

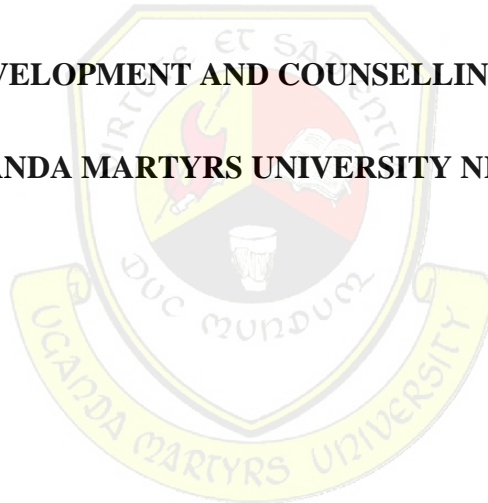
**THE RELATIONSHIP BETWEEN MARITAL COUNSELLING AND YOUTH
MARRIED COUPLES IN KASENGE PARISH, WAKISO DISTRICT.**

**A DISSERTATION SUBMITTED TO THE FACULTY OF HUMANITIES AND SOCIAL
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Dedication

I dedicate this dissertation to my beloved wife Mrs. Esther Kalibbala and my children Agnes Namirembe, Christopher Mutibwa, Divid Nkata, Kiyemba Benard, Babirye Damalie and Nakato Deborah for their generous support and love towards me.

May the God I serve greatly reward you abundantly!

Acknowledgement

I wish to thank the almighty God for keeping me alive and providing me with wisdom, capacity and courage to go through the three year course successfully.

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List of Abbreviations

ADB	African Development Bank
UDHS	Uganda Demographic and Health Survey
UHRC	Uganda Human Rights Commission
US	United States
FGD	Focus Group Discussion
SES	Social Economic Status
WHO	World Health Organization
UBOS	Uganda Bureau of Statistics
STDS	Sexually Transmitted Diseases
HIV/AIDS	Human Immune Virus/ Acquired Immune Disease Syndrome
RDC	Residential District Commissioner

Abstract

It has been found that effective counseling programmes foster positive habits and attitudes case in point is marital counseling. The present study sought to extend these findings by focusing on the relationship between marital counseling and Youth married couples in Kasenge Parish.

The study was guided by three objectives: To find out the causes of marriage break ups among youth married couples, find out the role of marital counseling in handling marriage break ups among youth married couples, and suggesting ways on how to strengthen the relationship between marital counseling and youth married couples.

The study was conducted in Kasenge Parish it employed across sectional design with both quantitative and qualitative approaches. Data was collected using an interview guide and self-administered questionnaire.

Quantitative and qualitative data was mainly analyzed using frequencies and percentages and inferential analysis technique. The study revealed that vast majority of respondents 98.3% reported that marital counseling is a binding tool in relationship and it helps postures to identify each other as well as to understand each other.

Based on these findings it is recommended that free counseling services should be provided effectively to individuals who are going to get married to avoid marriage breakups. Youth married couples should be empowered always to go for counseling sessions to avoid breakups in their marriages.

The study found out that marriages among the youth married couples end because of arrogance, adultery, conflict of interest, drug abuse, infection of serious diseases, inadequate pre-marital counseling, parental neglect, poverty, impotence, unfaithfulness, peer influence/ mislead cultural diversion of norms and practices, disrespect, poor communication, weak foundation of relations, early marriages, desire of riches, poor family backgrounds and illiteracy.

Marriage breakups among the youth married couples result into mistrust among partners, high child immorality, stress, death, unfair income distribution, single parenting, increased spread of diseases, loss of value to marriage, mental illness, physical damages, poor standards of living, harming of intervening persons and loss of trust in parents. All these mentioned discourage individuals to get into marriage relationships and others end up in witch craft practices.

CHAPTER ONE

GENERAL INTRODUCTION

1.0 Introduction

As marriage breakups are continuously increasing among the youth than it has ever been, the study is to look at the relationship between marital counseling and marriage breakups among the youth married couples of Kasenge Parish in Wakiso District. This chapter presents the background to the study, statement of the problem, objectives of the study, research questions, and scope of the study, significance of the study, justification conceptual framework and definition of key terms.

1.1 Background of the study.

Traditional settings across the world are becoming diverse as interpersonal relations are becoming complex with the modernity freedom that allows different individuals to go by their passion and attributes in different prospects (Cole, 2005). The fundamental unit of all societies is the family which is formed as result of marriage between two partners and usually the major source of the basic necessities of life and health, love and tenderness, adequate food, clean water, a place and time for rest, clothing and sanitation, which is made possible by the prevailing socio-economic, environmental and sometimes political conditions (Barley, 2009).

In Africa, a family is a great source of pride (Smith, 2010) whereby a person with this feels honored, respected and given the cultural setting an individual looks at the family as a blessing to the community. However, family and marriage relations in Uganda are gradually changing in response to the changing social and economic environment. In this regard indigenously favored family systems are eroding, either through complete abandonment or

evolution into more viable forms that are conventional. Initially marriage was performed with full guidance and mentoring of the guardians as mothers and aunties could help girls while uncles and fathers would help the boys as regards stereotypical roles in the family and the society as well. This is backed up by the social cultural theory of Vigostky which shows that elders have great role in transferring knowledge to the little/ young ones, this is in form of mentoring (Hough 2000)

Marriage breakups continuously appear to be a common practice among youth marriage couples in Uganda and this has left a question in the lives of many especially in this era when counseling is done at under perspective. Lapon (2003) gives a role of counseling in social aspects, emotional of which youth married couples get during pre-marital counseling. This if it is done, the researcher wanted to look at the relationship on marital counseling has over the life of a youth married couples. The modern settings have got flexible laws that allow different partners to quit marriage easily due to common mismatches or misunderstandings among the community married partners on different prospects (Smith, 2010).

The life course perspective with its emphasis on the timing and duration of events incorporates factors such as age at marriage, duration of marriage, and the presence of children Elder, (2004). With respect to age at marriage, individuals who marry at younger ages tend to report more marital problems and experience a greater risk of divorce than individuals who marry at older ages Bumpass et al., (2001). The negative consequences of marrying at an early age may be due to psychological immaturity, unstable employment, and a truncated spousal-search process. With respect to duration of marriage, divorces occur more often in the early rather than the later years of marriage White, (2001) while. Becker (2001) argue that people generally have imperfect information about their partners during courtship but learn substantially more about their spouses after marriage. The rational Emotional theory encourages people to use their reasoning ability so counselors have to help such individuals to look at issues in a wider perspective using the reasoning so as to be able to manage their emotions in order to have a successful life.

Weiner, (2006) argue that attribution theory provides a useful framework for understanding how the perceived causes of marriage breakups might relate to post divorce adjustment. If people attribute the cause of a problem (such as being unemployed) to internal factors (such as one's lack of ability), then they are likely to experience negative views of the self and distressing emotions. While Brickman et al., (2002) distinguish between attributions of responsibility for the problem and attributions of responsibility for the solution to the problem. Whereas George (2009) also assumes that youth people often engage in self-serving attributions. Consequently, ex-spouses are unlikely to see themselves as being solely responsible for the problems that led to the breakups of the marriage. Marital counseling is mutually exercised to solve conflicts between married couples at different ages though majority of them are profound to be in the youth married couples but intimacy and togetherness are proved to be restored to a certain composition

Kasenge Parish is located in Wakiso district with a huge population of youth married couples that are jointly allowed to stay and live together as a family. However, the region is still experiencing a high rate of divorce among the youth married couples as they seek for judicial judgments, elderly conjunction and divorce affirmations due certain marital problems they tend to experience which surrender merciless and impressive challenges to the stakeholders specifically the parents and their toddlers (UHRC, 2013).

1.2 Statement of the Problem

Marriage breakups among the youth married couples are concurrently becoming a social challenge as partners seek for divorce, separate partially or for good which are attributed to several socio-economic problems that lower them down to break the pact (Chapman, 2003). The individuals, therefore, needs to seek help to overcome unfavorable situations, to establish unity in his/her life and to achieve integration of self. It is against this back drop that counseling, in many countries, is increasingly becoming acknowledged to be a right to which all citizens are entitled throughout their lives, and not just an ancillary service aimed at those who are in crisis. (Khamasi, 2001)

Several professional counselors and therapists have developed centres that do provide such breakup solutions and advice to partners. However much as this is done there is an influx of couples seeking divorce and separation, this means that there is a gap that need to be bridged. This made the researcher to pick interest to find out the relationship between marital counseling and youth married couples a case study of Kasenge Parish in Wakiso district.

1.3 Objectives of the study.

1.3.1 General Objective

The study intended to establish the relationship between marital counseling and youth married couples in Kasenge Parish, Wakiso District.

1.3.2 Specific Objective

- i) To find out the causes of marriage breakup among youth married couples.
- ii) To find out the roles of counseling in handling marriage breakup among youth married couples.
- iii) To suggest ways on how to strengthen the relationship between marital counseling in the life of youth married couples.

1.4 Research Questions

- i) What are the causes of Marriage breakups among youth married couples?
- ii) What is the role of Marital Counseling in the youth married couples?
- iii) How can Marital Counseling be strengthened in the life youth married couples.

1.5 Scope of the study

1.5.1 Subject Scope

The study was confined on the relationship between Marital counseling and Marriage breakups among the youth married couples in Kasenge Parish. The study also explored the contributing factors to Marriage breakups among youth married couples and as well assessed the effectiveness of the measures implemented in handling marriage break ups in youth married couples and the ways we can strength marital counseling in the life of the youth married couples.

1.5.2 Geographical Scope

The study was carried out in Kasenge Parish which is located in Nsangi Sub County just 13km in the South of Kampala City Centre. Kasenge is found in Wakiso District with a shorted route via Nakawuka road boarded by Kyengeru Parish, Bandwe Nalumunye Parish, Nsaggu Nkugulutale Parish and Buddo Parish. The area is being considered of being with a highly increasing number of youth married couples which do not last as such and tend to seek for marital counseling from different liable persons thus vivid information was expected to be attained for conclusive remarks and study recommendations.

