OPEN ACCESS

Original Research Article

The Levels of Psychological Well-Being among Married Couples in Selected Parishes in the Catholic Archdiocese of Nairobi, Kenya

Kinoti Archangel Gabriel[1]*, Sabina Mutisya[1], Joyzy Pius Egunjobi[2]

[1]Department of Counseling Psychology, Catholic University of Eastern Africa, P.O. BOX 62157-00200 Nairobi, Kenya
[2]Psycho-Spiritual Institute of Lux Terra Leadership Foundation, An affiliate of the Catholic University of Eastern Africa, P.O. BOX 62157-00200 Nairobi, Kenya

Abstract: A stable marriage is crucial for establishment of a prosperous community, but this depends on psychological well-being of the couples. This study investigated the levels of psychological well-being among couples in selected parishes in the Catholic Archdiocese of Nairobi (CAN), Kenya. The study was guided by Adlerian Theory and employed concurrent convergent mixed methods research design. The target population was 19,828 Catholic faithful, who have exchanged their marital vows in CAN within the last 5 to 25 years. A sample of 784 married men and women were selected by multistage sampling and used as respondents. The psychological well-being questionnaire was used to collect data, which were analyzed descriptively using frequency counts and percentages. Findings revealed that psychological well-being of the married couples was in three levels thus low, moderate and high. It is recommended that policy should be made by the government of Kenya through the office of the Attorney general by formulating a legal framework to ensure all newly married couples are trained on various aspects of psychological well-being so as to ensure stable marriage.
Keywords: Psychological Well-Being Level, Married Couples, Autonomy, Environmental Mastery, Purpose in Life, Positive Relationships, Self-Awareness, Catholic Archdiocese of Nairobi.

BACKGROUND OF THE STUDY

Marriage stability is one of the most effective ways of bringing up an all-round society but in recent years, cases of troubled marriages are on the rise as exemplified by a number of studies that indicate discouraging trends in marriages across the world, especially in North America where divorce cases are the highest in the world. (Fatima, 2022). Consequently, marital stability is the perceived quality of interaction between couples that affects how they feel about themselves, their spouses, and their marriages in a subjective, situational, and relatively constant manner. Marital harmony, which leads to marital stability partly, depends on how well the couples deal with the various challenges that arise from time to time (Charry, Romero and Melendro (2020).

In the United States of America for instance, statistics indicate that marital stability is determined by levels of happiness with the relationship between couples, their feelings about their marriages, their perspective, and perceptions about marriage. However, a large percentage of marriages in America end up in separation with approximation ranging from 40% to 50% while about 30% of married couples experience violent behavior in the United States, leading to somatic injury in about 10% of couples. An equally large number of middle-aged Americans are legally separated, or divorced (Ramirez, 2024).

In Europe, a number of scholars opine that psychological well-being levels of the concerned spouses is an important ingredient that plays a crucial role in maintaining a stable marriage (Statistica, 2024). Others argue that consummate love is necessary to achieve marital stability in the sense that if there is incongruity among the three components of consummate love in a marriage, it is likely to be unstable (Olarfsson & Steingrimsdottir, 2020). Some 1.7 million marriages and an estimated 0.7 million divorces took place in the EU in 2021, according to the most recent data available for the EU Member States. These figures may be expressed as

*Corresponding Author: Kinoti Archangel Gabriel
Department of Counseling Psychology, Catholic University of Eastern Africa, P.O. BOX 62157-00200 Nairobi, Kenya

19

3.9 marriages for every 1 000 persons (in other words the crude marriage rate) and 1.7 divorces for every 1 000 persons (in other words the crude divorce rate). The most recent data available for marriages for Cyprus are from 2019; and for divorces 2019 for Cyprus, 2017 for Ireland and Greece, and 2016 for France. (Eurostat, 2023)

High level psychological well-being leads to improved marital stability, physical health, improved longevity, reduced feelings of loneliness, reduced suicide, and decreased obliquity. Ondingi and Mugenda (2011) found marital happiness as the most significant contributor to overall satisfaction for married individuals. It is strongly associated with the physical and psychological well-being of the spouses. A study by MacIver and Dimkpa (2012) found out that good marital relationships is dominated with respect and submission to the husband by the wife, effective communication, adherence to consensus, endurance by both spouses; timely cooking of delicious meals, regular and satisfying sexual intercourse as well as adequate provision of basic needs by husband. Unsatisfactory marital relationships that either lack these aspects.

The study was guided by Adlerian therapy theory (2006). The theory is goal-oriented and is based on the principle that the client can overcome feelings of inferiority with the help of insight provided by a therapist. Psychological well-being was investigated in this study to determine the extent to which it can predict marital stability. This was because according to Adlerian theory, the patient must overcome feelings of inferiority in order to be able to connect positively in a stable family. The ultimate goal of the theory is to support a person's confident integration into society through a holistic approach to personal growth. The objective of this study was therefore to assess the levels of psychological well-being among married couples in selected parishes in CAN, Kenya. The study was guided by one research question thus "what are the levels of psychological well-being among married couples in selected parishes in CAN, Kenya?".

LITERATURE REVIEW

An empirical study by Clausen *et al.,* (2021) investigated whether increasing levels of job autonomy are linearly associated with improved psychological well-being, or whether the association is non-linear with higher levels of job autonomy being negatively associated with psychological well-being. The study was based on a survey in 4,340 individuals. After six months a follow-up survey was conducted. Associations were analyzed using spline models in cross-sectional and prospective analyses of the full study population. He stratified the study population in four types of work for further cross-sectional analyses. The cross-sectional analysis of the full study population indicated a non-linear relationship as the association attenuated but remained positive at all levels of job autonomy. The prospective analysis indicated a positive linear

association. The stratified cross-sectional analyses indicated a linear association in three of the four types of work and a non-linear but positive association among respondents in client-related work. Findings were supported in sensitivity analyses using alternative outcomes: vigour, job satisfaction and work stress. He concluded that job autonomy is positively associated with psychological well-being. Findings have relevance for job redesign by indicating that higher levels of job autonomy are beneficial for the psychological well-being of workers, especially among workers with low levels of job autonomy.

Buratta, Delvecchio and Mazzeschi (2023) investigated how individuals face life transitions are related to their psychological wellbeing considered a process of self-fulfillment. They revealed that the most fragile psychological wellbeing dimensions during Emerging Adulthood are environmental mastery and self-acceptance. Interest of this study was investigated with a longitudinal study conducted in 243 Emerging Adults (56.4% females), the role of external (gender, relationship status, socioeconomic status) and internal factors (self-esteem and self-control) in environmental mastery and self-acceptance. Only internal factors predicted both dimensions studied explaining approximately 38% of the variance of environmental mastery and 33% of the variance of self-acceptance. The study suggested that self-esteem and self-control could be important protective factors for EAs attending university to improve their sense of mastery and competence to manage the environment and possess a positive attitude toward the self.

In Seligman's PERMA model for "flourishing", "Positive relations" defined as authentic association with others, is one of five pillars of Well-Being. The model posits that achieving meaning and purpose in life is inextricably linked to close and meaningful relationships (Seligman, 2011). Christakis and Fowler (2009) suggest that the chances of being happy are increased by 15% if someone is directly linked to a happy person and 10% if someone's friend has a happy friend (Christakis and Fowler, 2009). This finding is impressive considering that an increase of 10,000 euros in one's income in 2009, was responsible for just 2% of the increase in happiness. According to Egunjobi (2019), communication is important in establishing good social relationships with others. Defective communication is associated with some mental disorders that is, communication breakdown can lead to mental breakdown (Egunjobi, 2019).

RESEARCH METHODOLOGY

The Mixed Methods Research Design (MMRD) was used to implement this study. According to Masinde (2023), a mixed methods approach is characterized by the combination of at least one qualitative and one quantitative research component. For this study, the concurrent convergent MMRD was used in this study to

obtain both quantitative and qualitative data that independently addressed the quantitative and qualitative statements in the questionnaires used to collect data of the study.

The study was carried out in selected parishes in the Catholic Archdiocese of Nairobi (CAN), Kenya. Geographically, the CAN covers two counties - Nairobi and Kiambu, covering an area of 3,721sq. Km. the archdiocese comprises of 15 deaneries, 115 parishes and over 4,000 Small Christian Communities, with 2.03 million faithful (CAN, 2022). This population is highly cosmopolitan due to the fact that Nairobi city is the capital of Kenya, and therefore attracts workforce from all communities in Kenya and the world at large. The study location was ideal for data collection due to readily available records of married couples for the last 5 to 25 years hence sampling was practical.

