



ADDIS ABABA UNIVERSITY

COLLEGE OF EDUCATION AND BEHAVIOURAL STUDIES

SCHOOL OF PSYCHOLOGY

**CAUSES AND RESOLVING METHODS OF MARITAL DISCORD
AMONG MARRIED COUPLES IN AKAKI KALITY SUB - CITY OF
ADDIS ABABA**

**MA THESIS SUBMITTED TO THE SCHOOL OF PSYCHOLOGY
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By

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DECLARATION

I hereby declare that the work which is being presented in this thesis entitled “Causes and resolving methods of marital discord among married Couples in Akaki Kality Sub-City of Addis Ababa.” Is original work of my own, except where acknowledgements of sources are made and that has not been presented for a degree to any other university and all the materials used for the thesis have been duly acknowledged.

Semahegn Abeje

(Candidate)

Date

This is to certify that the above declaration made by the candidate is correct to the best of my knowledge.

Daniel Tefera (PhD)
(Thesis Advisor)

Date

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LIST OF ABBREVIATIONS AND ACRONYMS

EMS Enrich Marital Scale

ENRICH Evaluation, Nurturing Relationship issues, Communication and Happiness

MS Marital Satisfaction

SPSS Statistical Package for Social Sciences

UN United Nations

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ABSTRACTS

The primary objective of this research was to examine the major causes, methods, and marital satisfactions of married couples in Akaki Kality Sub-City. In pursuit of these objectives, mixed research design was employed in the study. The quantitative aspect consisted of questionnaire (with open-and close-ended items) administered to a sample of 357 participants that were selected through systematic random sampling. Qualitative data were collected through open-ended question in the questionnaire. Descriptive statistical (frequency, percentage, and crosstabs), chi-square techniques were used to analyze quantitative data. Qualitative data were analyzed qualitatively. Findings indicated that the major causes of marital discord in terms of its domain were communication, gender role, psychological, and economic factors. While, regarding most common mechanisms they used to resolve marital discords were accommodation, collaboration, compromise, and avoidance. The marital satisfaction levels of married couple almost half of them were dissatisfied whereas half of them were dissatisfied. Finally, based on these findings, conclusions and recommendations were drawn.

Key terms: *Married Couples, Marital Discord, Marital Satisfaction, Resolving Methods*

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Marriage has been described differently by different scholars; mainly it is an emotional and legal union or the coming together of a man and woman to raise a family, to meet security needs, and enjoy an enduring affection and companionship (Omari, 1989). In Nukunya (1992) opinions, it is the recognized social institution, not only for establishing and maintaining the family, but also for creating and sustaining the ties of kinship. According to Nwoye (1991) marriage is sacred a permanent contract which is assumed to be enacted when two people (usually man and woman) decide of their own volition and in the presence of at least two witnesses to exchange the formal consent to live a life of vocation of love and sharing for each other for the purpose of promoting their mutual growth and welfare as partners in their journey together through ought life.

Discord- implies an intrinsic or essential lack of harmony producing quarreling, factiousness, antagonism, lack of agreement or harmony between persons, things, or ideas, (Merriam-Webster Dictionary online, 2011). So, marital discord implies that disagreements or disharmonies existed in married couples. In the synonymous word of disharmony it is a disagreement through which the parties involved perceive a threat to their needs, interests or concern and it is also seen as a struggle or contest between people with opposing needs, ideas, beliefs, values, or goals Katzenback et al. (as cited in, Uwe, 2006), when two people come together in marriage, each partner comes into the union with his/her individualized personal characteristics, needs, attitudes, values and idiosyncrasies; therefore, each of the couples forced to react differently to life challenges.

According to the studies of Aderinto, Aina, and Tenuche (2004) the major causes of marital discord or disharmony include refusal of wives to submit to the husband's authority, sexual misconduct by wives, interference by in-laws, religious discord between couples, flirtation by male couples, and husband's inability to live up to their domestic responsibility due to poverty. And the other studies carried out by Onwuasoanya (2006) states that age at marriage, educational level of couples, religious affiliation, income, types of marriage contracts, fertility status, types of family practiced, communication, cultural background,

lack of trust, sexual incompatibility and problems of in-laws have direct bearing on marital discords of couples. On the other side Olson and Olson (2000) reflected that couples argue about everything, such as personal characteristics and behaviors, perceived inequity in division of labor, as well as unwillingness of one spouse to address a problem or matter and others reportedly have discord over power, money, and how time is spent.

The degree of exposure of couples also has its own vital effect, when couples are not well exposed or enlightened enough academically and socially, they are prone to disharmony, misunderstanding or misrepresentation of issues concerning their married life (Iheagwam, 2001).

According to Gilbert (2005) explanation resolution strategies refers to the use of different techniques aimed at helping couples understand each other overcome disharmony in their relationship and as the researcher expressed that some of the disharmony resolution strategies used today like teaching couples to listen to each other, communicate better and behave in more positive ways could help couples resolve some of their marital difference. The marital discord of couples must be resolved for quality of marriage life, by using different resolution mechanisms of the existed discord. As the suggestion of Emmert and Emmert (1994), there are number of marital resolving mechanisms like developing a positive and healthy attitude towards disharmony, maintaining open communication lines, working for accuracy in your communication, using a rational, problem-solving approach to the disharmony, and turning to counselor.

Some suggestions for developing healthy method of settling the discord include resisting the silent treatment, avoiding accusations and attacking, avoiding ultimatums, as well as using empathy and good language (Crosby, 1991). And healthy fighting also requires staying calm and speaking no defensively, validating partners' feelings, and practicing and rehearsing such behaviors over time (Gottman & Silver, 1994).

Marital satisfaction is a complex process; however, theoretical and empirical studies proved that the interactional patterns between couples play the key role in marital satisfaction. Positive behaviors having a direct impact on the marital satisfaction can be listed as follows: Mutual acceptance, the approval of the spouse's movements and the negotiation of ideas, on

the other hand, the most apparent negative behaviors reducing marital satisfaction are blaming, criticism, and pressure (Feeney, 2002; Holman, 2002; Carney& Crown, 2007). The study of McKeown, et al. (2002), indicates that the extent of extreme marital unhappiness is quite considerable, particularly among women. About four out of ten women (37%) and two out of ten men (21%) are “very dissatisfied” with their relationship which implies that their marriage may be close to, or even beyond, breaking point. The greater distress experienced by women in unhappy relationships seems to be related to the greater importance of relationships in the self-concept of women and is also consistent with the finding that women are more likely than men to “mend or end” marriages. This means even if there is difference in the levels of satisfaction due to sex variations, both couples are dissatisfied in their marriage life due to different factors.

According to the study of Bradbury et al. (2000) the main factors in the level of couples’ marital satisfaction can be grouped under the following headings; love and emotional bond in the marriage (1) the degree of communication style applied in problem solving (2) the presence of discord resolution skills in the marriage (3) marital violence (4) spending time together (5) disputes arising from property matters (6) sexual dissatisfaction (7) meeting the expectations of gender roles and role expectations in the marriage (8) the elements couples bring their current relationship under the influence of their original upbringing (9) problems that arise from the children (10) are considerable factors regarding marital satisfaction of couples.

The other study of McKeown, et al. (2002) states there are four sets of variables that contribute substantially to unhappiness in marriage: (i) the partner’s negative behaviors of criticism, insulting, not wanting to listen, and using force (ii) the partner’s style of resolving conflict, particularly “volatile” and “avoidant” styles (iii) dissatisfaction with partner’s task-sharing in the home, notably housework and childcare, and (iv) selected socio-demographic variables, particularly subjective financial well-being. To ensure the quality of marriage couples need to handle the discord that occurs in constructive way, the ways discords are handled related to the satisfaction level of couples in their marriage life.

1.2 Statement of the Problem

For most people, marriage is a vital aspect of a relationship which is intended to last for a life time. In spite of the importance of this relationship, there is no adequate information that can give people what works for marriage to be a satisfying and long-lasting relationship (Meaza M, 2014).

Marital discord in this study can be seen as disharmonies in multi-dimensional interaction of married couple who are living together. Even though, the discord is normal part of married couples' life, there are many negative consequences unless that should be harmonized as soon as it manifests. The majority of individuals who divorce eventually form new relationships either through remarriage or cohabitation, putting them at risk for continued conflict if dysfunctional interactions and poor communication skills are not addressed (Galvin, Braithwaite & Bylund, 2015).

There are many causes for discord such as financial sharing, lack of proper communication, household responsibilities, children and dissatisfaction in the relationship. Marital relationship of the parents is a key aspect of family functioning, affecting a number of other dimensions of family functioning (Shantisree, 2017). So, unless the couples pay attention and work on the discord and solve differences, gradually the problem becomes out of control and may result in marital disruption. As a result of the role the family unit plays in the overall development of the society, the problem of marital discord and the way couples deal with it require attention because when the home, which forms the cradle of the society, is settled, the society itself is at peace (Esere & Idowu, 2000).

Jennings as cited in South and Lloyd (1995) describes that frequent marital discord can lead to a growing dissatisfaction for the partners involved, which can cause them to consider alternatives to remaining married. For example, a person who endures frequent marital discord may grow dissatisfied and begin to consider their prospects for living independently. If they feel that those prospects are preferable to remaining in the marriage, they may leave their spouse. Similarly, a person who grows dissatisfied with their marriage due to frequent discord may seek alternative romantic relationships.

So, studying the causes of marital discord and the methods of resolving the discords and effectiveness of resolving marital discord among couples in matrimonial relationship in Ethiopian context specifically at Akaki Kaliti Sub-City was necessarily due to the fact that marital discord is essential issue of married couples in their matrimonial relationship, the seriousness of the repeated and long- term consequence of it, its reduction of marital quality and satisfaction of married couples. According to Olaitan (2003) the increasing rate of family disharmony such as the incidence of divorce in the society today justifies the fact that there are disharmonies in marital homes. Disharmony arises as an attempt to match the behavior and expectations of one with the behavior and expectations of the other. This threatens the family system because it entails disharmony when husband and wife disagree on certain goals to pursue, it usually results in disharmony and confusion between them unless they come to agreement on the goal to pursue.

Many researchers in the field of marriage and divorce focused on divorce or discords in relation to its impact on couples' marital satisfaction, children's behaviors and/or academic Achievements (Saadia, 2013; Mekonnen, Kassa, and Ayalew, 2019; and Debela, 2018). Even the studies that were conducted on marital discord focused on one or two marital discord causal- related variables (Afework, 2006; Sada, 2002) like economic, sexual, familial intervention, marital satisfaction and other related factors, rather than exploring the different factors associated with marital discord, methods of resolving the discord and their implications for marital satisfaction. These research attempts to fill in this gap, meaning that the topic was not studied in the context of Addis Ababa, specifically in Akaki kaliti Sub-City and (the essentiality of the topic) the increasing rate of marital problems and its consequence.

1.3 General Objective

The general objective of this study was to assess the causes and methods of resolving marital discord and marital satisfaction of married couples in akaki kaliti sub-city of Addis Ababa.

1.4 Specific Objectives

- To identify the key causes of marital discord of married couples in Akaki Kaliti Sub-City.

- To find out what type of resolution methods those married couples in Akaki Kality Sub-City used to resolve marital discord.
- To examine the level of marital satisfaction of married couples in Akaki Kality Sub-City.

1.5. Significance of the Study

This study was perceived to be of reference for field of counseling particularly to counseling experts and practitioners who works in family and marriage counseling services that assist in the process of developing more effective family and marriage life. And also helps for related professionals of social work, social psychology, sociology etc. either for their work or for further study and for all of who are interested to read and use this study to know the causes, and methods of resolving marital discord and marital satisfaction of couples in matrimonial relationship of married couples.

1.6. Delimitation of the Study

The study was conducted to identify the causes, methods, and effectiveness of resolving marital discord among couples in matrimonial relationship of couples who live in Akaki Kality Sub-City. Which is found at the southern part of Addis Ababa, which is one of the largest Sub-Cities of Addis Ababa. The Sub-City has 20 kilo meters south from the center and covers a land area of 12347.70 hectares; and this research was limited to married couples (not divorced or widowed). It also focused on expressed marital discords, and discords which happen but not expressed were not recognized in this research.

1.7 Limitations of the Study

The limitations of the study were the pandemic of COVID-19 may have an impact on response of participants in a little bit. And also, the exclusion of 27 samples from analysis, due to their non-voluntariness to be participant of the study and those who they gave invalid data may have a little impact on the real representativeness of the population of the study.

1.8. Definitions of Important Terms

Marital Discord: refers to perceived reports of disagreements and conflicts between couples in marital relationship during data collection.

Discord resolution methods: refers to the mechanisms employed by these couples to handle discords in their marriage.

Marital satisfaction: the attitude an individual has toward his or her own marital relationship. Or level of positive feelings experienced by married individuals in their dyadic relationships pursuant of the application of the discord handling mechanisms.

