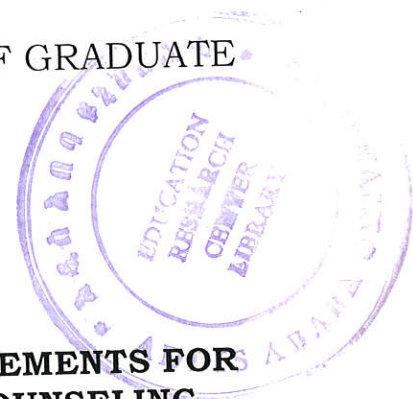


**A STUDY ON MAJOR SOURCES OF MARITAL PROBLEMS
AND RESOLUTION MECHANISMS**

**ADDIS ABABA UNIVERSITY
SCHOOL OF GRADUATE STUDIES
PSYCHOLOGY DEPARTMENT**

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BY:

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A STUDY ON MAJOR SOURCES OF MARITAL PROBLEMS AND RESOLUTION
MECHANISMS

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ABSTRACT

The primary purposes of this study were to examine the major sources of marital problems and resolution mechanisms. In pursuit of these objectives, data were collected from different sources by using a variety of tools.

In the present study a total of 210 purposefully selected participants were involved.

Trained data collectors administered a questionnaire prepared by the investigator for 200 (105 male and 95 women) participants in the three study centers in Addis Ababa namely: Menlik Preparatory high School, Selam Health Center and Tropical College of Medicine. Focus group discussions were also conducted with 10 elderly who spent more than twenty years in resolving disputes among couples.

The statistical analysis employed in the present study consists of both percentage and chi-square. Moreover, qualitative analyses were employed to examine data gathered through focus group discussions.

According to the results of this study, psychological factors were found to be one of the major sources of marital problems. Mental cruelty, lack of love, excessive demand and unavailability of the spouse were sources of marital problems categorized under psychological factors. According to the findings of this study, there is no significant difference in reported psychological factors that may be attributed to variation in sex (Chi-Square = 3.25, df=1) and variation in duration of marriage (Chi-Square = 2.83, df=2), $P < 0.05$.

External factors were also found to be the other major sources of marital problem. Interference by in-laws, neighbors, friends, loyalty to kin, financial handling of the family and social disapproval were sources of marital problems categorized under external factors. According to the results of this study, there is no significant difference in reported external factors that may be attributed to variation in sex (Chi-Square = 0.76, df=1) and variation in duration of marriage (Chi-Square = 0.45, df=2) $P < 0.05$.

The other major source of marital problem according to the findings of this study was sex-related factors. Sexual incompatibility, lack of sexual satisfaction, reluctance or refusal of coitus and inconsiderateness were sources of marital problems categorized under external factors. According to the results of this study, there is no significant difference in reported sex-related factors that may be attributed to variation in sex (Chi-Square = 1.63, df=1) and variation in duration of marriage (Chi-Square = 2.23, df=2) $P < 0.05$.

The findings of this study depicted the coping mechanisms used in resolving marital problems. Thus, avoidance and competing were the least employed coping mechanisms.

The study made practical recommendations aimed at preventing the family unit from disintegration.

CHAPTER ONE

I. INTRODUCTION

1.1 THE PROBLEMS AND ITS BACKGROUND

Marriage and family life are microcosms of life itself. They can bring both great joy and excruciating pain. A healthy marriage and family can be a valuable resource during difficult times. Conversely, unhappy or dysfunctional relationship can create problems that may persist from one generation to the next. Marriage and family can provide intimacy and closeness but with them come disagreement and conflict. What said on realities of marriage and family life is most human beings search for intimate experience and intimate relationship throughout their lives. Although most individuals are able to establish some type of intimates relationship, it is not common for individuals to have difficulty either maintaining and/or increasing their levels of intimacy over time. As a direct result, many people experience marital problems, and many marriages end in divorce.

Marriage is by nature a multifaceted institution, is defined as the emotional and legal commitment of two people to share emotional and physical intimacy, various tasks, and economic resources where as family is as two or more people who are committed to each other and who share intimacy, resource decision making responsibilities and values [Olson and Defrain 2000].

Concepts of marriage are changing. Divorce is more common, former notions of marital roles and obligations no longer seem varied, and alternative arrangements for intimacy and communal living proliferate (Constantine and Constantine, as cited in Raush etal,1974). Though marriage still probably remains the longest and most significant relationship in most lives, its functions, have changed. Education and mass media Communication are increasingly shared by both sexes. Definitions of the division of labor between

man and woman thus are beginning to breakdown, role restrictions are becoming more relaxed there is move questioning of traditionally defined mode of relations. New goals for marriage are emerging [Raush et.al.1974]

As the working out of its modes of relation becomes a major function of the family, the contemporary couple, far more than earlier counterparts, faces issue of decision-making, conflict resolution, and mutuality of understanding. Increased attention is given to such interpersonal concepts as empathy, intimacy and communication. Lack of communication seems to have become the predominant complaint of couples who seek help for marital difficulties [Raush. et. al,1971].

Marital interaction can be harmonious and can provide pleasure and satisfaction, or it can be disruptive and bring dissatisfaction or disappointment, and pain to one or both.

In marital relationship the question of how people, who were committed to one another go about managing the inevitable differences that arise between them in an ongoing relationship should be examined.

Marriage, its problems and coping mechanisms has been subject of discussion for many scholars. Those scholars who realize the important this basic social unit (marriage) attempted to investigate causes of marital problems and suggested possible resolving mechanisms (coping mechanisms) to ensue its sustainability. This is in line with the major objectives of this study.

1.2. Statement of the Problem

In Ethiopia the rate of divorce has highly increased. According to Reporter a weekly Amharic News Paper published on Sunday, May 21/2006 in Addis Ababa alone, within a year (from January 9/2005 to January 8/2006) 6,023 couples were married and from them 1,105 couples were divorced.

On the other hand, according to Ethiopian Women Lawyers Association report appeared on "The Ethiopian Herald", on Hamle 9, 1997(Ethiopian Calendar), within a year 5,854 complaints of couples have been registered. In the report mentioned above major complaint cases were disagreement between couples, such as custody, right, domestic violence, rape, abduction, inheritance and other issues, which is related to women's rights.

Moreover, the Chairperson of the Addis Ababa Women Association reported that 1,200 complaints of couples appealed to the office, and the major sources of their marital problems were; misunderstanding, extramarital, financial, drunkenness etc.

Furthermore, Talk Show Program of the Ethiopia Television (ETV) entitled "Hamsa Lome" which has been transmitted on Sunday evening addressed issues related to marriage namely: (a) Marriage and Divorce (b) Marriage and its expenditure (c) marriage and similar profession.

The above mentioned documents indicate the existence of different types of marital problems and some commonly employed ways of settling these problems in Ethiopian society. To the knowledge of the present researcher there is no locally made research study on marital problems and coping mechanisms. The present study attempts to bridge this gap.