The target population were the Catholic faithful living and worshipping in catholic churches within the archdiocese of Nairobi, who have exchanged their marital vows in Catholic Archdiocese of Nairobi for the last five to twenty years. These were 19,828 in number, distributed in the various deaneries in the archdiocese albeit in varying proportions (Archdiocese, 2023). This number was obtained after thorough scrutiny of the holy matrimony records in all the Archdiocesan records for the years 1997-2017.

The sample of this study was selected by multistage sampling, a combination of census, proportionate quota and simple random sampling techniques, due to the tier-like arrangement of the sampling units i.e. deaneries, parishes and actual respondents within the archdiocese. To execute this, census sampling was used to select all the 14 deaneries in the research area, since the researcher was interested in collecting data from respondents of all socio-economic classes, who are spread out in the Nairobi metropolitan area, from which the CAN was formed.

The Yamane (1967) formula was used to determine the sample size hence by using 19828 as the target population, the formula yielded 784 as the required number of respondents. To this end 392 married couples in the research area were used, making a total of 784 respondents. Proportionate quota was used to determine the number of parishes in each of the deaneries in the research area and also the number of respondents in each selected parish. Simple random sampling was then used to select the actual parishes and respondents.

Data was collected using the Psychological Well-Being Questionnaire (PWQ). This was a close-ended questionnaire, adapted from standard PWB scales originally developed by Romero *et al.*, (2020), Riopel (2019), Leslie *et al.*, (2019), Paschalia *et al*., (2021) and Perron (2006). The PWQ sought information on the Psychological Well-being of the selected respondents.

The instrument had 5 sections labelled A, B, C, D and E. Section A captured information on autonomy, while sections B, C, D and E captured data on self-awareness, purpose in life, positive relationship and environmental mastery respectively, all being indicators of psychological well-being among the sampled married couples in the research area. All items in the questionnaire were on a five-point likert scale. Some of the statements in therein were negatively worded while others were positively worded. The positively worded statements in the PWQ were scored in descending order i.e. strongly agree=5, agree=4, undecided=3, disagree=2 and strongly disagree=1.

Negatively worded statements were on the other hand scored in reverse order i.e. strongly agree=1, agree=2, undecided=3, disagree=4 and strongly disagree=5. This way, responses that depicted a respondent of high PWB with respect to a given indicator of PWB always obtained a score that was higher than that of a response depicting a comparatively lower PWB level, regardless of whether the statement was negatively or positively worded.

The researcher assessed content validity of all the questionnaire by consulting counselling psychology research experts within CUEA. This helped the researcher to determine whether items in the questionnaires were accurate in terms of capturing data on the various indicators of Psychological Well-being. The experts were asked in writing to carry out the validation process, using a rating scale and scoring guide developed by the researcher. A threshold of 0.65 was used to determine whether the questionnaires were valid or not (Masinde, 2023). Results revealed that the PWB questionnaire had ratings of 0.74 hence valid as it surpassed the threshold set by Masinde (2023). The raw data was coded in SPSS and analyzed descriptively to generate frequencies and percentages and represented in tables, histograms and pie charts.

RESULTS AND DISCUSSION

The objective of this study was to assess the levels of psychological well-being among married couples in selected parishes in the Catholic Arch-diocese of Nairobi, Kenya. The corresponding research question was "What are the levels of psychological well-being among married couples in Catholic Archdiocese of Nairobi, Kenya?"

Data with respect to this research question were collected by the PWB questionnaire. The PWB questionnaire had five sections, each dealing with a particular indicator of psychological well-being. Statements on each indicator of PWB were on a 5-point likert scale, whose responses were analyzed descriptively by computing frequencies and percentages for each variable as discussed in the subsequent sections.

Descriptive Analysis of Autonomy

One of the indicators of PWB as indicated in the conceptual framework of this research was autonomy. To capture information on this aspect of respondents' psychological well-being, data was collected using the 4 items in section A of the PWB questionnaire. The first statement in section A of the PWB questionnaire was "my self-organization level is high". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Table 1: Level of Self-Organization

Response	Frequency	Percent
Strongly Agree	338	43.1
Agree	383	48.9
Undecided	37	4.7
Disagree	22	2.8
Strongly Disagree	4	0.5
Total	784	100.0

As the table indicates, majority of the respondents concurred with the statement while very few (less than 4%) did not concur with the statement. This shows that most of the sampled respondents had high level of autonomy as an indicator of PWB since they showed good level of self-organization.

The second statement in section A of the PWB questionnaire was "my understanding of contexts is good". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Table 2: Understanding of Concepts

Response	Frequency	Percent
Strongly Agree	346	44.1
Agree	385	49.1
Undecided	25	3.2
Disagree	21	2.7
Strongly Disagree	7	.9
Total	784	100.0

As the table indicates, majority of the respondents concurred with the statement. This shows that most of the sampled respondents had high level of autonomy as an indicator of PWB since they showed good understanding of concepts.

The third statement in section A of the PWB questionnaire was "I always think critically in everything I do". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Table 3: Thinking Critically

Response	Frequency	Percent
Strongly Agree	353	45.0
Agree	328	41.8
Undecided	46	5.9
Disagree	41	5.2
Strongly Disagree	16	2.0
Total	784	100.0

As the table indicates, majority of the respondents concurred with the statement. This shows that most of the sampled respondents had high level of autonomy as an indicator of PWB since they gave an impression of practicing critical thinking in everything they did.

The fourth statement in section A of the PWB questionnaire was "my socio-political engagement is not influenced by anybody". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Table 4: Socio-Political Engagement

Response	Frequency	Percent
Strongly Agree	304	38.8
Agree	331	42.2
Undecided	62	7.9
Disagree	64	8.2
Strongly Disagree	23	2.9
Total	784	100.0

As the table indicates, majority of the respondents concurred with the statement. This shows that most of the sampled respondents had high level of autonomy as an indicator of PWB since they gave an impression of not being influenced by anyone in their respective socio-political engagements.

Descriptive Analysis of Self-Awareness

The second indicator of PWB as indicated in the conceptual framework was self-awareness. To capture information on this indicator, data was collected using the 10 items in section B of the PWB questionnaire. The first statement in section B of the PWB questionnaire was "I have difficulty feeling and expressing my anger and letting it go". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Table 5: Feeling and Expressing Anger

Response	Frequency	Percent
Strongly Agree	185	23.6
Agree	286	36.5
Undecided	51	6.5
Disagree	201	25.6
Strongly Disagree	61	7.8
Total	784	100.0

As the table indicates, slightly more than half of the respondents concurred with the statement. This shows that most of them had moderate level of self-awareness as an indicator of PWB since they gave an impression of having difficulty feeling and expressing anger and letting it go.

The second statement in section B of the PWB questionnaire was "I know which people at work are weaker, slower and smarter than I am and I am likely to

use that information to get ahead". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Table 6: Knowledge of Workmates

Response	Frequency	Percent
Strongly Agree	235	30.0
Agree	314	40.1
Undecided	66	8.4
Disagree	128	16.3
Strongly Disagree	41	5.2
Total	784	100.0

As the table indicates, majority of the respondents concurred with the statement. This shows that most of them had high level of self-awareness as an indicator of PWB since they gave an impression of having good knowledge of their workmates in terms of who was weaker, slower and smarter than them".

The third statement in section B of the PWB questionnaire was "most people know that when I am angry, they should get out of my way". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Table 7: People's Knowledge about Respondents' Anger

Response	Frequency	Percent
Strongly Agree	124	15.8
Agree	195	24.9
Undecided	78	9.9
Disagree	287	36.6
Strongly Disagree	100	12.8
Total	784	100.0

As the table indicates, majority of the respondents, which was slightly less than half of the respondents did not concur with the statement. An even smaller number (40.7%) concurred. This shows that most of them had moderate level of self-awareness as an indicator of PWB since they gave an impression of low knowledge of people about their anger.

