

The purpose of this paper is to investigate the traditional Akamba marriage with a view to establishing the relevant and useful values that can enrich the modern marriage. Three objectives guided the study namely:

(i) To examine the positive aspects in traditional Akamba marriage with a view to utilizing them to strengthen Christian marriage.

(ii) To explore the causes of marital instability.

(iii) To discover and emphasize the need of premarital instructions involving all the stakeholders.

The paper is part of a research conducted in Kitui District targeting sample population of 210 people. The subjects were between the ages of 19–98 years old. The research used probability sampling. The data was obtained from the youth, parents, elders, pastors and professionals.

The four hypotheses brought the following findings:

(i) The longer the duration of marriage, the lesser the danger of its dissolution.

(ii) The presence of children especially young ones contribute in prolonging the life of an unhappy marriage.

(iii) Parental involvement in the preparation of the offspring marriage was found to be one of the major determinants of marital instability. This is because of parents experience in marriage life, the wisdom, guidance and counsel to the young ones.

(iv) Extra-marital sexual permissiveness was strongly disapproved since it causes unfaithfulness in among spouses and it has serious consequences on the families concerned.

More findings on the causes of marital instability were given. Third parties who bring words of hearsay and rumours have been mentioned as a threat to the stability of marriage. Forced marriages especially where a young man has to marry a girl because he has impregnated her was seen as a cause of disruption in marriages. Parental interferences especially where they would like their sons or daughters to assist them with material things or in monetary terms was given as a serious cause of marital instability.

In brief, the main objectives of this study are fairly achieved. First, some of the positive aspects of traditional marriage that can be utilized or incorporated into Christian marriage have been identified. Secondly, the causes of marital instability have been established. The emphasis on the need for proper pre-marital preparation, instruction involving all stakeholders has been laid.