Couples: males and females those unite together in the form of marriage.

Methods: a systematic procedure or technique that used in the process of conducting the study.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.1 Theoretical Framework of the study

In this part of the study the researcher tried to provide a certain theoretical concept as an introduction of the literatures as follows: Marriage is one of the goals among that most humans want and plane to get in their life in order to perpetuate their generations, to help each other's and to fulfill their sexual desire. Ideally, it offers intimacy, commitment, friendship, affection, sexual fulfillment, companionship, and an opportunity for emotional growth as well as new sources of identity and self-esteem (Gardiner et al., 1998; and Papalia et al., 2003).

According to the Studies of belief systems and interaction patterns (Gottman, Notarius, & Jacobson, 2002) belief systems and interactional patterns have an associated with marital satisfaction of couples and well-adjusted couples show the distinctive character of; respect, acceptance, dispositional attributions for positive behavior, more positive than negative interactions, focusing conflicts on specific c issues, rapidly repairing relationship ruptures, addressing needs for intimacy and power.

And also according to the theory of family therapy, (Newman & Newman, 2003) marital satisfaction of couples associated with the context of; high level of education, high socioeconomic status, similarity of spouses interests, intelligence and personality, early or late stage of family lifecycle, sexual compatibility and for women, later marriage.

Even if when those two people marry have hope full expectations about their marriage that will last all their lives, in this life of marital relationship marital discord may raise in different cases, unless the discord resolved soon there will be divers effect on their marital satisfaction, longevity of marriage, and other over all aspects of their marital and familial condition of couples and marital discords are trustworthy road to separation and divorce. In turn, separation and divorce have strong negative consequences for the mental and physical health of both spouses. These negative effects include an increased risk for psychopathology, an increased number of automobile accidents. Some resulting in fatalities. And an increased

incidence of physical illness, suicide, violence, homicide, and mortality from diseases John (as cited in Bloom, Asher, & White, 1978).

Marital discord references a state of marital dissatisfaction that may include measures of standing conflict, feeling estranged, or loss of commitment (Beach, 2010). While most of the presented research has focused on the marriage dissolution event, divorce, other investigations have implicated the marital discord preceding the divorce as the primary predictive variable in the relationship between marital dysfunction and negative child outcomes (Marsh, Kiersten, Woods, & Rachel, 2019).

According to the dynamic goal theory of marital satisfaction, there are four key elements of marital satisfaction; first, people have multiple goals that they want to achieve in their marriage. Second, the priority of different marital goals changes dynamically across adulthood. Third, whether the prioritized marital goals in a certain developmental stage are met in the marriage determines marital satisfaction. Fourth, other factors can also affect marital satisfaction by either changing the priority of different marital goals or by facilitating the achievement of the prioritized marital goals.

2.2. Discords in Marriage

Disagreements in marriage is inevitable, whenever two people get together eventually some of the belief system and personal habits of one will annoy the other, regardless of the degree of love. In healthy relationships couples learn to accept and resolve conflict. But in case of unhealthy relationship marital disagreements arise due to several reasons of individual differences, having own personal interests, expectations, values, belief systems, cognition capacities, family issues, other interferences, biological and social factors. When there is a disagreement between role performance and role expectation of the spouses it leads to maladjustment of husband – wife relationships and to marital disruptions (Ziya & Pathan, 2015). But in this study doesn't focus on the biological impacts of marriage.

According to the Gottman (1994) expression lasting marriage results from a couple's ability to resolve the inevitable conflicts in any relationship. One of the first things lost in a deteriorating marriage is politeness: "As laughter and validation disappear, criticism and pain well up. Your attempts to get communication back on track seem useless, and partners

become lost in hostile and negative thoughts. There are couples whose fights are as deafening as thunder yet who have long-lasting, happy relationships.”

According to Elyse (2012) described that there are reasons to expect that marital discord may be associated with the likelihood of dissolution in such a setting. A 42-year-old man identified this connection between discord and marital dissolution, saying “If [a husband and wife] can’t unite their decision, if there is no understanding between them then there comes a conflict. And the conflict may [result in] a separation or divorce.” Discord can decrease spouses’ marital satisfaction a key mechanism through which discord may lead to marital dissolution. As marital satisfaction declines, the husband or wife may consider alternatives to remaining married. If an alternative is perceived to be more beneficial than remaining married, they may end the marriage.

2.3. Causes of Marital Discords

Couples face many challenges together, including disagreements over money, difficulties in communication, questions regarding past friendships with members of other sex, the complexities of blending two family systems together and dealing with in-laws, sexual relations, the question of whether to have children, and decisions about how to divide household tasks (Olson, 2000). In this regard, different researchers identified many similar factors with a little bit differences among the causative factors of marital discord. As the study of Saadia et al. (2013) found that aggressive husband (80%), lack of cooperation (60%), lack of spending time together (60%), in-laws’ issues (60%), children’s issues (20%), decrease in effective communication (40%) and financial problems (40%).

According to Ziya and Pathan (2015) indicated that the causes of marital problems of couples even mostly that initiate men to divorce are: 1) lack of Commitment, 2) lack of communication, 3) Abandonment, 4) Emotional Abuse, 5) Infidelity, 6) Inability to Manage Conflict, 7) Financial Problems, 8) Sexual Incompatibilities: Though rarely considered, sexual incompatibility is one of the major causes that provoke men to divorce their wives. A man may fail to get the desired level of sexual gratification or satisfaction from his wife. The resulting frustration and tension may sometimes make way for a divorce.

According to Akinade (1997 and Niolon2003) the most common sources of marital problems include: finance, infidelity, children, in-laws and friends, sex, self-disclosure, privacy etc. Some typical issues that often spark discord in marriage are:

Money or Finance—regardless of how much money a couple has, it is often the biggest sources of discords in marriage. Most of the times there is argument over how money that comes into the home can be used. It is important for spouses to discuss their values and feelings about money so each partner can try to understand the other. Working out a budget and planning finances usually require negotiation and compromise, but they are important tasks that help couples set priorities and goals for the future -such as training the children, type of school the children should attend, building a house, buying a car, giving to the less privileged or the orphanages, spending money as it comes or spending a little and having large reserve for the other day. Quarrel may arise over knowing one another's pays or financial status. When a partner wants to control the expenditure of the other partner, discord may also arise (Akinade, 1997; Niolon, 2003).

At the same time, discords over money can occur for many reasons, beyond stresses on marital relationships that stem from objective levels of economic hardship. The fact that families are affluent or have sufficient funds to meet most everyday needs does not preclude money as a serious source of discord. A well-established principle of interpersonal psychology is that deprivation is relative, rather than absolute, and that discord between individuals or groups may be greatest in contexts of rising affluence that does not keep up with rising expectations (Myers, 2007).

Communication is an important tool in solving the aforementioned problems relating to finance in homes. If couples could open up and dialogue/discuss among themselves concerning money that comes into the home from both partners and how such money should be expended, then marital problems arising from finance administration would have been well managed if not fully eradicated (Akinade, 1997; Niolon, 2003).

In-laws—are usually most problematic in the early years of a marriage. In-law issues can trigger discord within the entire family. Spouses can deal with in-law problems by sharing their feelings and discussing what kind of relationship they want with their in-laws.

Expressing negativity about in-laws usually just makes things worse. Problems may arise in marriage as a result of misconception, insecurity and prejudices. A husband may not want to see the wife with her old friends and vice-versa. A mother-in-law may feel insecure because of the presence of the daughter-in-law who she feels now prevents her from enjoying the confidence of her son and blames any disagreement between her and the son on the wife. The wife may enter the marriage with a lot of prejudice about mothers-in-law, gets herself ready to deal with any mother-in-law so she becomes hostile and confrontational to her mother-in-law. Couples should learn to discuss and settle their differences without intrusion from friends and in-laws (Akinade, 1997; Niolon, 2003).

Sexual factors: In this study it means sexual behavior or sexual act and is an emotional issue. Sexual expression is one of the happiest, most rewarding, and pleasurable experiences in a couple's life. Many spouses are afraid of getting hurt or rejected by their partners so they avoid discussing their feelings about sexual issues. Sex can be a source of marital problems when there is sexual dysfunction in any or both couples or when there is evidence of extramarital sex. Problems can arise in homes when couples deny their partners of sexual pleasure when the urge for sex occurs. These denials however, can lead to either of the couple having secondary sex partner outside the home, which can cause marital problems that may degenerate to separation and divorce. In order for couples to resolve discords about sexual matters, it is crucial that they communicate directly, specifically and lovingly about their needs because it requires mutual agreement as to when and how it should come up (Niolon, 2003).

Child-rearing: The birth of children into homes brings a type of pleasure and sign of fulfillment to the couple. It also helps to strengthen the marriage tie. However, it may also be a major source of marital problems if couples fail to discuss their priority and are not open to accept whatever comes their way in terms of having children in the marriage. Child rearing is a time-consuming task that requires huge amounts of energy. Husbands and wives often have discarding views on how to parent, based on how they will raise. Whatever decisions and rules parents make, it is important that they are united in front of the children. Otherwise, kids will learn to play one parent off the other, which contributes to further discord in the marriage. Couples may quarrel over the number of children to have in the family, may have

different views about children's upbringing, discipline, education, morals, responsibilities, absence of children, sex (male or female), number of children etc. If couples do not reach an agreement on these issues, it may degenerate into marital problems, which may end up in separation and divorce (Akinade, 1997; Niolon, 2003).

And also according to Meyer (2011) Causes of marital disharmony include; a) Finance: according to her, most couples argue over bills, debt, spending and other financial issues; b) Children: Here, discipline, diet and other parenting issues can be sources of disagreement between couples; c) sex: to her, frequency, quantity, quality and infidelity are all common sources of stress and disharmony; c) Time apart (Schedules): according to her, time apart and lack of quality time together serves to get people out of harmony; d) Household responsibilities (Chores): according to her, many couples argue over equitable distribution of household work, and how to do it; e) Friends: She stated that not all friends are helpful to relationships and some of them are poisonous; f) Habits: (Irritating habits): Many people, she argued, are married to someone who has one or more habits they find undesirable; g) Expectations: People go into marriage with certain expectations. Judgment and unmet expectations are source of marital disharmony; h) Personality Conflicts: There are personality traits that can predispose a marriage to failure. If you do not like something about your partner, one of you must change. Family in-laws, siblings, children and step children, to her, can all create disharmony within a marriage. Each of the above is a very common problem dealt with in marriages. Although they are problems, they can also be opportunities for growth, learning and accord.

2.4. Discord Resolution Mechanisms

Resolution strategies refers to the use of different techniques aimed at helping couples understand each other overcome disharmony in their relationship (Gilbert, 2005) and that he asserts that some of the disharmony resolution strategies used today like teaching couples to listen to each other, communicate better and behave in more positive ways could help couples resolve some of their marital difference. Many types of strategy of resolving the marital disharmony can be used. Emmert and Emmert (1994) suggest the following methods: developing a positive and healthy attitude towards disharmony, maintaining open communication lines, working for accuracy in your communication, using a rational,

problem-solving approach to the disharmony and turning to a counselor. Regarding financial issues, Taiwo, Okon and Eze (2006) suggested funds management technique that would be taught to the couples to help them develop positive trust towards each other in terms of how to manage funds without disharmony.

The type of marital discord resolution mechanisms that used by couples may vary accordingly. Greef and De Bruyne, (2000) stated that Styles used in managing conflict in marriage may vary according to the character of the conflict as previous achievement with the style in similar states of affairs, or the appropriateness of the style for the specific situation may lead to repetition of the style to solve similar problems. And the other expression of Bruyne and Greef (2000) there are five models of discord resolution styles:

The Competitive Style: people who use a competitive style of discord resolution tend to be aggressive and uncooperative, perusing personal concerns at the expense of the other. Those with a competitive style gain power by direct confrontation and try to win without adjusting their goals and desires. Life is a battle ground for people with this type of discord resolution style is usually not encouraging to develop intimacy. Communication is forceful and lacking in collaboration. This is often associated with a win-lose mindset (Bruyne & Greef, 2000).

Collaborative Style: people who use collaborative style of discord resolution are highly assertive in regard to reaching their goals but have a great deal of concerning the other person. Collaborators tend to burn out on relationship because they invest so much energy into resolving discord. Another problem with collaborative style is that good collaborators are powerful and sometimes use their strength to manipulate others. Communication is direct and collaborative. The goal of this style is problem solving and solution finding (Bruyne & Greef, 2000).

The Compromise Style: people who use compromise style tend to give up something and also expect to relinquish something. It is similar to collaborative style but more focus is placed on finding solutions that best suit both spouses. It is intermediate on both the aggression and cooperative axes (Bruyne & Greef, 2000).