The fourth statement in section B of the PWB questionnaire was "it's important for me to always say exactly what's on my mind, even when the truth hurts". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Table 8: Speaking One's Mind

Response	Frequency	Percent
Strongly Agree	324	41.3
Agree	327	41.7
Undecided	56	7.1
Disagree	59	7.5
Strongly Disagree	18	2.3
Total	784	100.0

As the table indicates, most of the respondents concurred with the statement. This shows that majority of them had high level of self-awareness as an indicator of PWB since they gave an impression of importance of speaking their mind.

The fifth statement in section B of the PWB questionnaire was "I often find myself speaking without thinking and sometimes saying hurtful things". Responses to this statement were analyzed by computing frequency counts and percentages thus:

**Table 9: Speaking Without Thinking and Saying Hurtful Things**

Response	Frequency	Percent
Strongly Agree	112	14.3
Agree	242	30.9
Undecided	55	7.0
Disagree	271	34.6
Strongly Disagree	104	13.3
Total	784	100.0

As the table indicates, majority which was slightly less than half of the respondents did not concur with the statement while a slightly smaller number (45.2%) concurred with the statement. This shows that most of them had moderate level of self-awareness as an indicator of PWB since they gave an ambivalent impression of speaking without thinking and saying hurtful things.

Descriptive Analysis of Purpose in Life

The third indicator of PWB as indicated in the conceptual framework was purpose in life among married couples in the research area. To capture information on this aspect of psychological well-being among the sampled respondents, data was collected using the 10 items in section C of the PWB questionnaire.
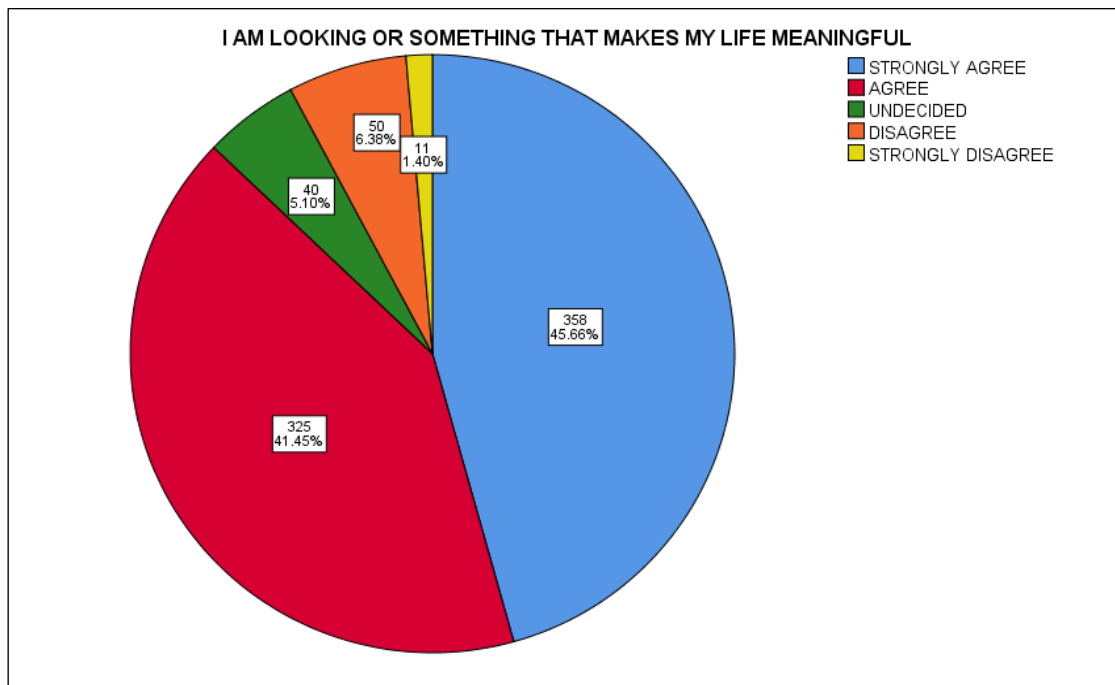
The first statement in section C of the PWB questionnaire was "I understand my life's meaning". Responses to this statement were analyzed by computing frequency counts and percentages thus:
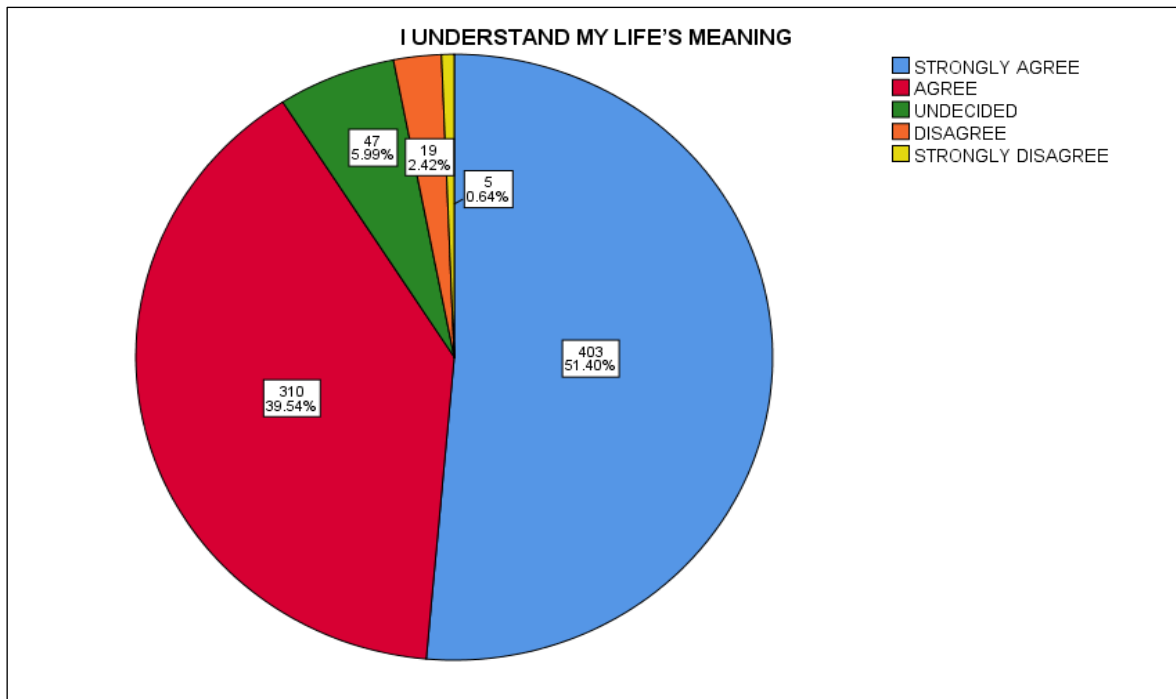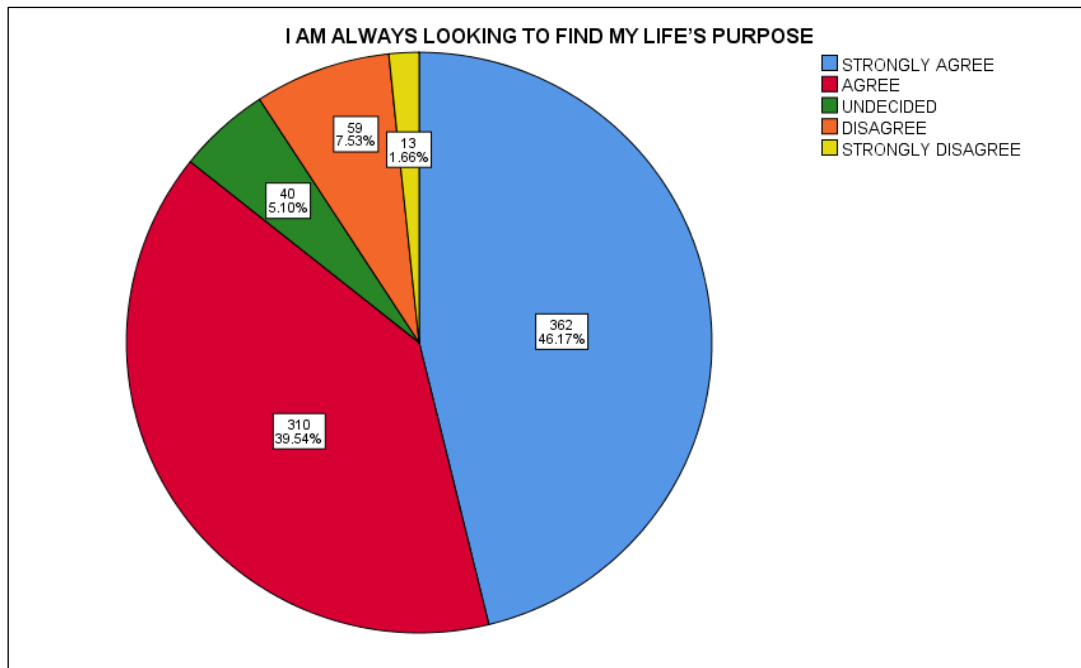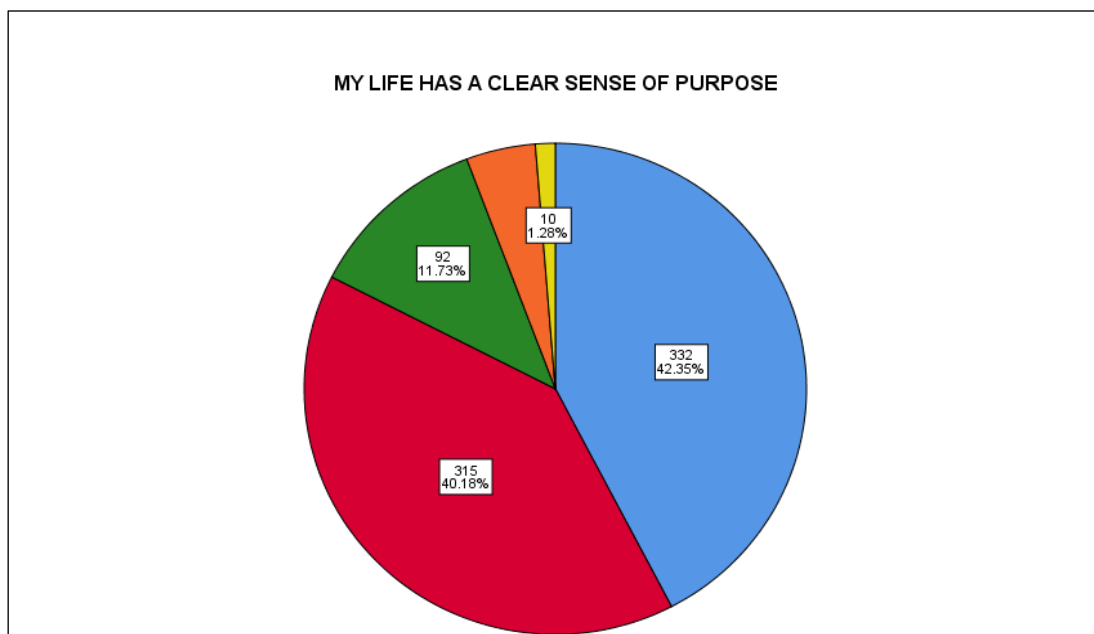
Figure 1: Understanding of Life's Meaning