Therefore, in the present study an attempt was made to answer the following questions:

1. What are the psychological factors responsible for marital problems?
2. What are the external factors responsible for marital problems?
3. What are the sex related factors that contribute to marital problems?
4. Is there significant differences in reported psychological factors that may be attributed to variation in sex?
5. Is there significant differences in reported psychological factors that may be attributed to variation in the duration of marriage?
6. Is there significant differences in reported external factors that may be attributed to variation in sex?
7. Is there significant differences in reported external factors that may be attributed to variation in the duration of marriage?
8. Is there significant differences in reported sex related factors that may be attributed to variation in sex?
9. Is there significant differences in reported sex related factors that may be attributed to variation in the duration of marriage?
10. What are the coping mechanism that spouses employ to resolve marital problems?
11. Is there significant differences in reported coping mechanisms that may be attributed to variation in sex?
12. Is there significant differences in reported coping mechanisms that may be attributed to variation in the duration of marriage?

1.3. General Objective of the Study

To investigate marital problems and the resolution mechanisms between married couples.

1.4. Specific Objective of the Study

1. To examine whether the psychological factors are the sources of marital problems
2. To examine whether the external factors are the sources of marital problems
3. To examine whether sex related factors are the sources of marital problems
4. To examine if there is significant sex difference in reported psychological factors.
5. To examine if there is significant difference in reported psychological factors as a function of variation in duration of marriage.
6. To examine if there is significant sex difference in reported external factors.
7. To examine if there is significant difference in reported external factors as a function of variation in duration of marriage.
8. To examine if there is significant sex difference in reported sex related factors.
9. To examine if there is significant difference in reported sex related factors as a function of variation in duration of marriage.
10. To examine the coping mechanisms employed by spouses in resolving marital problems.
11. To explore if there is significant differences in reported coping mechanisms that may be attributed to variation in sex.
12. To investigate if there is significant differences in reported coping mechanisms that may be attributed to variation in the duration of marriage.

1.5. Significant of the study

The research will give a clear picture of the major sources marital problems and coping mechanism is resolving marital problems. Married and un married couple government, non-government bodies, the mediators, policy makers, para counselor etc also benefit out of it. At the same time it will be a cue for further research work, because much was not done in this area.

1.6. Operational Definition

- **Psychological factors**

Psychological factors include **mental cruelty** (suspicious, jealousy, untruthfulness, vague complaints), **lack of love** (lack of demonstration of affection, lack companionship inconsideration, misunderstanding, ineffective communication, continuous bickering); **excessive demands** (impatience, intolerance, strictness, possessiveness) and **in availability** (neglecting children, emotional distance due to certain cases, irregular absence in home).

- **External factors**

External factors include **infidelity**, (adultery and alternative partners), **interference**, (in-law(mother, father, etc),neighbors, friends, loyal to kins, **financial affairs**, poor handling of family economy), **social disapproval** (giving not equal respect to the partners relatives, substance addiction, gambling, drunkenness).

- **Sex related factors**

Sex related factors include **sexual problems** (sexual incompatibility to be in considerateness, dissatisfaction in sexual intercourse, reluctance or refusal of coitus); **sex role** (indecisiveness, dominance role of the partners) abuse physical abuse, child abuse).

1.7. Delimitation of the Study

Due to lack sufficient time and limited financial resources, the present study focuses only on the following centers all located in Addis Ababa: Menilik Prepratory High School, Selam Health Center and Tropical College of Medicine.

CHAPTER TWO

2. REVIEW OF RELATED LITERATURE

2.1 CONCEPTS AND THEORITICAL PERSPECTIVES: THE NATURE OF FAMILY UNITY

2.1.1 Marriage as antagonistic cooperation

Summar as cited in Burgess and Locke [1960] implies that men and women enter marriage each other with his own interest thereby subserving an interest greater than their own. Out of diversity a higher unity is derived.

2.1.2 Marriage as a tragic state of tension

Keyserling in Burgess and Locke, [1960] in "the book of marriage, gives what he calls a correct statement of marriage problem. Seemingly pessimistic, he states," marriage is essentially a tragic state of tension, more optimistically he continues.

Just for this reason it can realize the purpose of life as a whole better than any other form can do, for the whole of life is nothing else but a tragic state of tension, and marriage embraces, as parts of its own constitution, all the specialized form of tension found in life. These range from the natural right up to the spiritual. But life is not a tragedy in the last resort, and for this reason, in spite of all its drawbacks, it is beautiful. And consequently, where conjugal happiness is achieved, it outweighs all possible suffering. Marriage, apart from all its advantages demands daily and hourly self-sacrifice, renunciation, and the shouldering of responsibility and blame (Nimkoff, 1969).

Marriage as a "relationship is bipolar tension thus emphasizing that the achieved unity is in terms of differences, conflicts, stresses and Strains (Levinger in Hadden and Borgatta, 1969).

Both Summar and Keyserling in Burgess and Locke, Perceived that the essential problem in marriage lies in the interplay between forces of attraction and repulsion, cooperation and antagonism integration and disintegration. Levinger in Hadden & Borgeha [1969] of Lewin's concepts of "driving forces which are said to drive a person either toward a positively valence object or away from a negatively valence restating forces" which act to restrain a person from leaving any particular relationship or situation" under varied terms the theme emerges in many psychological writings, Erikson (1959) presents the problem of intimacy versus isolation as the fundamental developmental issue young adulthood, the outcome of which determine the capacity for adult love. Rank [1968]; spoke in the tension between individuation and fusion as a basic human experience. Separateness and connectedness (Hess and Handel, 1959, in Raush et.al.,1974).

Another features of system theory is balance of Separateness and connectedness (cohesion), Stierin [1972] in Olson and Defrain [2000,P] Couples and families need to find a balance between their separateness as individual and connective ness as a system centrifugal interactions tend to push family member apart, thereby increasing separateness centripetal interactions pull family members together and increase family closeness.

Burgess and locke [1960] summarize that a modern marriage is equilibrium of two groups of forces, those making for integration and those making for disintegration.

- (1) That the stable marriage is one in which the integrative predominate over disintegrative forces
- (2) Conversely, that the unstable marriage is one in which its survival is threatened by the possibility that the disruptive forces may gain the ascender.

2.1.3 Marriage as unity out of diversity:

A chief problem of success in marriage is that of obtaining unity out of diversity. Husband and wife are diverse first of all in the fact that they are of a different sex, and then there are all the possible difference, those of temperament, of cultural backgrounds, of economic and educational status, of social attitudes and life values (Burgess and Locke, 1960: Tseng and Hsu, 1991: Nimkoff, 1969: Udry, 1971].

Some of these differences, it is true, complement each other and contribute to the unity of the relation, but others are disruptive and imperil its stability. Burgess and Locke [1960] they elaborate that every marriage is like the electron in physics, equilibrium of forces of attraction and repulsion. The successful marriage is one in which differences are so organized that they contribute to the equilibrium, stability, and harmony of marital relationship. The Unsuccessful marriage is one in which differences upset the equilibrium and make for instability and discord.

Levinger as cited in Hadden and Borgatta [1969] in studying marriage stated that the sources of barrier forces exist both inside and outside individual. The restraints help against marital dissolution these are due to obligation to dependent children, obligations to the marital bond, proscriptive religion. Joint church attendance, primary group affiliation, community stigma and legal and economic bars.

2.1.4 Unity grows out of interaction;

The study of the patterns of personal relationship in any family leads directly to the conception of the family as living, changing and growing through interaction. Burgess and Locke [1960]; Udry [1971] in marital interaction process, one should consider, the period of adjustment, understanding between spouses, communication, the asymmetry of needs in marriage pairs, consensus, personality matching, individual traits, role and role conflict, marital role expectations, and patterns of relationship are the significant part of marital interactions.