1.5.3 Time Scope

The study was conducted within a period of two years 2015- 2016 this was because the researcher could find many issues of marriage breakups in Newspapers, Magazines and Observations. This made the researcher to pick interest to find out the relationship between marital counseling and youth married couples in their marriage

1.6 Significance of the study

The study might add on more literature and knowledge about the relevance of marital counseling on marriage breakups among youth married couples which can be used by others scholars or authors conducting a similar or related study with vivid information.

The study might help policy makers in setting societal marriage abiding rules and regulations in order to avoid the continued effects that do arise from marriage break ups among the youth married couples within the community.

The study will help the community leaders to get counseling techniques that they can use to settle the marriage disputes among married couples.

In addition to that the study will also help the community based organization (CBO) and non-government organization (NGO's) to deal with the marriage issues and more so the youth.

This study might benefit Religious leaders and therefore know the important area that will reveal the role of marital counseling and how they can use it to stabilize families while taking pre-marital counseling session in preparing for those who are going to wed in the churches or mosques.

The study might benefit social workers, students and community outreach organizations in its area that will reveal the role of marital counseling and the strategy that can be used to stabilize families in the area.

This study may be very important to Wakiso District officials and the government at large to get to know the reason why youth married couples in Uganda is seeking marital counseling. This will help the policy maker to create the laws that will self-guard marriages and build good relationship between married couple and the youth or elders

1.7 Justification

The rationale behind this study is that there is increasing divorce and separation among youth married couples as individuals young as they are lack positive problem solving behaviors and less supportive to each other (Homann 2006). Counselors impact the lives of such individuals to create self-awareness and to resolve the unresolved issues which are likely to affect their marriage. (Cooper 1998).

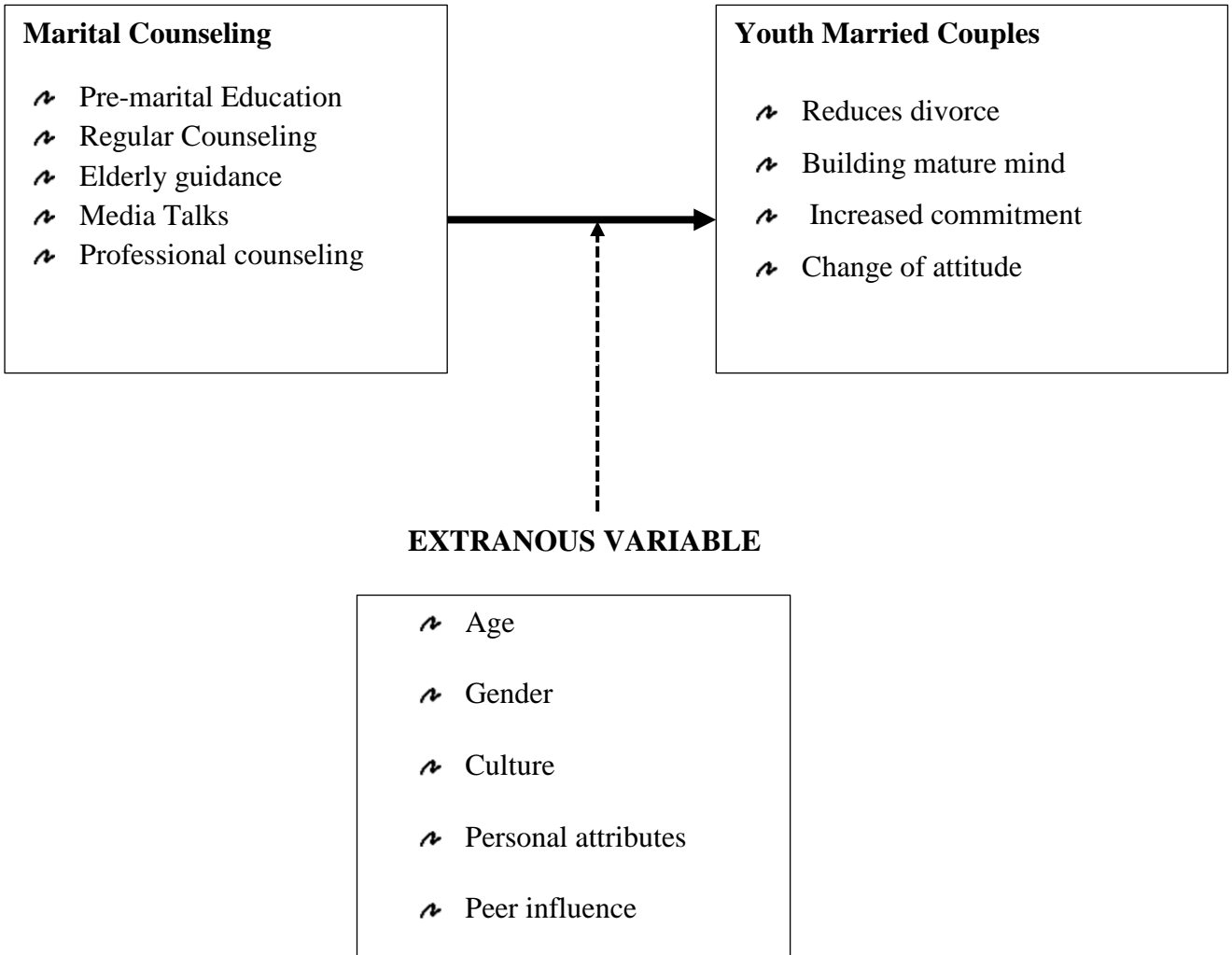
Even then, the complex and changing nature of the marriage relationships do affects the lives of the youth married couples creating a need to have a counselor who can help individuals to understand themselves (Chapman 2003). It is therefore against this background the study sought to assess the relationship between marital counseling on the youth married couples in Kasenge Parish - Wakiso district.

1.8 Conceptual Framework

This refers to the diagrammatic presentation of the study variables that is the independent and dependent variable as Marital Counseling and Marriage breakups respectively among youth married couples. It also explores the extraneous variables that are likely to influence the major concepts.

INDEPENDENT VARIABLE

DEPENDENT VARIABLE



1.9 Definition of key terms

Marriage counseling is a type of psychotherapy for married couples or established partners that try to resolve problems in the relationship. Typically two people attend counseling sessions together to discuss specific issues.

Marriage breakups refer to the common process whereby the relationship between married couples erodes such that they cannot originally restore their relationship.

Marriage is a comprehensive union of mind and body ordered to family life. It unites a man and a woman as husband and wife.

Counseling is the provision of assistance and guidance in resolving personal, social or psychological problems and difficulties especially by a professional.

It is a professional guidance or helping people in resolving personal conflicts and emotional problems. It is a professional guidance of the individual by utilizing psychological methods especially in collecting case historical data using various techniques of personal interview and testing interest and attitudes.

Marriage counseling is a corner stone through which couples receive assistance from counselors. It is the type of counseling that deals essentially with plans and problems associated with husband-wife relationship (Skidmore and Thackeray, 1982).

CHAPTER TWO

LITERATURE REVIEW

1.0 Introduction

This chapter provides critical review of relevant articles and text written by other scholars of authors concerning the study major variables are presented in the subthemes. It reviews the related literature about the causes of marriage breakups among youth married couples, measures that can be taken in handling marriage breakups and the ways counseling can be strengthen in the life of youth married couples.

2.1 Causes of Marriage Breakups among Youth Married Couples.

Marriage breakups rates were already inching upwardly in the 19th century as a result of secularization trends, the liberalization of norms concerning individual choice, and the lessening of religious influence. The religious aspect is now largely missing in the institution of marriage: this is often referred to as the deserialization of marriage. For many, marriage has become an individual choice rather than a covenant before God and this change has contributed to the acceptance of its temporal nature (Cherlin, 2004).

According to Clark (2007), contends that statistics show that the youth are at marriage, the more likely they are to divorce. Young people, especially adolescents, may lack the maturity and experience to cope with the demands of a marital relationship. Furthermore, their personalities have not yet stabilized so that their needs may change and upset the balance of their new marriage. Very young people also have low incomes; this, along with low educational levels, is another risk factor for divorce (Clark and Crompton, 2006). This

presents a challenge of socio-economic instability of young persons to seek for marriage that seems to be materially and monetary evaluated.

Homann-Marriott (2006) reports that couples who cohabit have somewhat less positive problem solving behaviors and are less supportive of each other on average than those who have not cohabited before marriage. Therefore, it cannot be said that cohabitation necessarily constitutes a “trial” marriage because of lower levels of commitment (Ambert, 2005b). However, many such less committed couples move on to marriage, and may not be ready for the required commitment. As a result, breakups may follow. Low religiosity is related to lower marital happiness and a higher propensity to divorce Clark and Crompton, (2006); Treas and Giesen,(2000); Tremblay et al., (2002). Furthermore, religious and to some extent racial heterogamy are risk factors for marital instability, perhaps because of a lack of shared values (Heaton, 2002). Cohabitation prior to marriage has been until now a strong risk factor to a first divorce Clark and Crompton, (2006); Marcil-Gratton et al., (2003). But there is recent evidence that cohabiting only with a future spouse does not increase the risk of divorcing (Teach man, 2008). As well, this link between prior cohabitation and later divorce may diminish as cohabitation becomes more prevalent and lasts longer before marriage (Hewitt and de Vaus, 2009).

Low incomes and poverty are risk factors because financial stressors often impact negatively on a marital relationship. On the other side of the equation, a very rapid upward social mobility where the acquisition of money and status is a prime mover is also a risk factor. This may be because such a pursuit of materialism takes time away from relationships or reflects individualistic values that are incompatible with a good conjugal life which refers us back to the cultural factors mentioned earlier (World Bank, 2015) while Garron (2007) suggested that demographic factor related to divorce is solo mothering in difficult economic circumstances. Mothers who have children without a partner are more likely to be young and poor and to cohabit before marrying thus combining many risk factors for divorce (Garron, E. 2007).