As the pie-chart indicates, majority of the respondents were affirmative of the statement. This shows they had high level of psychological well-being with respect to purpose in life as gave an impression of understanding the meaning of life.

The second statement in section C of the PWB questionnaire was "I am looking for something that makes my life meaningful". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Figure 2: Looking on something that makes Life Meaningful

As the pie-chart indicates, majority of the respondents were affirmative of the statement. This shows they had high level of psychological well-being with respect to purpose in life as they gave a positive account of looking for something to makes their lives meaningful.

The third statement in section C of the PWB questionnaire was "I am always looking to find my life's purpose". Responses to this statement were analyzed by computing frequency counts and percentages thus:
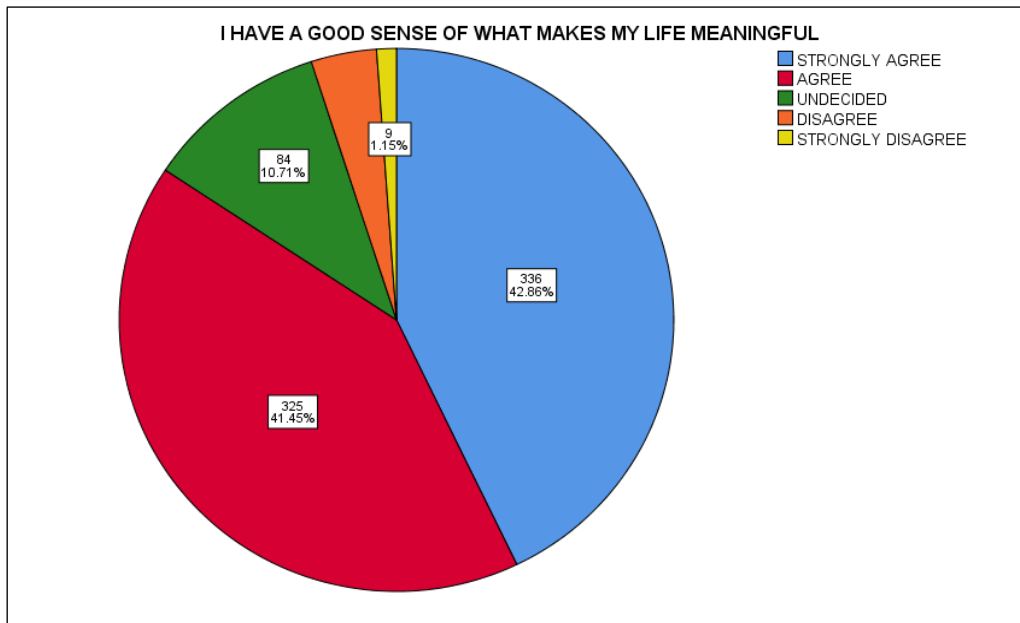

Figure 3: Looking to Find Life's Purpose

As the pie-chart indicates, majority of the respondents were affirmative of the statement. This shows high level of psychological well-being among them with respect to purpose in life as gave a positive impression of looking to find life's purpose.

The fourth statement in section C of the PWB questionnaire was "my life has a clear sense of purpose". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Figure 4: Life's Clear Sense of Purpose

As the pie-chart indicates, majority of the respondents were affirmative of the statement. This shows high level of psychological well-being with respect to purpose in life as most of them gave an impression of clear purpose in life.

The fifth statement in section C of the PWB questionnaire was "I have a good sense of what makes my life meaningful". Responses to this statement were analyzed by computing frequency counts and percentages thus:


Figure 5: Sense of what Makes Life Meaningful

As the pie-chart indicates, majority of the respondents were affirmative of the statement. This shows they had high level of psychological well-being with respect to purpose in life as it gave a positive account of sensing what makes life meaningful.

Descriptive Analysis of Positive Relationships

The fourth indicator of PWB as indicated in the conceptual framework was positive relationships among married couples in the research area. To capture information in this indicator, data was collected using the 10 items in section D of the PWB questionnaire.