It is widely believed that among family sociologists and layman alike that husbands and wives come to understand one another better as they live with one another longer and that the better they understand one another, the better adjusted the marriage (Marrill as cited in Udry,1971).

Communication is the mechanism through which ideas attitudes, and the person acquires values and these largely determine his future behavior. (Burgess and Locke,1960).

Epsterin Evans and Evans, as cited in Saxton [1996] in research findings, he discussed that distressed couples are likely to exhibit negative reciprocity, in which one person's negative message, such as criticism, complaints and threats, are followed by negative message from the other person. Such negative reciprocity produces a destructive escalation of conflict, By contrast, happy couples due apt to limit conflict escalation by not returning a negative messages.

Unity in the Companionship family develops and maintained, as Burgess and Locke, [1960]stated that, this can be happened through mutual affection, emotional interdependence, sympathetic understanding, temperamental compatibility consensus on values and goals, family events, celebrations and ceremonial interdependence of family roles, sex. Social pressure of the community, particularly that of relatives, friends, and neighbors, still exerts an influence although one that is diminishing.

According to pakinson et.al [2006] factors for marriage are trust, understanding, common interest, care, helping each others personality development, maturity of values and discipline.

It is also said that different aspects of the personality significant for family adjustment have been differentiated;(1) interdependence of psychogenetic traits, (2) similarity of cultural backgrounds(3) common interests, ideas, and

ideals, (4) congruence of economic expectations and roles and (5) harmony of response patterns. In any given family its unity, integration, and adaptability could be a resultant of the interaction of the husband and wife and of parents and children in these different aspects of their personalities (Burgess and Locke, 1960).

2.2 Factors in marital adjustment

George Simpson [1966] stated surveying the literature on marital adjustment; on his survey found that, Kirkpatrick's, five general influential factors, which he has listed roughly in order of decreasing substantiation by the evidence: early and adequate orgasm capacity. Confidence in the marriage affection and satisfaction with affection has shown, an equalitarian rather than a patriarchal marital relationship with special reference to the husband role, mental and physical health, and harmonious companionship based on common interests and accompanied by a favorable attitude toward the marriage and spouses.

On the other hand, Simpson (1966), reviewed Burgess and Locke's basic marital adjustment said that there are six basic factors which enter into marital adjustment: (1) personality characteristics (2) cultural background (3) Social participation, (4) Economic status (5) response patterns, and (6) Sex desires. He elaborated these factors in accordance with Burgess and Locke's point of view in the following way.

1. Under the heading of personality characteristics, list those which make for Unhappiness in marriage: an Unhappy temperament as indicated by a predisposition to be pessimistic rather than optimistic, neurotic tendencies expressed by being touchy, grouchy, lonesome, easily hurt, and bothered by useless thoughts: dominating and domineering behavior characterized by determination to get one's own way and by disregard of the feelings of others; critical and inconsiderate attitude toward others, lack of self-confidence on the part of the husband, self-sufficiency as indicated by usually facing troubles alone and avoiding asking other's advice.

2. Under cultural background, similarity of cultural background favorable and dissimilarity of cultural background unfavorable to marital adjustment. A husband who marries below his cultural level has a better chance for success than a wife who marries below her cultural level. Religious differences, he said according Terman, are not crucial to marital failure.
3. On social participation, pointed out that the sociable and conventional person seems to be better prepared for achieving what they call adjustment.
4. Economic Status is a resultant, of non-economic influences such as stability and socialization of the individual, a participative personality, and a capacity to respond to others. The economic items which the various studies found to be significantly associated with marital success were moderate income at time of marriage, some savings, occupations characterized by stability and social control, regularity and continuity of employment.
5. On the question of response patterns as a factor in marital success " all their data bearing on this conclusion that, on the average, marriages resulting from comradely affection turn out happier than those chiefly inspired by romantic attitudes.. The longer the period of acquaintance, courtship, and engagement the greater the probabilities marital adjustment.
6. On the sexual factor the findings are as numerous as the studies. A basic difficulty her is that "Sex" is an all-inclusive term. Each study bases its judgment of the importance of this factor in marital success on different items. Terman's conclusion as cited in Simpson, describe; for example, the similarity of sexual desired of the pair and the orgasm capacity of the wife are the statistically significant ones.

Regarding sex-male system, Eduardo and Maria (1983), have explained in the following perspectives. Explanations by social scientists of the evolution and maintenance of sex role systems in which men have greater power and

control over resources than women have had a common thread: the sexes differ in their underlying psychological make-up. Theorists said that commonly agree, however, there are sex differences in temperamental qualities that are all but universal in nature.

Core distinction that is common to these theories concerns that have often been labeled masculine instrumental qualities and feminine expressive qualities, thus calling attention to their parallel with instrumental and expressive sex role divisions. Men purported by posses, to a greater extent than women, goal-oriented, self-directing characteristics such as assertiveness, independence and decisiveness that make than able to discharge their extra domestic role responsibilities and to assume leadership of the family. Similarly, women purported by possess to a greater extant than man interpersonally, oriented, expressive characteristics such as warmth, emotionality, and concern for others that enable them to discharge their interfamilial responsibilities effectively (Eduardo and Maria,1983].

On the issue of sex, Masters et.al (1995], Udry (1974) stated that, sex is an important part of human life, health and happiness It is a crucial ingredient in individual well-being and in intimates relationships especially marriage. Problems in sexual functioning therefore need to be addressed if people are to have successful relationships.

Sexual interactions can be a source of frustration, disappointment and anger in a relationship, but they can also be a source of happiness and great joy. A satisfying sexual relationship is a crucial ingredient in a healthy intimate relationship. When is sex a problem, in one's life? In the words of sexologists Mary Calderone and Eric Johnson, in Olson & Defrain (2000] sex and human sexuality are not- or should not be. Problems unless we human beings make them so. When and how do they become problems? In general terms, when they are used or expressed in ways that are harmful to any person or persons; when people are unable to express them in ways that they find satisfying and creative; and when they become associated with such negative feelings as anger, jealousy, fear and guilt.

It is estimated that, at some time in their marriage, 50% of all married couples have sexual dysfunctions. Masters et.al, [1995]. Masters and his colleagues define sexual dysfunction as a state in which sexual behavior or the lack of it causes anxiety, anguish, and frustration, which can lead to unhappiness and distress in a couple's relationship.

Regarding sex, duration of marriage Glenn, [1978], on multivariate study of happiness, duration of marriage and age, the two variables as stated that affects the duration of marriage with the effect of age of persons, the two variables are correlated that the age of persons serves as a pair good indicator of the duration of their marriages. In fact among still in their first marriage, age is perfect correlate of duration of their marriage. Persons although he suggested that duration of marriage or age has a negative effect on marital happiness of women and a positive effect on the happiness of males. However, in view of the male-female differences in the net relationship of age to marital happiness, the most appealing explanation is an indirect effect of age through propensity to end an unsatisfactory marriage. Among young adults, the marriage market seems to be about equally favorable for males and females (or perhaps more favorable for females at the very youngest adult age), but with increasing age, the market becomes progressively more favorable or men and less favorable for women. The change reflects not only the "double standard of aging" but also a decline sex ratio due to greater mortality among the males.