The Avoidance Style: characterized by non-assertive and passive behavior. Avoiders peruse neither their own concerns nor the concerns of the other person. They side step the issue by

changing the subject or withdrawing from discord. It gives the avoider time to think about whether any good will come from continuing the fight and about whether others could manage the situation better. Communication is dismissive and not acknowledged by one or both spouses (Bruyne & Greef, 2000).

The Accommodative Style: it refers to nonassertive style where spouse disregards ones' own needs and accedes to the partners' desires. Communication is passive and the intention is to please the other spouse in order to end the discord peacefully (Bruyne & Greef, 2000).

2.5. The Role of Discord resolving Methods to Marital Satisfaction

It is better to consider that unless marital discord has been managed accordingly, its adverse effect on couple's marital satisfaction, marital longevity and stability, physical health and mental health of couples and children's including their personal and educational achievement is so multiple. Amato (2000) reported that chronic inter parental discord had long-term effects on children similar to divorce, even when the marriage did not end in divorce. In addition, Empirical research document indicates that about the relation of marital satisfaction and resolution mechanisms as discord management is a vital skill for marital satisfaction (Bruyne and Greef, 2000).

The marital satisfaction of couples is positively related to the frequency with which each spouse uses resolution strategies to resolve discord. The research literature supports the idea that positive discord responses, compared with negative responses, will reduce arousal and incompatibility and contribute to a happier and less distressed marriage and Marital satisfaction is negatively related both to the frequency with which each spouse uses destructive strategies to resolve discord (such as discord engagement, withdrawal, and defensiveness) and to the joint frequency that the wife uses discord engagement and the husband uses withdrawal. This data is highly reliable because it tested three causal relations involving spouses' discord resolution styles and marital satisfaction (Meaza as cited in Kurdek, 1995).

Marital satisfaction can be varying from person to person due to their personal (personal nature of behavior, attitude, beliefs, and values) and the responses to external factors about the existed situation of satisfaction. Zwere and Montazeri (2019) stated that marital

satisfaction is a personal experience in marriage that can only be assessed individually by each party in response to the amount of pleasure in marital relationships, which needs adaptation of tastes, recognition of personality traits, creation of behavioral forces, and formation of interactive patterns. Marital satisfaction depends on the couple's interest in each other and their positive attitude towards marriage, which includes factors such as personal issues, communication, conflict resolution, financial management, leisure activities, sex, children and parenting, as well as family and friends.

Marital satisfaction is a mental state that represents a person's perceptions of the advantages and costs of marriage. The more costs a marriage partner imposes on a person, the less happy the person is with the marriage and the marriage partner in general. Similarly, the greater the perceived advantages, the happier one is with his or her marriage and with their spouse (Shackelford, Schmitt, & Buss, 2005).

Marital satisfaction tends to follow a U-shaped curve: satisfaction appears to decrease after the first few years of marriage, then rise again sometime in middle age through the first part of late adulthood. The resulting image is a resounding affirmation of the U-shaped pattern. The longer a couple has been together, the less happy they are for the first twenty to twenty-four years of marriage. Then the association between marital satisfaction and length of marriage begins to turn positive. At thirty-five to forty-four years of marriage, a couple tends to be even more satisfied than during the first four years (Papalia, & Feldman, 2003).

According to Olson (1994) categorized the types of couples into four groups based on the level of satisfaction which including lively, adaptable, traditional, and conflicting. Lively couples (a) have a high level of marital satisfaction and have the ability to express their feelings and resolve the problems, and they are happy with the masculine and feminine roles. Adaptable couples (b) have a moderate marital satisfaction and are relatively happy with each other's personality and habits, but they may not agree on matters concerning children and their relationship. Traditional couples (c) have modest discontent with the areas of communication; they are dissatisfied with the personal habits of their spouses. They are not comfortable in expressing feelings and confronting conflicts and care about religion in their marriage. Conflicting couples (d) are dissatisfied with the habits and personality of their

spouses, and have problems with communication, leisure time, sexual relations, friends, and their spouse's family.

2.6. Marriages that Last a Lifetime

Marriage can last with long-term life of couples by avoiding the causative factors of disharmonies or dissatisfaction with in day today interaction and practice of couples that existed due to financial, communicative, trust, personal, functional role, expectations, external influences and the like factors, and also couples able to interested and genuine each other's to solve the problems dually, this idea supported by the study of Alford-Cooper (1998), that the response of participants for the question of how to make their marriage a long and happy one? Most of the participants were respond or recommend as follows: There must be a similarity of values, backgrounds and interests as a way to prevent or ameliorate discord, especially in relation to children and parenting; a successful marriage will be characterized by love, regard and mutual respect that go beyond sexual desire and contribute to an intimacy that can only be developed over time; don't look for, or try to create, the perfect spouse. Before marrying your partner, take the time to get to know their character and then make a serious commitment to the establishment of a long-term marriage; interact freely and honestly but tactfully, even and especially during those times when communicating is most difficult and finally show willingness to compromise, to negotiate and to share responsibilities, realizing that you won't always be giving and taking in equal measures but that over time it will balance out.

2.7 Review of Local Studies

An earlier study in Ethiopia found that fertility problems, economic problems, differences in religion and ethnic context, and early marriage were the key contributing factors to the rising number of divorces, in Ethiopia, 45 percent of first marriages end in divorce within 30 years, with two-thirds of women divorcing within the first five years and the leading causes are early marriage and childlessness during the first marriage (Serkalem, 2006; Tilson & Larsen, 2000).

Despite the fact that healthy and fulfilling marriages lead to men's and women's improved physical and psychological health, as well as their material prosperity and better outcomes for their children's well-being, divorce can have a negative impact on family life, especially on emotional well-being, physical and social well-being of the divorced partners and those close to them and that affects not only the adults who make the choice of divorce, but also the children as well (Debela as cited in Van, 2005; Olson & Disfrain, 2000; Semhal, 2007). Divorce is one of the potential outcomes of marital discord; moreover, there are also instances where high levels of tension and dissatisfaction cause couples to divorce (Gashaw, 2015).

The other local studies Gashaw (2015) focus on attitude towards marriage and marital satisfaction of holy matrimonially married orthodox Christians, and this study indicated that though there is no significant gender difference over the attitude towards marriage and marital life satisfaction the study showed insignificant difference when it compared the Mean score that females had better attitude towards marriage than males. And males were found to be more satisfied in their marital life than females.

Although those diverse studies and theoretical perspectives of the reviewed literatures illustrated in the above ways, any of them couldn't try to explore or investigate to answer the question of; what are the key reasons of marital discord of married couples? How married couples resolve marital discords? And what seems like the effectiveness of the discord resolution methods in terms of promoting level of marital satisfaction of couples? In the context of Akaki Kality Sub-City of Addis Ababa.

2.8. Summary and Implications

The literatures reviewed above (research findings and theoretical perspectives) implied and gave a clue that, there are multifaceted causative factors for the existence of marital discords like; gender-role factors, psychological factors, sexual factors, financial factors, communicational factors, and socio- cultural factors. Even though the discord happened between married couples, there are many constructive methods that used to resolve that the existed discords of couples. The reviewed literatures also converge to provide a better understanding of resolving marital discords have better marital stability, longevity of marital

life, physical and psychological healthiness of married couples. Different literatures and theoretical assumptions of theories are the light of looking the phenomenon of this sophisticated world, and give a scientific clue to answer the question of what were happened? What is happening? And what will happen? So, over all the above literatures give enough directions for this study to achieve the general objective of assessing the causes, methods, and effectiveness of resolving marital discord among couples in matrimonial relationship in akaki kaliti sub-city.

CHAPTER THREE

RESEARCH METHODOLOGY

3.1. Study Design

The method of this research that the researcher used mixed research method specifically, concurrent nesting mixed method were used. According to Creswell (2008) concurrent mixed methods procedures were those in which the researcher converges or merges quantitative and qualitative data in order to provide a comprehensive analysis of the research problem. Especially concurrent nested mixed method enables to collect two types of data simultaneously; can collect both quantitative and qualitative data allowing for perspectives from each; provides advantages of both methods.

So, the investigator has collected both forms of data at the same time and then integrates the information in the interpretation of the overall results. Also, in this design, the researcher may embed one smaller form of data within another larger data collection in order to analyze different types of questions. In these situations, collecting both closed-ended quantitative and open-ended qualitative data proves advantages.

3.2. Study Area

The study was conduct in Akaki Kality Sub-City, which is one of the largest Sub-Cities of Addis Ababa. The Sub-City has 20 kilo meters South from the center and covers a land area of 12347.70 hectares; It is designed as industrial zone of Addis Ababa even the country (Ethiopia) with high potential development land for industry, storages residential house and socio-economic and financial infra-structure (Addis Ababa City administration Integrated Land Information Center, 2014). The reason for selecting this Sub-City is that there is diversity in the types of residents which include farmers, industry workers etc.

3.3. Sources of Data

The researcher used primary and secondary data sources to address the general and specific objectives of the study. The primary data sources were the sample respondents those live in Akaki kality Sub-City. The Secondary data sources included: government and non-governmental published and unpublished documents; dissertations and thesis, research reports and web-based files.

3.4. Target Population

As per the 3rd Population and Housing Census of Ethiopia (CSA, 2007), the total population of the Sub-City is 181,202; of whom 88,676 are males and 92, 526 were females. From this population, 50,440 are expected to be legally married. So, the target population of the study was only legally married couples who are residents of the Sub-City.

3.5. Sample Size and Sampling Technique

Table 1: population and sample of the study

| Districts | Total Population | Married | Sampling in % | Number of Sample |
|-----------|------------------|---------|---------------|------------------|
| 1 | 25,460 | 7,087 | | 140 |
| 3 | 17,567 | 4,896 | 1.97 | 96 |
| 6 | 27,080 | 7,538 | | 148 |

Source: Ethiopian Statistical agency (2007).

The samples of the study were selected by using sample size determination techniques of Krejcie and Morgan (1970). Based on this sampling technique, the total sample of the study were 384.

As the table indicated, regards sampling techniques, three districts were randomly selected using lottery method. And the sample of each districts were; district one 140, three 96 and six 148 respectively using systematic random sampling techniques in the consideration of population proportion those found in the selected districts of target population, during data collection, from these sample of study 16 member of the sample were not volunteer to fill the prepared questionnaire after they received the questionnaire by saying we have no marital discord and 11 members of the sample give invalid response in questionnaire, in this case

the researcher exclude 27 members of the sample from the analysis and the exact sample of the study were 357.

The researcher has used the basis of household identification and house-numbering allotted to individual households and was considered the ratio of both sexes and the sample was not controlled for age, race, educational qualification, or, for whether or not they had children with their spouse/partner.

3.5.1 Inclusion Criteria

Legally married and registered in legal marital registration of couples and who are living within Akaki Kaliti Sub-City.

3.5.2 Exclusion Criteria

Who were illegally married, divorced, widowed or living together as a husband and wife or spouse without legal marital registration were not included.

3.6 Variables of the Study

3.6.1 Independent Variable/s

According to Ranjit (2011) Independent variable is the cause supposed to be responsible for bringing about change(s) in a phenomenon or situation. In this regard causes of marital discords and discord resolution mechanisms of this study used as independent variable of the study.

3.6.2 Dependent Variable/s

In this study effectiveness of resolving marital discord was used as a dependent variable. The outcome or change(s) brought about by introduction of an independent Variable called dependent variable (Ranjit, 2011).

3.7. Data Collection Instruments

The researcher has employed close ended questions to collect the primary data from selected married couple participants for quantitative data and also the researcher collected qualitative

data through open ended questions with in the questionnaire at the same time. Questionnaires for causes of marital discord contain 26 items under six domains that were developed by the researcher by adoption based on literatures consulted including a book of Marriage and the Family Diversity and Strengths authored by DeFrain& Olson (2000) and Discord Questionnaire Beier & Sternberg, (1977), and also the questionnaire developed by (Yacob, 2007).

Instruments to measure discord resolving mechanisms of married couples consist of 18 items under six domains, that developed by adopting the possible items for better reliability and collection of data from the work of (de Bruyne & Greef, 2000).

And also, the instruments that the researcher has employed to measure marital satisfaction was ENRICH Marital Satisfaction (EMS) scale. The ENRICH scale is a self-report measure of a couples' marital satisfaction and contains 15 items. It measures relationship strengths and work areas for each couple, which has 9 positive and 6 negative items. And for the purpose of understanding of participants and collection of appropriate data all instruments were translating to Amharic language before its administration and was checked by language expert.

ENRICH Marital Satisfaction (EMS) scale Items scored in a negative direction were reversed-scored (i.e., if it is marked 5, it was scored 1: if it is marked 4, it was scored 2: and 3 remained unchanged). Items 1, 4, 6, 9, and 13 constitute the Idealistic Distortion scale. And the remaining items are in the marital satisfaction scale.