Remarriages is also a risk factor for marriage breakups, in great part because of the complexities of reconstituted families (Ambert, 2005a). This risk factor is becoming more salient. For instance, in 2000, 33% of all marriages had one or both partners who had been previously divorced and, of these, well over a third included two previously-divorced persons (Statistics UBOS, 2003). Furthermore, families with a resident stepfather are less stable than families with a resident stepmother (Marcil-Gratton et al., 2003).

Sex ratio South, et al, (2001) suggested that. Men are more likely to divorce when there is a high proportion of unmarried women with them in the labor force and the same occurs for women who work in domains with a male preponderance whereas Harknett, (2008) commented that. conditions raise married persons', especially men's, chances of sexual infidelity and of forming new relationships. Similarly, when there is a sex ratio imbalance favoring men in a particular ethnic group in a city, this group may also have higher rates of serial cohabitation and divorce.

Parental divorce correlates with higher divorce rates among children when they become adults (Liam and Wu, 2008). One study has even found that this occurs especially when the parental marriage had a low level of conflict such parents may divorce simply because they are less committed to marriage and may transmit this value to their offspring (Amato and DeBoer, 2001). This presents an exemplary element that children believe it is not alarming and awkward to have a marriage breakups.

According to the WHO (2004) reported that unemployment and work related problems. The discernible and quite striking trend noted in submission was the important attachment to unemployment and other work related issue as a factor contributing to marriage and relationship breakups. May submission particularly from welfare organizations suggested that the pressure placed on family life from the unemployment are great and have a strong impact on the wellbeing of relationships. Unemployment not only has the effect of causing financial hardship but also lowers self-esteem, creates isolation and limits the ability of families to lead

fulfilling lives in the community (World Bank, 2015). Similarly at the other end of the spectrum, other families due to financial pressure and fear of losing employment are working longer hours to have and to hold consequent reduction in time for family. This in turn places additional stress and pressure in family life.

The trends toward individualism that began two centuries ago have resulted in an emphasis on rights rather than duties (Smith, 2010). When individualism is coupled with an ideology of gratification, particularly sexual and psychological, where people are encouraged to be “happy” and “fulfilled,” it follows that the spouses’ mentality about their marriage is affected. Marriage is less likely to be seen as an institution centered on mutual responsibilities and is more likely to be based on the pursuit of happiness, fulfillment, and companionship. More is demanded of marriage in terms of personal gratification. As Amato (2007) put it, in individualistic marriages, spouses view the marriage as valuable as long as it meets their needs for personal growth and self-actualization. “If the marital relationship no longer meets these needs, then spouses feel justified in jettisoning the relationship to seek out new partners who better meet these needs”.

Uganda Demographic and Health Survey (UDHS) data (2011), revealed that several submissions suggested that many couples enter marriage believing that Individual rights and needs should override the good of the marriage partnership. Such couples, it is argued, have been poorly trained or equipped for a lifetime of commitment. They often have unrealistic expectations of the challenge of marriage and the media images of blissful relationships contribute to high expectations without necessarily the concurrent skills. Further Mr. David Blankenhorn, President of the Institute for American Values, told the Committee that there has been a generational change in attitude to the meaning of marriage and marriage commitment and a strong move towards commitment to self and individualism. From his research in the US Mr. Blankenhorn would argue that this is the principal reason for the weakening of marriage as an institution. Other submissions suggested that with an increased life expectancy, couples committing to life-long commitments are looking forward to very much longer years.

Domestic violence was cited in many submissions as a major reason for marriage breakups. Several married couples have ended the pact due to continued abuse, misunderstandings and mistreatments among the married partners which created a continued discontentment and discomfort that upraise their pursuit to quit the relationship (UHRC, 2012). These submissions agreed that violence is a major contributor to the breakups in relationships with a case of galloping drug abuse, mutual beliefs and misconception among the youth in the modern life of the Sub Saharan Region (African Development Bank, 2013).

The community views about marital break ups were received from a diverse range of organization including many federally funded services provided such as church organization, government bodies, legal centre and association representing a diverse range of community interests. In addition, individual submission was received from academic marriage counselors, marriage educators. Though private citizens are documenting their individual experiences of marriage break ups, Christensen et al (2006) and Gottman (1999) both noted that a common theme of these submission is that the causes of marriage break ups are complex diverse and interactive and that no single factor can be identified as the most significant reason for marriage break ups. It is also evident that the views vary depending on the back ground and the status of those who hold them. Violence and the abuse of power are evident in all types of families with many men viewing their partners and children as their property (UHRC, 2013). There is plenty of evidence that violence is a major contributor to the breakups in relationships.

Mosy and Madugba (2010) stated that the attitude of spouses to each other can affect their communication. The un-peaceful homes were murmuring, complaining, nagging, constant criticisms, contentions and strife is prevalent. No man enjoys staying with a wife with that attitude. If they are always critiquing each other or using bad or harmful words at each other they tend to enter their shell instead of opening up to talk. Poor communication could be seen in various ways wearing masks and not opening up to each other, telling half-truth, a lie and withholding important information, giving short and sharp answers to put your spouse off, sweeping matters under a carpet until they become a big heap and over whelming. Still

immaturity and emotional instability men need to understand the emotional, physiological and physical make up of a woman.

Schaefer (2008) noted that the increase in the marriage separation witnessed in the contemporary society may be due to the influence of urbanization which resulted to may cross-cultural marriages and the increase in population. Societal acceptance of divorce constitutes the key factor of the causes associated with divorce. Perhaps the most important factor in increase in divorce over the last hundred years has been the greater social acceptance of divorce. It's no longer considered necessary to endure an unhappy marriage. More important, various religious denominations have relaxed their negative attitude towards divorce, so that most religious leaders no longer treat it as a sin.

Statistics show that the younger people are at marriage, the more likely they are to marriage breakups. Youth, especially adolescents, may lack the maturity and experience to cope with the demands of a marital relationship. Furthermore, their personalities have not yet stabilized so that their needs may change and upset the balance of their new marriage. Very young people also have low incomes; this, along with low educational levels, is another risk factor for marriage breakups (Clark and Crompton, 2006).

Compared with men, women tend to monitor their relationships more closely, become aware of relationship problems sooner, and are more likely to initiate discussions of relationship problems with their partners (Thompson & Walker, 1991). Men, in contrast, are more likely than women to withdraw from discussions of relationship problems (Gottman, 1994). Perhaps for these reasons, wives are more likely than husbands to initiate marriage breakups. Given that marital discord and marriage breakups are gendered experiences, it is not surprising that researchers have documented differences between men's and women's accounts of marriage breakups. For example, several studies have shown that former wives provide longer and more complex explanations for their marriage breakups than do former husbands.

Social Economic Status (SES), usually measured by education and income, has been a focus of marriage breakups research. Prior studies indicate that education and income facilitate marital success (Voydanoff, 1991). Education promotes more effective communication between couples, thus helping them to resolve differences. In contrast, the stress generated by economic hardship increases disagreements over finances, makes spouses irritable, and decreases expressions of emotional support (Conger et al., 1990). Partly for these reasons, SES is inversely associated with the risk of marriage breakups (White, 1991). Nevertheless, well-educated individuals may hold especially high standards for marriage and expect a substantial level of emotional support, companionship, and personal fulfillment from their spouses. Because of these high standards, relationship problems may trigger thoughts of marriage breakups relatively quickly among well-educated individuals.

Kitson (1992) found that high- Social Economic Status (SES) individuals, following marriage breakups, were more likely to complain about lack of communication, changes in interests or values, incompatibility, and their ex-spouses' self-centeredness. In contrast, low-SES individuals were more likely to complain about physical abuse, going out with the boys/girls, neglect of household duties, gambling, criminal activities, financial problems, and employment problems. Similarly, Levinger (1966) found that low-SES marriage breakups individuals complained about financial problems, physical abuse, and drinking, whereas high-SES\ marriage breakups individuals complained about lack of love and excessive demands from their spouses.

Becker (1991) argued that people generally have imperfect information about their partners during courtship but learn substantially more about their spouses after marriage. Consequently early marriage breakups are disproportionately due to the discovery of basic incompatibility, conflict in values, and personality clashes. Nevertheless, couples in marriages of long duration face challenges (such as raising children, boredom with the relationship, and gradually diverging interests and attitudes) that differ from those of individuals in marriages of short duration. Indeed, studies have shown that marital duration is associated with long-term declines in marital happiness.

Johnson, Amoloza, & Booth, (1992) Communication seems to be designated by numerous writers as one of the keys to successful marriage. Becker (1991) also notes that people who can share their thoughts, goals, and feelings usually have more successful marriages. Many experts believe that the inability and the unwillingness of spouses to communicate is the main cause of marriage breakups. Problems start with premarital superficial communication then move on to engagement when it is too painful and risky to reveal the real person. Finally, in marriage it is impossible to keep up the façade and marriage trauma is the result. Being open with the real life experiences is one or the other to foster proper interpersonal understanding among couples.

Another possible cause of marriage breakups in this nation is the dating system. Role playing, superficiality, and dreamy attitudes prevent teenagers from learning about commitment and perseverance. Pleck (2008), notes that the fast moving society and peer pressure put a premium on status, money, accomplishments instead of the inner qualities of the person. Teens are indirectly taught that integrity and personal character are less important. In the mind of some people, they approach the marriage breakups problem not as an interpersonal breakups but as a break ups in society. If society would not liberalize marriage breakups laws and make it much more difficult to obtain a marriage breakups, then the marriage breakups rate would subside. Thus, a lack of societal controls has led to the current marriage breakups dilemma, and interestingly enough, comparable increase in suicide.