The first statement in section D of the PWB questionnaire was "I have relationships that offer me support". Responses to this statement were analyzed by computing frequency counts and percentages thus:
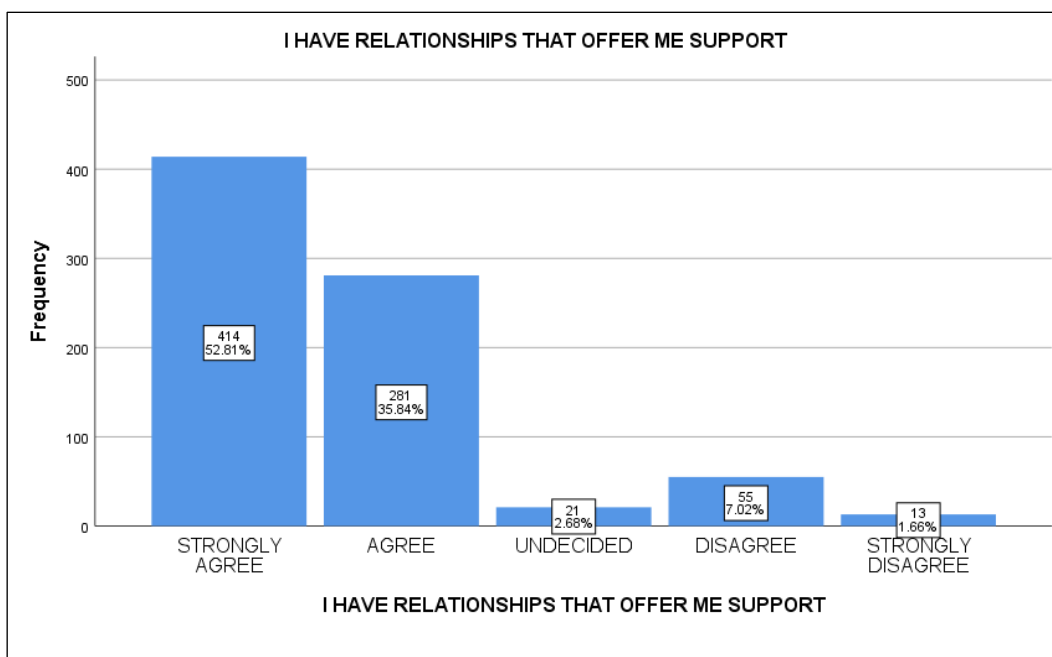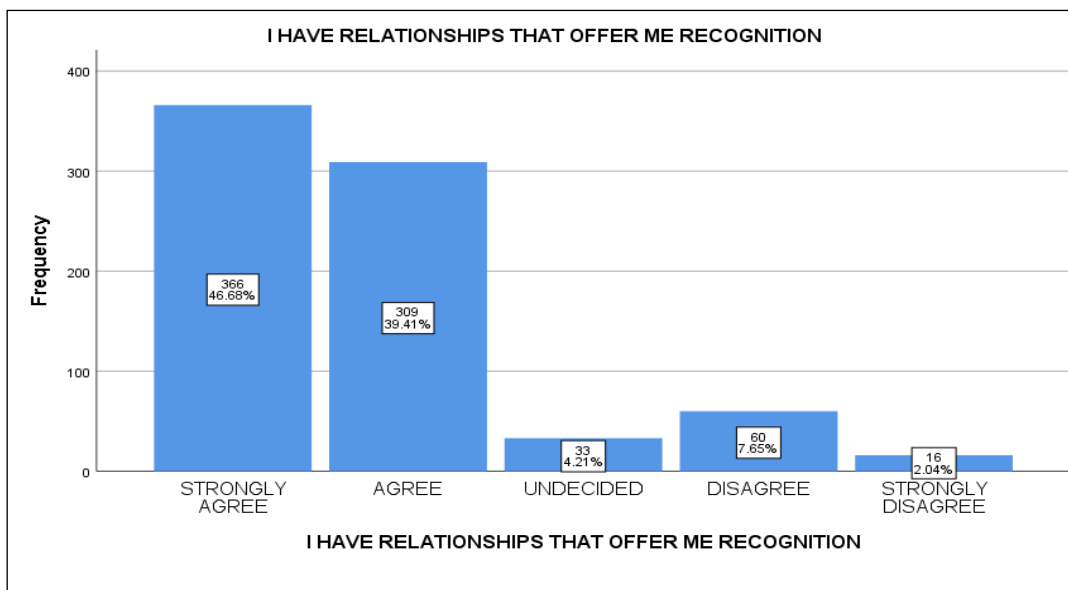

Figure 6: Relationships that Offer Support

As the figure indicates, majority were affirmative of the statement. This shows high level of PWB with respect to positive relationships as they gave a positive impression having relationships that offered them support.
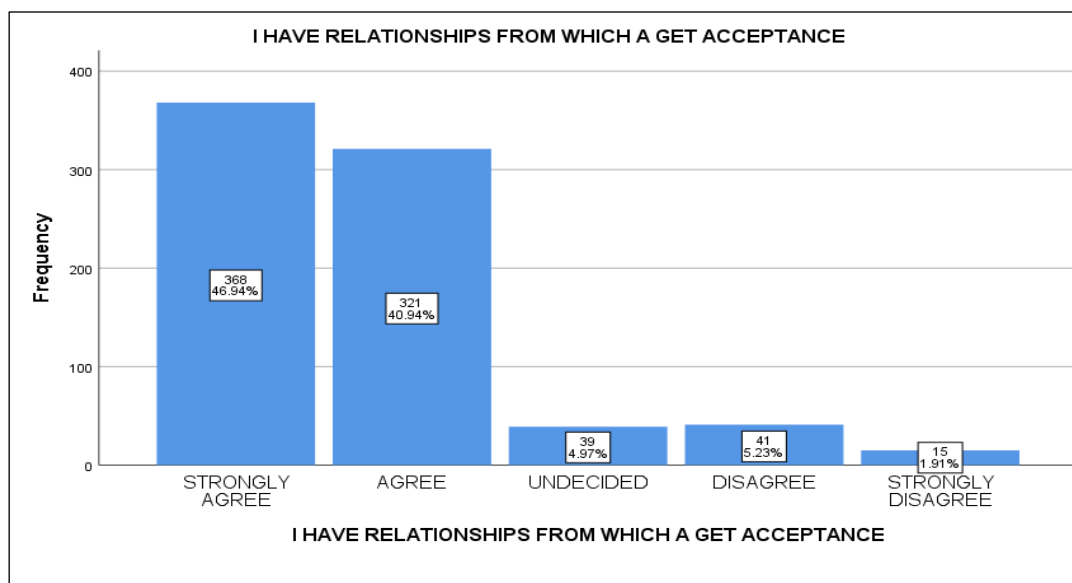
The second statement in section D of the PWB questionnaire was "I have relationships that offer me recognition". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Figure 7: Relationships that Offer Recognition

As the figure indicates, majority were affirmative of the statement. This shows high level of PWB with respect to positive relationships as the respondents gave a positive impression having relationships that offered them recognition.
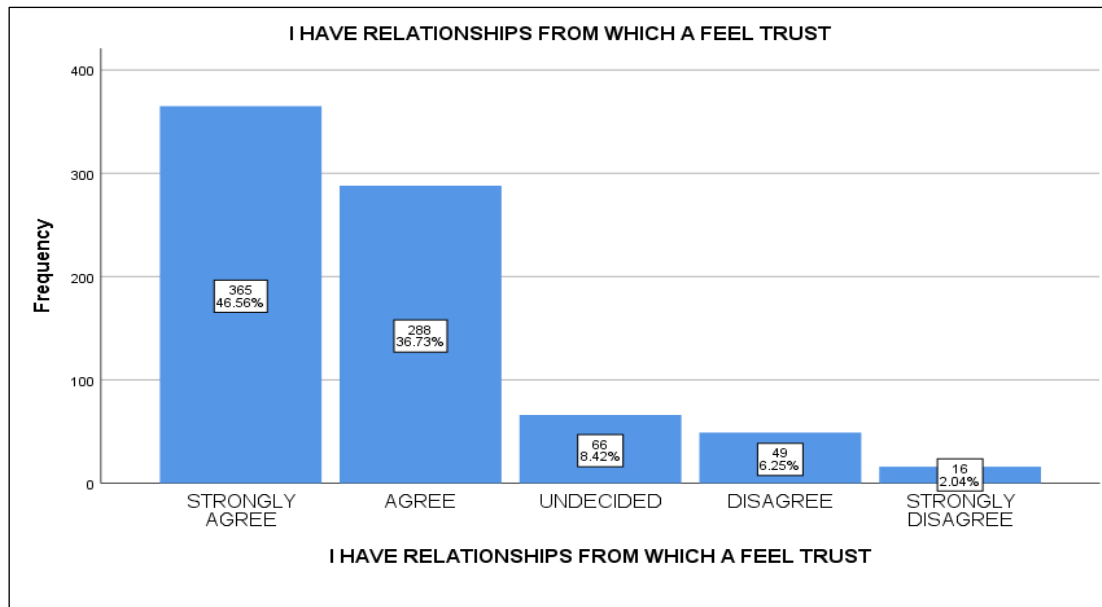
The third statement in section D of the PWB questionnaire was "I have relationships from which I get acceptance". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Figure 8: Relationships that Offer Acceptance

As the bar graph indicates, majority were affirmative of the statement. This shows high level of PWB with respect to positive relationships as the respondents gave a positive impression having relationships from which they got acceptance.

The fourth statement in section D of the PWB questionnaire was "I have relationships from which a feel trust". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Figure 9: Relationships that Offer Trust

As the figure indicates, majority were affirmative of the statement. This shows high level of PWB with respect to positive relationships as the respondents gave a positive impression of having relationships from which they felt trust.