3.8 Pilot Study

Pilot study was conducted on 38respondents selected from the target population. The data were analyzed using SPSS version 20.0. The purpose of pilot study was to determine the reliability and clarity of instrument in order to make the necessary revisions (if any) before the questionnaires ready for the main study. The analysis revealed that the reliability of instrument for marital discord is found to be 0. 875, while that of resolving the discord is 0.814 and the ENRICH marital satisfaction inventories was 0.853 Cronbach's alpha coefficient.

3.9. Data Collection Procedure

The data gathering procedure was held in weekends, because the researcher believed that weekends were the days of rest that most people stay at home. By considering this the researcher and assistants went home-to-home and gathered the data by telling them about the objective of the study, then we gave the questionnaire for those who can read and write, and for the respondents who have difficulty in read and write, the data collectors has assisted the respondents to complete the questionnaire for both quantitative and qualitative questions. After data collection, the researcher checked for completeness of the data and following this, the collected data were organized, coded and prepared for analysis using the SPSS version 20 computer software.

Regarding the procedures of scoring the data of participants in the study was divided in to two ways, meaning that the instruments that the researcher administered to collect the data of causes for marital discord has yes or no alternatives, whereas instruments of measuring methods of resolving the discord and levels of marital satisfaction of couples have Likert scales of scoring type. Based on this way, the respondents replied their response of questionnaires.

3.10. Methods of Data Analysis

Then the researcher used qualitative and quantitative analysis methods to analyses the prepared data; for quantitative data. descriptive statistics (frequencies, percent and crosstabs) were used to analyze the demographic characteristics of respondents, whereas crosstabs, percent and chi-square test were used to analyze the data that gathered regarding causes of marital discords and to determine whether there is significant gender difference or not.

To analyze the data of discord resolving mechanisms those married couples live in Akaki Kality Sub-City used to resolve their marital discords were used crosstabs and percent; whereas the data that gathered to know the effectiveness of discord resolving methods/ level of marital satisfaction of married couples were analyzed by using crosstabs, mean score, and percent and by using version of SPSS 20.0. And for qualitative data that was analyzed qualitatively using words and statements.

3.11 Ethical Consideration of the Research

During data collection, the researcher has considered ethical and legal issues. First the researcher gets official letter from the school of psychology to show the data collection is authentic from the department, then asking the willingness of participation, and if they became volunteer to be participant of the study then the researcher was promised and assert about the privacy of participants, data protection, awareness of the purpose and procedure of the study or debriefing, absence of any form of danger from participation, right to withdraw oneself or one's data from study. In general, ethical and legal rights of the participants were considered and kept confidential based on ethical obligation of the profession and the science of research. Regarding related literature the researcher acknowledges and cited previous works.

CHAPTER FOUR

RESULTS AND DISCUSSION

The main objective of this research is to investigate the major causes of marital discord, discord resolution mechanisms employed by married couples, and the resulting level of marital satisfaction of couples among married couples in Akaki Kality Sub-City. The results of data analyses for quantitative and qualitative data are described in this chapter. For quantitative data, descriptive statistics (mean, frequencies, percent and crosstabs) was used to summarize the demographic characteristics of the respondents, key reasons for marital discord and how married couples resolve the discords among themselves and their level of marital satisfaction. Qualitative data were analyzed qualitatively.

4.1. Demographic Characteristics

The demographic characteristics of participants are presented in the subsequent tables beginning from Table 2 to Table 6.

Table 2: Respondents; In terms of Sex and Their Participation in This Study.

| Gender | Participated | |
|--------------|--------------|------------|
| | Freq. | % |
| Male | 211 | 59.10 |
| Female | 146 | 40.9 |
| Total | 357 | 100 |

As Table 2 presents, 211 (59.1%) of the participants of the study were males. Whereas 146 (40.9) were females.

The educational levels of participants are presented in Table 3 below.

Table 3: Highest Educational Status of Respondents (N=357).

| Educational level | Gender | | | | Total | |
|----------------------|------------|-------------|------------|-------------|------------|------------|
| | Male | | Female | | Freq. | % |
| | Freq. | % | Freq. | % | | |
| Don't read and write | 3 | 0.84 | 7 | 1.96 | 10 | 2.80 |
| Primary | 50 | 14.00 | 39 | 10.92 | 89 | 24.93 |
| secondary | 35 | 9.80 | 27 | 7.56 | 62 | 17.37 |
| diploma | 79 | 22.12 | 54 | 15.12 | 133 | 37.25 |
| Degree | 40 | 11.20 | 17 | 4.76 | 57 | 15.97 |
| ≥MA | 4 | 1.12 | 2 | 0.56 | 6 | 1.68 |
| Total | 211 | 59.1 | 146 | 40.9 | 357 | 100 |

With regard to the educational status of respondents, the study revealed that most of the participants (N=133, 37.25 %) were diploma holders and 89 (24.93%) completed primary school in both sexes respectively. Whereas in both sexes, 10 (2.80 %) were unable to read and write.

The years male and female participants spent in their marriage (duration of marriage) were reported in Table 4 below.

Table 4: Years Lived in Marriage (N=357).

| Years in marriage | Gender | | | | Total | |
|-------------------|------------|--------------|------------|--------------|------------|------------|
| | MALE | | FEMALE | | Freq. | % |
| | Freq. | % | Freq. | % | | |
| 1-5 years | 64 | 17.92 | 63 | 17.65 | 127 | 35.57 |
| 6-10years | 48 | 13.45 | 48 | 13.45 | 96 | 26.89 |
| 11-15years | 51 | 14.28 | 35 | 9.80 | 86 | 24.08 |
| ≥ 16 years | 48 | 13.45 | 0 | 0 | 48 | 13.45 |
| Total | 211 | 59.10 | 146 | 40.90 | 357 | 100 |

Table 4 presents the years couples were in marital relationship. The majority 127 (35.57%) of the respondents had 1-5 years of marriage. Second, 96 (26.89%) of

respondents had 6-10 years. Whereas, 86 (24.08 %) respondents have spent in the marriage age of 11-15, while lastly 48 (13.45%) of respondents lived for more than 16 years in marriage.

The numbers of children that research participants have in their marital relationship are presented in Table 5.

Table 5: Number of Children (N=357).

| Number of Children | Frequency | Percent |
|---------------------------|------------------|----------------|
| 1-3 | 315 | 88.2 |
| ≥ 4 | 12 | 3.4 |
| Don't have a child | 30 | 8.4 |
| Total | 357 | 100 |

Table 5 indicates the number of children each respondent has. A large number of respondents 315 (88.2%) have 1-3 children, while 12 (3.4%) have 4 or more children, and 30 (8.4%) have no children.

Table 6 shows the participants' income providers for their families.

Table 6: Source of Income/Finance Provider (N=357).

| Source of income | Frequency | Percent |
|-------------------------|------------------|----------------|
| Wife | 6 | 1.7 |
| husband | 48 | 13.4 |
| Both | 303 | 84.9 |
| Total | 357 | 100 |

The above table depicted the participants' income providers for their families; in this regard, the majority of 303 (84.9%) of respondents replied that both they or their wife and husband were income providers for their family. Just 6 (1.7%) of wives were the breadwinners for their families.

4.2. Experience of marital discord among participants

In this regard, the report of the respondents provided in Table 7 below indicated the frequency of the discord that were encountered by participants in their marriage.

Table 7: Frequency of Discord (N=357).

| Experience of marital discord | Gender | | | | Total | |
|-------------------------------|------------|--------------|------------|--------------|------------|------------|
| | Male | | Female | | Freq. | % |
| | Freq. | % | Freq. | % | | |
| rarely | 75 | 21 | 42 | 11.76 | 117 | 32.77 |
| sometimes | 65 | 18.25 | 47 | 13.17 | 112 | 31.37 |
| usually, | 43 | 12.05 | 22 | 6.17 | 65 | 18.20 |
| Always | 28 | 7.8 | 35 | 9.8 | 63 | 17.66 |
| Total | 211 | 59.10 | 146 | 40.90 | 357 | 100 |

As shown in table 7, 112 (31.37 %) of the respondents said they have experienced marital discord on occasion. Though 117 (32.77%) of respondents said they rarely had disagreements.

4.3. Major Causes for Marital Discord

A number of factors contribute to marital discord. These factors were grouped into six categories for our current case, with items created for each theme: gender role factors, psychological factors, sexual factors, socio-cultural factors, economic/financial factors, and communication-related factors. We'll present and examine data based on these themes one by one here.

Regarding this, the following tables, starting with Table 8 and ending with Table 14, detail the major causes of marital discord among participants.

4.3.1. Gender role-related causes of marital discord.

Gender role-related factors were one of the causal factors for the existence of marital discord, as shown in Table 8 below for this group of participants.

Table 8: Percentage and Chi – Square Test of Gender Difference in Gender Role Factors of Marital Discord among Married Couples (N=357).

As table 8 demonstrates the value of gender role factors as a cause of marital discord, the majority of male respondents 135 (64%) indicated that one gender superiority in decision-making is not a cause of marital discord in their marriage, while both 102 (48.3%) and 101 (69.2%) male and female respondents respectively indicated that a lack of sense of duty in domestic matters is one of the causes of marital discord in their marriage.

| Gender Role Factors | Male | | Female | | | | X ² | P | | |
|------------------------------------------------------------------------------------|------|------|--------|------|-----|------|----------------|------|--------|-------|
| | Yes | | No | | Yes | | | | No | |
| | N | % | N | % | N | % | | | N | % |
| One gender dominance related to decision-making. | 76 | 36 | 135 | 64 | 75 | 51.4 | 71 | 48.6 | 8.332 | 0.004 |
| Lack of sense of responsibility in domestic matters. | 102 | 48.3 | 109 | 51.7 | 101 | 69.2 | 45 | 30.8 | 15.274 | 0.00 |
| Lack of participation in the division of house work: In child care and upbringing. | 97 | 46 | 114 | 54 | 97 | 66.4 | 49 | 33.6 | 14.568 | 0.00 |

**Participants may choose more than one reason for marital discord.*

The Chi-Square test result for gender role factors reveals a statistically significant difference between gender and gender role-related factors of marital discord at the.05 level.

4.3.2. Psychological factors as causes of marital discord.

The study of respondents were asked about psychological factors as the cause of marital discord, in this case the report of couples are mentioned in Table 9 below.

Table 9: Percentage and Chi – Square Test of Gender Difference in Psychological Factors as Causes of Marital Discord among Married Couples (N=357).

Table 9 illustrates the psychological factors that contribute to marital discord in married couples. The majority of male and female respondents, 199 (94.3 %) and 134 (91.8 %), respectively, stated that constant criticism of couples was not the cause of marital discord, while 109 (51.7 %) and 108 (74 %) of both male and female respondents stated that jealousy, mistrust, and lack of confidence were the causes of marital discord.

| Psychological Factors | Male | | | | Female | | | | X ² | P |
|----------------------------------------------------|------|------|-----|------|--------|------|-----|------|----------------|-------|
| | Yes | | No | | Yes | | No | | | |
| | N | % | N | % | N | % | N | % | | |
| Jealousy, suspicion and lack of trust. | 109 | 51.7 | 102 | 48.3 | 108 | 74 | 38 | 26 | 18.025 | 0.00 |
| Impatience/ Intolerance. | 108 | 51.2 | 103 | 48.8 | 107 | 73.3 | 39 | 26.7 | 17.598 | 0.00 |
| Continuous criticism. | 12 | 5.7 | 199 | 94.3 | 12 | 8.2 | 134 | 91.8 | 0.882 | 0.348 |
| Aggressiveness. | 106 | 50.2 | 105 | 49.8 | 106 | 72.6 | 40 | 27.4 | 17.896 | 0.00 |
| Unmet expectations and interests in marriage life. | 100 | 47.4 | 111 | 52.6 | 99 | 67.8 | 47 | 32.2 | 14.578 | 0.00 |

**Participants may choose more than one reason for marital discord.*

Except for continuous criticism of couples, the Chi-Square test results indicated that gender and psychological causes of marital discord have statistically significant associations at the .05 stage.

4.3.3 Sexual Factors as Causes of Marital Discords

Couples' sexual reasons are blamed for marital discord. In this aspect, the study results of participants report presented in Table 10 below.

Table 10: Percentage and Chi – Square Test of Gender Difference in Sexual Factors of Marital Discord among Married Couples (N= 357).