If so, "propensity to divorce" should decline rather steeply for women about age 35 but should remain fairly high for males into their. Some theories of marital process, as well as empirical evidence, marital happiness should tend to decline as duration of marriage increase fifties (Carter and Glick, as cited in Glenn: 1978).

Gender difference in age pattern of “propensity to divorce” could account for the male-female difference is not relationship of age to marital happiness. Duration of marriage, as such may have little causal importance, except that the longer a marriage has existed, the greater the probability that there has been a change in the characteristics below level which existed when they married [Pineo as cited in Udry ,1971].

Udry [1971] regarding age of marriage, one of the most frequently stated generalizations in the literature on marital success is that marriage of very young persons are notably less successful on the average than marriages of more mature persons, and indeed persons who have married in their teens have much more likely to divorce than persons who have married at later ages.

2.3 Sources of marital problems

Married people within a nuclear family in a society that mainly emphasize affection between husband and wife, Most contemporary family therapists lead to believe the marital problem stem from absence of affection and difficulties with interpersonal relations [Tseng and Hsu, 1991].

Marriage is basically for mutual care for which basic necessity understands and, unfortunately, the care are always tied up with expectations. Therefore any lacking in care, understanding or fulfillment of expectations in marriage brings problems to the unite (Parkinson, et.al 2002).

Mainly problems in marriage arise on account of

- I. Clash between (a) dependence and independence (b) egoism and helplessness (c) common interest and self-interest.
- II. Ignorance's of difference in natural attitudes and approaches between the two sexes.
- III. Improper communication, communication -gap, misunderstanding and taken granted.
- IV. Non-performance of duties and non-fulfillment of responsibilities

- V. The difference between the expectations (on account of personal values) and reality.
- VI. Difference in economic perception.
- VII. Dissatisfaction, in satiation, irritation, and helplessness
- VIII. Egoism, selfishness and domination
- IX. Either of the partners or both are forgetting the common interest. Regarding to the five issues of generating conflict. Archer and Pauker as cited in Olson and Defrain [2000]: money; family; communication style, household tasks, and personal tastes are the five sources of marital conflict.

According to Parkson, et al(2002) most marital conflicts arise out of the following three main problems:

- (1) Unrealistic expectations
- (2) Lack of communication, understanding and empathy
- (3) Widely differing value systems

For marriages in various cultural settings, however, problems in marriage may originate from sources outside marriage itself. The existence of cultural differences between spouses which is the basic differences in spouses value systems, lifestyles and perspectives (including orientation towards and expectations about marriage) may reach to maladjustment and dissatisfaction. Associated with different cultural backgrounds, people also will develop different sets of values systems, beliefs' and faiths, which are rather persistent and have significant impact on their behavior patterns. If two marriage partners happen to have widely contrasting and incompatible value systems and lifestyles, they may find it relatively difficult to adjust to each other in their marital life, and distressing problem may result.[Tseng and Hsu, 1994: Udry, 1971).

Regarding the extended family versus the nuclear family, the extended family is predominant in cultivating societies. It is prone to conflicts in interpersonal relations if it is not well- regulated and controlled. Conflicts between the

mother-in laws and daughter in-law arise over issues of household control and obedience to an elder. Such interpersonal conflicts can easily affect relation between the husband and wife and cause marital distress [Simpson, 1966: Nimkoff, 1969].

Childlessness is regarded by many as an important social problem because it is a highly influential factor affecting the size of population; Couples wanting children are greatly disappointed if they have none, and in some cases feel frustrated and inferior (Tseng and Hsu. 1991).

Marital problems sometimes, the problems are not a result of an individual personality disorder but rather are caused by mismatching of the spouses personalities type, however, may result in an undesirable match which creates problems, tension, or conflicts that result in frustration between the partners and a malfunction of marriage patterns of mismatching (Tseng and Hsu,1991: Udry, 1971: Sexton, 1996].

Another angle from which to observe marital maladjustment is focused on the particular interaction and relations patterns enacted by the marital partners that contribute to the development of problems and subsequent marital failure. This can be analyzed from several different dimensions.

- a) Affection expression problems: The husband and wife are not fluent in expressing their feelings to each other and they suffer from a lack of mutual affection. The pattern of expression of affection between spouses is molded to some extent by culture. In some cultures, open expression of private feeling towards one's spouse is encouraged so that these feelings can be easily acknowledged by the partner. In other cultures such sharing of private affection between a couple is customarily discouraged, particularly in public. Naturally, the latter situation contributes to inadequate expressions of affection between husband and wife, and dissatisfaction develops, particularly on wife's side. [Tseng and Hsu,1991].

- b) Communication problem: - Distressed couples vary often experience problems in Communicating – either they repeatedly engaged in ineffectual patterns of communication or problems of intent versus impact rampant (Gottman, as cited in Tseng and Hsu, 1991: Udry,1971: Nimkoff ,1967: Olson and Defrain ,2000].
- c) Role divisions: - the socially recognized appropriate roles of husband and wife or father and mother are explicitly or inexplicitly defined by culture. Yet within these cultural definitions there exists a vast range of variations among different individuals based on their personal and family backgrounds. Many distressed couples suffer from role complementarily discrepancy: that is they fail to understand or to conform to the partner's appropriate and inappropriate expectation (Udry,1971: Tseng and Hsu,1991].

Another facts of problems Originate from relations with children regarding. This can be difference in discipline for which each parent wants to discipline their children a certain way, leading to wide differences in preferred methods of raising children. These methods are frequently rooted in the parent's past experiences, often they wish to carry out the discipline used in their own youths.

Regarding involvement of in extramarital affairs, as a source of problem stated that marital distress may be complicated by involvement of one partner in a sexual affair with a lover. Such circumstance are Usually colored by the occurrence of mistrust, anger , jealousy, and resentment between the couple, making the marital relationship stressful and much not complicated, yet, it needs to be kept in mind that the acceptance and tolerance of extramarital affairs varies greatly among different societies (Emily,1991).

Goode, William [1963] has summarized a number of variables related to divorce proneness to be based on urban background, marriage at very young age, short acquaintanceship before marriage, sexual and intellectual incompatibility, religions differences, non attendance at church disapproval of

the marriage by kin and friends general dissimilarity in background, variation in mutual role obligation of husband and wife

The most basic marital complaints of compels apply for divorce are:- physical abuse, verbal abuse, financial problems, drinking, neglects home and children, mental cruelty, in-law trouble, excessive demand, infidelity, sexual incompatibility and lack of love (Udry, 1971).

In intact of marriages in time and quality often decline over time competes face many challenges together, including disagreements over money, difficulties communicating, questions regarding past friendships with members of the 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 and Defrain, 2000).

There are many external factors beyond marriage and family that may directly and seriously affect the function of marital life and bring distress, burdens, and unhappiness in a marriage. The following are some points are mentioned as external factors frequently encountered problems in marriage.

- (A) Availability of spouse- This is due to certain reasons, of social conditions (such as war, political movements, or for occupation reasons, husbands and wives may have to face separation periodically or for a single extended point. Such separation may influence the relationship and adjustment between spouses (Tseng and Hsu, 1991).
- (B) Medical /mental problems of the spouse of which when one spouse has severe medical or mental problems, particularly of a chronic nature the presence of such problems may understandably bring about distress and seriously affect their martial relations (Tseng and Hsu, 1991).
- (C) Financial problems- Although money can not necessarily buy happiness severe financial problems often add problems to a marriage and affect marital adjustment Even though financial difficulties may not occur

frequently in some societies, they can be serious problems for other societies and become the primary cause of the marital distress (Olson Defrain, 2000: Tseng and Hsu,1991].