The fifth statement in section D of the PWB questionnaire was "I have relationships from which I feel love". Responses to this statement were analyzed by computing frequency counts and percentages thus:
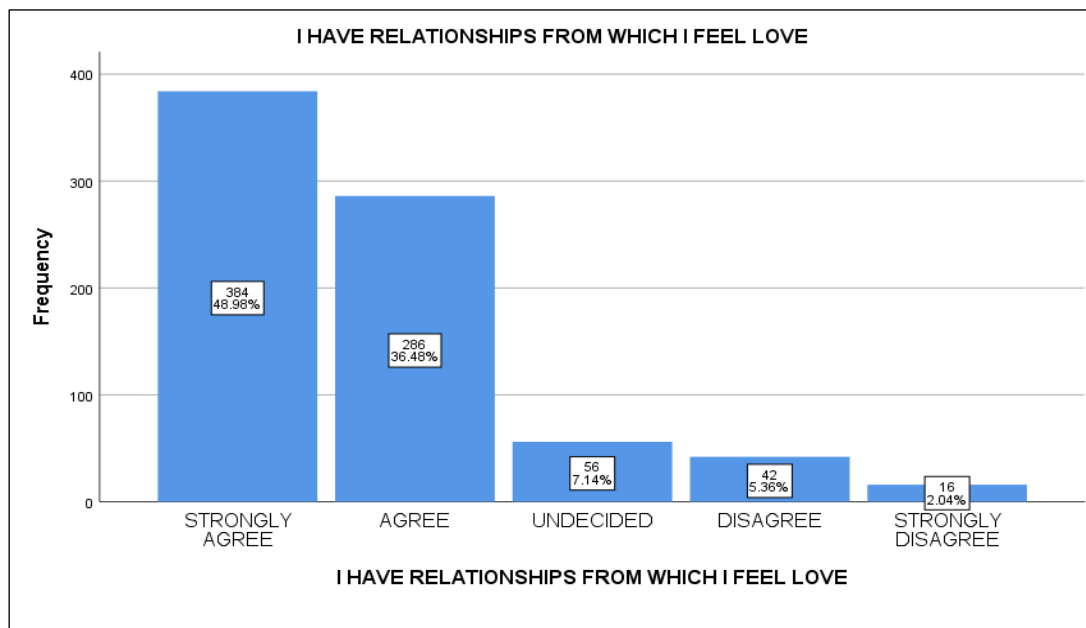
**Figure 10: Relationships that Offer Love**

As the bar graph indicates, majority were affirmative of the statement. This shows high level of PWB with respect to positive relationships as the respondents gave a positive impression having relationships that offered them love.

Descriptive Analysis of Environmental Mastery

The fifth indicator of PWB as indicated in the conceptual framework was environmental mastery

among married couples in the research area. To capture information on this aspect of PWB, data was collected using the 10 items in section E of the PWB questionnaire.
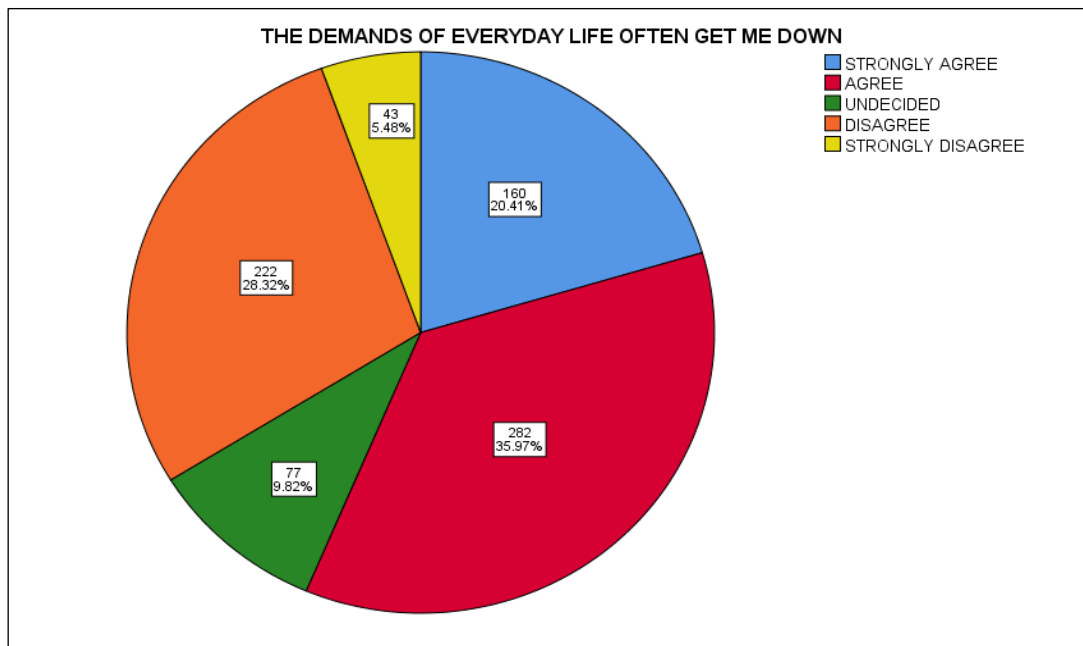
The first statement in section E of the PWB questionnaire was "I feel I am in charge of every situation in which I live". Responses to this statement were analyzed by computing frequency counts and percentages thus:
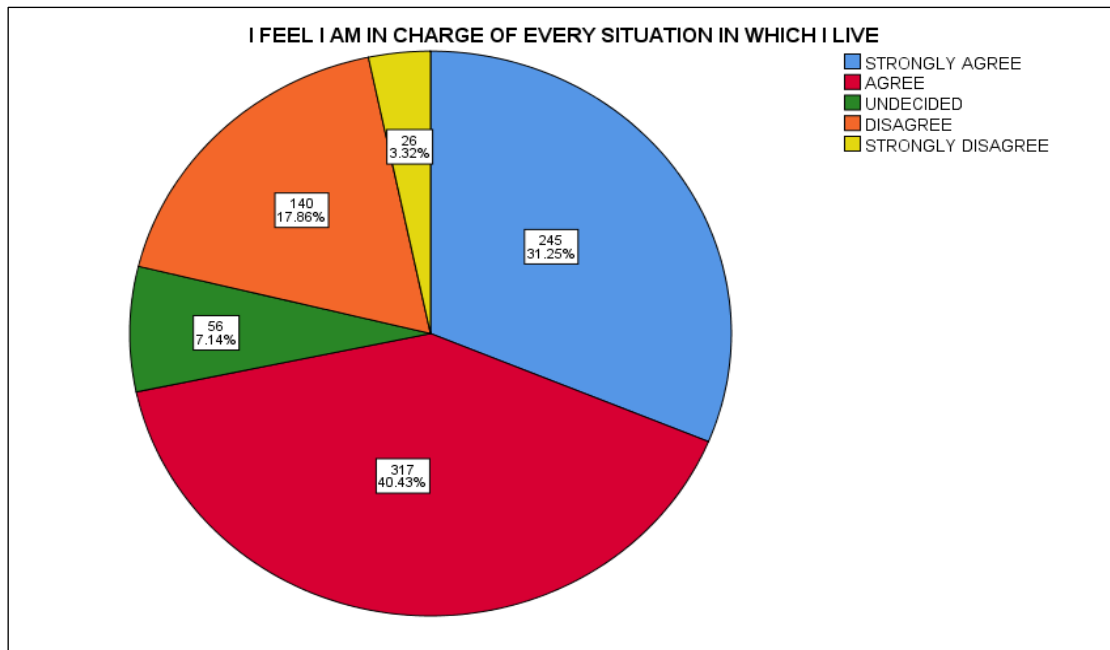
Figure 11: Taking Charge of Situations