According to Table 10, adultery, bad sexual health, and having painful feelings during sexual intercourse were not causal factors for marital discord for 203 (96.2%), 202 (95.7%), and 199 (94.3%) male respondents, respectively. Similarly, 140 (95.9%), 193 (95.2%), and 129 (88.36%) female respondents stated that, adultery, sexual denial and poor sexual performance respectively were not causes of marital strife in married couples.

| Sexual Factors | Male | | | | Female | | | | X ² | P |
|-----------------------------------------------|------|-------|-----|-------|--------|-------|-----|-------|----------------|-------|
| | Yes | | No | | Yes | | No | | | |
| | N | % | N | % | N | % | N | % | | |
| Adultery. | 8 | 3.79 | 203 | 96.2 | 6 | 4.1 | 140 | 95.9 | 0.154 | 0.694 |
| Sexual denial | 13 | 6.16 | 198 | 93.83 | 7 | 4.79 | 139 | 95.2 | 0.209 | 0.647 |
| Lack of mutual sexual satisfaction. | 30 | 14.22 | 181 | 85.78 | 24 | 16.4 | 122 | 83.6 | 1.701 | 0.168 |
| Poor sexual performance. | 9 | 4.3 | 202 | 95.7 | 17 | 11.64 | 129 | 88.36 | 0.650 | 0.420 |
| Having painful feeling at sexual intercourse. | 12 | 5.7 | 199 | 94.3 | 21 | 14.38 | 125 | 85.62 | 0.78 | 0.348 |

**p > 0.05*

At the .05 level, the Chi-Square test shows that gender and sexual related factors of marital discord have a statistically insignificant association.

4.3.4 Socio-Cultural Factors as Causes of Marital Discords

The researcher attempted to investigate the role of social and cultural factors in couples' marital discords in these sections of the report. Regarding this, the results of participants report expressed in Table 11 below.

Table 11: Percentage and Chi – Square Test of Gender Difference in Socio-Cultural Factors of Marital Discord among Married Couples (N=357).

Table 11 identified the role of socio-cultural factors in marital discord among married couples. The majority of male 205 (97.2 %) and 201 (95 %) respondents report indicated that infertility and educational deference have no causality impact for the presence of marital discord in married couples. Whereas, 137 (93.84 %) and 125 (85.62 %) female respondents also expressed that, Infertility and large age gaps between couples were not causes of marital discord respectively.

| Socio-Cultural Factors | Male | | | | Female | | | | X ² | P |
|------------------------------------------|------|-------|-----|-------|--------|-------|-----|-------|----------------|-------|
| | Yes | | No | | Yes | | No | | | |
| | N | % | N | % | N | % | N | % | | |
| Neighbor, Friends & In-laws interference | 79 | 37.4 | 132 | 62.6 | 68 | 46.6 | 78 | 53.4 | 8.948 | 0.003 |
| Infertility. | 6 | 2.8 | 205 | 97.2 | 9 | 6.16 | 137 | 93.84 | 0.426 | 0.514 |
| High age differences between couples. | 15 | 7.1 | 196 | 92.9 | 21 | 14.38 | 125 | 85.62 | 1.123 | 0.287 |
| Difference of educational level. | 10 | 4.74 | 201 | 95.26 | 26 | 17.8 | 120 | 82.19 | 1.373 | 0.241 |
| Different Addictions. | 80 | 37.91 | 131 | 62.09 | 72 | 49.3 | 74 | 50.7 | 7.750 | 0.005 |

**Participants may choose more than one reason for marital discord.*

As the Chi-square findings of above gender and socio-cultural causes of marital discord, only different addictions and intervention of neighbors, friends, and in-laws have statistically relevant associations at the .05 stage.

4.3.5 Economic/financial Factors as Causes of Marital Discords

The researcher considered that economic or financial related factors as one of among many factors to achieve the objective of assessing the key causes of marital discord among married couples. In this case, the result of the respondents reported below in Table 12.

Table 12: Percentage and Chi-Square Test of Gender Difference in Economic/financial Factors of Marital Discord among Married Couples (N=357).

Table 12 demonstrates the economic/financial factors that contribute to marital discord among married couples living in Akaki Kality Sub-City. The key source of discord, according to both male and female respondents, was differences about how to use/handle money (107 (50.7 percent) and 98 (67.12 percent), respectively.

On the other hand, 102 (48.34%) male and 97 (66.44 %) female respondents stated that unwise money management and saving are the second most financial/economic causes of marital discord. However, income and economic status differences between married couples have a negligible causal effect on the nature of marital discord.

| Economic Factors | Male | | | | Female | | | | X ² | P |
|---------------------------------------------------|------|-------|-----|-------|--------|-------|-----|-------|----------------|-------|
| | Yes | | No | | Yes | | No | | | |
| | N | % | N | % | N | % | N | % | | |
| Disagreements on how to use/handle money. | 107 | 50.7 | 104 | 49.3 | 98 | 67.12 | 48 | 32.88 | 17.184 | 0.000 |
| Income and economic status difference of couples. | 34 | 16.1 | 177 | 83.9 | 29 | 19.86 | 117 | 80.14 | 2.483 | 0.133 |
| Low level of income | 70 | 33.2 | 141 | 66.8 | 67 | 48.89 | 79 | 51.11 | 7.200 | 0.007 |
| Unwise use of money and saving problem. | 102 | 48.34 | 109 | 51.66 | 97 | 66.44 | 49 | 33.56 | 15.243 | 0.000 |

**Participants may choose more than one reason for marital discord.*

The above table's Chi-square results show that, apart from income and economic status, there is a statistically significant correlation between gender and economic related factors at the .05 level.

4.3.6 Communication related Factors as Causes of Marital Discords

Communication-related factors are one of the factors that are considered to be causes of marital discord between married couples; in this regard, the report of participants' is presented in the Table below.

Table 13: Percentage and Chi –Square Test of Gender Difference in Communication related Factors of Marital Discord among Married Couples (N=357).

According to Table 13, (54 %) males and 109 (74.66 %) females report, being unable to express their feelings of affection, respect, likes and dislikes to each other, and 115 (54.5 %) male and 106 (72.60 %) female deceit of reality and lie the partner are considered as the major causes of marital discord.

| Communication Related Factors | Male | | | | Female | | | | X ² | P |
|--------------------------------------------------------------------------------------------------------------------|------|-------|-----|-------|--------|-------|----|-------|----------------|-------|
| | Yes | | No | | Yes | | No | | | |
| | N | % | N | % | N | % | N | % | | |
| Unable to communicate the feelings of love, admiration, likes and dislikes to each other. | 114 | 54.0 | 97 | 46.0 | 109 | 74.66 | 37 | 25.34 | 20.352 | 0.000 |
| Lack of listening and understanding while he or she is speaking in discussion. | 103 | 48.81 | 108 | 51.19 | 93 | 63.7 | 53 | 36.3 | 12.685 | 0.000 |
| Deception of truth and lie the partner. | 115 | 54.5 | 96 | 45.5 | 106 | 72.60 | 40 | 27.4 | 17.896 | 0.00 |
| Lack of forgiveness when there are mistakes/ problems & unable to give thanks when there are good things are made. | 91 | 43.1 | 120 | 56.9 | 86 | 58.9 | 60 | 41.1 | 11.836 | 0.001 |

* $p < 0.05$

Chi-square results of Table 13 indicated that, gender differences in communication related causal factors have statistically significant association at .05 level.

4.3.7 Dominant Factors among domains for causality of Marital Discords

The Table below illustrated about the differentiation of key causes for the existence of marital discord of couples, among those different domains of the factors and the report of respondents presented in Table 14.

Table 14: Percentage and Chi-Square Test of Gender Difference in overall Dominant Causal Factors of Marital Discord Interims of its Domains (N=357).

As seen in the table below, interims of its domain in both sexes; communicational factors, gender role factors, psychological factors, and economic/ financial factors were the most dominant causal factors, whereas socio-cultural factors and sexual factors have less important causal effect on the nature of marital discord between married couples.

| No | Domains of Causal factors | Male | | | | Female | | | | X ² | P |
|----|-------------------------------|------|-------|-----|-------|--------|-------|-----|-------|----------------|-------|
| | | Yes | | No | | Yes | | No | | | |
| | | N | % | N | % | N | % | N | % | | |
| 1 | Communication related factors | 106 | 50.24 | 105 | 49.76 | 98 | 67.12 | 48 | 32.88 | 20.464 | 0.00 |
| 2 | Gender role factors | 92 | 43.6 | 119 | 56.4 | 91 | 62.33 | 55 | 37.67 | 15.415 | 0.001 |
| 3 | Psychological factors | 87 | 41.23 | 124 | 58.77 | 87 | 59.59 | 59 | 40.41 | 18.450 | 0.002 |
| 4 | Economic/financial factors | 78 | 36.97 | 133 | 63.03 | 75 | 51.37 | 71 | 48.63 | 17.281 | 0.002 |
| 5 | Socio-cultural factors | 38 | 18.00 | 173 | 82 | 39 | 26.71 | 107 | 73.29 | 8.951 | 0.111 |
| 6 | Sexual factors | 14 | 6.63 | 197 | 93.37 | 15 | 10.27 | 131 | 89.73 | 2.256 | 0.813 |

**Participants may choose more than one reason for marital discord.*

Chi-square results of the table 14 indicated that test of gender difference in overall dominant causal factors of marital discord. So as its indication except socio-cultural and sexual related factors, all factors have statistically significant association with gender difference at .05 level.

4.4. Discord Resolving Methods

Marital discord resolving methods are mechanisms those married couples used to resolve their disagreements/discords, the methods that the researcher used in this study were six Styles (Avoidant, competing, accommodation, compromise, collaboration and third-party interference styles), and different items were constructed under each styles of categories.

4.4.1 Types of Discord Resolution Mechanisms, Used by Married Couples

In this case, the researcher attempted to evaluate and interpret the data of those types that those respondents scored using the Likert scale (strongly disagree, moderately disagree, undecided, moderately agree, and strongly agree) under each method of the contract. As the cases of findings, reports of both sexes are presented in Table 15.

Table 15: Types of Discord Resolution Mechanisms, Used by Married Couples (N=357).

| N | Resolving Methods | Strongly Disagree | | Moderately Disagree | | Un Decided | | Moderately agree | | Strongly agree | | |
|--------------------------------|-----------------------------------------------------------------------------------|-------------------|------|---------------------|------|------------|------|------------------|------|----------------|------|------|
| | | Male | Fem | Mal | Fem | Mal | Fem | Mal | Fem | Mal | Fem | |
| 1. Avoidance Styles | | | | | | | | | | | | |
| 1 | I prefer to be kept silent. | N | 18 | 18 | 52 | 51 | 15 | 16 | 54 | 61 | 72 | 0 |
| | | % | 8.5 | 12.3 | 24.6 | 34.9 | 7.1 | 11 | 25.6 | 41 | 34.1 | 0.0 |
| 2 | I reassured myself by leave the house and return to home later. | N | 27 | 27 | 55 | 54 | 18 | 18 | 35 | 38 | 76 | 9 |
| | | % | 12.8 | 18.5 | 26.1 | 37 | 8.5 | 12.3 | 16.6 | 26 | 36 | 6.2 |
| 3 | I prefer to be lonely. | N | 34 | 33 | 51 | 52 | 21 | 21 | 15 | 15 | 90 | 25 |
| | | % | 16.1 | 22.6 | 24.2 | 35.6 | 10 | 14.4 | 7.1 | 10.3 | 42.7 | 17.1 |
| 4 | Instead of discussing the issue, I repress & hold my emotion | N | 40 | 39 | 48 | 49 | 12 | 12 | 63 | 46 | 48 | 0 |
| | | % | 19 | 26.7 | 22.7 | 33.6 | 5.7 | 8.2 | 29.9 | 31.5 | 22.7 | 0.0 |
| 2. Accommodation Styles | | | | | | | | | | | | |
| 5 | I accept my partner's suggestions and decisions. | N | 18 | 43 | 9 | 18 | 42 | 9 | 57 | 58 | 84 | 19 |
| | | % | 8.5 | 29.5 | 4.3 | 12.3 | 19.9 | 6.2 | 27 | 39.7 | 39.8 | 13 |
| 6 | I try to be tolerant about the issues. | N | 16 | 20 | 39 | 34 | 12 | 9 | 51 | 55 | 93 | 28 |
| | | % | 7.55 | 13.7 | 18.5 | 23.3 | 5.7 | 6.2 | 24.2 | 37.7 | 44.1 | 19.2 |
| 3. Competing Style | | | | | | | | | | | | |
| 7 | I think my opinion is better and I will force it to be done Without interruption. | N | 70 | 69 | 54 | 55 | 12 | 18 | 57 | 4 | 18 | 0 |
| | | % | 33.2 | 47.3 | 25.6 | 37.7 | 5.7 | 12.3 | 27 | 2.7 | 8.5 | 0.0 |

