and thrill from globalized gender role performances and focus more on them giving the impression of marital commitment. This could be a reason why the outcome of the present study reflected a relationship where the more traditional (less global) the gender role performance, the lower the marital commitment as a component of marital stability; and the less traditional (more global) the gender role performance, the higher the marital commitment as a component of marital stability.

The passage of time and impacts from global socialization has shown that gender roles have become less fixed and less clearly defined. The roles that men and women play in the course of their relationship determines the extent and the depth of the bond of connectivity and commitment they experience in their relationship. It is possible that when traditional gender role performances become routine and loses its warmth and motivation, husbands and wives could begin to seek the thrills from a globalized world. It is possible that husbands and wives could



begin to view their gender role performances from the perspective of “gains and losses” and seek “alternatives” that compensate for the “losses” (Kim et.al. 2002).

Marital commitment can be described as the willingness of husbands and wives to sacrifice personal needs and wants in order to make the marriage a priority especially in the absence of one or the other. Prioritizing the marriage over personal needs always promote pro relationship behaviour and lead to higher levels of trust, commitment, and marital stability for the couple (Allen et al., 2010).

Marital commitment is a cognitive structure that reflect the perceived benefits and costs of marriage to a particular person. The more costs a marriage partner inflicts on a person, the less satisfied one generally is with the marriage and with the marriage partner. Similarly, the greater the perceived benefits are, the more satisfied one is with the marriage and with the marriage partner (Stone & Shackelford, 2007). When husbands and wives have to balance the routine of traditional gender roles with the thrill of global gender roles, they often find themselves in conflict and psychological distancing from each other resulting in tension, stress and strain (Scott & Braun, 2006; Lauer, et al. 2010). It is possible that the tension, stress and strain which creates psychological distancing, gradually grows and creates a “void or emptiness” which results in lack of commitment to the relationship even though traditional roles are still being upheld. This could be another perspective why the current study found a weak negative non-significant relationship between gender role performance and commitment as a component of marital stability.

**4.4.8.10 Relationship between Gender Role Performance and Marital problem solving as a component of marital stability**

Data on the relationship between gender role performances and problem solving as a component of marital stability was calculated as one whole. The outcome is presented in table 46.

**Table 46 Relationship between Gender role performance and marital problem solving as a component of marital stability**

		Problem solving	
Spearman's rho	Performances	Correlation	.235**
		Coefficient	
		Sig. (2-tailed)	.000
		N	804

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

As shown in table 46, a Spearman's rank-order correlation was run to assess the relationship between gender role performance and problem solving as a component of marital stability among couples. There was weak significant positive relationship between gender role performance and problem solving as a component of marital stability  $r_s(804) = .235, p < .05$ . This indicates that the higher the couples' gender role performances were more traditional, the higher the level of problem solving as a component of marital stability; and the lower the couples' gender role performances were less traditional, the lower the problem solving as a component of marital stability.

The findings of the present study on gender role performances and problem solving as a component of marital stability are consistent with other empirical studies done in similar fields. Marital conflict is inevitable, but the ways in which couples manage conflict fluctuates (Schudlich, Stettler, Stouder & Harrington, 2013). The ability to problem solve is associated with

higher relationship satisfaction and greater personal well-being (Siffert & Schwarz, 2011). When there is a lack of problem solving skills, the consequence is often associated with greater marital distress and poorer mental health (DuRocher et al., 2004). Marital problem solving is linked to effective ways of couples' functioning which is an indicator of the couple's ability to problem solve for the benefit of marital stability (Ejaz, Igbal& Ára, 2012). The way couples deal with interpersonal conflict or verbal interactions and behaviors used when disagreements arise, can determine whether the relationship will remain intact or dissolve (Curran, Ogolcky, Hazen&Bosch, 2011). Research has shown that high levels of negative expressions and low levels of positive expressions are used during arguments between partners who experience vast amounts of distress and face possible dissolution (Rehman et al., 2011). It is possible that couples try various problem solving skills to resolve marital conflict and have probably come to a conclusion that the higher the couples' gender role performances were more traditional, the higher the level of problem solving as a component of marital stability; and the lower the couples' gender role performances were less traditional the lower the problem solving as a component of marital stability.

**4.4.8.11 Relationship between Gender Role Performances and Problem Solving as a Component of Marital Stability by County**

Data on the relationship between gender role performances and problem solving as a component of marital stability was analysed and the outcome are presented in table 47

**Table 47 Relationship between gender role performances and problem solving as a component of marital stability by County**

County	Problem Solving
--------	-----------------

Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.255**
			Sig. (2-tailed)	.000
			N	544
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.180
			Sig. (2-tailed)	.055
			N	114
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	.263**
			Sig. (2-tailed)	.001
			N	146

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

As shown in table 47, Spearman's rank-order correlation was run to assess the relationship between gender role performance and problem solving among couples. There was a significant positive correlation between gender role performance and problem solving among couples in Nairobi County,  $r_s(544) = .255, p < .05$  and among couples in Kisumu County,  $r_s(146) = .263, p < .05$ . The relationship between gender role performance and problem solving among couples in Mombasa County was insignificant,  $r_s(114) = .180, p > .05$ .

Studies have found an association between gender and marital problem solving. Depending on the socialization patterns, wives were found to be more likely than husbands to adopt confrontative modes of problem solving (Miller, Cynthia; Crouch, Joyce, 2012). Women are socialized to develop an identity within meaningful relationships. Women are further socialized to view gender differences as part and parcel of men and women. On the contrary, males are socialized to develop an identity that values autonomy (Levant, 2011). As a consequence, relationships may take on different meanings to males and females. Women may value modes of dealing with conflict that enhance expressive, direct and intimate attachments with their spouses while husbands may experience more anxiety than their wives in dealing with conflict matters in

a face to face manner (Levant, 2011). Regardless of the reasons for gender differences, evidence shows that husbands and wives problem solve differently and are different on how they manage marital problem solving. As a group, wives tend to be confrontative while husbands tend to adopt avoidant conflict management styles.

#### 4.4.8.12 Relationship between Gender Role Performances and Problem Solving as a Component of Marital Stability by Gender and by County

Data on the relationship between gender role performances and problem solving as a component of marital stability was calculated as one whole. The outcome is presented in table 48.