Markman, Stanley, and Blumbers(1994) listed four patterns of conflict interactions that often lead to marital distress.

- (1) Escalation Occurs when arguments become out of control. It is likely to occur When spouses try to "one up" each other through personal attacks and verbal abuse. The spouse who is attacked attempts to defend himself or herself by attacking the other.
- (2) Invalidation:- occurs when one spouse puts down thoughts, feelings and behaviors of the other spouse such a pattern often reduces self esteem and self-respect, leaving the other spouse feeling discounted. Invalidation often leads to spouses withholding thoughts and feelings to protect themselves against put-downs.
- (3) Withdrawal and Avoidance- occur when one spouse is unwilling to participate in an interaction. A spouse may withdraw from a conversation by not talking, rolling his or her , or by withdrawing more obviously by leaving the room. Avoidance occurs when a spouse attempts to avoid a conversation.
- (4) Negative interpretations: occur when a spouse believes that the beliefs and intentions of the other spouse are more negative than warranted. This often occurs when there has been a history of negative interactions, and spouses begin to question each other's motives.

In each of these conflict patterns, spouses feel unheard. This often leads to disappointment, bitterness, and mistrust, thus blocking intimacy, which in turn leads to further conflict couples who are unable to resolve conflict often "fill out of love" One or both partners begin to distance themselves from the other and often seek the affection of a third party. The result is often alternating cycles of interest arguing or distance that bring couples to treatment"

2.4 Resolving marital problems

According to Parkinson et al. [2006], the following are ways to overcome conflicts and problems and misunderstanding in marriage couple:

1. Establish free and frank communication
2. Develop common interest, common and shared values
3. Respect idea other
4. Love each other
5. Understanding
6. Sex with each other
7. To maintain togetherness
8. Turning the fight into opportunity for honesty and understanding
9. Maintain intimacy outside bedroom, like touching, sudden hug, and affectionate pet. Teasing but pleasing tickles, sense of humor in common interest and shared values.
10. Trust, honesty, sincerity, patience, flexibility, adjustments, forgiveness, commitment to sexuality
11. Spending time for togetherness with intimacy and love including for sex commitment to sexuality.
12. Both the partners meeting their self into their marital unit as one; but outside their marriage keeping up one's individuality and helping the other for developing his/her personality on positive side.
13. Consultation, discussion but not arguments.
14. Accept and love spouses as he/she is
15. Strictly in between the couple losing and giving in is the success and both following this principle is the success of marriage.
16. Expanding common interest views and values.
17. In any problem crises, conflicts and misunderstanding both should deal with the topic or subject rather than dealing with personalities of either especially on negative side and amicable solve it with discussion and consultation of course ultimately beneficial to the family.

18. Maintaining unity within which respecting the others individuality and allowing and helping the others personality development (materialistically, minimally, sentimentally and spiritually)
19. Developing sentimental attachment between the couple.
20. Mutual interest should always win over self-interest in family.
21. Trying to resolve the issues within marriage and if at all outside help is required both should approach the idea of outsider.
22. Not complaining either about one's marriage or the spouse, outside marriage unless all the efforts and means are lost in marriage.
23. Disagreement is allowed but not disapproval.
24. Individuality is to allowed in marriage not affecting the marriage, or family.

Conflict-resolution styles for "big conflicts" varied considerably the top three approaches were discussing things calmly (59%) "Suffering silently" (41%) and "screaming (47%) (Olson and Defrain,2000).

Marital conflict styles, in this regard Gottman(1994) as cited in Brooke and Cole [2002] in his book why marriages succeed or fail reports that based on twenty years of research with 2,179 couples, similar marital styles for dealing... or not dealing... with conflict predicts a healthy marriage found three styles of a healthy stable marriage:

1. Conflict Avoider – This is perhaps the most unexpectedly stable style of marriage, these couples conspire to avoid discussion that will end in gridlock. They, in effect, agree to disagree, This style of marriage is characterized by two strong individuals with traditional beliefs, Each spouse often takes the lead in a particular domain of the marriage. Rather than try to resolve conflict, they focus on what is positive with the marriage. They have strong support systems.... religious, social, community, and recreational.... Outside the marriage. The cost, however, for avoiding conflict a loss of intimacy when conflict does arise both feel unskilled in resolving the problem. This often leads to avoidance, isolation, loneliness, and a general uneasiness about the relationship.

2. Volatile marriage- For some couples, volcanic arguments are just a small part of a loving marriage. The energy and passion that they put into fighting often fuels their positive interactions more. In these marriages, the couple expresses more anger, but at the same time, they balance it by sharing more affection these couples have no difficulty making up and moving on to resolve their differences. The cost to the volatile couple is endless bickering and potential for violence when there is too much negativity.

3. Validating marriage- Couples negotiate problems to their mutual satisfaction. Each spouse hears the opinions of the other. Even in the midst of disagreement, each still considers the other spouse's opinions important, with these types of couples, you often hear the use of 'I See,' or 'I understand This, however, does not mean that the spouses understand each other. Instead, it means 'I have a different view but I want to hear your view: The mutual respect shown by each tends to limit the number of disagreements, These couples value We-ness, and unlike the conflict-avoiding couples are often good friends who value communication, honesty, affection, and shared time. In some cases individual pursuits may be scarified for friendship and togetherness.

"Successful marriages generally evolve into one of these styles. In truly stable marriages both criticism use the same style, and only in unstable styles are there mismatches. The miss matches may explain why it is that some people get divorced who have a lot of everything else going for them.

"There must be a balance between positive (mutual pleasure humor, and support) and negative criticism, anger, and disgust) interactions for the marriage to maintain a satisfactory relationship. According to Gottman, cited in Brook and Cole[2000] in satisfied couples maintain a five to one ratio of positive to negative interactions, regardless of their style for handling conflict. Some conflict is necessary to keep the couple engaged.

"Couples who are unable to resolve the way they manage conflict and who experience an absence of positive interactions often face a downward spiral of escalating conflict that often leads to separation or divorce Gottman (1994) as cited in Brooke and Cole (2002) has identified four behaviors that are characteristics of these marriages.

- (1) Criticism- Occurs when spouses attack each other's character, rather than a specific behavior.
- (2) Contempt. Differs from criticism because it is designed to emotionally abuse the partner.
- (3) Defensiveness Occurs when both partners blame each other and fail to take ownership of the problem.
- (4) Stonewalling- often occurs when one or both spouses remove themselves from the conversation, either emotionally or physically.

According to Olson and Defrain [2000] Stated approaches to conflict resolution, as If anger is a normal Part of intimate relationships, then, fights and disagreement likely to occur. The issue is how to fight fairly and constructively.

Crosby (1991) as cited in Olson and Defrain (2000) lists a variety of dirty-fighting techniques.

- Gunny sacking- is an alienating tactic in which participants stuff their true feelings into a deep sack, thus preventing the other person from knowing what they are really feeling. The problem is that the gunnysack can hold only so much. When the sack overflows, gunny sackers may verbally or physically attack the other person.
- Passive- aggressive behavior Like gunny sackers, people who engage in passive aggressive behavior freight agreement or act like every thing is okay when in fact they repeatedly disagree with what is happening over time, these people often become hostile and aggressive.