| | | | | | | | | | | | | |
|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---|------|------|------|------|------|------|------|------|------|------|
| 8 | I clearly state my position on the problems we face and My partner also state and discuss the position clearly. | N | 12 | 18 | 39 | 39 | 19 | 12 | 45 | 31 | 96 | 46 |
| | | % | 5.7 | 12.3 | 18.5 | 26.7 | 9 | 8.2 | 21.3 | 21.2 | 45.5 | 31.5 |
| 4. Compromise Styles | | | | | | | | | | | | |
| 9 | I try to reconcile my point of view with that of my partner. | N | 15 | 12 | 52 | 51 | 12 | 15 | 54 | 13 | 78 | 55 |
| | | % | 7.1 | 8.2 | 24.6 | 34.9 | 5.7 | 10 | 25.6 | 8.9 | 37 | 37.7 |
| 10 | I use the "give and take" principle to solve problems. | N | 37 | 0 | 42 | 43 | 15 | 10 | 57 | 52 | 60 | 41 |
| | | % | 17.5 | 0.0 | 19.9 | 29.5 | 7.1 | 6.85 | 27 | 35.5 | 28.4 | 28.1 |
| 5. Collaboration Styles | | | | | | | | | | | | |
| 11 | I try to get both of us to agree on the existed disagreements. | N | 15 | 13 | 49 | 9 | 9 | 15 | 60 | 61 | 78 | 48 |
| | | % | 7.1 | 8.9 | 23.2 | 6.2 | 4.3 | 10.3 | 28.4 | 41.8 | 37 | 32.9 |
| 12 | I try the solution that we take is to satisfy all of us. | N | 18 | 12 | 34 | 33 | 12 | 18 | 63 | 64 | 84 | 19 |
| | | % | 8.5 | 8.5 | 16.1 | 22.6 | 5.7 | 12.3 | 29.9 | 43.8 | 39.8 | 13 |
| 6. 3rd party interference Styles | | | | | | | | | | | | |
| 13 | I discuss with my kens (relatives). | N | 34 | 39 | 48 | 30 | 15 | 14 | 54 | 30 | 60 | 33 |
| | | % | 16.1 | 26.7 | 22.7 | 20.5 | 7.1 | 9.59 | 25.6 | 20.6 | 28.4 | 22.6 |
| 14 | I discuss with in-laws. | N | 52 | 51 | 48 | 40 | 31 | 29 | 50 | 17 | 30 | 9 |
| | | % | 24.6 | 34.9 | 22.7 | 27.4 | 14.7 | 19.9 | 23.7 | 11.7 | 14.2 | 6.16 |
| 15 | I need solution from religious leaders. | N | 52 | 49 | 42 | 40 | 30 | 20 | 45 | 22 | 42 | 15 |
| | | % | 24.6 | 33.6 | 19.9 | 27.4 | 14.2 | 13.7 | 21.3 | 15.1 | 19.9 | 10.3 |
| 16 | I share to family elders to take advice. | N | 9 | 24 | 43 | 42 | 24 | 9 | 60 | 67 | 75 | 4 |
| | | % | 4.3 | 16.4 | 20.4 | 28.8 | 11.4 | 6.2 | 28.4 | 45.9 | 35.5 | 2.7 |
| 17 | I discuss only with my close & confidential friends. | N | 15 | 8 | 21 | 13 | 15 | 15 | 73 | 62 | 87 | 48 |
| | | % | 7.1 | 5.48 | 10 | 8.9 | 7.1 | 10.3 | 34.6 | 42.5 | 41.2 | 32.9 |
| 18 | I try to go to the counseling service. | N | 108 | 82 | 63 | 45 | 17 | 19 | 16 | 0 | 7 | 0.0 |
| | | % | 51.2 | 56.2 | 29.9 | 30.8 | 8.05 | 13 | 7.58 | 0.0 | 3.31 | 0.0 |

Table 15: shows the analysis of discord resolving mechanisms that used by married couples. In this regard, in the domain of Avoidance style; when there is marital discord exist, 61 (41%) of females moderately prefer to be silent while, 90 (42.7%) of males strongly prefer to be lonely. In Accommodation style; 58 (39.7%) of females moderately accept their spouses' suggestions and decision, whereas 93 (44.1%) of males strongly try to be tolerant about the issue. In Competing style; both males and females 70 (33.2%) and 69 (47.3%) respectively, strongly disagree on forcing each other's to implement their opinions in the consideration of "my opinion is better than you," while 96 (45.5) of males strongly agree on clearly stating their position on the problems that they face and his/her partner also stated and discussed the position clearly. In compromise style; both males 78 (37%), and 55 (37.7%) females strongly agree on reconciling their opinions of view with that of their couples. In collaboration style; both 64 (43.8%) females and 84 (39.8%) males strongly agree on trying to get solutions that satisfy both of them. In

terms of third-party intervention, 67 (45.9%) of females strongly agree on addressing existing marital discord issues with their elders for solution-based guidance, while 87 (41.2%) of males strongly agree on discussing with their near & confidential mates. On the other hand, both 108 (51.2%) males and 82 (56.2%) females strongly disagree on going to therapy.

4.4.2 Summary of Resolving styles those both male and females used:

When there is marital discord happen between couples the way of solving the discords may be vary from person to person in different cases, in order to know which type of resolving mechanisms are used by males and females when there is marital discord with in their marriage, in this way the report of respondents presented below in Table 16.

Table 16: Summary of Discord Resolving Styles based on its Domain's Interims of Gender.

| No | Resolving Methods | Strongly Disagree | | Moderately Disagree | | Un Decided | | Moderately agree | | Strongly agree | |
|----|------------------------------------|-------------------|------|---------------------|------|------------|------|------------------|------|----------------|------|
| | | Male | Fem | Mal | Fem | Mal | Fem | Mal | Fem | Mal | Fem |
| 1 | Avoidance | N 29 | 29 | 51 | 52 | 17 | 17 | 42 | 40 | 72 | 9 |
| | | % 14.1 | 20 | 24.4 | 35.3 | 7.8 | 11.5 | 19.8 | 27.3 | 33.9 | 5.9 |
| 2 | Accommodation | N 17 | 31 | 24 | 26 | 27 | 9 | 54 | 57 | 89 | 23 |
| | | % 8 | 22 | 11.4 | 17.7 | 12.8 | 6.2 | 25.6 | 38 | 42.2 | 16.1 |
| 3 | Competing | N 40 | 43 | 47 | 47 | 16 | 15 | 51 | 18 | 57 | 23 |
| | | % 19.4 | 29.8 | 22.2 | 32.2 | 7.3 | 10.3 | 24.1 | 12 | 27 | 15.7 |
| 4 | Compromise | N 26 | 6 | 47 | 47 | 14 | 13 | 55 | 32 | 69 | 48 |
| | | % 12.3 | 4.1 | 22.3 | 32.2 | 6.4 | 8.42 | 26.3 | 22.3 | 32.7 | 32.9 |
| 5 | Collaboration | N 17 | 12 | 41 | 21 | 11 | 17 | 61 | 63 | 81 | 33 |
| | | % 7.8 | 8.2 | 19.6 | 14.4 | 5 | 11.6 | 29.2 | 43.2 | 38.4 | 22.6 |
| 6 | 3 rd party interference | N 45 | 42 | 44 | 35 | 22 | 18 | 50 | 33 | 50 | 18 |
| | | % 21.4 | 28.8 | 20.9 | 23.9 | 10.5 | 12.4 | 23.6 | 22.5 | 23.6 | 12.4 |

As the above table indicated, there were difference between males and females in using resolving styles of the discord. Males used: Accommodation style 89 (42.2%); collaboration style 81 (38.4%); Avoidance style 72 (33.9%); Compromise style 69 (32.7%); Competing style 57 (27%) and third-party interference style 50 (23.6 %) respectively.

In the other side females were used: Collaboration style 63 (43.2%); Accommodation style 57 (38%); Compromise style 48 (32.9 %); Avoidance 40 (27.3 %); Third party interference style 33 (22.5 %) and Competing style 23 (15.7 %) were the last respectively.

The qualitative data reveals that most participants did not express their opinion for the open-ended query that was provided with the closed-ended one when it came to discord resolution mechanisms. However, the diverse viewpoints expressed by those few participants revealed that;

The majority of routine disputes or discords are resolved by negotiation without the involvement of a third party, but if it is difficult or beyond their ability, they invite a third party to address and try to resolve the discords in this manner.

4.5. Marital Satisfaction

Marital satisfaction of couples were one of the focused areas of this study, though there were many determinant factors in marital satisfaction of couples, the study tried to assess the level of marital satisfaction of married couples in Akaki Kality Sub-City.

The respondents' marital satisfaction level is recorded in Table 17 based on a self-report measure of ENRICH 15 items scale of couples' marital satisfaction.

Table 17: Level of Marital Satisfaction of Couples (N= 357)

| Marital Satisfaction score | Male | | Female | | Total | |
|----------------------------|------------|-------------|------------|-------------|------------|------------|
| | N | % | N | % | N | % |
| 15-30 | 39 | 10.92 | 27 | 7.56 | 66 | 18.49 |
| 30-45 | 64 | 17.93 | 47 | 13.17 | 111 | 31.09 |
| 45 | 5 | 1.4 | 2 | 0.56 | 7 | 1.96 |
| 45-60 | 31 | 8.68 | 21 | 5.88 | 52 | 14.57 |
| 60-75 | 72 | 20.17 | 49 | 13.73 | 121 | 33.89 |
| Total | 211 | 59.1 | 146 | 40.9 | 357 | 100 |

MS is described as a group of people who strongly disagree about 15 to 30 percent of the time. 30–45 represents disagreement about MS, 45 represents unsure about MS, 45-60 represents consensus about MS, and 60 –75 represents firmly agreeing about MS.

And interpreted as the scores 15-30 taken as an indication of very less marital satisfaction of couples, 30-45 less marital satisfaction, 45 as medium level of satisfaction 45-60 good marital satisfaction and finally, above 60 indicated V. good level of marital satisfaction of couples.

In this case, the above table illustrated that, 173 (48.46%) of both male and females have satisfied in their marriage from these, 72 (20.17 %) of male and 49 (13.73%) of female respondents have V. good level of marital satisfaction in their marriage.

Whereas, 177 (49.58%) of both male and females were dissatisfied and from these, 39 (10.92 %) of males and 27 (7.56 %) of females have very less level of marital satisfaction and only 7 (1.96 %) had medium level of satisfaction in their marriage.

The qualitative data analysis of marital satisfaction report of most participants indicated that; even if there were dis agreements or discord between them, they were happy in their marriage.

4.2 DISCUSSION

In this section discussions will be presented below based on the main findings of the study by focusing on the specific objectives of this study, like causes of marital discord, discord resolution styles/mechanisms used by married couples, and level of marital satisfaction of married couples.

4.2.1 Discussions regarding the Key Causes of Marital Discord

As the finding of this study indicated, the causes of marital discord are multi-variant factors that being a cause for the existence of the discord between married couples. Based on the findings with its domain the major causative factors in its ascending order were; communication related factors, gender role factors, psychological factors, and economic factors, respectively. Which is asserted by the study of Afework Ghiley (2006) that has been widely observed that in disturbed marriages there is frequently a decline in communication and communicative efforts between husband and wife.

Whereas, the findings based the items the major causative factors were; unable to communicate the feelings of love, admiration, likes and dislikes to each other; jealousy, suspicion and lack of trust; disagreements on how to use/handle money; lack of sense of responsibility in domestic matters; neighbor, friends & in-laws interference. Afework Ghiley (as cited in Brown and Spanier, 1978) jealousy is a self-defeating act; unjustifiable base upon not fact but only upon insecurity, inferiority feeling, or suspicion of the jealous person and jealousy can arouse fear and anxiety; insecurity and self-doubt, depression and despair or it can arise anger, rage, violence and a desire for retribution or vengeance to redress the perceived betrayal of one's trust.

This finding is supported by the other study of Journal of Financial Therapy Association (2011), the frequency of financial disagreements was positively associated with the frequency of heated argument for both wives and husbands (though the magnitude was stronger for husbands). But, wives' and husbands' reports of housework disagreements were also positively associated with the frequency of heated arguments and they had about the same magnitude as financial disagreements. In the other side, source of marital problem are psychological, sexual, interference (in-laws, neighbor, friends), infidelity, financial affairs

and social disapproval were revealed by the finding that interference is major source of marital problem (Afework Ghiley,2006).

Similarly, the Middle-East Journal of Scientific Research (2013) also confirmed that the different types of marital conflicts faced by dissatisfied married couples are; lack of cooperation and in-laws' issues have the share of (60%) individually, and in effective communication (40%) and financial problems also (40%). And also, this finding supported by study of Ziya and Pathan (2015) indicated that the causes of marital problems of couples are; Lack of communication, infidelity, financial problems, sexual incompatibilities lack of commitment.