**Table 48 Relationship between gender role performance and Problem solving among Husbands**

County				Problem Solving
Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.278**
			Sig. (2-tailed)	.000
			N	271
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.172
			Sig. (2-tailed)	.202
			N	57
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	.237*
			Sig. (2-tailed)	.042
			N	74

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

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

As shown in table 48, a Spearman's rank-order correlation was run to assess the relationship between gender role performance and problem solving among husbands. There was a significant positive correlation between gender role performance and problem solving among husbands in Nairobi County,  $r_s(271) = .278, p < .05$  and among husbands in Kisumu County,  $r_s(74) = .237, p <$

.05. The relationship between gender role performance and problem solving among husbands in Mombasa County was insignificant,  $r_s(57) = .172, p > .05$ .

**Table 49 Relationship between gender role performance and Problem solving among Wives**

County		Problem solving		
Nairobi	Spearman's rho	Gender Role Performance	Correlation Coefficient	.221**
			Sig. (2-tailed)	.000
			N	273
Mombasa	Spearman's rho	Gender Role Performance	Correlation Coefficient	.181
			Sig. (2-tailed)	.177
			N	57
Kisumu	Spearman's rho	Gender Role Performance	Correlation Coefficient	.295*
			Sig. (2-tailed)	.012
			N	72

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

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

As shown in table 49, a Spearman's rank-order correlation was run to assess the relationship between gender role performance and problem solving among wives. There was a significant positive correlation between gender role performance and problem solving among wives in Nairobi County,  $r_s(273) = .221, p < .05$  and among wives in Kisumu County,  $r_s(72) = .295, p < .05$ . The relationship between gender role performance and problem solving among wives in Mombasa County was insignificant,  $r_s(57) = .181, p > .05$ .

Traditional socialization had the warmth of human connectivity which not only supported the couple but also gave them problem solving processes. The process of problem solving involved responsible family members (from the best man and brides maid, to parents, uncles and aunts, and if serious attention was needed to the elders) who were skilled in traditional strategies of problem solving. Traditional problem solving strategies involved two families of origin, who reflected two perspectives depending whether it is the husband's family of origin or the wife's family of origin.

Often times the male partner is highly work-oriented ("I work hard and so I deserve a drink") while the female partner is highly family oriented ("you must be back before dark because you have a family that needs you") (Parasuraman & Greenhaus' 2002). This could amount to constant friction arising from the male/female perspective and hence has outcomes on behaviour which could be positive or negative. It is possible that when couples have positive performance criteria during problem solving then there is possibility that problems can be solved positively. When performance criteria is negative the possibility is that problem solving outcomes would be negative and when one is positive and the other negative, then problem solving strategy could be that couples seek other "alternatives" to problem solve. It is possible then that even though traditional processes are long and meticulous, the outcomes whether positive or negative could give the couple the motivation that they have tried to do some attempt to problem solve. This could be one possible reason for the present study to find a weak positive non-significant relationship between gender role performance and problem solving as a component of marital Stability.

Globalization makes possible readymade solutions to problems, solutions tailored to situations, and even a “step by step guide to problem solving. Though there are abundance of solutions to myriad of problems, every person is on his/her own. Such solutions work on the principle that “one size fits all”. It does not have the backing of a family, of a tradition or even sound proof of effectiveness. When one is “stuck”, instant solutions can be found on “frequently asked questions?” It is possible that couples try such “quick fix” solutions that do not last or give the impression that the partner is just an experimental guinea-pig. However, it is possible that couples in this study tend to choose the long and tedious but sure way to the thrill of trying out solutions on one another. This could possibly be the reason why the current study’s outcome showed that there was a weak positive nonsignificant relationship between gender role performance and problem solving as a component of marital stability.

#### **4.5 Summary of findings**

Respondents were sampled from three counties, Nairobi, Kisumu and Mombasa. Even though the respondent’s participated as couples, questionnaires were distributed to each individual participant. A total of four hundred and two couples participated, that is eight hundred and four individuals.

Demographic data indicated that majority of couples, (husbands and wives) were under the age brackets of twenty five to thirty five years and were married between one to ten years of marriage. Couple’s employment status showed that salaried employment and self-employment were prominent at the same time other couples were unemployed. For the level of education,



couples were holders of a Bachelor's degree followed by secondary levels of education and a post-secondary diploma. There were also a few with a Master's and Doctoral degrees.

In their gender role perceptions, findings showed that couples in general were highly traditional (56%) with another reasonably high number (42.3%) being moderately traditional. This trend was also seen within the three counties. Couples from Nairobi and Mombasa counties were highly traditional in their gender role perceptions, while those from Kisumu County were predominantly moderately traditional. Findings also revealed that there was a reasonable number among couples from Nairobi and Mombasa counties who tended towards being moderately traditional in their gender role perceptions. Even though couples from Kisumu County tended towards being moderately traditional, there were also a reasonable number who tended towards being highly traditional. From the perspective of gender within the three counties, both husbands and wives gender role perceptions were highly traditional. Couples from the three counties, were highly traditional in their gender role perceptions while there was a reasonable number of couples between being highly and moderately traditional in their gender role perceptions.

In their gender role performances, findings show that couples in general were moderately traditional even though there was a reasonable number of couples tending towards being highly traditional. Findings from the three counties showed that couples from Nairobi County and Kisumu County were moderately traditional in their gender role performances while those from Mombasa County were generally highly traditional. Yet, findings also reveal that there was a reasonable number of couples from Nairobi County who tended towards being highly traditional in their gender role performances. Also noticeable was that couples from Mombasa County who

tended towards being moderately traditional, was reasonably high. From the perspective of gender within the three counties, findings show that husbands and wives from Nairobi and Kisumu Counties were moderately traditional in their gender role performances, while husbands and wives from Mombasa County were highly traditional in their gender role performances. Findings also show that there was a reasonable number of husbands and wives from Nairobi County who tended towards being highly traditional in their gender role performances. Similarly, a reasonable number of husbands and wives from Mombasa County tended towards being moderately traditional in their gender role performances. As couples from the three counties, findings show that while couples from Nairobi and Kisumu counties were moderately traditional in their gender role performances there was a reasonable number of couples tending towards highly traditional in their gender role performances. Couples from Mombasa County were highly traditional in their gender role performances and a reasonable number also tended towards being moderately traditional in their gender role performances.