The lack of individual adjustment in certain facets of marriage can also be related to causes of marriage breakups. According to Pishghadam (2011), a longitudinal study of forty-eight teenage marriages revealed a high level of marital adjustment in religious activities and low levels in (1) the sexual relationship, (2) social activities, (3) family income and (4) child training. Too much ego can end a great relationship between different partners, commitment without lenience in certain fields make partners discouraged to live them continuously though humans are different in kind and nature. Pishghadam (2011), proclaims that safari employments today do lead to splitting of families. As partners are given busy schedules

from long distances, partners end up staying in a lonely life thus absence of mothers imply single fatherhood lifestyle. Due to the financial demands and interests, partners go away from their families for the sake of working for financial betterment which involves limited or no communications to family members thus they continuously leave a life with a missing individual and it is mainly done by men but to certain cases women as well go away for long distance employments.

As marriage attributes and types are complex in the world today contractual marriage end relations after a given time frame. Pleck (2008) observes that marriages operated on contracts are normally entered with given interests and end according to the time signed in agreement. Different mothers are denied ownership and responsibility of looking after their own children due to certain issues that may be economical or culturally relied thus leaving the children in the hands of the father. Fathers continue to leave in a single parenthood lifestyle which involves different benefits as well challenges are associated.

Raikes (2005) argues that continued disputes between partners make them separate homesteads. When partners fail to solve misunderstandings among themselves, they tend to prefer living at a distance from each other in which mothers tend to leave their homes and children behind due to inability to support them appropriately. As mothers stay in home without sounding financial performance or sources, they leave their children as they hold a disadvantaged position of supporting their own children in different prospects.

Rienks (2011), reports that financial problems due to high poverty and unemployment, mothers tend to feel discomfort and quite relationships with their beloved husbands. Due to the increasing daily financial demands, lack of fundamental income sources places a stake to the family members as instant financial constraints imply limited or scarce supplies of family basic needs to members thus fathers are left in the conviction of balancing work schedules and looking after their children.

Sultan (2013), observes that though partners may be committed, honesty and lovely to each other, surrounding stakeholders can be a barrier to their stay as a unit. Many mothers do generate negative thoughts about their men due to rumours and gossiping that is done by their relatives, community members and the ex- partners. This makes places fathers at stake as mothers move out due to discomfort as investigative consultations proceed thus being left in full responsibility of catering about every home aspect.

Sciamanna (2011) points that health complications among mothers as regards mental or physical wellbeing lead them to leave their previous homesteads. Many women are in coma, medical detention, safety homes, and other stay areas due to health complications that care takers or operators restrict them to living with their family. This makes father to have full responsibility of catering about the family solely thus continued living in such conditions implies a single fatherhood lifestyle.

Moore, K. A. (2002) notes that poor interpersonal relations between married partners create a conflicting environment between the two partners which makes them quite living together. Parental conflicts over certain aspects makes mothers to depart from their children's homes due to continued insecurity and lack of safety thus leaving the fathers will total responsible to cater about the children. Single father do remain in full charge of catering to the infants as a result of spouse departure due to individual conflicts on different aspects that may be political beliefs, economic management, cultural disagreement and others.

Downey (2008), proclaims that there are judicial judgments that forceful expels mothers from living with their families and stay behind bars for a reasonable period of time which can as well be for life. Criminal judgments of certain cases make victims to continuous live without any contact to their family members thus when such as case arises and it's the spouse taken, the father remain the savior and care takers of the entire home no matter his busy schedules.

The instability of marriage has caused a concern for potential ill effects on children and misgivings on the part of divorcing parents about how the decision should be made concerning children's living arrangements. Many have wondered, "Should parents stay together for the good of the children?" Children of single parents do experience some disadvantages, but there is a good reason to believe that they would have most of these problems even if the parents decided to stay together. The problems with single parenthood are associated with reduced parental investment (Barber, 2000).

2.2 The role of Marital Counseling to the Youth Married Couples

Gottman (1999) reported that changing the views of the relationships throughout the therapeutic process the therapist attempts to help both partners see the relation in a more objective manner. They learn to stop the "blame game" and instead look at what happens to them as a process involving each partner. They also can benefit for seeing that their relationships takes place in certain cortex. He further noted that couples who avoid expressing their private feeling put at a greater risk of becoming emotionally distant and hence grows apart, effective couple's therapists' help their clients bring out the emotions and thought that they fear expressing to the other person according to this view. Some partners who fail to develop "secure" emotional attachment in childhood have unmet needs that they carry over into their adult relationship.

Halford and Sanders (1988) found out that the procedure can reliably discriminate distressed from no distressed couples and has good inter rates reliability. The measure derives from the thought listing procedure were the percentage of all reported thought continued and asserted that each couples' cognitive during problem solving discussion was assessed by thought listing procedure at the end of each experimental phase.

Benson (2011), Christensen (2012) and Ahkison B., et. al(2005), state that being able to communicate is one of the "three C's" of intimacy all effective couples therapies focus on helping the partners to communicate more effectively. Building on principle this communication should not be abusive, nor should partners ridicule each other when they do

express their true feelings. Couples may therefore require "coaching" to learn how to speak to each other in more supportive and understanding ways. The therapist may also provide the couple with didactic instruction to give them the basis for knowing what type of communication is effective and what type will only cause more conflict. They can learn how to listen more actively and empathically, for example however exactly how to accomplish this step requires that therapist turn back to the assessments they performed early on the treatment.

Freedman (1998) and White (1990), observed that to separate the problem from the person by externalizing issues of concern. A therapist asked partners to describe their problem normatively and then help them to rewrite the negative part of the story. Narrative therapy helps partner view their problem from different angles culturally, politically and socially. Narrative therapy allows one to explore the past to bring the light negativities that otherwise remain hidden. By exploring conceptions and behaviors, partners gain insight facts that have been troubling them. Thus they find new ways to deal with their problems thereby strengthening their relationship.

Combs (1996), Roots of problem assets that exploring unconscious root of problem. Some counseling techniques take a psychodynamic approach to therapy. The purpose is to bring the unconscious roots of a problem to the surface whether the problem belongs to one or both partners. This form of couples counseling is most useful when irrational portions of reacting exist. The belief of psychodynamic counselor is that significant life event and childhood experience shape people's behavioral tendencies such experiences may create as unfulfilled need as distorted views of reality that leads to dysfunctional behavior insight into these events serves to change perception and functional patterns of behaviors are utilized.

According to Nicholas and Schwartz (2008), occasionally, divorced couples use mediation to resolve the matters of custody, spousal support and the division of property. The use of the same professional to re-build a marriage or to end it might appear incongruous and troublesome to the majority of couples who are seeking help at a very distressed time in their lives.

Stopping fights. "People are package deals", says Michele Wiener-Davis, a psychotherapist and author of "the sex starved marriage "(Simon and Schuster). " There will be some things you love and some you don't. That's part of being married. "It's unfair to demand that someone drop every quirk and live up to your expectations. Something could be genuinely vital to one of you; the other should just accept it as an annoying but minor issue but if you both constantly argue over possessions that are not a big deal, brain storm solutions together.

Provision of emotional nurturance that is to say in sanctuary of the marriage each spouse can find a space to feel and express the full range of emotions. Couples should devise ways of allowing each spouse the time and space to recharge, in the way that works best for them individually and as a couple. Joint holidays or time alone, escape from the phone or the children, or help with work or school assignments are some solutions they can opt for. Similarly, in Alford- Cooper's study (1998), couples talked about the need to be prepared to give more than receive. Each spouse recognized that looking after the emotional needs of their spouse was an integral part of making the marriage work for both of them.

According to Alford-Cooper 1998, Lauer and Lauer 1986, Mackey and O'Brien 1995) making a safe place for conflict. The marriages Wallerstein (1996) observed were not without conflict but the spouses indicated that, sooner or later, they had learned over time that conflict did not mean the marriage was over. The knowledge that expressing anger did not threaten the marriage per se created a space in which spouses felt safe enough to vent their anger within certain agreed parameters. Conflict may be an inevitable part of being married, but couples in Wallenstein's and other studies stressed the need to be honest but tactful.

Building togetherness and creating autonomy. The sense of 'we-ness' is the key to a strong marriage. It involves creating a common view of the marriage while at the same time allowing room for each spouse to retain some sense of autonomy. Couples in three of the studies conducted by Klagsbrun (1985), Lauer and Lauer (1986), Parker (2000) made specific

references to finding, maintaining and adjusting the balance between individual and couple. The idea in these and other studies is that the marriage is almost a separate entity in and of itself, something for which compromises and sacrifices are worthwhile. However, if compromise and sacrifice are integral to achieving a balance between togetherness and autonomy, there must be a shared sense of fairness that allows each spouse some degree of gratification.

Mith (2007), argued that healing the pain and rebuilding trust when a partner has been unfaithful is a difficult process that many couples need help with. Recovery can be quite complicated and may take time. Partners need to examine if they want to stay in the relationship or leave. They also need to develop an understanding about why the affair occurred. Rebuilding the relationship after an affair in couple's therapy involves talking about what happened, making amends, learning to forgive, learning from the affair and resorting trust.

Mosy & Chinyere Madugba (2011) suggested that commitment whereby couples are totally dedicated to the relationship means you are more likely to work at keeping it strong and moving at all time to avoid possibilities of a break up. Commitment can be done by going for shopping together, remembering important days in their lives for example birthdays, anniversaries and sharing a common goal. All these strengthen relationships therefore minimizing chances of breaking up. He continues to advise the partner to use of pet names and silly secrets that is in jokes help keep the connection between partners. Such names may include sweetheart, darling and shortening their names like hany for Hannington and Debby for Deborah. They could keep reminding themselves or their early childhood secrets that might seem silly but worthy to remember like lying to parents about their way about. All these help strengthen their relationship hence reducing break up.

2.3 Ways of strengthening marital counseling in the life of youth married couples

According to Combs (1996), a qualified marriage and family therapist can provide instruction and coaching on ways how a couple can communicate better and this reduces marriage breakups since it is at times brought about by poor communication.

Lauer and Lauer (1986), considers marital counseling as a tool that assists a couple learn how to argue in a healthier way and resolving conflicts and problems in a productive manner instead of fighting all the time hence reducing marriage breakups. This is because couples that have a better way of handling conflicts command a lot of respect and therefore one would consider the feelings of the other before reacting in a weird manner.