4.2.2 Discussions regarding Discord Resolving Mechanisms Those Married Couples Use

As the result of this study on discord resolution mechanisms that used by married couples shows that, most married couples resolve their existed marital discords by using different discord resolution mechanisms, from these mechanisms based on its ascending order interims of gender (males used); Accommodation: the marital discord resolution style associated with being agreeable, submissive, and giving in easily and married couples those used this style acquiesce to their partner in order to end an argument; Collaborative: this style associate with cooperation and working together and those married couples who use this discord resolving mechanisms work together to find a solution so that both partners have needs met; Avoidance: deal with conflict in such a way as to deny the discord, changing the topic, avoiding one's own role in conflict and using jokes etc.

Compromise: is the fourth most mechanisms those married couples used to resolving their marital discord in this styles couples may negotiate so that each partner gets something they want, but also gives something up, while, Competing and third-party interference styles of resolving the discord are less used by married couples respectively, those live within Akaki Kality Sub-City.

Females were more likely to use Collaborative, Accommodation, Compromise, and Avoidance styles of managing disputes, whereas third-party intervention and opposing styles were less common.

According to the Middle-East Journal of Scientific Research (2013), there is a gender disparity in the use of the six forms of discord resolution styles to resolve existing discords.

4.2.3 Discussions regarding the Level of Marital Satisfaction of Married Couples

The marital satisfaction of married couples determined by so many internal and external causative factors of the discord and the way of resolving the existed marital discord; these factors either increase or decrease the level of marital satisfaction of married couples. Though the finding of this study indicated that almost half of both male and female have good level of marital satisfaction, whereas almost half of both male and female respondents have less level of satisfaction in their marriage. The assumption of this finding is supported by the study of Meaza (2014), most, 81(50.6%) of the respondents show agreement about the satisfaction of their marriage. 60 (37.5%) of respondents strongly agree about their marital satisfaction. And least 6(3.75%) of respondents disagree about their marital satisfaction.

CHAPTER FIVE

CONCLUSIONS AND RECOMMENDATIONS

Based on the findings of the study, the following conclusions drawn in the next chapter by focused on the focal issue of what this study tried to explore and what it found and also suggested for what will be better for further performance.

5.1 Conclusions

The general objective of this study was to assess the Causes, methods, and effectiveness of resolving marital discord among couples in matrimonial relationship in Akaki Kality Sub-City. So forth, the results of this study indicated that the causes of marital discord are no single factor, rather there are multiple factors that being causative for the existence of marital discord between married couples of Akaki Kality Sub-City. Based on these findings and based on the domains, the major causes of marital discord were; communication related factors, gender role factors, psychological factors, and economic factors, respectively.

Whereas based on the items of the questions, the majors are; unable to communicate the feelings of love, admiration, likes and dislikes to each other, jealousy, suspicion and lack of trust, disagreements on how to use/handle money, lack of sense of responsibility in domestic matters, neighbor, friends & in- laws interference and lack of mutual sexual satisfaction are the major causes of marital discord.

Regarding resolving mechanisms, the study indicated that when those married couples mostly used to resolve the existed marital discords between them, females used; collaboration, accommodation, compromise, avoidance respectively, while third party interference and competing are less used by married couples to the discords,

Whereas, males used; accommodation, collaboration, avoidance, compromise, respectively, while competing and third-party interference were less used by married couples to resolve the discords, and also the qualitative data report indicated that the ways or methods they used to resolve the existed marital discord was not different from that reported in closed ended questions, because they solve through discussion and third-party interferences.

In Marital satisfaction level of couples, almost half of the respondents being satisfied, from these majorities were highly satisfied. Whereas, half of the respondents also become dissatisfied, from these 18.48 percent have very low level of satisfaction in their marriage, and qualitative data indicated that even if there were marital discords between them, they were happy in their marriage.

5.2 Recommendations

Based on the finding of the study the researcher suggested the following recommendations; in the side of married couples that should be considered and performed in order to reduce or minimize the causative factors for existence and its consequence of marital discord are;

- ❖ 1st Even if couples become united in the form of marriage, they should acknowledge the individual differences that existed in the back grounds of nature, nurture and experience that couples developed, in turn its influences on the perception, attitude and interests of individuals about marriage, economic, social psychological aspects in their day today activities, even in their overall visualizations about this real world.
- ❖ And also couples should make a financial plan together and skip any unnecessary disagreements by staying focused on the situation at hand, learn how to communicate with one another to keep their love life on track and also prevent these unnecessary issues and aware that nothing is done without any price, this perception help them to be adaptive, resilience and committed to solve most problems in simple way that existed within their marriage and also which open the way to discuss openly, willingly and collaboratively to solve own the discords without any interferences and hurts of each other's.
- ❖ In the other side; counselors, religious people and other responsible and concerned bodies should counsel, train and give awareness about communication, gender role, psychological, economic and other related issues, generally about over all reality of marriage by using any means about those couples should perform before, during and after marriage for the leading of better and sati factional marriage life.

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APPENDEX: A

Addis Ababa University

College of Education and Behavioral Studies

School of Psychology

Dear respondents

This questionnaire is prepared to collect data /information for a research purpose. The purpose of this research is to study the relationship of marital discord and discord resolution mechanisms with marital satisfaction among married couples in Akaki Kality Sub-City of Addis Ababa.

The response you give will be used for the sole purpose of the study. And it is believed that the result of this study will be significant in finding possible solutions for couples, the family and the society in the area of marital problems.

No personal identifying information will be placed on the questionnaire. You don't have to write your name. This information will be kept confidential.

It is intended to be filled out by the husband or the wife. I thus kindly ask you to respond to each item frankly with care and sincerity. I thank you very much for your willingness to participate.

Instruction: please respond to the following items privately (do not discuss with your spouse) and write your response in the space provided.

Part I. General Information

1. Gender: _____
2. Your highest educational level: _____
3. For how long have you been in this marriage? (Years of marriage) _____
4. Number of children if any: _____
5. Income provider for the family: _____
6. Have you ever experienced marital discord? 1. Yes 2. No
7. If you say yes, how frequently experienced in the discord?
 1. Rarely 2. Sometimes 3. Usually 4. Always

Part II. Please give your response from the following causal factors of marital discord according to your experience by putting this mark √.

| No. | Causes of Marital Discord between couples | Yes | No |
|-----|------------------------------------------------------------------------------------------------|-----|----|
| 1 | Husband or wife dominance over the other on matters related to decision-making | | |
| 2 | Lack of sense of responsibility in domestic matters. | | |
| 3 | Unable to participate in the division of house work: Involvement in child care and upbringing. | | |
| 4 | Jealousy, suspicion and lack of trust | | |
| 5 | Impatience/ Intolerance | | |
| 6 | Continuous criticism | | |
| 7 | Aggressiveness | | |
| 8 | Unmet expectations and interests in marriage life. | | |
| 9 | Adultery | | |
| 10 | Sexual denial | | |
| 11 | Lack of mutual sexual satisfaction | | |
| 12 | Poor sexual performance | | |
| 13 | Having painful at sexual intercourse | | |
| 14 | Neighbor, Friends & In- laws interference | | |
| 25 | Infertility | | |
| 16 | High age differences between couples | | |
| 17 | Difference of educational level | | |
| 18 | Different Addictions | | |
| 19 | Disagreements on how to use/handle money | | |
| 20 | Income and economic status difference of couples | | |
| 21 | Low level of income | | |
| 22 | Unwise use of money and saving problem | | |
| 23 | Unable to communicate the feelings of love, admiration, likes and | | |

| | | | |
|----|-------------------------------------------------------------------------------------------------------------------|--|--|
| | dislikes to each other. | | |
| 24 | Lack of listening and understanding while he or she is speaking in discussion. | | |
| 25 | Deception of truth and laing | | |
| 26 | Lack of forgiveness when there are mistakes/ problems & unable to give thanks when there is good things are made. | | |

Part III: Discord Resolution Mechanisms Questionnaire

When disagreements arouse between spouses, they use different types of resolution mechanisms in order to settle the dispute. What is your experience in each resolution mechanisms? Please put mark \surd on the numbers that you think well expresses your resolving mechanisms. 1= strongly disagree, 2= moderately disagree, 3= undecided, 4= moderately agree, 5= strongly agree

| No | List of Discord Resolution Mechanisms | Response choices | | | | |
|----|------------------------------------------------------------------------------------------------------------------|------------------|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 1 | I prefer to be keep silent | | | | | |
| 2 | I reassured myself by leave the house and return to home later. | | | | | |
| 3 | I prefer to be lonely | | | | | |
| 4 | Instead of discussing the issue, I repress & hold my emotion. | | | | | |
| 5 | I accept my partner's suggestions and decisions. | | | | | |
| 6 | I try to be tolerant about the issues. | | | | | |
| 7 | I think my opinion is better and I will force it to be done without interruption. | | | | | |
| 8 | I clearly state my position on the problems we face, and my partner also state and discuss the position clearly. | | | | | |
| 9 | I use the "give and take" principle to solve problems. | | | | | |
| 10 | I try to reconcile my point of view with that of my partner. | | | | | |
| 11 | I try to get both of us to agree on the existed disagreements. | | | | | |
| 12 | I try the solution that we take is to satisfy all of us. | | | | | |

| | | | | | | | |
|----|-----------------------------------------------------|--|--|--|--|--|--|
| 13 | I discuss with my kens (relatives) | | | | | | |
| 14 | I discuss with in-laws | | | | | | |
| 15 | I need solution from religious leaders | | | | | | |
| 16 | I share to family elders to take advice | | | | | | |
| 17 | I discuss only with my close & confidential friends | | | | | | |
| 18 | I try to go to the counseling service | | | | | | |

❖ What is your opinion regarding your discord resolution mechanisms that you experienced beyond the above lists? Please explain below.-----

Part IV: ENRICH Marital Satisfaction Scale Items

This list of items measure how satisfied of dissatisfied is ones marital relationship. Please mark \surd on the numbers that you think well expresses your marriage. 1= strongly disagree, 2= moderately disagree, 3= undecided, 4= moderately agree, 5= strongly agree.

| No | Questions | Response choices | | | | |
|----|-------------------------------------------------------------------------------------------|------------------|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 1 | My partner and I understand each other perfectly | | | | | |
| 2 | I am not pleased with the personality characteristics and personal habits of my partner. | | | | | |
| 3 | I am very happy with how we handle role responsibilities in our marriage. | | | | | |
| 4 | My partner completely understands and sympathizes with my every mood. | | | | | |
| 5 | I am not happy about our communication and feel my partner does not understand me. | | | | | |
| 6 | Our relationship is a perfect success. | | | | | |
| 7 | I am very happy about how we make decisions and resolve discords. | | | | | |
| 8 | I am unhappy about our financial position and the way we make financial decisions | | | | | |
| 9 | I have some needs that are not being met by our relationship. | | | | | |
| 10 | I am very happy with how we manage our leisure activities and the time we spend together. | | | | | |
| 11 | I am very pleased about how we role responsibilities in our marriage. | | | | | |
| 12 | I am not satisfied with the way we each handle our responsibilities as parents. | | | | | |
| 13 | I have never regretted my relationship with my partner, not even for a Moment | | | | | |
| 14 | I am dissatisfied about our relationship with my parents, in-laws, and/or friends. | | | | | |
| 15 | I feel very good about how we each practice our religious beliefs and values. | | | | | |

- ❖ What is your opinion regarding your marital satisfaction that you experienced beyond the above lists? Please explain below.-----

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Thanks so much for your cooperation!!!