From the perspective of the levels of marital stability, couples in general scored moderate in their level of marital stability. Findings show that couples from the three counties were moderate in their marital stability. From the perspective of gender according to the counties, findings indicate that husbands and wives were moderate in marital stability. Couples from the three Counties were at the moderate level of marital stability.

From the perspective of the couples in general, marital trust was scored at higher levels. As per the counties, couples from Nairobi and Mombasa counties scored high levels of marital trust while couples from Kisumu showed moderate levels of marital trust. At the same time, there was

a reasonable number of couples from Kisumu who tended towards high levels of marital trust. As per gender and county, husbands from Nairobi and Mombasa counties scored high levels of marital trust while husbands from Kisumu County were closely tied between moderate and high levels of marital trust. Findings about wives from the three counties show that wives fell under the high levels of marital trust. It is noteworthy to mention that there was a close tie from wives from Kisumu County tending towards moderate levels of marital trust.

From the perspective of marital commitment, couples in general, scored high level of marital commitment. As per the counties, couples from the three counties of Nairobi, Mombasa and Kisumu scored high levels of marital commitment. As per gender and county, husbands and wives from the three counties scored high levels of marital commitment. Couples from the three counties scored high in their level of marital commitment.

From the perspective of marital problem solving, couples in general, scored a moderate level of marital problem solving. As per the counties, couples from the three counties, Nairobi, Mombasa and Kisumu scored moderate levels of marital problem solving. As per gender and County, husbands and wives from the three counties scored moderate levels of marital problem solving. Couples from the three counties were also of a moderate level of marital problem solving.

There was a significant positive, weak correlation between gender role perception and marital stability. This indicated that the higher the traditional gender role perceptions of the couple were, the higher was the marital stability; and the lower the traditional gender role perceptions of the couple were, the lower was the marital stability. To establish the relationship between gender

role perceptions and marital stability among couples in selected counties of Kenya, the following null hypothesis was tested: “There is no significant relationship between gender role perceptions and marital stability among couples in selected counties of Kenya”. There was a moderately significant positive correlation between gender role perception and marital stability among couples in Nairobi County, a significant correlation between gender role perception and marital stability among couples from Mombasa and Kisumu counties. Among couples in general, there was a weak significant correlation between gender role perception and marital stability. This indicates that the higher the traditional gender role perceptions of the couple were, the higher the marital stability; and the lower the traditional gender role perceptions of the couple were the lower the marital stability. Therefore, the null hypothesis was rejected and the alternate hypothesis accepted.

There was a moderately significant positive correlation between gender role perception and marital stability among couples in Nairobi County, a significant correlation between gender role perception and marital stability among couples from Mombasa and Kisumu County.

There was a significant low positive relationship between gender role perceptions and trust as a component of marital stability. This means that the more traditional the gender role perceptions were, the higher the trust as a component of marital stability; and the less traditional the gender role perceptions were, the lower the trust as a component of marital stability.

There was a significant positive correlation between gender role perception and trust among couples from Nairobi and Mombasa counties. There was no correlation between gender role perception and trust among couples from Kisumu County.

There was a weak significant relationship between gender role perception and commitment as a component of marital stability. This means that the more traditional the gender role perceptions were, the higher the commitment as a component of marital stability; and the less traditional the gender role perceptions were, the lower the commitment as a component of marital stability.

There was a statistically weak significant positive correlation between gender role perception and commitment among couples from Nairobi and Kisumu counties and a moderately significant positive correlation between gender role perception and commitment among couples in Mombasa County.

There was a weak statistically significant positive correlation between gender role perception and problem solving as a component of marital stability which means that the more traditional the gender role perceptions were, the higher the problem solving as a component of marital stability; and the less traditional the gender role perceptions were, the lower the problem solving component of marital stability.

There was a statistically weak significant positive correlation between gender role perception and problem solving among couples in Nairobi and Kisumu counties while the relationship between

gender role perception and problem solving among couples in Mombasa County was statistically insignificant.

There was a significant moderate positive relationship between gender role performance and marital stability which indicated that the higher the couples' gender role performances were traditional, the higher the marital stability; and the lower the couples' gender role performances were traditional, the lower the marital stability. To establish the relationship between gender role performances and marital stability among couples in selected counties of Kenya, the following null hypothesis was tested: "There is no significant relationship between gender role performances and marital stability among couples in selected counties of Kenya". A Spearman's rank-order correlation was run to assess the relationship between gender role performance and marital stability among couples in general and within the counties. There was a moderately significant positive correlation between gender role performance and marital stability among couples from Nairobi and Mombasa counties and a significant positive correlation between gender role performance and marital stability among couples from Kisumu County. Among couples in general, there was a significant moderate positive relationship between gender role performance and marital stability, indicating that the higher the couples' gender role performances were traditional, the higher the marital stability; and the lower the couples' gender role performances were traditional, the lower was the marital stability. Based on these findings, the null hypothesis was thus rejected and alternate hypothesis accepted.

There was a significant moderate positive correlation between gender role performance and trust as a component of marital stability, meaning that the more traditional the gender role

performances were, the higher the trust as a component of marital stability; and the less traditional the gender role performances were, the lower the trust component of marital stability.

There was a moderately significant positive correlation between gender role performance and marital stability among couples from Nairobi and Mombasa counties and a significant positive correlation between gender role performance and marital stability among couples from Kisumu County.

There was a moderately significant correlation between gender role performance and trust among husbands in Nairobi County. There was a (weak statistically) significant positive correlation between gender role performance and trust among husbands in Mombasa County. The relationship between gender role performance and trust among husbands in Kisumu County was insignificant.

There was a (weak statistically) significant positive correlation between gender role performance and trust among wives from Nairobi and Mombasa counties. The relationship between gender role performance and trust among wives in Kisumu County was insignificant.

There was a moderately significant positive correlation between gender role performance and trust among couples from Nairobi and Mombasa counties, while the relationship between gender role performance and trust among couples in Kisumu County was insignificant.

There was a weak positive correlation between gender role performance and commitment as a component of marital stability. This indicates that the higher the traditional gender role performances of the couple were, the higher was the marital commitment as a component of marital stability; and the lower the traditional gender role performances of the couple were, the lower the marital commitment as a component of marital stability.