Alford-Cooper (1998), Lauer and Lauer (1986), Mackey and O'Brien (1995) address marital counseling as a way of enabling couples work through unresolved issues since they believe that expressing anger does not threaten the marriage. This creates a tactful way of handling such issues and therefore making it possible for married couples to live together despite the marital conflicts.

Marital counseling helps couples learn appropriate ways of expression, disclosure and resolution of painful emotions, how to state their needs clearly and openly without resentment or anger and learning how to negotiate for change within a relationship. This helps stabilize marriage since it creates a better mode of communication through which all parties can express their concerns and thereby solving them in a simpler way rather than family breakups (Chapman, 2003).

Chapman, (2003), asserts that marital counseling enables a couple how to resolve conflicts in a healthy manner through the communication skills acquired from counseling and this not only helps couples listen to their spouse but to also process what their spouses are saying.

Here, couples get equipped with knowledge on how to be assertive without being offensive. Both spouses need to be able to talk about their issues without fear of hurting the other spouse and this enables them learn how to get what they need without having to make demands or engage in conflicts.

According to Cathy Meyer, marital counseling enables a couple develop a deeper understanding of which your spouse is and what his/her needs are. Better yet, learn more deeply who they are and what their needs are. Seeking marital counseling keeps couples from making mistakes they may later regret.

Furthermore, marriage counseling helps partners learn how to process and work through unresolved issues. This offers a safe environment for expressing any unhappiness one feels. Being able to get feelings out into the open with the help of a trained professional may be all that the couple needs. You might find that one of the spouses is more than willing to work together to solve the problems in the marriage. You may also find that your spouse is unwilling to do the work. If so, one can be free to leave the marriage without any guilt because you have given it your best shot. This creates a possibility for saving the marriage or leading to marriage break ups.

According to Racheal Tasker, marital counseling gives the couple the opportunity to discuss things that do not come up in normal conversations, such as hurtful past experiences, sex and expectations. Too often, couples think they know their spouses well but we may not learn of past abuse or how the person expects the marriage to be. Therefore, conducting such counseling creates an environment in which couples can express their past, fears and expectations hence reducing marriage breakups and this is mainly because a spouse would do whatever it takes to make the other happy and ensure that they do not go through the hurtful experiences they went through before they married.

In summary therefore related literature on causes of marriage breakups among youth, the role of marital counseling and ways how to strengthen the relationship between marital counseling and life of youth married couples that was explained in chapter two, this leads to chapter three as a Research Methodology.

CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

This chapter presents the methodology that will be used in the study. This chapter covers the research design, area of the study, population of the study, sample size, sampling procedure, and sources of data, data collection techniques, and data analysis. It further presents data quality control as well as research procedure, research ethics that shall be considered in this study. Finally, limitations and de-limitations of this study will be discussed.

3.1 Research Design

This study employed a cross sectional study design. According to Max well (2004), a cross sectional study involves measuring different variables in the population of interest at a simple point in time. This was used to provide a systematic description that is as factual and as accurate as possible. It is relatively inexpensive and does not involve manipulating variables. The researcher also adopted quantitative and qualitative approaches. The qualitative aimed at providing an easier understanding and description of the respondents experiences of the study. On the other hand, the quantitative approach involved the collection and analysis of numerical data.

3.2 Area of the study

The study was carried out at Kasenge Parish located just 13 km in the south of Kampala City Center. Kasenge Parish is situated in Nsangi Sub County, Wakiso district. The area was chosen due to existence of a number of youth married couples there, facing a number of

problems that tend to endorse them to seek for marital counseling, divorce and complete separations. The researcher attained vivid information on the study concepts researched on.

3.3 Population of the Study

The study population comprised of respondents from the community members because such individuals are and some have seen youth married couples divorce or separate, Religious leaders these are individuals who carry pastoral counseling to such couples, local government officers were selected because they are always in the midst of solving issues and quarrels /misunderstanding in the family, Health workers and security officers in Kasenge Parish were paramount as people who are given respect and trust in helping members of the community.

3.4 Sample Size

The information and data related to the objectives of the study was collected from the community members, married couples, Religious leaders, local government officers Health workers and security officers giving a total of 120 respondents.

Table 1: Sample Size Composition

Category	Frequency	Percentage %
Community members	73	61%
Religious leaders	16	13%
Local Government officers	12	10%
Health Workers	11	9%
Security Officers (Probation Officers)	8	7%
Total	120	100%

Source: Researcher Expectations

3.5 Sampling Procedure

Convenience and purposive sampling techniques were used during sample selection. Convenience sampling involves selecting human participants purely on the basis that they are conveniently available to the researcher (Gray 2004). The researcher therefore used any married individual at an opportune time for the study. On the other hand, with purposive sampling, the researcher targeted members in the community who are married; a group the researcher believed would be able to provide reliable information required for the study. Religious leaders, local government officers, Health workers and security offices were also purposively selected because they are responsible for the implementation of counseling in their respective areas of responsibility.

3.6 Source of data

Primary Data

Primary data was obtained through interviews and during Focused Group Discussions. This data was important because it captured firsthand information from the source and host (Someth, et al. 2005).

Secondary Data

This was obtained through documentary review whereby literature on related studies was analyzed and presented. The method was useful as it complemented with primary data sources (Someth, et al. 2005).

3.7 Data Collection techniques

The study employed a combination of methods including interviews and Focus group discussions. These were discussed in details below;

Interviews

Interviews with the study were conducted in order to get information on the study. The method was very important in that it allowed the respondents to clearly give out their views with confidence and narration (Kothari, 2004).

Focus group discussion

Focus group discussions (FGDs) were used to obtain information from the study respondents in a group form. This helped the researcher to attain compound findings of the study.

3.9 Data Analysis (Interpretation techniques)

Data analysis and presentation was based on qualitative and quantitative approaches. The quantitative analytical approach allows reporting of summary results in numerical terms to be given with a specified degree of confidence. This approach is of great value in attempting to draw meaningful results from a large body of data and it provides quantifiable and easy to understand results (coolish 1994).

In this study, quantitative data was mainly analyzed using frequencies. On the other hand, qualitative techniques were used in the presentation of responses from the interviews. Besides, qualitative data was mainly analyzed using the inferential analysis technique. This approach involved reasoning as logical assessment of the narrative and descriptions of the respondents.

3.10 Research Procedure

The researcher developed the idea and formulated the research title on the problem. Then a proposal was prepared later approved by University Supervisor who forwarded proceedings. Once approved, the researcher attained an introductory letter from the Dean of Humanities and Social Sciences, Uganda Martyrs University. This letter was presented to the selected

respondents and it served as conformance on the academic purpose of the study. After data collection was done, editing followed to eliminate errors thus presentation of the final dissertation.

3.11 Research Ethical Consideration

To ensure ethics of research in this study,

- a) The researcher explained the purpose of the study with a consent paper.
- b) Kept a representable and professional attitude in the field.
- c) Pledged total confidentiality and deliver on the promise.
- d) Interpersonal respect and fairness in moderating the participants.

3.12 Limitations of Research

Due to the limited time period of the study, it was challenging to attain findings from a good number of respondents as the appointment tended to collide with other university programs, however an appropriate time schedule was applied in order to meet the deadline as alleged by the University for examination assessment on prompt.

Some respondents had tight programs which affected the limited time given to the researcher. The researcher managed to move effective with the time scheduling thus continued proceeding with the study data collection.

In most cases local administrators preferred remaining discrete and maintained privacy with information especially to matters that they looked at to be fearful upon dissemination of their responses however, maximum confidentiality was assured to them and affirmation of the academic purpose of the study.

Limited financial resources also challenged the researcher while conducting the research study, to appropriately balance all aspects; an appropriate budget was designed to fully meet the financial needs of the researcher.

3.12 De-limitation

Since the time span given for the research was so short, but the researcher used the little time span given to do a research and finished it in time allocated for.

In conclusion therefore, this chapter three focused on the research design area of study, study population, sampling techniques, procedure of data collection, sample size, source of data. Data collection methods were used to facilitate the effectiveness of the research study and in chapter four talked about the presentation, analysis and interpretation of findings from the study on the relationship between marital counseling and youth married couples.

CHAPTER FOUR

PRESENTATION AND DISCUSSIONS OF THE FINDINGS

4.0 Introduction

This chapter presents the data findings that were revealed with the aid of the collections tools. Findings were presented in forms of tables and expressed in form of discussion which was done in relation to the focused group discussions and literature review.

4.1 Bio Data of the respondents.

The socio – economic characteristics of respondents were obtained and presented below.

Table 2: Socio – economic characteristics of the respondents

GENDER

ATTRIBUTE	FREQUENCY	PERCENTANGE
Male	52	43.3
Female	68	56.7
TOTAL	120	100%

Table 1 above presents the demographic of the respondents who participated in the study 43.3% of the respondents were males while 56.7% were females. The study considered both genders to attain reliable information from trans-gender approach as different views are heard from men and women as well.

AGE	FREQUENCY	PERCENTANGE
18 – 25yrs	10	8.3
26 – 35yrs	48	40.0
36 - 45yrs	35	29.2
Above 45yrs	27	22.5
TOTAL	120	100

The majority of the respondents (40%) with the total of 48 were in the age range of 26-35 years followed by those who are in range 36-45 with 29.2, then above 45 years of 22.5 with a total of 27 and 18-25years were the minority with (8.3%). This probably affirms that all respondents who participated in the study were mature enough to provide relevant responses and sounding arguments on the relationship between marital counseling and marriage breakups among youth married couples in Kasenge Parish Wakiso district.