As the pie chart indicates, majority were affirmative of the statement. This shows high level of PWB with respect to environmental mastery among the sampled respondents as they gave a positive impression of taking charge of every situation in which they lived.
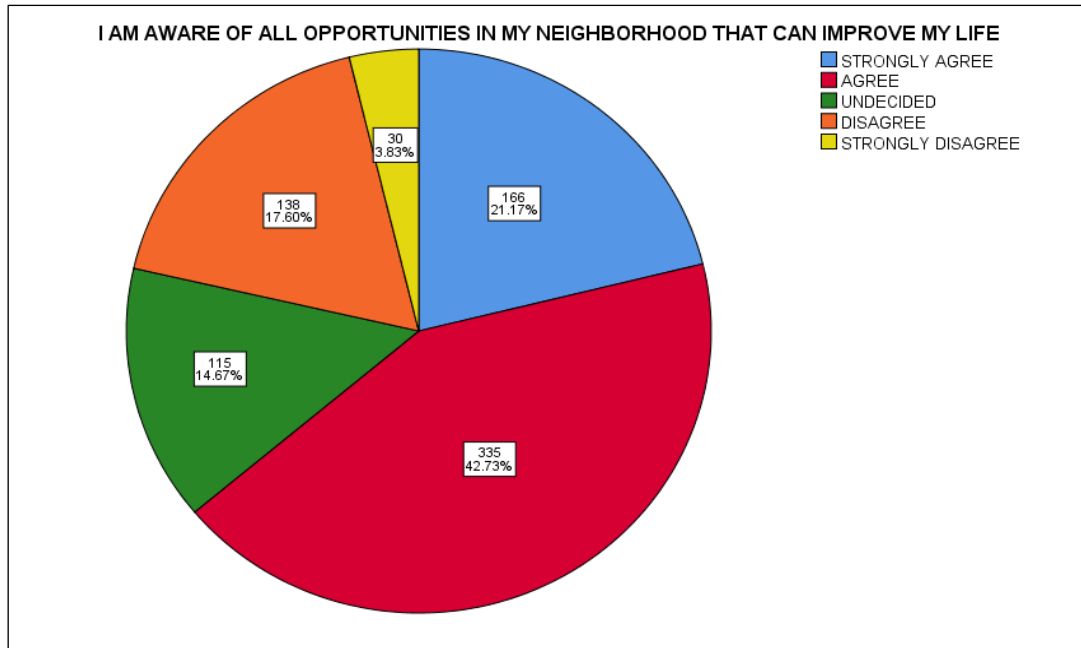
The second statement in section E of the PWB questionnaire was "the demands of everyday life often get me down". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Figure 12: Demands of Everyday Life

As the pie chart indicates, slightly more than half were affirmative of the statement. This shows low level of PWB with respect to environmental mastery among the sampled respondents as it gave a negative impression of being overwhelmed with the demands of everyday life.
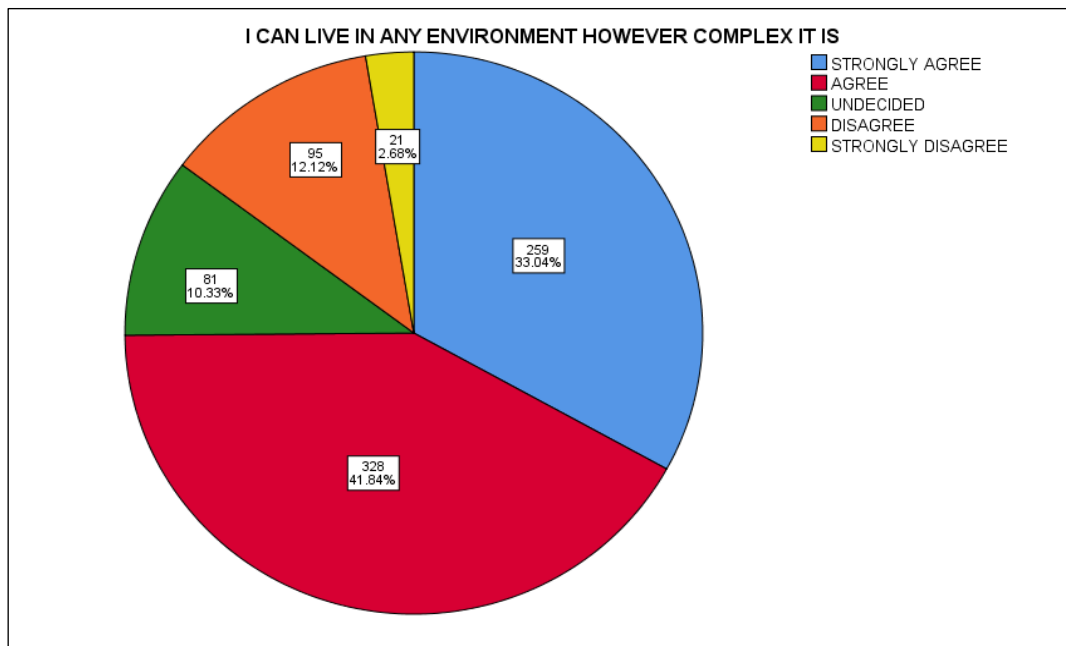
The third statement in section E of the PWB questionnaire was "I am aware of all opportunities in my neighborhood that can improve my life". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Figure 13: Opportunities in the Neighbourhood

As the pie chart indicates, majority were affirmative of the statement. This shows high level of PWB with respect to environmental mastery among the sampled respondents as it gave a positive impression of them being aware of all opportunities in my neighborhood that can improve my life.

The fourth statement in section E of the PWB questionnaire was "I can live in any environment however complex it is". Responses to this statement were analyzed by computing frequency counts and percentages thus:

Figure 14: Complex Living Environment

As the pie chart indicates, majority were affirmative of the statement. This shows high level of PWB with respect to environmental mastery among the sampled respondents as it gave a positive impression of them being able to live in any environment however complex it was.

The fifth statement in section E of the PWB questionnaire was "I know my way around the area I live in". Responses to this statement were analyzed by computing frequency counts and percentages thus:
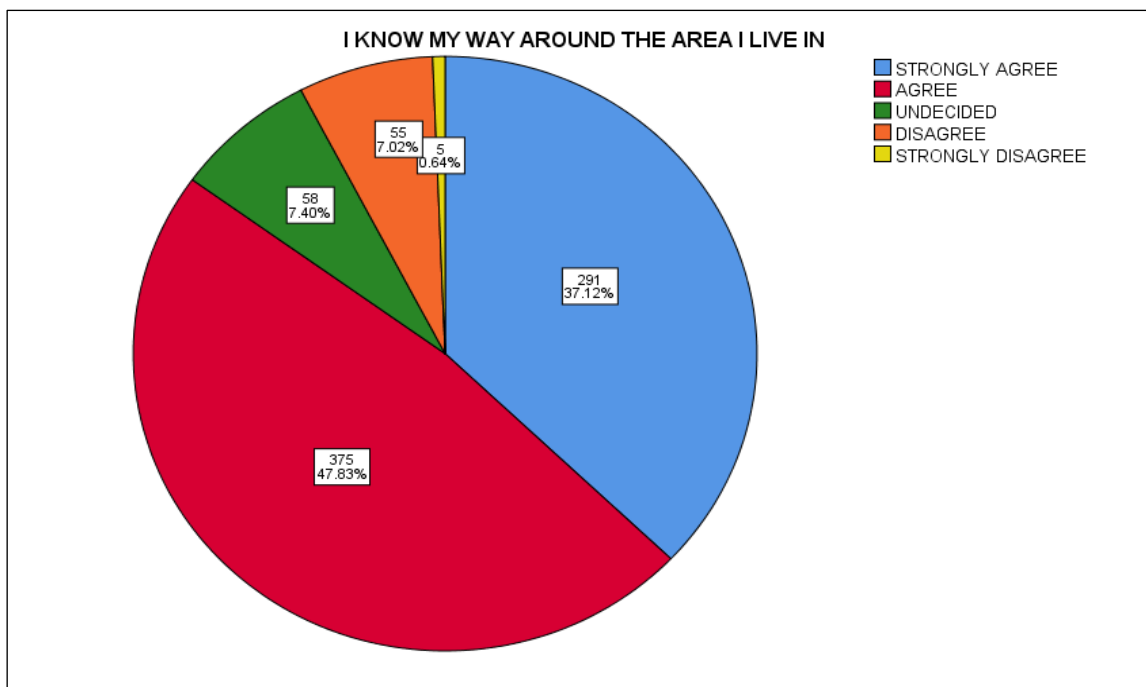
Figure 15: Way around the Residence

As the pie chart indicates, majority were affirmative of the statement. This shows high level of PWB with respect to environmental mastery among the sampled respondents as it gave a positive impression of them knowing their way around the area they lived in.