There was a significant positive correlation between gender role performance and commitment among husbands in Nairobi County. The relationship between gender role performance and commitment among husbands in Mombasa and Kisumu counties was insignificant.

There was a significant positive correlation between gender role performance and commitment among wives from Nairobi, Mombasa and from Kisumu Counties. There was a significant positive correlation between gender role performance and commitment among couples from Nairobi and Mombasa County. However the relationship between gender role performance and commitment among couples in Kisumu County was not statistically significant.

There was weak significant positive relationship between gender role performance and problem solving as a component of marital stability  $r_s(804) = .235, p < .05$ . This indicates that the higher the couples' gender role performances were more traditional, the higher the level of problem solving as a component of marital stability; and the lower the couples' gender role performances were less traditional; the lower the problem solving as a component of marital stability.



There was a significant positive correlation between gender role performance and problem solving among husbands from Nairobi and Kisumu counties. The relationship between gender role performance and problem solving among husbands in Mombasa County was insignificant. There was a significant positive correlation between gender role performance and problem solving among wives from Nairobi and Kisumu counties. The relationship between gender role performance and problem solving among wives in Mombasa County was insignificant. There was a significant positive correlation between gender role performance and problem solving among couples from Nairobi and Kisumu counties. The relationship between gender role performance and problem solving among couples in Mombasa County was insignificant.

## **CHAPTER FIVE**

### **CONCLUSIONS, AND RECOMMENDATIONS**

#### **5.1 Introduction**

The chapter presents the conclusions and recommendations of this study on the relationship between gender role perceptions, performances and marital stability.

#### **5.2 Conclusions**

The following conclusions were drawn from this study:

With respect to the couple's gender role perceptions, in general, it is concluded that couples were highly traditional though there was a reasonable high number being moderately traditional. Couples from Nairobi and Mombasa counties were highly traditional, while those from Kisumu County were predominantly moderately traditional. From the perspective of gender by the counties, the conclusion is that husbands and wives were highly traditional in their gender role perceptions. As couples from the three counties it is concluded that couples were highly traditional in their gender role perceptions.

With respect to couple's gender role performances, it is concluded that couples, in general, were moderately traditional even though there was a reasonable number of couples tending towards being highly traditional. Couples from Nairobi and Kisumu counties were moderately traditional

in their gender role performances while those from Mombasa County were predominantly highly traditional. From the perspective of gender by the three counties, husbands and wives from Nairobi and Kisumu counties were moderately traditional in their gender role performances while husbands and wives from Mombasa County were highly traditional in their gender role performances. The study also concludes that couples from Nairobi and Kisumu counties were moderately traditional in their gender role performances, while couples from Mombasa County were highly traditional in their gender role performances.

With respect to the levels of marital stability, the conclusion that can be made is that in general couples were moderate in their level of marital stability. The conclusion on couples within the three counties is that they were moderate in their level of marital stability. From the perspective of gender according to the counties, the conclusion is that husbands and wives were moderate in their level of marital stability. Finally, it is concluded that couples from the three counties were moderate in their level of marital stability.

With respect marital trust as a component of marital stability, the conclusions that can be drawn is that in general couples were high in levels of marital trust. Conclusions from the counties is that couples from Nairobi and Mombasa counties were high on levels of marital trust while couples from Kisumu were moderate on levels of marital trust. Considering gender by the county, the conclusion is that husbands from Nairobi and Mombasa Counties were high on levels of marital trust while husbands from Kisumu County were closely tied between moderate and high levels of marital trust. Wives, on the other hand were high in their levels of marital trust.

Conclusions with respect to marital commitment as a component of marital stability, in general is that couples scored high on their level of marital commitment. As per the counties, it is concluded that couples from Nairobi, Mombasa and Kisumu scored high in their levels of marital commitment. The conclusion as per gender by the county was that husbands and wives from the three counties of Nairobi, Mombasa and Kisumu scored high levels of marital commitment. It was also concluded that couples from the three counties were high on their level of marital commitment.

From the perspective of marital problem solving as a component of marital stability, the conclusion is that couples, in general, were at a moderate level of marital problem solving. As per the counties, the conclusion is that couples from Nairobi, Mombasa and Kisumu were at moderate levels of marital problem solving. Similarly, as per gender by county, it is concluded that husbands and wives from the three counties of Nairobi, Mombasa and Kisumu were at moderate levels of marital problem solving. The couples from the three counties was also of a moderate level of marital problem solving.

Conclusions with respect to the relationship between gender role perceptions and marital stability was that there was a significant positive, weak correlation between gender role perception and marital stability. The conclusion to the null hypothesis was that there was a moderately significant positive correlation between gender role perception and marital stability among couples in Nairobi County, and a significant correlation between gender role perception and marital stability among couples from Mombasa and Kisumu counties. The conclusion on the relationship between gender role perceptions and marital stability among couples from the three

counties was that there was a weak significant correlation between gender role perception and marital stability.

The conclusions with respect to the relationship between gender role perceptions and marital trust as a component of marital stability is that there was a significant low positive relationship between gender role perceptions and trust as a component of marital stability. The conclusion on the relationship between gender role perceptions and marital trust as a component of marital stability within the counties is that there was a significant positive correlation between gender role perception and marital trust among couples from Nairobi and Mombasa Counties, while, there was no correlation between gender role perception and marital trust among couples from Kisumu County.

The conclusions with respect to the relationship between gender role perceptions and marital commitment as a component of marital stability is that there was a weak significant relationship between gender role perception and commitment as a component of marital stability. As per the relationship between gender role perceptions and marital commitment as a component of marital stability within the counties, is that there is a statistically weak significant positive correlation between gender role perception and commitment among couples from Nairobi and Kisumu counties and a moderately significant positive correlation between gender role perception and commitment among couples in Mombasa County.

The conclusions with respect to the relationship between gender role perceptions and marital problem solving as a component of marital stability is that there was a weak statistically

significant positive correlation between gender role perception and problem solving as a component of marital stability. The conclusions with respect to the relationship between gender role perceptions and marital problem solving as a component of marital stability among the counties was that there was a statistically weak significant positive correlation between gender role perception and problem solving among couples in Nairobi and Kisumu counties; while the relationship between gender role perception and problem solving among couples in Mombasa County was statistically insignificant.