- Rapid- fire questioning- is an adversarial techniques often used by police and lawyers to confuse a suspect or a witness. Some partners might try the same approach during arguments, but such techniques do not build intimate relationships or resolve conflicts.
- Verbal abuse- Name- calling, yelling, pouting and sulking all belong in the category of dirty-fighting techniques. None of them are helpful in resolving conflict.

In destructive approaches to conflict resolution partners bring up old issues, express only negative feelings, reveal selective information focus on people rather than on issue and emphasize differences- all with the goal of minimizing change. There is often a winner and loser, which decrease intimacy. Conversely, in constructive conflict resolution partners focus on current rather than past issues, Share both positive and negative feelings, provide information in an open manner, accept mutual blame, and search for similarities. Both partners win, and as a result intimacy increases and trust grows in the relationships [Osmon and Defrain,2000].

To Saxton [1996] The person will usually respond to conflict with either reality oriented behavior or defense-oriented behavior that is directed toward obtaining the satisfaction that one is being denied is called reality-oriented behavior. Behavior that is not directed toward obtaining this satisfaction but instead either lowers tension related to dissatisfaction or lowers tension by acting to obtain a substitute satisfaction is called defense- oriented behavior (Cramer 1991, 1994: parker and Archer 1994, Hentshel et.al.,1993).

The ways people attack the other person in a conflict rather than attacking the source of the conflict, tend to follow certain patterns, Saxton [1996] this depends on the personality of the individual., for example, some people tend to be authoritarian, whereas others tend to be passive or evasive. Thus patterns of attack and defense tend to fall in categories that can be describe as authoritarian resolution, permissive acceptance, passive aggressive evasion, blaming, placating, distracting and competing.

Saxton [1996] has also stated the destructive and constructive conflict outcomes. A persistent conflict can have consequences destructive to relationships, these consequences include feeling of frustration rejection, betrayal, and lowered self- esteem. Issues surrounding the conflicts are often displaced to issues related to other less important conflicts that will not be as damaging to the self esteem of the person whose needs are not being met.

A couple involved in a persistent conflict will often play psychological games, overtly attacking each other instead of attacking the problem. Psychological games occur when one person feels resentment toward the other and tries to restore a feeling of control by attempting to "win" the game. The results of psychological games can be very destructive because each person may lose sight of the original conflict and become involved only in the attempt to defeat the other. Psychological games may take the form of a direct attack on the other person (but never over the issue under discussion) or the form of withholding satisfaction from the other person.

Psychological game playing is usually followed by a breakdown of effective communication. Typical examples of ineffective communication include mind reading: sending double messages gunny sacking stereotyping using "you" statements, using "why" questions, and using "yes" but" sentences.

Conflicts can often be resolved constructively by practicing leveling with others instead of playing psychological games, by trying to communicate directly, honestly, openly, and non defensively, and by listening and trying to understand what the other person is saying using leveling and active listening forms the basis of good communication within a couple.

Kilmano & Thomas as cited in Olson & Defrain (2000) Identify conflict resolution style the model is based on the belief that each style of conflict is composed of two partially competing goals: concern for oneself and concern for the other person. Concern for oneself is measured by how aggressive one

is and concern for other focuses on the level of cooperation. This model of conflict resolution identifies five styles: the Competitive style, the collaborative style, the compromise style, the avoidance style, and the accommodating style.

- (1) Competitive style- people who use a competitive style of conflict resolution tend to be aggressive and uncooperative pursuing personal concern 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 in light of the other person's goals and desires. Life is a battle ground for people with this type of style. A competitive style is usually not conducive to developing intimacy.
- (2) Collaborative style- People who use collaborative style of conflict resolution are highly assertive in regard to reaching their goals but have a great deal of concern for the other person. Collaborators tend to burn out on relationship because they invest so much energy into resolving conflict. Another problem with the collaborative style is that good collaborators are powerful and sometimes use their strength to manipulate others.
- (3) Compromise style- People who use the compromise style (which is intermediate on both the aggression and cooperation axes. The compromise style is more direct than the avoidance style, but it does not push the issues as much as the collaborative style. Compromise is less time-consuming than collaboration, but it also reinforces the notion that the relationship is one between equals. The downside of the compromise style is that it favors an easy "formula" for conflict resolution, which may not be the best solution for all involved.
- (4) Avoidance style- Nonassertive and passive behavior characterizes the avoidance style of conflict resolution. Avoiders pursue neither their own concerns nor the concerns of the other person. They sidestep the issue by changing the subject or withdrawing from the conflict. The avoidance style has certain advantages: 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. There are several disadvantages of this style: It conveys the message that the avoider does not care enough to deal with the problem it puts the problem on the back burner, and it reinforces the notion that conflict is bad and should be avoided all cost. The avoidance style usually sets the stage for further conflict.

- (5) Accommodating style- Non assertive but cooperative behavior characterizes the accommodating style. Accommodators put aside personal concerns to satisfy the wants and needs of the other. Accommodators respond to conflict by giving in and being reassemble- both advantage, but only when the accommodators are in the wrong. Also accommodation minimizes losses and possible harmful consequences in a losing situation. There are also disadvantages to this style: Accommodation tends to reduce creative options because it sacrifices genuine dialogue, it may also produce resentment and the desire to get even.

Blood, Robert as cited in Hadden and Borgatta [1969] in the process of resolving conflict, discussion by which three major types of solutions which can be reached (1) consensus (2) compromise and (3) Concession mediation, occasionally, couples need outside help in arriving at a decision, accommodation, in one sense, it might be listed as a type of decision. More accurately, however, it represents the recognition of a failure to agree. In the classical phrase we "agree to disagree" or to "live and let live" separation if neither discussion, mediation, nor accommodation succeeds in setting the conflict, the last resort is separation.

As Folson cited in Simpson [1966] the psychoanalysis view has stressed the need for insight and empathy by mutual partner, Insight is the ability understand emotionally significant parts on one's own behavior in the depths of its motivation and to be able to cope with their irrationalities. Whereas, empathy is the ability to put oneself in the place of another person and thus understand his emotional reactions and patterns.

Waller and Hill as cited in Simpson [1996] have listed the techniques of marital conflict: physical violence, ego attacks, nagging, satire, recrimination too sweet submissiveness and forgiveness manipulator of the mores to condemn the partner.

Spiegel, as cited in Bell and Vogel [1968] techniques restoration of equilibrium, once complementarily is threat ended with failure, by role indication, coercing, coaxing, evaluating, masking postponing, role reversal, role modification, joking, referral to a third party, exploring, compromising and consolidating enable restored the complementarily of roles.

Another approach Harts as cited in Nimkoff [1947] suggested seven techniques of adjustment of marital problems comprise is a healthy solution of conflict because each gives up something in order to save the union. Debate or endless argument weakens marriage, because debate has victory over one's adversary as its object whereas discussion aim at discovering the truth at working out "creative accommodations" He also has remarked various rational ways of dealing with conflicts and various non-rational ways. Non- rational reactions to conflict include repression, compartmentalization and effort to escape.

CHAPTER THREE

THE RESEARCH DESIGN AND METHODS

The major objective of the present study was to investigate the major sources of marital problems. The study also attempted to explore frequently employed coping mechanisms.