MARITAL STATUS	FREQUENCY	PERCENTANGE
Religious marriage	30	25
Civil Marriage	10	8.30
Customary marriage	54	45.0
Cohabiting	26	21.7
TOTAL	120	100

The study found out that 45% of the respondents had attained customary marriage which is based on traditional setting of norms and sex stereotyping, 25% attained religious marriage either from church or mosques, 8.3% had Civil and 21.7% were cohabiting. It was found out that majority of the respondents had achieved customary marriage with their partners followed those with religious and civil marriage. Religious marriages involve making oaths and commitments in front of the public, religious leaders while holding the holy books (bible or Quran) and customary marriage involves joining couples traditionally with the aid of elders' advice and guidance on different issues and affirmation. Partners first agree about their interests and loving terms to each other with the help and guidance from the elderly

married individuals or family relatives who are traditionally responsible for playing such parts and within the Buganda tradition, the “Ssengas” and “Kojja” are supposed to take over such functions and cohabiting is living together as husband and wife without legal religious sanction on the other hand in cohabiting there are two people especially a man and woman who are not married but they live together and have a sexual relationship. This is seen when 21.7% are living in cohabiting marriages

RESIDENCE (VILLAGE)	FREQUENCY	PERCENTANGE
Mugongo	14	11.7
Kikajjo	17	14.2
Kazinga	18	15.0
Bandwe	21	17.5
Kasenge	12	10.0
Nakirama	8	6.7
Bugema	6	5.0
Busawula	9	7.5
Kabojja	11	9.2
Kinaawa	4	3.3
TOTAL	120	100

The research had to verify the residence of the respondents and their belongingness to Kasenge Parish, Wakiso district. It was revealed that 17.5% were citizens of Bandwe zone, 15% were from Kazinga zone, 14.2% were from Kikajjo zone, 11.7% were from Mugongo Village, 10% were from Kasenge zone, 9.2% were from Kabojja zone, 7.5% were of Busawula, 6.7% were from Nakirama, 5% were from Bugema and 3.3% were from Kinaawa. This certainly implied that respondents were true residents of Kasenge Parish which was the case study area selected.

4.2 Causes of Marriage breakups among Youth married couples.

The study examined the causes of marriage breakups among youth married couples in Kasenge Parish, Wakiso district and the following findings were attained as presented in the table 3 below.

Table 3: Causes of Marriage Breakups among Youth Married Couples.

CAUSES	FREQUENCY	PERCENTAGE
Poverty	90	75.0
Desire for riches	64	53.3
Poor communication	78	65.0
Disrespect to each other	81	67.5
Adultery	112	93.3
Inadequate pre - marital counselling	93	77.5
Early marriages	66	55.0
Peer influence/ mislead	87	72.5
Illiteracy	56	46.7
Drug abuse	98	81.7
Poor family background	64	53.3
Arrogance	115	95.8
Conflict of interest	110	91.7
Parental neglect	92	76.7
Cultural diversion of norms and practices	85	70.8
Unfaithfulness	88	73.3
Weak foundations of relations	76	63.3
Physical/ psychological abuse	84	70.0
Impotence	89	74.2
Infection of serious diseases	96	80.0

Source: Multiple responses (2016)

Table 3 above shows the causes of marriage breakups among youth married couples in the study area. The conduct of arrogance among partners is a contributing factor to marriage breakups among the youth married couples with 95.8 responses. 93.3% of the respondents mentioned adultery practice, 91.7% mentioned conflict of interest, 81.7% revealed drug abuse, 80% revealed infection of serious diseases, 77.5% revealed inadequate pre – marital counseling, 76.7% reported parental neglect, 75% mentioned high poverty in the homesteads of newly married couples, 74.2% reported the sexual dysfunction (impotence), 73.3% mentioned unfaithfulness among partners, 72.5% mentioned peer influence or mislead, 70.8% revealed cultural diversion of norms and practices, 70% mentioned abuse in any form whether physical or psychological, 67.5% mentioned disrespect among partners, 65% mentioned poor communication between youth married partners, 63.3% mentioned weak foundation of relations, 55% mentioned early marriages as couples get married before the age of 18years, 53.3% reported high desire for riches, 53.3% mentioned the poor family background and 46.7% mentioned illiteracy.

During FGD, it was found out that married youth couples face challenges of socio- economic instability, adolescence effects, low incomes, low education levels and parental neglect. Youth married couples due to what they had gone through during adolescence hold high sex libido which accelerates them to committing adultery, low income levels result into undesirable standards of living which discourage partners to continuously live with each other. The study found out that partners especially the youth are so arrogant in that they do take their decisions and beliefs to be righteous, and this makes their partners to feel dishonored, disrespected and missing in the family. Conflicting interests are also a great barrier to marriage success among the youth married couples as their hobbies, goals, visions and attributes differ. Infection of serious diseases such as STDs, including HIV/AIDs, gonorrhea, syphilis, Candida and others. This make partners to quite marriages and among those mentioned include sexually transmitted diseases such as HIV/AIDs.

Findings were in line with the arguments of Clark and Crompton (2006) as he contends that youth married couples are more likely to divorce due to inexperience and immaturity to manage marital relationships.

The study found out that youth married partners are not trustworthy or faithful to each other in different aspects. This creates discontentedness among partners within the marriage relationship hence breaking up is seen as a heroic move from the scandal. This presents an absence of cohabiting among the married couples in that such issues could be looked into before coming in for marriage. Findings were in line with the arguments of Homann – Marriott (2006) as he reports that couples who undergo cohabiting are likely to sustain marriage as they had a trial marriage before (cohabiting).

High poverty in the study area is also a constituting factor to marriage breakages among youth married couples as partners face financial stress. As young people tend to hold great desire to attain certain materials and properties, they are easily accelerated by other successful men hence leaving their initial young husbands. This is also reported by the World Bank (2015) as it reports that low incomes and poverty are risk factors because financial stressors often impact negatively on a marital relationship. Many youths are unemployed in that they have limited or no savings that keeps them in a continuous viscous cycle of poverty hence undesirable situations in the economically driven world today.

It was found out that drug abuse also makes couples to separate as they tend to cause mental or physical effects to the users. Young people mainly in the youthful age tend to excessively take alcohol, marijuana, cocaine, fuel, tobacco and others which disorganize their mental wellbeing and behavior to their partners thus separation.

Findings were in line with the arguments of African Development Bank (2013) as it reported that cases of galloping drug abuse, mutual beliefs and misconception among the youth in the modern life of the sub Saharan region affect their interpersonal relations and attitudes towards each other.

4.3 Effects of marriage breakups among youth married couples.

The study research viewed it relevant to assess the effects of marriage breakups among youth married couples in the study area and the following findings were attained as presented in the table 4 below.

Table 4: Effects of marriage breakups among youth married couples

EFFECTS	FREQUENCY	PERCENTAGE
Unfaithfulness	71	59.2
High child immorality	116	96.7
Stress	97	80.8
Death	86	71.7
Unfair income distribution	75	62.5
Single Parenting	113	94.2
Increased Spread of diseases	102	85.0
Loss of value to marriage	79	65.8
Mental illness	69	57.5
Physical damages	98	81.7
Poor standards of living	64	53.3
Harming intervening persons	74	61.7
Loss of trust in parents	110	91.7
Discourages other to seek marriage	82	68.3
Witchcraft	85	70.8

Source: Multiple responses (2016)

Table 4 above shows the effects of marriage breakups among the youth married couples in the study area. Children of separated youth couples attain a poor upbringing which leads to high immorality as presented by 96.7% of the respondents. Marriage breakups also leads to

single parenting that is to say single fatherhood or single motherhood which in that 94.2% of the respondents mentioned that young couples split and leave partners in singlehood lifestyle.

It was revealed that parents' intervention in the course of separation places them at a disadvantage because they lose trust from their children. This is evident with a high percentage of the respondents (91.7) who provided argument with the essence that parents' judgments and advice normally generate negative believes and distrust to their own children. During FGD respondents mentioned that mothers tend to support their daughters to come back home while fathers tend to hesitate to such hence creating poor relations between the parents and their children.

The study found out that when youth married couples quite marriage, they tend to seek for other partners yet infections are at times the trouble causers of the previous broken marriages. 85% of the respondents mentioned the increased spread of diseases in that separated partners seek for other single individuals which increase the transmission of diseases that comprise mainly of the sexually transmitted diseases. It was revealed that separation among youth married couples do not end in good terms as 81.7% mentioned the effect of physical damages which involve severe fights and destructions hence puts the wellbeing of the stakeholders and couples as well in danger 80.8% of the respondents mentioned stress to be an effect from breaking up marriage among youth couples. Some couples tend to seek counseling services where as others drink excessively, isolate themselves, attain high blood pressure, loss of appetite and other stress symptoms that become rampant. Separation of youth married couples can lead to total death in that 71.7% of the respondents mentioned death in form of suicide such as self-poisoning, self-hanging, high height jumps from buildings and murder which claims lives of the victims vigorously.

Youth married couples after separation normally seek for witchcraft practices as 70.8% of the respondents mentioned. This involves consulting witch doctors for assistance in form of self-defending, attack and investigations about different issues. This at times results into mental

disorders of victims, serious illnesses and disgrace which affect their socio-economic wellbeing. As youth married couple break up, it discourages the single individuals to seek for marriage as well associate effects threaten. 68.3% of the respondents mentioned that unmarried individuals view the failures of other separated people within their community and hold a negative thinking that the same could happen to them. Marriage breakups serve as bad examples to others as it totally discourages them and threaten them to enter into such commitments in life.

Separation of married couples impacts the value of convictions as partners see it as a simple work over which can be entered and terminated instantly. 65.8% of the respondents revealed that break ups make marriage worthless with less value attached by public and social respect they tend to give such functions. Further the study revealed that some partners are disadvantaged with reduced income levels and resources are shared in that 62.5% of the respondent reported that women are left helpless in cases where the major source of income was from the husband's employment.

The study found out those intervening parties such as counselors, parents, elders, security officials and others tend to face effects of being harmed as couples. 61% of the respondents reported that young men do ruthlessly attack mediators with pangas, knives, guns and others. This imposes them to serious dangers of death, physical injuries and stress from severe intimidations of harming. 59.2% of the respondents revealed unfaithfulness, mental illness (57.5%) and poor standards of living (53.3%). Findings were in line with the arguments of Liam and Wu (2008) as the contended that marriage breakups discourage others and serve as a poor example to their own children. Furthermore UHRC (2013) reports that continued children violated and abused by their parents who divorced have a poor upbringing and indecent mindset that also affect their relations.