The conclusions with respect to the relationship between gender role performances and marital stability is that there was a significant moderate positive relationship between gender role performance and marital stability. The conclusion to the test of the null hypothesis is that there was a moderately significant positive correlation between gender role performance and marital stability among couples from Nairobi and Mombasa counties and a significant positive correlation between gender role performance and marital stability among couples from Kisumu County. The conclusion among couples in general within the counties is that there was a significant moderate positive relationship between gender role performance and marital stability.

The conclusions with respect to the relationship between gender role performance and marital trust as a component of marital stability is that there was a significant moderate positive correlation between gender role performance and marital trust as a component of marital stability. The conclusions with respect to the relationship between gender role performance and marital trust as a component of marital stability within the counties is that there was a moderately significant positive correlation between gender role performance and marital trust among couples

from Nairobi and Mombasa Counties, while the relationship between gender role performance and marital trust among couples in Kisumu County was insignificant.

The conclusions with respect to the relationship between gender role perceptions and marital trust as a component of marital stability among the genders by county is that there was a moderately significant correlation between gender role performance and trust among husbands in Nairobi County, and a (weak statistically) significant positive correlation between gender role performance and trust among husbands in Mombasa County. The relationship between gender role performance and trust among husbands in Kisumu County was insignificant. There was a (weak statistically) significant positive correlation between gender role performance and marital trust among wives from Nairobi and Mombasa counties. The relationship between gender role performance and marital trust among wives in Kisumu County was insignificant.

The conclusions with respect to the relationship between gender role performance and marital commitment as a component of marital stability is that there was a weak positive correlation between gender role performance and marital commitment as a component of marital stability. The conclusions as per county is that there was a significant positive correlation between gender role performance and marital commitment among couples from Nairobi and Mombasa County. The relationship between gender role performance and marital commitment among couples in Kisumu County was not statistically significant.

The conclusions as per gender by the county is that there was a significant positive correlation between gender role performance and marital commitment among husbands in Nairobi County. The relationship between gender role performance and marital commitment among husbands in

Mombasa and Kisumu counties was insignificant. There was a significant positive correlation between gender role performance and marital commitment among wives from Nairobi, Mombasa and from Kisumu counties.

The conclusions with respect to the relationship between gender role performances and marital problem solving as a component of marital stability is that there was weak significant positive relationship between gender role performance and problem solving as a component of marital stability. Conclusions from the three counties is that there was a significant positive correlation between gender role performance and problem solving among couples from Nairobi and Kisumu County. The relationship between gender role performance and problem solving among couples in Mombasa County was insignificant.

The conclusions by gender by county is that there was a significant positive correlation between gender role performance and marital problem solving among husbands from Nairobi and Kisumu Counties. The relationship between gender role performance and marital problem solving among husbands in Mombasa County was insignificant. There was a significant positive correlation between gender role performance and problem solving among wives from Nairobi and Kisumu counties. The relationship between gender role performance and problem solving among wives in Mombasa County was insignificant.

### **5.3 Recommendations**

Based on the findings of the study, the following recommendations are made for policy makers, implementers, researchers, counsellors and therapists and other stake holders.



There is need for counsellors and religious ministers to assist couples to understand how individual differences in gender role perceptions could influence their expectations of each other within marriage, especially if one is more highly traditional than the other

Counsellors, therapists and church ministries be aware that couple's gender role performances being moderately traditional, may probably be indicative of a greater influence from global socialization and hence may seem to contradict their gender role perceptions giving the impression that the partners are in constant marital conflict.

Government and Church policy makers, Counsellors and therapists recognize the fact that even though marital stability is moderately traditional, the components of marital stability that is marital trust and commitment is highly traditional, while marital problem solving is moderately traditional and develop guidelines that stipulate the need for marital preparation based on the unique nature of marital stability

Church organizations, counsellors and therapists recognize, and incorporate into their practice, that there is a relationship between couple's gender role perceptions, gender role performances and marital stability which is built on marital trust, commitment and problem solving as components marital stability and build on the need to create awareness and a knowledge base that marital trust, commitment and problem solving are vital aspects linked to marital stability.

## **5.4 Recommendations for Further Research**

Empirical studies be done to throw further light on possible reasons why couples, even though they experience global influences, but still prefer to be traditional in their gender role perceptions and yet be moderate in their gender role performances and marital stability.

Research be done to assess the knowledge, skills, and capabilities couples need in order to improve their gender role performances and so build their marital relationship based on marital trust, commitment and problem solving.

Empirical research be done in order to assess family and/or global socialization processes in order to discover what is in it that make healthy and/or unhealthy marital relationships.

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### **Appendix 1: Informed consent form**

My name is Fr. Hubert Pinto. I am a Doctoral (PhD) student at Kenyatta University. I am doing a research on the **Relationship between gender role perceptions and performances and marital stability among spouses in selected counties of Kenya**

I would greatly appreciate your contribution towards this research. All information given will be treated with utmost confidentiality and no part of it or any identifying characters will be revealed without explicit and prior permission from you.

Therefore, I humbly seek your consent to be a participant. All information and identities given are confidential. You will not be required to write your name anywhere on the document used to collect data.

Please read your rights as stated below and if you agree to be a participant, please sign the consent at the end.

### **The Rights of Research Participants**

You have the right to decide not to enter this research study with me.

All information given to me will be held confidential and will give the utmost trust of confidentiality.

You have the right to end participating in this research study whenever you feel unable to continue.

You have the right to ask any questions, at any time, about what is happening during the research study, and to receive answers that satisfy you.

You have the right to keep what you tell me private. Generally, no one will learn of your identity without your written permission.

If I wish to record a session, I will get your informed consent in writing. You have the right to prevent any such recording.

You have the right to review, to add to or correct your answers during data collection time. You may request a copy of the information you have shared with me.

I agree to participate in the study.