3.1 Methodology

The method employed in this study is descriptive survey. This is because the method is helpful to see the overall situation.

3.2 Study Area/Site

Addis Ababa is purposefully selected as a site because it is convenient for transportation, data availability, and time factors. And the centers of the studies are Menilik High School, Selam Health Center and Tropical College of Medicine.

3.3 Subjects/Participants

A total of 200 married subjects (105 men and 95 women) were purposefully selected to participate in the study.

Among the total participants, 86, 87, and 42 married subjects were from Menilik Preparatory High School, Tropical College of Medicine and Selam Health Center respectively.

3.4 INSTRUMENTS

A. Questionnaire

The questionnaire was prepared in English language and translated into Amharic(local) language. It consists of three major parts.

Part I. This part contains 8 items. Through these items, participants were asked to report about several variables such as sex, age, educational level, types of job, length (duration of marriage), family size, monthly income etc.).

Part II. This part contains 58 items that describe sources of marital problems. Items 1-20 represent psychological sources of marital problems; items 21- 40 represent external sources of marital problems; items 40- 58 represent sex related sources of marital problems.

Part III. This part contains 50 items that describe coping mechanisms for marital problems. Items 1-10, 11-20, 21-30; 31-40 and 41-50 represent coping mechanisms i.e., avoidance, accommodation, competing, compromise and collaboration respectively.

The aforementioned items in Part II and III were prepared based on previous works dealing with identifying sources of marital problems and coping mechanisms(e.g. Burgess and Locke [1960]; Nimkoff [1969]; Brown & Spencer [1978] and Olson and Defrain (2000)).

The questionnaire was tested in pilot study. Here, ambiguous items were refined. The reliability of the questionnaire as estimated by K₂₀ was found to be 0.75.

B. The focus group discussion

Focus group discussion was conducted with 10 elderly participants who were involved in arbitration (See Appendix C). These items are asked participants to identify the sources of marital problems and resolution mechanisms. The discussion time lasted for two hours. Two persons were involved in the discussion. The researcher presents the question and encourages subjects to participate in discussion. The other person was responsible for recording the response of participants in a written form.

3.5 Data Collection procedure

Nine data collectors were selected from the three study centers and trained. And they administered the questionnaire to the participants in their respective study centers, following a brief explanation of the aims of the study. All responses were to remain confidential. A total of 200 questionnaires were returned , a 100% rate of response.

3.6. Data Analysis Procedure

The collected data was processed using Statistical Program for Social Science (SPSS) 12.0 version for Windows. The statistical analysis consists of both percentage and chi- square at Alpha=0.05 level. Moreover, qualitative analyses were employed to examine data gathered through focus group discussions.

CHAPTER FOUR

RESULTS

The main objective of the present research was to find out the major sources of marital problems and resolving mechanisms.

Table 1. Demographic characteristics of sample

No		<i>f</i>	%
1	Sex		
	M	105	52.50
	F	95	47.50
	Total	200	100.00
2	Age		
	18-35	54	27.00
	36-45	67	33.50
	> 45	79	39.50
	Total	200	100.00
3	Educational level		
	1-12 grade	44	22.00
	12+1, 12+2, 12+3	100	50.00
	BA, BSc and above	56	28.00
	Total	200	100.00
4	Type of Occupation		
	No job	14	7.00
	Teachers	60	30.00
	Medical staff	72	36.00
	Supportive	54	27.00
	Total	200	100.00
5	Duration of Marriage		
	1-10 years	83	41.50
	11-20 years	63	31.50
	> 21	54	27.00
	Total	200	100.00
6	Number of children		
	0-2	114	72.00
	3-4	64	32.00
	>4	22	11.00
	Total	200	100.00
7	Income		
	Low	54	27.00
	Medium	94	47.00
	High	52	26.00
	Total	200	100.00

The bio data presented the in Table 1 above depicted that sex mix ratio among the respondent were 52.50% male and 47.50% female and have

nearest ratio. The minimum age is 20 whereas the maximum age is 60. The mean age is 41.5.

As shown in the same table a relatively large number of respondents 50.00% completed secondary level education. Moreover, among the total participants 30.00%, 29.00% and 29.00% were teachers, medical persons and supportive staff respectively.

Regarding the duration of marriage 1-10 years is 41.50%, 11-20 years 31.50% and greater than 20 years is 26.50% and their mean together is 14.39 years

Results Regarding Research Question One

Research Question one states “*What are the psychological factors responsible for marital problems?*” In order to answer this question, the following frequency table distribution and percentage were computed.

Table 2. Psychological factors as a source of marital problem.

Factors	<i>f</i>	%
1. <u>Mental Cruelty</u>		
- Suspicion	188	94.00
- Jealousy	184	92.00
- Untruthfulness	194	97.00
2. <u>Lack of Love</u>		
- Lack of demonstration of affection	166	83.00
- Lack of companionship consideration	178	89.00
- Lack of understanding	169	84.50
- Ineffective communication	178	89.00
- Continuous bickering	175	87.50
3. <u>Excessive demand</u>		
- Impatience	181	90.50
- Intolerance	191	95.50
4. <u>Availability</u>		
- Neglecting children	173	86.50
- Emotional distance (due to certain cases of like job)	160	80.00
- Irregular absence in home	178	89.00

As indicated in Table 2, the psychological sources of marital problems for the majority of the respondents were these categorized under mental cruelty specifically suspicion (94.00%), jealousy (92.00%), and untruthfulness (97.00%).

The other psychological sources of marital problems were these categorized under lack of love specifically , lack of demonstration of affection (83.00%), lack of companionship(89.00%), lack of understanding (84.50%), ineffective communication (89.00%) and continuous bickering (87.50%) were the major source of martial problems.

Neglecting children (86.50%), emotional distance due to job (80.00%), and irregularity of absence in home (89.00%) are also reported as marital problems reported under availability of spouses.

Results Regarding Research Question Two

Research Question two states, “*What are the external factors responsible for marital problems?*” The frequency distribution and percentage were computed as indicated in the table 3 below.

Table 3. External factors as a source of marital problem

Factors		<i>f</i>	%
1.	Infidelity		
	-Adultery (extra sexual relation)	180	90.00
	-Alternative partners (mistress)	180	90.00
2.	Interference		
	-In laws (mother, sister etc)	159	79.00
	-Loyalty to the family (kin) rather than the partner	139	69.50
3.	Financial affairs and status		
	-Poor handling of family's economy	140	70.00
4.	Social disapproval		
	-Having a child after marriage	152	76.00
	-Drunkenness or excessive drinking	145	72.50

As indicated in Table 3, the external sources of marital problems for the majority of the respondents were those categorized under infidelity specifically adultery (90.00%) and alternatives partner (90.00%).

The other external sources of marital problems were those categorized under interference specifically, in –laws (79.00%) and Loyalty to their family (kin) rather than the spouses (69.50%). Having a child after marriage (76.00%) and drunkenness or excessive drinking (72.50%) are some of marital problems reported under social disapproval. Poor handling of family's economy(70.00%) was also the other external factors reported under financial affairs and status.

Results Regarding Research Question Three

Research Question three states, “*What are sex related factors responsible for marital problems?*” The frequency distribution and percentage were performed and shown in the table 4 below.