Appendex: B

አዲስ አበባ ዩኒቨርሲቲ

የድህረ ምረቃመርሀ ግብር

የሳይኮሎጂ ትምህርት ክፍል

አቃቂቃሊቲ ክ/ከተማ ነዋሪዎች ዘንድ

ትዳርን በሚመለከቱ ጉዳዮች ዙሪያ ጥናት ለማድረግ የተዘጋጀ መጠይቅ።

የዚህ ጥናት ዋና አላማ በባልና ሚስት መካከል የሚኖረውን ግንኙነት ለማወቅ ሲሆን እርስዎ የሚሰጡት ሀሳብ እጅግ በጣም ጠቃሚና ወሳኝ ስለሆነ በጥንቃቄ አስበው በቅንነትና በታማኝነት ምላሽ እንዲሰጡ በአክብሮት እጠይቅዎታለሁ።

- የሚሰጡት ምላሽ ሚስጢራዊነቱ የተጠበቀ ነው ስለሆነ ምእባክዎትን ስምዎን አይጻፉ።
- ይህ መጠይቅ የሚሞላው በትዳር ላይ ባሉ ባል ወይም ሚስት ብቻ ነው።
- መጠይቁን በግልጽ ይሙሉት (ለትዳር ጓደኛዎ መልሱን አይግለፁ)።
- ጥያቄዎችን በሙሉ ለመመለስ ይሞክሩ።

ክፍል አንድ፡ ግላዊ መጠይቅ (በባዶ ቦታዉ ይሙሉ)

1. ጾታ፡ _____
2. የትምህርት ደረጃ፡ _____
3. በዚህ ትዳር ውስጥ ምን ያህል ጊዜ ቆዩ፡ _____
4. ስንት ልጆች አሉዎት፡ _____
5. የቤተሰቡ የገቢ ምንጭ ማን ነው? አባት _____ እናት _____ ሌላ ካለ ይግለጹ _____
6. በትዳርዎ ውስጥ አለመግባባቶች አጋጥሞት ያውቃል? 1. አዎ 2. አያውቅም
7. አጋጥሞት እሚያውቅ ከሆነ፤ ለምን ያህል ጊዜ ገጥሞታል?
 1. አልፎ አልፎ
 2. አንዳንድ ጊዜ
 3. ብዙውን ጊዜ
 4. ሁል ጊዜ

ክፍል ሁለት፡ ከዚህ በታች በባልና ሚስት መካከል አለመግባባቶች እንዲፈጠሩ መነሻ ምክንያቶች ሊሆኑ ይችላሉ ተብለው የተገመቱ ነጥቦች/ጉዳዮች/ ተዘርዝረዋል፡ በርስዎ የትዳር ህይወት ልምድ ያለመግባባት መነሻ ምክንያቶች /ሰበቦች/ ነበሩ ወይም ናቸው ብለው የሚያምኑትን ከተሰጡት አማራጮች መካከል ምልክት በማድረግ መልስዎን የስጡ።

| ተ.ቁ | ያለመግባባትምክንያቶች | አዎ | አይደለም |
|-----|--------------------------------------------------------------------|----|-------|
| 1 | በውሳኔ ሰጭነት የአንደኛው ያታ የበላይነት መንገስ/ጎልቶ መታየት | | |
| 2 | በቤት ውስጥ ጉዳዮች የሀላፊነት ስሜት ያለመኖር | | |
| 3 | በቤት ውስጥ የስራ ክፍፍል፣ በልጅ እንክብካቤና አስተዳደግ ዙሪያ ተሳታፊ ያለመሆን | | |
| 4 | ቅናት፣ጥርጣሬና አለመተማመን | | |
| 5 | ትዕግስት ማጣት/አለመቻቻል | | |
| 6 | የማያባራ ጭቅጭቅ እና ንዝንዝ | | |
| 7 | ሀይለኝነትና ቁጣ | | |
| 8 | በትዳር ህይወት ውስጥ የፍላጎት አለመመጣጠን/አለመጣጣም | | |
| 9 | ዝሙት መፈጸም/በትዳር ላይ መማገጥ/ወሽማ መያዝ | | |
| 10 | ወሲባዊ ግንኙነት መከልከል | | |
| 11 | በግብረሰጋ ግንኙነት ወቅት የጋራ እርካታን አለማግኘት | | |
| 12 | የወሲባዊ አፈፃፀም ድክመት | | |
| 13 | በግብረሰጋ ግንኙነት ወቅት የሚሰማ ወሲባዊ ህመም መኖር | | |
| 14 | የጎረቤትና የጓደኛ እንዲሁም የትዳር አጋር ቤተሰብ መድ ጣልቃ ገብነት | | |
| 15 | መካንነት (ልጅመውለድ አለመቻል) | | |
| 16 | በእርስዎና በትዳር አጋርዎ መካከል ከፍተኛ የሆነ የዕድሜ ልዩነት መኖር | | |
| 17 | የትምህርት ደረጃ መለያየት | | |
| 18 | በተለያዩ ሱሶች መጠመድ | | |
| 19 | በገንዘብ አያያዝ እና አጠቃቀም ዙሪያ አለመስማማት | | |
| 20 | በትዳር አጋርዎና በእርስዎ መካከል የገቢና የሀብት መጠን ልዩነት መኖር | | |
| 21 | ዝቅተኛ የሆነ ገቢ መኖር | | |
| 22 | የቤተሰብን ሀብትና ንብረት ያለአግባብ መጠቀምና ያለመቆጠብ | | |
| 23 | እርስ በእርስ ፍቅርን፣ አድናቆትን፣ መውደድን እና መጥላትን እንዲሁም ያለዎትን ስሜት መግለጽ አለመቻል፡፡ | | |
| 24 | በምታወያዩበት ወይም በምትነጋገሩበት ጊዜ አንዳችሁ ሌላኛችሁን ማዳመጥና መረዳት አለመቻል፡፡ | | |
| 25 | እውነትን መደበቅና በውሸት ለማታለል መሞከር | | |
| 26 | ስህተቶች ወይም ችግሮች ሲከሰቱ በይቅርታ አለማለፍና መልካም ነገሮች ሲተገበሩ አለመመሰጋገን፡፡ | | |

ክፍል ሦስት፡አለመግባባትን የአፈታት ስልቶችን በተመለከተ

ከዚህ በታች የተዘረዘሩት በትዳር ውስጥ አለመግባባትን የአፈታት ስልቶች በትዳር ላይ በባልና ሚስት መካከል አለመስማማት/አለመግባባት ሲፈጠር በጋራ ወይም በተናጠል ለችግሮቻቸው መፍትሔ ናቸው ተብለው ይታመናሉ። በእርስዎ ትዳር ውስጥ አለመግባባት ሲፈጠር የሚጠቀሙባቸውን የቅሬታ አፈታት ዘዴዎች/ስልቶች ሁኔታን በተሻለ መልኩ ይገልጻሉ። የሚሉትን በተሰጡት ቁጥሮች ላይ ✓ ምልክት በማድረግ ያመልክቱ። መግለጫ 1 በጣም አልሰማም፣ 2 አልሰማም፣ 3 አልወሰንኩም፣ 4 እስማማለሁ፣ 5 በጣም እስማማለሁ።

| ተ.ቁ | አለመግባባት አፈታት ስልቶች ዝርዝር | 1 | 2 | 3 | 4 | 5 |
|-----|-----------------------------------------------------------------|---|---|---|---|---|
| 1 | ዝምታን እመርጣለሁ። | | | | | |
| 2 | ከቤት ወጣ በማለት ራሴን አረጋግቼ እመለሳለሁ። | | | | | |
| 3 | ብቻዬን መሆን እመርጣለሁ። | | | | | |
| 4 | ስላላተግባባንበት ጉዳይ ከመወያየት ይልቅ በሆዴ አምቁ እይዘዋለሁ። | | | | | |
| 5 | አጋራ የሚያቀርባቸውን የመፍትሔ ሀሳቦችና ወሳኔዎች እቀበላለሁ። | | | | | |
| 6 | በመቻቻል ጉዳዮችን አልፋቸዋለሁ። | | | | | |
| 7 | የእኔን አመለካከት ከአጋራ አመለካከት ጋር ለማጣጣም እሞክራለሁ። | | | | | |
| 8 | የእኔ አመለካከት የተሻለ ሆኖ ስለማገኘው ያለምንም መሸራረፍ በሀይል እንዲፈጸም አደርጋለሁ። | | | | | |
| 9 | ላጋጠሙን ችግሮች የእኔን አቋም በግልፅ አስቀምጣለሁ፣ የአጋራም አቋም በግልፅ በማቅረብ እንወያያለን። | | | | | |
| 10 | ችግሮችን ለመፍታት “ሰጥቶ መቀበል” መርህን እጠቅማለሁ። | | | | | |
| 11 | ሁለታችንም መስማማትና መግባባት እንድንችል እጥራለሁ። | | | | | |
| 12 | የምንወስደው የመፍትሔ ሀሳብ ሁላችንንም የሚያረካ እንዲሆን እሞክራለሁ። | | | | | |
| 13 | ከሥጋ ዘመዶቹ (ወላጅ፣ ወንድም፣ እህት) ጋር እወያያለሁ። | | | | | |
| 14 | ከጋብቻ ዘመዶቹ (አማት፣ ምራት፣ ወዘተ...) ጋር እወያያለሁ። | | | | | |
| 15 | ከሀይማኖት አባቶች መፍትሔ እፈልጋለሁ። | | | | | |
| 16 | በቤተ ዘመድ ሽማግሌዎች እንዲፈታ አደርጋለሁ። | | | | | |
| 17 | ከታማኝ ጓደኞቼ ጋር ብቻ እወያያለሁ። | | | | | |
| 18 | የምክር አገልግሎት ለማግኘት ወደ ባለሙያ እሄዳለሁ። | | | | | |

❖ ከላይ ከተዘረዘሩት ዝርዝር ባሻገር ያጋጠሙዎትን ያክለመግባባት ችግር አፈታት ዘዴዎችዎን በተመለከተ የእርስዎ አስተያየት ምንድነው? እባክዎን ከዚህ በታች ባለው ክፍት ቦታ ይግለጹ።

ክፍል አራት: የትዳር ደስተኝነት መመዘኛ

እነዚህ ዝርዝሮች በትዳር ወስጥ ያለ የደስተኝነት ሁኔታን (ደስተኛ መሆንን ወይንም ያልመሆንን) ያሳያሉ። የእርስዎ የትዳር ሁኔታን በተሻለ መልኩ ይገልጻል የሚሉትን በተሰጡት ቁጥሮች ላይ √ ምልክት በማድረግ ያመልክቱ። መግለጫ: 1 በጣም አልሰማማም፣ 2 አልሰማማም፣ 3 አልወሰንኩም፣ 4 እስማማለሁ፣ 5 በጣም እስማማለሁ

| ተ.ቁ | የትዳር የደስተኝነት መመዘኛ ዝርዝር | 1 | 2 | 3 | 4 | 5 |
|-----|------------------------------------------------------------|---|---|---|---|---|
| 1 | የትዳር አጋሬ እና እኔ በሚገባ እንግባባለን። | | | | | |
| 2 | በትዳር አጋሬ ማንነት፣ ባህሪ እና ልማዶች ደስተኛ አይደለሁም። | | | | | |
| 3 | በትዳራችን ወስጥ ሃላፊነታችንን የምንወጣበት ሁኔታ በጣም ያስደስተኛል። | | | | | |
| 4 | የትዳር አጋሬ ሙሉ በሙሉ የኔን ስሜት ይረዳኛል/ትረዳኛለች። | | | | | |
| 5 | እኔና የትዳር አጋሬ በምናደርገው ወይይት ደስተኛ አይደለሁም፣ አጋሬ ይረዳኛል ብዬ አላስብም። | | | | | |
| 6 | ግንኙነታችን የተሳካለት ነው። | | | | | |
| 7 | ወሳኔ በምናስተላለፍበትና ችግሮችን በምንፈታበት መንገድ ደስተኛ ነኝ። | | | | | |
| 8 | ካለንበት የገቢ ሁኔታ አንጻር ገንዘብን የምናወጣበት መንገድ ደስተኛ አይደለሁም። | | | | | |
| 9 | በትዳር ግንኙነታችን ያለተሟሉልኝ ፍላጎቶች አሉ። | | | | | |
| 10 | ትርፍ ሰዓታችንን የምናሳልፍበትን እና አብረን የምንቆይበትን ጊዜ እወደዋለሁ። | | | | | |
| 11 | በትዳራችን ባለው የሀላፊነት ክፍፍል ደስተኛ ነኝ። | | | | | |
| 12 | እንደ ወላጅ ያለብንን ሀላፊነት በምንወጣበት መንገድ ላይ | | | | | |

| | | | | | | |
|----|----------------------------------------------------------------------|--|--|--|--|--|
| | ደስተኛ አይደለሁም፡፡ | | | | | |
| 13 | ከትዳር አጋሬ ጋር ያለኝ ግንኙነት ባልኖረ/ባልተፈጠረ ብዬ አስቤ አላጠቅም፡፡ | | | | | |
| 14 | ከወላጆቼ፣ ከአጋሬ ቤተሰቦች (አማት፣ምራት) ፣ወይም/እና ከጋደኞቼ ጋር ባለን ግንኙነት ደስተኛ አይደለሁም፡፡ | | | | | |
| 15 | ሁለታችንም ባለን እምነት እና በሐይማኖታዊ አተገባበራችን ደስተኛ ነኝ፡፡ | | | | | |

❖ ከላይ ከተዘረዘሩት ዝርዝር ባሻገር የእርስዎን የጋብቻ እርካታ በተመለከተ ምንአስተያየት አለዎት? እባክዎን ከዚህ በታች ባለው ክፍት ቦታ ይግለጹ፡፡

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ስለትብብርዎ እጅግ በጣም አመሰግናለሁ!!!

Appendix- C

DECLARATION

I hereby declare that the work which is being presented in this thesis entitled “Causes and Resolving Methods of Marital Discord Among Married Couples In Akaki Kality Sub-City Of Addis Ababa” Is original work of my own, has not been presented for a degree to any other university and all the materials used for the thesis have been duly acknowledged.

Semahegn Abeje

(Candidate)

Date

This is to certify that the above declaration made by the candidate is correct to the best of my knowledge.

Daniel Tefera (PhD)
(Thesis Advisor)

Date