

**FACTORS CONTRIBUTING TO MARITAL BREAK UPS AND THE  
COUNSELING IMPLICATIONS. A CASE OF THE ANGLICAN  
CHURCH MEMBERSHIP IN TAITA DISTRICT**

**BY**



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**MCO - 3 - 0 832 - 3/2010**

**A Thesis Submitted in Partial fulfillment for the Conferment of Masters of  
Arts Degree in Counseling of Kenya Methodist University**

**June 2012**

## ABSTRACT

Marriage is an Institution which is culturally respected and jealously guarded. This is because both the Church and the nation begin from marriage. There are however many challenges in this institution which if not handled skillfully could cause marital break ups. Such break ups affect the individuals concerned negatively and this impact is felt in the society. The study is guided by choice theory which explains that all we do from birth to death is behave. We choose how to behave in different situations and our behavior will either positively or negatively affect us significantly. The theory further explains that human beings are social and they need to receive and give love. If this need is not met, they are pained and look for things to do to make them feel better. Such choices may strain their relationships and cause marital break ups. The study examined the factors contributing to marital break up and whether pre-marital counseling takes place. It also determined whether pre-marital counseling can prevent marital break ups in the Anglican Church in Taita District. The findings of this study will be used to improve on the counseling services in various institutions including the church. The study was carried out in Taita District of Coast Province in Kenya. This study recommended that similar studies should be carried out with a larger sample to establish the state of marriages and the effects of marital break ups in families. It recommended that studies should be carried out to establish the effectiveness of priests as counselors. The study adopted the descriptive survey research design. The design was appropriate for obtaining factual and attitudinal information for research questions on characteristics and present or past behaviors. This design is most frequent used for the collection of information about people's attitudes, opinions or habits on any of the variety of education and social sciences. The findings of the research will make an impact on the lives of people in Taita District and the Country as a whole. The sampling of the study was done using cluster, simple random and purposive methods which finally gave one hundred and eighty two respondents from eight parishes. Two types of questionnaires were used to collect data; one for sampled couples and single members of the churches and one for the priests/counselors. The questionnaires were pilot-tested to validate and determine their reliability. The collected data was then analyzed using the descriptive statistics method where percentages, frequencies and means presented in tables, pie charts and bar graphs were used. The study findings indicate that marital break ups in the Anglican Church in Taita District are mainly caused by finances, infidelity, communication and sexual dissatisfaction. Pre-marital counseling takes place in the Church but very little post-marital which contributes to marital break ups. The findings also indicated that both pre and post-marital counseling services are necessary to alleviate marital break ups. The study therefore, recommended that the major factors contributing to marital break ups should be given more sessions during pre marital counseling. Pre marital counseling should also be made meaningful and there should also be a follow-up after marriage.