SIGNATURE(S)

WIFE \_\_\_\_\_

HUSBAND \_\_\_\_\_

### **Appendix2:Questionnaire for Husbands**

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

#### **PART A: DEMOGRAPHIC INFORMATION**

**Instructions:** Tick whichever applies

**Sex:**



Male:

Female:

**Age:**

Less than 25

25 – 35 years

36 – 45 years:

46 – 55 years:

56 – 65 years

Above 65

**Marital status:**

Married:

Living together without legal marriage:

Divorced:

Separated

Other: Specify \_\_\_\_\_

**Years in marriage:**

1- 5 years

6 – 10 years

11 – 15 years

16- 20 years

21 – 25 years

26 – 30 years

31 – 35 years

36 – 40 years

40 and above year's

**Employment status:**

Self-employed

- Salaried employment
- Casual labourer
- Unemployed
- Others: specify: \_\_\_\_\_

**Education status: Highest level achieved**

- Never been to school
- Primary
- Secondary
- Post-Secondary Certificate
- Post-Secondary Diploma
- Bachelor's degree
- Master's degree
- Doctorate degree
- Other: specify \_\_\_\_\_

## Part B: QUESTIONNAIRE

*Please note that this is not an examination. Hence, there is no right or wrong answers. It is your valid and honest views that are important.*

### Section A:

Please read the following statements carefully and tick against the number that best represents your experience as spouse.

Where 1= Strongly Agree, 2= agree 3= undecided 4= Disagree 5= Strongly Disagree

	Statements	1	2	3	4	5
	A husband ought to be the head of the family.					
	Wives should take part in decision making.					
	A husband should not allow a wife to challenge his role as man					
	A wife can be the bread winner					
	A wife should always serve the husband his food					
	A husband can seek support from the spouse when in problems.					
	A wife should be free to initiate sexual intimacy					
	A wife should not question the husband's decision even if it is wrong					
	It's the wife's responsibility to ensure children are clean					
	A husband ought to find jobs outside the house.					
	A wife should only take a decision that is approved by the husband.					
	It is okay for the husband to assist the wife in washing the family clothes					
	It is okay for husbands to change the diapers of the baby					
	It's okay if a wife earns more than a husband					
	It is okay for the husband to be home early to prepare dinner.					

**Section B:**

Please read the following statements carefully and tick against the number that best represents your experience as a spouse.

Where 1= Strongly Agree, 2= agree 3= undecided 4= disagree 5= strongly Disagree

	Statements	1	2	3	4	5
	<b>In my family</b>					
	I am the head of my family					
	I involve my wife in making decisions					
	I allow my wife to challenge my role as the man					
	I am the bread winner of the house					
	In my house it is the wife's duty to serve me food					
	I seek support from my wife when in need					
	I have no problems if my wife initiated sexual intimacy with me.					
	I don't allow my spouse to question my decisions even if it is wrong.					
	It is my wife's responsibility to keep the children clean.					
	I always find jobs outside the home					
	I allow my wife to take decisions that I don't necessarily agree with.					
	My wife and I assist each other in washing family clothes					
	I change the diapers/napkins of children					
	I have no problems if my wife earns more than me.					
	When I am home early, I prepare dinner for the family.					

**Section C**

Please read the following statements carefully and tick against the number that best represents your experience as spouse.

Where 1= Strongly Agree, 2= agree 3= undecided 4= disagree 5= Strongly Disagree

	Statements	1	2	3	4	5
	My spouse is my first confidant					
	I allow my spouse to attend social functions even without me accompanying her.					
	I trust my spouse even if he/she works late hours					
	I count on my spouse for emotional support					
	I can rely on my spouse to do what we have agreed.					
	I don't expect my spouse to get my permission all the					

	time.					
	I don't expect my spouse to tell me all his/her moves all the time.					
	I feel free to share any information with my spouse					
	I become suspicious when my spouse comes home late at night					

	Statements	1	2	3	4	5
	Marriage is for life, even if we as a couple are not always happy					
	In spite of challenges within marriage, I am determined to maintain my relationship with my spouse.					
	Separation or divorce is not an option in my marriage					
	Investing my time with/in my spouse is important to me.					
	I would not feel very upset if our relationship were to end in the near future.					
	Whenever possible I strive to spend quality time with my spouse.					
	I wouldn't allow my friends to pressurize me to leave the marriage even if the going is difficult.					

	Statements	1	2	3	4	5
	A difference of opinion between me and my spouse does not cause strife.					
	My spouse and I rarely quarrel.					
	I use stark silence to avoid or to solve conflict with my spouse					
	Sometimes I and/or my spouse use threats when we are in conflict.					
	I am not afraid if there is a conflict between me and my spouse as I know we will get over it.					
	When I am in conflict with my spouse, I stay away from home.					
	When in conflict, I get verbally abusive with my spouse.					
	When in conflict, sometimes I resort to physical violence with my spouse					
	When I conflict with my spouse I use the opportunity as a way to strengthen my relationship with my spouse.					

### Appendix3. Questionnaire for Wives

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

#### PART A: DEMOGRAPHIC INFORMATION

**Instructions:** Tick whichever applies

**Sex:**

Male:

Female:

**Age:**

Less than 25

25 – 35 years

36 – 45 years:

46 – 55 years:

56 – 65 years

Above 65

**Marital status:**

Married:

Living together without legal marriage:

Divorced:

Separated

Other: Specify \_\_\_\_\_

**Years in marriage:**

1- 5 years

6 – 10 years

11 – 15 years

- 16- 20 years
- 21 – 25 years
- 26 – 30 years
- 31 – 35 years
- 36 – 40 years
- 40 and above years

**Employment status:**

- Self-employed
- Salaried employment
- Casual labourer
- Unemployed
- Others: specify: \_\_\_\_\_

**Education status: Highest level achieved**

- Never been to school
- Primary
- Secondary
- Post-Secondary Certificate
- Post-Secondary Diploma
- Bachelor's degree
- Master's degree
- Doctorate degree
- Other: specify \_\_\_\_\_

## Part B: QUESTIONNAIRE

*Please note that this is not an examination. Hence, there is no right or wrong answers. It is your valid and honest views that are important.*

### Section A

Please read the following statements carefully and tick against the number that best represents your experience as a spouse.

Where 1= Strongly Agree, 2= agree 3= undecided 4= Disagree 5= Strongly Disagree

	Statements	1	2	3	4	5
	A husband ought to be the head of the family.					
2	Wives should take part in decision making.					
3	A husband should not allow a wife to challenge his role as man					
4	A wife can be the bread winner					
5	A wife should always serve the husband his food					
6	A husband can seek support from the spouse when in problems.					
7	A wife should be free to initiate sexual intimacy					
8	A wife should not question the husband's decision even if it is wrong					
9	It's the wife's responsibility to ensure children are clean					
10	A husband ought to find jobs outside the house.					
11	A wife should only take a decision that is approved by the husband.					
12	It is okay for the husband to assist the wife in washing the family clothes					
13	It is okay for husbands to change the diapers of the baby					
14	It's okay if a wife earns more than a husband					
15	It is okay for the husband to be home early to prepare dinner.					