4.4 Existing measures implemented to reduce on marriage break ups among youth married couples.

The study assessed the existing measures used to curb marriage breakups among youth married couples within the study area and the following findings tabulated in table 5 below.

Table 5: Existing measures implemented to reduce on marriage breakups among youth married couples.

MEASURES	FREQUENCY	PERCENTAGE
Church involvement	99	82.5
Elderly Guidance	85	70.8
Regular Counseling	84	70.0
Peer discussions	72	60.0
Pre - marital education	75	62.5
Formation of unions	67	55.8
Media Talk	67	71.7

Source: Multiple responses (2016)

Table 5 presents the existing measures implemented towards curbing the high marriage ups in the study area. The study found out that religious leaders get directly involved in resettling splitting youth married couples as 82.5% of the respondents revealed, 70.8% mentioned elderly guidance that is offered to the youth partners with experience on how certain issues can be managed appropriately, 70% of the respondents mentioned the conduct of regular counseling that is provided to the youth married couples, 60% mentioned peer discussions that involve exchange of developmental ideas that are given to partners, 62.5% mentioned

pre-marital education which is provided to young people before entering into the bondage marriage, 55.8% revealed the formation of unions which are gender based, age based or religion and 71.7% mentioned the existence of media talks on radios, television or publication stories about marital issues and handling techniques.

The study found out that religious leaders play a great role in ending marriage breakups by resettling and uniting conflicting couples together. Religious leaders such as Priests and Reverends, Nuns, Pastors, Sheikhs and others come in with better ideas and advice to help out the young married couples in solving different issues that could completely separate them for good. Elders in the community of Kasenge Parish serve as examples and advise the young on different marital matters as they do share their experience to them over certain items such as interpersonal relations, communication criterions, achieving goals etc. They partner with counselors, peers, church groups like Mother Unions, Father Unions and Youth Jointing groups and others as counselors, peers, unions' members and leaders tend to do.

Furthermore, the study found out that unions such as Mothers Unions, Fathers Unions, Church Based Retreat Associations, Youth Associations and others do involve discussions about marital issues which educate the unmarried and married youth couples on how different marriage issues can be substantially handled thus mitigating on the causes of marriage breakups . Pre-marital education is also provided to young couples before they seek for legal marriage in that several insights are taught to the couples, question rising is allowed and other interactions are queried which improves on their understanding about different marital issues thus proper preparation and commitment to marriage. Media talks also were revealed to be constructive as they hold different topics that allow public discussions and debates about them hence a learning point to the youth married or unmarried couples on different marital issues.

4.5 Categories of People who offer marital counseling to youth married couples.

The researcher viewed it relevant to find out those categories of people who do offer marital counseling to the youth married couples and the following findings in table 5 were attained.

Table 6: Categories of People who offer Marital Counseling to youth married couples.

CATEGORY	FREQUENCY	PERCENTAGE
Counselors	116	96.7
Religious Leaders	105	87.5
Community Elders	111	92.5
Community Based Associations	84	70.0
Responsible Relatives	93	77.5
Close friends	89	74.2
Health Workers	76	63.3
Child and Family Protection Unit of Police	97	80.8

Source: Multiple responses (2016)

Table 6 presents the categories of people who do offer marital counseling to the youth married couples and it shows that counselors play a great role in bringing up couples together as 96.7% of the respondents mentioned, community elders were also presented by 92.5% of the respondents, religious leaders followed with 87.5%, child and family protection unit of police with 80.8%, responsible relatives with 77.5%, close friends with 74.2%, community based associations with 70%, and health workers with 63.3%.

The study found out that counselors are essentially key players in curbing marriage breakups among youth married couples as they apply different therapies and provide empathetic advice to partners. Community elders are very important individuals in helping out splitting youth married partners as they intervene with great ideas and broadened insight over different

marital issues. Religious leaders also helps the youth married couples by sensitizing them on importance of faithfulness and the value of commitment as nothing in today’s world is easily achieved. Security officers such as the Local Council Defense Officers, Regional District Commissioners (RDCs) and Police officers hold a great hand in curbing marriage breakups among youth married couples.

Relatives such as biological parents, uncles, aunties, brothers and sisters are very helpful in ending marital disputes among youth married couples, close friends were also revealed to be productive in settling marital problems, community based associations also aid in uniting youth married couples and health workers were also found to be significant in counseling youth married couples on different prospects.

4.6 The role of Marital counseling on youth married couples.

The study went ahead to assess the relevance of marital counseling on marriage breakups among youth married couples in the study area and the following findings were attained as presented in table 7 below.

Table 7: The role of Marital Counseling on Marriage Breakups among youth married couples.

ATTRIBUTE	FREQUENCY	PERCENTAGE
Comforts the married	98	81.7
Increases Calmness in society	72	60.0
Encourages youth to marry	111	92.5
Increases Confidence	107	89.2
Provides a better understanding	118	98.3
Strengthen love for each other	115	95.8
Enlightens different responsibilities	113	94.2
Provides effective communications means	97	80.8

Promotes lenience and fairness	90	75.0
Mentors good norms	86	71.7
Builds a mature mind	116	96.7
Modifies attitudes and attributes	84	70.0
Increases commitment and interest	80	66.7
Reduces on Divorce	91	75.8

Source: Multiple responses (2016)

Table 7 above presents the impact of marital counseling on the marriage breakups among youth married couples in the study area. Marital counseling was revealed as a very credible tool in providing a better understanding as 98.3% of the respondents stated, 96.7% stated that it builds a mature mind, 95.8% presented counseling as a binding tool that strengthen love for each other, 94.2% stated that marital counseling enables different partners to identify their respective responsibilities, 92.5% stated that counseling youth married couples encourages others also to seek for marriage from cohabiting, 89.2% stated that marital counseling increases confidence in partners, 81.7% stated that counseling comforts the married couples and 80.8% stated that counseling provide effective communication means between partners.

75.8% stated that marital counseling is a strong tool in ending divorce as partners reunite, 75% stated that counseling married couples promotes lenience and fairness among partners in that they partners learn how to forgive each other's, accept the partner's weakness and hold a joint solutions to it. 71.7% acknowledged marital counseling that is mentors good norms, 70% decreed marital counseling as a helping tool in modifying attitudes and attributes of youth married couples, 66.7% stated that marital counseling increases the level of commitment and interest of partners to their marriage and 60% professed that counseling increases calmness in society as moral, norms and good conducts are nurtured.

Findings were in line with the arguments of Chapman (2003) as he proclaimed that providing marital counseling provides righteous and suitable procedures on how best conflicts can be solved, maintenance of health communications and proper understanding among couples.

4.7 Challenges faced by practitioners in providing marital counseling to youth married couples.

The researcher viewed it relevant to assess the challenges faced by practitioners in providing marital counseling to youth married couples in the study area and the following findings were revealed as presented in the table 8 below.

Table 8: Challenges faced by practitioners in providing marital counseling to youth married couples.

CHALLENGES	FREQUENCY	PERCENTAGE
Neglect by the affected	78	65.0
Limited Time	117	97.5
Fear to disclose frankly certain affairs	104	86.7
Inadequate training	96	80.0
Shortage of funds	109	90.8
Difficult in mobilization	112	93.3
Delayed presentation of positive responses	113	94.2
Insecurity of counselors	97	80.8
Arrogance	86	71.7
Fear of the end results	90	75.0

Source multiple responses (2016)

Table 8 above presents the challenges faced by practitioners (counselors) in providing marital counseling to youth married couples. Findings revealed that couples have limited to time preserved to meet each other as to visit their counselors to as 97.5% of the respondents mentioned, 94.2% of the respondents reported delayed presentation of positive responses, 93.3% stated the difficult in mobilization, 90.8% mentioned shortage of funds to be a stumbling block to practitioners, 86.7% mentioned the fear to disclose affairs to the concerned or intervening parties, 80.8% mentioned insecurity of the practitioners as youth married partners tend to be rude, mentally ill and stressed. 80% of the respondents mentioned inadequate training to be a challenging factor to practitioners in that inexperience, 75% mentioned the threat of negative expectation that come as the end results from the practitioners suggestions and recommendations. Furthermore 71.7% of the respondents reported continued arrogance of the youth married partners as they stay confined on their personal beliefs and attributes and 65% of the respondents mentioned neglect by the affected persons.

4.8 Ways on how to strengthen the relationship between marital counseling in the life of the youth married couples.

The researcher went ahead to assess the ways on how to strengthen marital counseling to the youth married couples and the following findings were revealed as presented in table 8 below.

Table 9: Possible ways we can strength marital counseling to youth married couples.

Solution	Frequency	Percentage
Organizing counseling sessions	76	63.3%
Encouraging forgiveness	69	57.5%
Training for marriage classes	72	60.0%
Encouragement to work	75	62.5%
Goal oriented	81	67.5%
Team work among practitioners	112	93.3%

Proper responsibility segregation	90	75.0%
Proper time management among couples	116	96.7%
Formation of support clubs	86	71.7%
Promotion of legal marriage	118	98.3%
Provision of medical treatment	87	72.5%

Source: Primary Data (2016)

Table 9 presents the possible solutions to the challenges that are faced by practitioners in providing marital counseling to the youth married couples, findings revealed that promoting legal marriage is very essential in ending rampant marriage breakups among youth married couples as 98.3% of the respondents mentioned, 96.7% suggested proper time management among couples in that partners must reserve enough time period to stay with their partners at home 93.3% suggested collective performance of marital counseling duties by practitioners, 75% revealed proper responsibility assignment among partners and 72.5% suggested that providing medical treatment to the affected individuals could help in curbing their mental stability and wellbeing.