To determine the levels of PWB from the results of descriptive analysis of data on the five indicators of psychological well-being (Autonomy, self-awareness, purpose in life, positive relationships and environmental mastery), a single percentage score was calculated by first obtaining the composite PWB score for each respondent then converting it to percentage.

To this end, positively worded statements in all sections of the PWQ (A, B, C, D and E) were scored in descending order i.e. strongly agree=5, agree=4, undecided=3, disagree=2 and strongly disagree=1. Negatively worded statements were on the other hand scored in reverse order i.e. strongly agree=1, agree=2, undecided=3, disagree=4 and strongly disagree=5. The sum (composite) of all scores in the five sections was obtained, then divided by 220 (maximum possible score in all the 44 statements in the PWQ) and multiplying the quotient by 100. The maximum possible PWQ score was therefore 100% while the minimum possible score was 20%.

The percentage PWB scores were then classified as low level (for those ranging from 20-46), moderate level (for those ranging from 47-72) and high level (for those ranging from 73-100), in line with recommendations of the developers of the questionnaires (Romero *et al*., 2020; Riopel, 2019; Leslie *et al*., 2019, Paschalia *et al*., 2021) for such scales. Results of this classification of the PWB scores obtained for all the sampled respondents were as summarized in the following table of frequencies and percentages thus:

Table 10: Levels of PWB among the Respondents

PWB INDICATOR	FREQUENCIES IN EACH LEVEL		
	Low (20-46%)	Moderate (47-72%)	High (73-100%)
Autonomy	0	48	124
Self-awareness	1	42	99
Purpose in Life	0	44	105
Positive Relationships	0	46	115
Environmental Mastery	0	50	110
CUMMULATIVE AVERAGE	1 (0.1%)	230 (29.3%)	553 (70.6%)

As the table indicates, 0.1% had low level psychological well-being, 29.3% were moderate level while majority 70.6% had high level psychological well-being. This shows that there were three levels of PWB thus low, moderate and high.

The objective of this study was to assess the levels of psychological well-being among married couples in selected parishes in the Catholic Arch-diocese of Nairobi, Kenya. The corresponding research question was "What are the levels of psychological well-being among married couples in selected parishes in the Catholic Archdiocese of Nairobi, Kenya?" Empirical evidence emanating from data collected with respect to the objective revealed three levels of PWB among the sampled respondents thus; low, moderate and high levels.

These findings are in tandem with those of Prabhahar and Ramadhan (2022) who conducted a longitudinal analysis to establish the levels of psychological wellbeing among married couples. They compared those who were "very happy" in marriage to those who were "pretty happy" in marriage, "not too happy" in marriage, never married, divorced or separated, or widowed, using a nationally representative sample of married couples and joining measures of marital status and marital happiness. They found out that not just lifespan but also well-being is key outcome factors when analyzing the connection among the marital status and well-being. The goal of their research was to look at the links between marital status, health behaviors, and illness in various couples, as well as see whether there are any gender disparities in those interactions. They evaluate whether marriage improves mental health after adjusting for premarital rates of disorder using a sample of 18, 21, and 24 year aged male and female who either stayed unmarried or got married or remained married in 7 year duration. In addition, they investigated whether women gain more from weddings than men in terms of mental health. Their results revealed three levels of psychological well-being thus low, average and high.

CONCLUSION

On the basis of empirical evidence arising from data that were collected in this mixed methods investigation, the major conclusion arrived at is that the psychological well-being of married couples in the CAN lies in three categories thus high, moderate and low levels at 70.5%, 29.3% and 0.1% of the married couples in the CAN respectively.

REFERENCES

- Hsu, T. L., & Barrett, A. E. (2020). The association between marital status and psychological well-being: Variation across negative and positive dimensions. *Journal of Family Issues*, *41*(11), 2179-2202. https://doi.org/10.1177/0192513X20910184
- Bırni, G., & Eryılmaz, A. (2022). Enhancing Well-being of the Married: Investigating Marital Satisfaction, Self-Compassion and Happiness Increasing Strategies. *Danışma ve Rehberlik Dergisi*, 12, 650-669.
- Buratta, L., Delvecchio, E., & Mazzeschi, C. (2023). Environmental Mastery and Self-Acceptance during Emerging Adulthood: A Study of the Determinant Factors in College Students. *Journal of Positive Psychology and Wellbeing, 7*(4).
- Clausen, T., Pedersen, R. L., Andersen, M., Tores T., & Ida E. H. (2022). Job autonomy and psychological well-being: A linear or a non-linear association?, *European Journal of Work and Organizational Psychology, 31*(3), 395-405, DOI: 10.1080/1359432X.2021.1972973
- Dutra-Thomé, L., DeSousa, D., & Koller, S. H. (2019, April). Promotive and risk factors for positive youth development among emerging adults in Brazil. In *Child &Youth Care Forum*, *8*(2), 171-185).
- Karney, B. R., & Bradbury, T. N. (2020). Research on Marital Satisfaction and Stability in the 2010s: Challenging Conventional Wisdom. *Journal of marriage and family, 82*(1).
- Maigallo, A. K. (2019). *Influence of Family Life Knowledge on Marriages in Meru County, Kenya* (Doctoral dissertation, Chuka University).
- Masinde, J. W. (2023). *Research methods in education: A hjandbook for theory and practice.* Kenpro Publishers.
- Maurya, P. K., & Ojha, S. (2017). Gender and locale differences in psychological well-being among adolescents. *Indian Journal of Human Relations*, *51*(1), 136-146.
- Muttaqin, D. (2022). "Internal Structure Evaluation on the Indonesian Version of Psychological Well-Being Scales". *Psympathic: Jurnal Ilmiah Psikologi, 9*(1), 1–16.
- Njeri, E. J. (2020). *The Relationship between psychological wellbeing and marital quality: A case study among married Christian couples of PCEA Mukinyi Parish, Kiambu County, Kenya.* Masters thesis. University of Nairobi.
- Okojide, A., & Adekeye. O. A. (2023). Psychological Well-being as a Predictor of Marital Stability among Employed Women in Lagos State, Nigeria. *Journal of Educational and Social Research, 13*(1), 146.
- Okpamen, Kelly & Sunday, Ameh. (2019). Gender, educational attainment and marital instability as predictors of religious affiliation among married teaching staff of Nigerian Universities. *Scientific Research Journal*, *VII*(IV). doi: 10.31364/SCIRJ/v7.i4.2019.P0419642
- Olafsson, A., & Steingrimsdottir, H. (2020). How does daddy at home affect marital stability? *The Economic Journal*, *130*(629), 1471-1500.
- Prabhahar, A., & Ramadhan, G. (2022). A Review On Psychological Well Being Of Couples During First Seven Years Of Marital Life. *Journal of Positive School Psychology, 6*(2), 28-39.
- Ramezan, N., & Nouri, N. (2018). Predicting love stories on the basis of defense styles and self concept. *Family Research*, *14*(3), 345-361.

- Randall, A. K., & Bodenmann, G. (2017). Stress and its associations with relationship satisfaction. *Current Opinion in Psychology*, 13, 96-106.
- Rashmi, S., & Shafiq, M. (2017). Mental health and marital adjustment of working women. *International Journal of All Research Education and Scientific Methods*, *5*(1), 39-43.
- Reamen, J., Aminu, A., & Akobi, O. T. (2022). Effect of marital counselling on marital stability among married couples in Niger State, Nigeria. *Asian Basic and Applied Research Journal*, *4*(1), 352-361.
- Riopel, L. (2019). *Self-awareness activities and exercises.* https://positivespychology.com/self-awareness-exercises-activities-test/
- Romero, B., Melendro, M., & Charry, C. (2020). Transition to adulthood autonomy scale for young people design and validation. *Front Psychology*, *11*(457). doi: 10.3389/fpsyg.2020.00457
- Ryff, C. D. (2014). Psychological well-being revisited: Advances in the science and practice of eudaimonia. *Psychotherapy and psychosomatics*, *83*(1), 10-28.
- Zakaria, E., & Ibrahim, F. (2022). Drug abuse impact on early phases of marriage (1 to 5 Years): Exploring the drug addicted wives experiences. *International Journal of Academic Research in Business and Social Sciences*, *1*