**Section B**

Please read the following statements carefully and tick against the number that best represents your experience as a spouse.

Where 1= Strongly Agree, 2= agree 3= undecided 4= disagree 5= strongly Disagree

	Statements	1	2	3	4	5
	<b>In my family</b>					
1	I consider my husband to be the head					
2	My husband involves me in making decisions					
3	My husband allow me to challenge his role as the man					
4	My husband is the bread winner of the house					
5	In my house it is my duty to serve my husband his food					
6	My husband seeks my support when in need					
7	I have no problems initiating sexual intimacy with my husband.					
8	My husband does not allow me to challenge his decisions					
9	It is my responsibility to keep the children clean.					
10	It is my husband’s responsibility to find jobs outside the house.					
11	My husband allows me to take decisions that he does not necessarily agree with.					
12	My husband and I assist each other in washing family clothes					
13	I would feel comfortable if my husband changes diapers/napkins of children					
14	My husband has no problem if I earn more than him					
15	When my husband is home early he prepares dinner for the family					

**Section C**

Please read the following statements carefully and tick against the number that best represents your experience as spouse.

Where 1= Strongly Agree, 2= agree 3= undecided 4= disagree 5= Strongly Disagree

	Statements	1	2	3	4	5
	My spouse is my first confidant					
	I allow my spouse to attend social functions even without me accompanying her.					
	I trust my spouse even if he/she works late hours					
	I count on my spouse for emotional support					
	I can rely on my spouse to do what we have agreed.					

	I don't expect my spouse to get my permission all the time.					
	I don't expect my spouse to tell me all his/her moves all the time.					
	I feel free to share any information with my spouse					
	I become suspicious when my spouse comes home late at night					

	Statements	1	2	3	4	5
	Marriage is for life, even if we as a couple are not always happy					
	In spite of challenges within marriage, I am determined to maintain my relationship with my spouse.					
	Separation or divorce is not an option in my marriage					
	Investing my time with/in my spouse is important to me.					
	I would not feel very upset if our relationship were to end in the near future.					
	Whenever possible I strive to spend quality time with my spouse.					
	I wouldn't allow my friends to pressurize me to leave the marriage even if the going is difficult.					

	Statements	1	2	3	4	5
	A difference of opinion between me and my spouse does not cause strife.					
	My spouse and I rarely quarrel.					
	I use stark silence to avoid or to solve conflict with my spouse					
	Sometimes I and/or my spouse use threats when we are in conflict.					
	I am not afraid if there is a conflict between me and my spouse as I know we will get over it.					
	When I am in conflict with my spouse, I stay away from home.					
	When in conflict, I get verbally abusive with my spouse.					
	When in conflict, sometimes I resort to physical violence with my spouse..					
	When I conflict with my spouse I use the opportunity as a way to strengthen my relationship with my spouse.					

#### Appendix4: Table of Sample Size

Table of Recommended Sample Sizes ( $n$ )					
for Populations ( $N$ ) with Finite Sizes					
$N$	$n$	$N$	$n$	$N$	$n$
10	10	220	140	1,200	291
15	14	230	144	1,300	297
20	19	240	148	1,400	302
25	24	250	152	1,500	306
30	28	260	155	1,600	310
35	32	270	159	1,700	313
40	36	280	162	1,800	317
45	40	290	165	1,900	320
50	44	300	169	2,000	322
55	48	320	175	2,200	327
60	52	340	181	2,400	331
65	56	360	186	2,600	335
70	59	380	191	2,800	338
75	63	400	196	3,000	341
80	66	420	201	3,500	346
85	70	440	205	4,000	351
90	73	460	210	4,500	354
95	76	480	214	5,000	357
100	80	500	217	6,000	361
110	86	550	226	7,000	364
120	92	600	234	8,000	367
130	97	650	242	9,000	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	1,000	278	75,000	382
210	136	1,100	285	1,000,000	384

Adapted from: Krejcie, R. Y., & Morgan, D. W. (1970). Determining sample size for research activities. *Educational and Psychological Measurement*, 30, 607-610.

## Appendix5: Study work plan

Stage	Task	Time Frame												
		Year	January	February	March	April	May	June	July	August	September	October	November	December
<b>Proposal</b>														
Proposal														
	Writing of proposal in consultation with supervisors	2011						Start						
	Preparation of research instruments	2012	supervision	←—————→										Research tools
Proposal Defense														
	Registration at the Board of Post-Graduate Studies	2013								Presentation of proposal			Defense	
Proposal Corrections		2014	corrections	←—————→				Revised proposal		←—————→			Developing & revising tools	
	Presentation in the Department	2015		←—————→					Proposal Approval	Pilot Study		←—————→		Revision of Tools
<b>Research &amp; Documentation</b>														
	Pre-testing and revision of research tools	2015												Tool Approval
	Hiring & training of field assistants	2015							←—————→				Hiring & training	
	Acquisition of research permit	2016	Approval NACOSTI											
<b>Data Collection</b>														
Data Collection	Sampling of participants, Administration of questionnaires, Conducting Focused Group Discussions (FGDs).	2016	Kisumu Mombasa Nairobi	←—————→										Cleaning and coding of data
Data entry for interpretation	Cleaning, coding and feeding data into SPSS Submission of progress report	2016	Feeding of data	←—————→										Progress of data

Data Analysis															
Data analysis and presentation	Data analysis & interpretation	20 17	Data Analysis								Presentation of reports		feedback		
Data Interpretation and conclusions	Updating of literature and references matching data outcomes	20 17	Incorporating feedback	←-----→											
Compiling final thesis															
Compiling final Thesis	Final corrections from supervisors	20 18	Final chapter												
	Presenting final draft for proof reading and approval by supervisors	20 18		←-----→							Draft for final corrections				
Final Thesis Presentation	Submitting thesis for examination	20 18		←-----→							Thesis submission				
Defense															