Furthermore, 71.7% of the respondents suggested that empowering the formation of support clubs in that members can hold educative debates and discussions, 67.5% mentioned the importance of setting goals to be attained among partners, 63.3% stated that organizing counseling sessions can be credible to appropriately mediate practitioners and the youth married couples, 62.5% of the respondents suggested that to reduce poverty and boost social wellbeing youth married partners must be encouraged to work hard, 60% mentioned provision of training for marriage classes and 57.5% also reported the need of forgiveness among partners in order to reunite and re-establish a stiff and compound marriage.

Finding were in line with the arguments of Nichols and Schwartz (2008) as he reported that mediation helps in resolving matters of custody, spousal support and the division of property which aids in rebuilding a comprehensive relationship.

CHAPTER FIVE

SUMMARY OF THE FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction

This chapter presents summaries of the study findings as per the study objectives, conclusions based on those findings and recommendations which are based on both the study findings and other relevant literature considered necessary and vital to be used in future to improve the study situation.

5.1 Summary of the Findings.

The researchers found out that majority of the respondents were female (56.7%) while males were 43.3% as it was transgender. All respondents were mature enough as majority (40%) was in the age range of 26-35 years followed by 36-45 years (29.2), 18-25 yrs (8.3%). A bigger composition of the respondents had attained customary marriage (45%) followed by Religious marriage, cohabiting partners and minority was civil marriage. Respondents were from different zones of Kasenge parish can include Kabojja, Kazinga, Kikajjo, Mugongo, Kasenge, Bandwe, Busawula, Nakirama, Bugema and Kinaawa.

5.1.1 Causes of Marriage breakups among youth married couples.

The study found out that arrogance of some youth married partners lead to marriage breakups, adultery affects their relationships and conflict of interest discourage them to stay together. Findings also revealed that youth married couples do breakup due to drug abuse, infection of serious diseases, inadequate pre – marital counseling, parental neglect, poverty, impotence, unfaithfulness, peer influence / mislead, cultural diversion of norms and practices, disrespect to each other, poor communication, weak foundation of relations, early marriages,

desire of riches, poor family background and illiteracy which were in line with arguments of Clark and Crompton (2006) as he contended that youth married couples split up due to inexperience, unhealthy conditions and immaturity to manage marital relationships.

Furthermore the study revealed that marriage breakups among youth married couples result into increased unfaithfulness, high child immorality, stress, death, unfair income distribution, single parenting, increased spread of diseases, loss of value to marriage, mental illness, physical damages, poor standards of living, harming intervening persons, loss of trust in parents, discourages others to seeks for marriage and increased witchcraft practices.

5.1.2 The role of marital counseling in handling marriage breakups among youth married couples.

The study found out that church had got a great hand in ending marriage breakups among youth married couples as different activities are centered on establishing marital stability, community elders guide the young inexperienced partners on how different marital issues must be handled, peer members among the young discuss over certain marital issues thus do share knowledge, pre – marital education is provided to the young, unions are formed and media talks as well have marital concerned topics which enlighten the youth on how to behave or conduct themselves within such marital problems. Marital counseling in Kasenge Parish is provided by professional counselors, religious leaders, community elders, community based association, responsible relatives, close friends, health workers and security officers.

5.1.3 To suggest ways on how to strengthen the relationships between Marital counseling in the life of youth married couples.

The study found out that marital counseling is can only be made effective in handling marriage breakups among youth married couples by promoting legal marriages as this will built fear to break the law among the youth couples, as this is done counseling will have an

impact on the lives of those couples. The issue of time management cannot be neglected in that counselors should help the couple to have enough time in courtship as they study each other as well as attending session in counseling. If this is done then marriage will have a meaning. Findings were in agreement with the arguments of Chapman (2003) as he contended that marital counseling dissolves marriage problems as critical insight is provided which avails complex solutions to the problems.

Team work one writer says “united we stand and divided we fall” so in marriage counselors as they do this work they must stay and work as team, in shaping the lives of the youth couple. Their voice should be one in helping those young couples.

Formation of support clubs such Mother’s Union, Fathers’ Union and youth Clubs, through that club they organize counseling session as they share the experiences. This helps the youth marriage couples to strength their marriages. Those club also encourage the youth to work hard in order to sustain their homes and more so to reduce marriage brake ups due to lack of finances at home.

Youth married couples are encouraged to have a proper responsibility in their homes and even to set goals on how their marriage should be this is done in order to help the counselors. During premarital sessions the youth married couples are encouraged to live in the life of forgiving each other where a partner goes wrong.

However, the study revealed that practitioners do face several challenges while handling marriage breakups among youth married couples which include neglect by the affected, limited time availed, fear of the partners to disclose their affairs, inadequate training, shortage of funds, difficult in mobilization of the young, delayed presentation of positive responses, insecurity of counselors, arrogance and the fear of the end results. The study went ahead to find out possible solutions to the challenges among those revealed include organizing counseling sessions, encouraging forgiveness, training of marriage classes, encouragement of the young partners to work hard, establishing of attainable goals by both partners, teamwork

performance of practitioners, proper responsibility segregations, proper time management among couples, formation of support clubs, promotion of legal marriage proceedings, and provisions of medical treatment to the affected victims.

5.2 Conclusions.

The study was carried out in Kasenge Parish and respondents were from different zones of the parish that is to say Bandwe, Kazinga, Kikajjo, Mugongo, Nabazizza, Masanda, Busawula, Nakirama, Bugema and Kyengera. All respondents were mature enough thus reliable responses were attained.

The study found out that marriages among the youth married couples end because of arrogance, adultery, conflict of interest, drug abuse, infection of serious diseases, inadequate pre-marital counseling, parental neglect, poverty, impotence, unfaithfulness, peer influence/mislead cultural diversion of norms and practices, disrespect, poor communication, weak foundation of relations, early marriages, desire of riches, poor family backgrounds and illiteracy. Marriage breakups among the youth married couples result into mistrust among partners, high child immorality, stress, death, unfair income distribution, single parenting, increased spread of diseases, loss of value to marriage, mental illness, physical damages, poor standards of living, harming of intervening persons, loss of trust in parents, discourages others to seek for marriage and arouse of witchcraft practices.

The study also found out that religious professional counselors, religious leaders, community elders, community based associations, responsible relatives, close friends, health workers, media houses and security officers to provide great effort in curbing marriage breakups among the youth married couples as they do prepare discussion sessions, provide pre-marital counseling, organize media talks.

With the aid of such marital counseling services, marriage breakups are ended in that the married are comforted, increase calmness in society, the young are encouraged to marry, confidence among partners is enhanced, a better understanding is attained, love for each other is fostered, partner's responsibilities are effectively prescribed, effective communication means are established, lenience and fairness in treatment to each is established, attributes and attitudes are modified, commitment and interest is enhanced thus divorce is reduced among youth married couples in Kasenge Parish.

However, certain challenges are faced by practitioners such as neglect by the affected, limited time available, fear of the partners to disclose their affairs, inadequate training, shortage of funds, difficult in mobilization of the young, delayed presentation of positive responses, insecurity of counselors, arrogance and the fear of the end results. Such challenges could be probably marginalized by organizing counseling sessions, encouraging forgiveness, training of marriage classes, encouragement of the young partners to work hard, establishing of attainable goals by both partners, team work performance of practitioners, proper responsibility segregations, proper time management among couples, formation of support clubs, promotion of legal marriage proceedings, and provisions of medical treatment to the affected victims.

5.3 Recommendations

The religious leaders should give enough time to those youth who wants to wed in order to have enough preparation before marriage if this is done among the youth this will reduce marriage breakups among youth married couples.

Youth are encouraged to take legal marriages instead of having cohabitation and customary marriages. This will encourage youth to take marriages as serious issue in their life if this is done it will reduce marriage breakups among youth married couples.

The government of Uganda must ensure existence of free counseling services to different health centers in order to ease accessibility to marital counseling services to the poor people in rural and semi urban areas of the country.

Counselors must ensure their safety and security before attempting to resettle separated youth married couples basing on a fact that their health at times is on great risk of danger.

There is a need for community sensitization in that members in the society can be able to learn how different marital issues can be effectively handled and managed. This can be done via effective mobilization, preparation of seminars and counseling sessions to the general community.

More economic empowerment of the young people must be done in order to boost the financial stability and soundness thus boosting their capacity to support their families effectively.

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APPENDIX 3: QUESTIONNAIRE FOR RESPONDENTS

Dear, Respondent(s).

I am a student of Uganda Martyrs University carrying out a study entitled “The Relationship between Marital Counseling and youth married couples in Kasenge Parish, Wakiso District”. I kindly request for your participation in the study providing your responses to the questions listed below. All responses will be maintained with a high level of confidentiality, strictly for academic use.

SECTION A

1. Position in society:.....

2. Gender

a) Male

b) Female

3. Age

a) 18 – 25yrs b)26 – 35yrs c)36 – 45yrs d) Above 45yrs

4. Marital Status

a) Religious Marriage b) Civil Marriage c) Customary Marriage

d) Cohabiting e) others specify:

5. Residence:.....

SECTION B

6. Are there marriage breakups among youth married couples in your region?

a) Yes

b) No

7. If yes in the question 6 above, what do you think are the causes of the marriage breakups among those youth married couples?

- i
- ii
- ii
- iv
- v

8. What are the effects of breakups among youth marriages?

- i
- ii
- ii
- iv

9. Are there measures established to curb the increasing breakups among youth married couples

Yes No

10. If yes in question 9 above what are those measures establish to decrease on marriage breakups among youth married couples?

- i
- ii
- ii
- iv

11. Are there marital counseling services offered to youth married couples in your community?

Yes No

12. If yes in question 11 above which categories of people do offer marital counseling to youth married couples in your community?

- i
- ii
- ii
- iv

13. If yes in question 11 above kindly mention the importance of marital counseling in addressing marriage breakout among youth marrieds couples in your community.

i ii

ii iv

14. What are the challenges faced by practitioners in offering marital counseling services to youth married couples?

i ii

ii iv

15. What are the possible solutions to the challenges faced by practitioners in offering marital counseling to youth married couples?

i ii

ii iv

Thanks for your participation, May the Almighty God reward you abundantly.