**Appendix6: The study budget**

<b>Description</b>	<b>Cost (Ksh)</b>
Preparation of research instruments, pre-test, & photocopying	8,000
Acquisition of stationery (foolscaps, notebooks, index cards, files, folders)	10,000
Purchase of tape recorder, dry cells & tapes	10,000
3 return trips (Nairobi-Mombasa) @ 3000/- (3 x 3 x 3000).	27,000
3 return trips (Nairobi- Kisumu) @ 4000/- (3 x 3 x 4000).	36,000
Travel within Nairobi county approx. 200 km @ 200/- per km (200x200)	40,000
Travel within Mombasa and Kisumu counties approx. 100 km @ 100/- per km (100x100x 6 visits)	60,000
Subsistence & accommodation @ 2000 for 20 days (2000x20 days x 3persons)	120,000
Stipend for 4 research assistants for 3 months @ 10,000/- (6 x 3 x 10,000)	180,000
Typing & printing of 1st draft	10,000
Making corrections, printing, photocopy & binding of final report	10,000
<b>Total</b>	<b>511,000</b>

## Appendix7 Research Documents



KENYATTA UNIVERSITY  
GRADUATE SCHOOL

E-mail: [dean-graduate@ku.ac.ke](mailto:dean-graduate@ku.ac.ke)

Website: [www.ku.ac.ke](http://www.ku.ac.ke)

P.O. Box 43844, 00100  
NAIROBI, KENYA  
Tel. 810901 Ext. 57530

Internal Memo

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FROM: Dean, Graduate School

DATE: 1<sup>st</sup> July, 2015

TO: Hurbert Pinto  
C/o Psychology Dept.  
Kenyatta University

REF: C82F/12104/09

SUBJECT: APPROVAL OF RESEARCH PROPOSAL

---

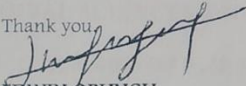
This is to inform you that Graduate School Board at its meeting of 29<sup>th</sup> July, 2015 approved your Research Proposal for the Ph.D. Degree. Entitled "Relationship Between Gender Role Perceptions and Performances and Marital Stability among Spouses in Selected Counties of Kenya".

You may now proceed with data collection, subject to clearance with the Director General, National Commission for Science, Technology & Innovation.

As you embark on your data collection, please note that you will be required to submit to Graduate School completed Supervision Tracking forms per semester. The form has been developed to replace the progress report forms. The supervision Tracking Forms are available at the University's website under Graduate School webpage downloads.

By copy of this letter, the registrar (Academic) is hereby requested to grant you Substantive registration for your Ph.D studies.

Thank you,

  
EDWIN OBUNGU  
FOR: DEAN, GRADUATE SCHOOL

c.c. Chairman, Psychology Dept.  
Registrar (Academic)

Supervisors:

1. Dr. Beatrice Kathungu  
Department of Psychology  
Kenyatta University
2. Dr. Christine Wasanga  
Department of Psychology  
Kenyatta University

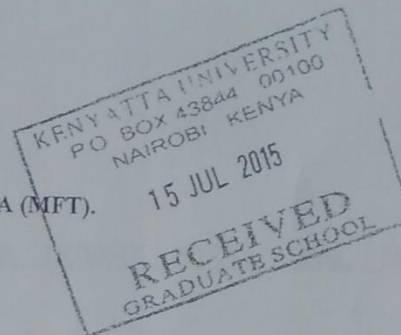
EO/nn



KENYATTA UNIVERSITY  
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES  
DEPARTMENT OF PSYCHOLOGY

RELATIONSHIP BETWEEN GENDER ROLE PERCEPTIONS AND PERFORMANCES AND  
MARITAL STABILITY AMONG SPOUSES IN SELECTED COUNTIES OF KENYA

HUBERT PINTO, MA (MFT).



A RESEARCH PROPOSAL SUBMITTED TO THE SCHOOL OF HUMANITIES AND  
SOCIAL SCIENCES IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE  
AWARD OF THE DEGREE DOCTOR OF PHILOSOPHY (COUNSELLING  
PSYCHOLOGY) OF KENYATTA UNIVERSITY

MAY, 2015



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GRADUATE SCHOOL

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P.O. Box 43844, 00100  
NAIROBI, KENYA  
Tel. 8710901 Ext. 57530

Our Ref: C82F/12104/2009

DATE: 1<sup>st</sup> August 2015

Director General,  
National Commission for Science, Technology  
& Innovation  
P.O Box 30623-00100  
NAIROBI

Dear Sir/Madam,

RE: RESEARCH AUTHORIZATION FOR HUBERT PINTO- REG. NO.  
C82F/12104/2009

I write to introduce Mr. Hubert Pinto who is a Postgraduate Student of this University. He is registered for Ph.D degree programme in the Department of Psychology.

Mr. Hubert intends to conduct research for a Ph.D Proposal entitled, "Relationship between Gender Role Perceptions and Performances and Marital Stability among Spouses in Selected Counties of Kenya."

Any assistance given will be highly appreciated.

Yours faithfully,

MRS. LUCY N. MBAABU  
FOR: DEAN, GRADUATE SCHOOL

RM/un

NACOSTI

**NATIONAL COMMISSION FOR SCIENCE,  
TECHNOLOGY AND INNOVATION**

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P.O. Box 30623-00100  
NAIROBI-KENYA

Ref No **NACOSTI/P/16/43409/9205**

Date:

**26<sup>th</sup> January, 2016**

Hubert Pinto  
Kenyatta University  
P.O. Box 43844-00100  
NAIROBI.

**RE: RESEARCH AUTHORIZATION**

Following your application for authority to carry out research on "*Relationship between gender role perceptions and performances and marital stability among spouses in selected counties of Kenya,*" I am pleased to inform you that you have been authorized to undertake research in **Kisumu, Mombasa and Nairobi Counties** for a period ending **19<sup>th</sup> January, 2017.**

You are advised to report to **the County Commissioners and the County Directors of Education, Kisumu, Mombasa and Nairobi Counties** before embarking on the research project.

On completion of the research, you are expected to submit **two hard copies and one soft copy in pdf** of the research report/thesis to our office.

  
**DR. S. K. LANGAT, OGW**  
**FOR: DIRECTOR GENERAL/CEO**

Copy to:

The County Commissioner  
Kisumu County.

The County Director of Education  
Kisumu County.