Table 4. sex related factors as sources of marital problem

	Factors	<i>f</i>	%
1.	Sexual problem		
	- Sexual incompatibility	156	78.00
	- To be inconsiderateness	156	78.00
	- Reluctance or refusal of coitus	157	78.50
2.	Sex role		
	- Indecisiveness	140	70.00
	- Dominance role in decision –making in- - and –out Home	145	72.50
3.	Abuse		
	- Physical abuse	173	86.50

As shown in Table 4, the sex related sources of marital problems for the majority of the respondents were those categorized under sexual problem specifically sexual incompatibility (78.00%),being inconsiderate(78.00%) and reluctance or refusal of coitus (78.50%).

The other sex related sources of marital problems were those categorized under sex role specifically, indecisiveness (70.00%) and dominance in decision making (72.50).Physical abuse (86.50%) was also the other sex related factors reported under abuse section

Results Regarding Research Question Four

Research question four states, “Is there significant difference in reported psychological factors that may be attributed to variation in sex?” To answer the above question Chi-square was performed and the results are presented in Table 5 below.

Table 5. Psychological factor as source of marital problem by Sex

Variables	Yes	No	Total	X ²
Sex				
M	40.00	12.50	52.50	3.25
F	41.00	6.50	47.50	
Total	81.00	19.00	100.00	

Critical X²(df=1,3.84)

As shown in Table 5, there is no significant difference in reported psychological factors that may be attributed to variation in sex (X² = 3.25; P < .05). This means that both sexes cited similar psychological factors as a source of marital problems.

Results Regarding Research Question Five

Research Question five states, “Is there significant difference in reported psychological factors that may be attributed to variation in duration of marriage?” Chi-square was computed in the Table 6 below.

Table 6. Psychological factor as a source of marital problem by

Duration of marriage

Duration of Marriage	Yes	No	Total	X ²
1-10 yrs	34.00	7.50	41.50	2.83
11-20 yrs	23.50	8.00	31.50	
> 20 yrs	23.50	4.00	27.00	
Total	81.00	19.00	100.00	

Critical X²(df=2,5.95)

As presented in Table 6 there is no significant difference in reported psychological factors that may be attributed to variation in duration of

marriage ($X^2 = 2.83$; $P < .05$). This means that spouses with different duration cited similar psychological factors as a source of marital problems.

Results Regarding Research Question Six

Research Question six states, “Is there significant difference in reported external factors that may be attributed to variation in sex?” Chi-square was performed as shown in the table 7 below.

Table 7. External factors as a source of marital problem by Sex

Variable	Yes	No	Total	X^2
Sex				
M	41.00	11.50	52.50	0.76
F	39.00	8.50	47.50	
Total	80.00	20.00	100.00	

Critical $X^2(df=1,3.84)$

Table 7 above shows that , there is no significant difference in reported external factors that may be attributed to variation in sex ($X^2 = 0.76$; $P < .05$). This means that both sexes cited similar external factors as a source of marital problems.

Results Regarding Research Question Seven

Research Question seven states, “Is there significant difference in reported external factors that may be attributed to variation in duration of marriage?” Chi-square was computed as shown on the table below.

Table 8. External factors as a source of marital problem by duration of marriage.

Duration of marriage	Yes	No	Total	X^2
1-10 yrs	33.00	8.50	41.50	0.45
11-20 yrs	24.50	7.00	31.50	
> 20 yrs	22.50	4.50	27.00	
Total	80.00	20.00	100.00	

Critical $X^2(df=2,5.95)$

Table 8 depicts that, there is no significant difference in reported external factors that may be attributed to variation in duration of marriage($X^2 = 0.45$; $P < .05$). This means that spouses with different marriage duration cited similar external factors as a source of marital problems.

Results Regarding Research Question Eight

Research Question eight states, *“Is there significant difference in reported sex related factors that may be attributed to variation in sex?”* The chi-square was computed as shown in the table below.

Table 9. Sex related factors as a source of marital problem by sex

Variable	Yes	No	Total	X ²
Sex				
M	34.50	18.00	52.50	1.63
F	28.50	19.00	47.50	
Total	63.00	37.00	100.00	

Critical X²(df=1,3.84)

Table 9 reveals that, there is no significant difference in reported sex related factors that may be attributed to variation in sex (X² = 1.63; P<.05). This means that both sexes cited similar sex related factors as a source of marital problems.

Results Regarding Research Question Nine

Research Question nine states, *“Is there significant difference in reported sex related factors that may be attributed to variation in duration of marriage?”* In order to answer this research question, chi-square was computed and shown below.

Table 10. sex related factors as a source of marital problem by Duration of marriage

Duration of Marriage	Yes	No	Total	X ²
1-10 yrs	28.50	13.00	41.50	2.23
11-20 yrs	18.50	13.00	31.50	
> 20 yrs	16.00	11.00	27.00	
Total	63.00	37.00	100.00	

Critical X²(df=2,5.95)

As shown in Table 10, there is no significant difference in reported sex related factors that may be attributed to variation in duration of marriage (X² = 2.23; P <.05). This means that spouses with different marriage duration cited similar sex related factors as a source of marital problems.

Results Regarding Research Question Ten

Research Question ten states, “What are the coping mechanisms that spouses employ in resolving marital problems?” In order to answer this question five major categories of style of coping mechanism with its description were presented. And the percentages each specific description were computed.

Table 11. Resolution mechanisms employed by spouses

Resolution mechanism style	Description	f	%
Avoidance	I keep silent	60	30.00
	I suppress my emotion	44	22.00
	I prefer to be lonely	50	25.00
Accommodation	I accommodate the wishes of my partners as far as possible	171	85.50
	I am open to accept the views of my partner	147	73.50
	I accept the issue with tolerance	164	82.00
Competing	I insist my partner to perform what is to be done	44	22.00
	I impose my partner to do as my wish	52	26.00
	I will be annoyed if it is not done by my partner, if not I will do it	50	25.00
Compromise	I try to create common understanding condition	181	90.00
	I consider the concerns of my partner what is proposed as a solution	172	86.00
	I discuss the issue openly in transparent way	167	83.50
collaboration	Negotiable discussion will be held	177	88.50
	I give solution which are helpful for our mutual benefit	183	91.50
	I make my own effort to come up agreement with my partner to avoid dispute	182	91.00

As shown in Table 11 above, the respondents reported as employing all types of specific resolution mechanisms indicated in the five categories. However, as indicated in the same Table, competing and avoidance were employed by small number of participants as coping mechanism in resolving marital problems. Therefore the following results focus only on the two coping mechanisms mentioned above.

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Results Regarding Research Question Eleven

Research Question eleven states, *“Is there significant sex difference is employing avoidance as coping mechanisms?”* Chi- Square was computed and results are presented in Table 12 below.

Table 12. Avoidance as a resolution mechanism by Sex

Variable	Yes	No	Total	X ²
Sex				
M	17.50	35.00	52.50	3.51
F	10.00	37.50	47.50	
Total	27.50	72.50	100	

Critical X²(df=1,3.84)

As shown in Table 12, small number of respondents employed avoidance as a coping mechanism. One can understand this by observing the figures attached to the specific styles categorized under avoidance. The chi-square test conducted for these date did not reveal significant difference by sex. The observed chi-square (3.51) is less than table value at 0.05. This means almost similar number of male and female respondents do not employ avoidance as a coping mechanism.

Results Regarding Research Question Twelve

Research Question twelve states, "Is there significant duration of marriage difference in employing avoidance coping mechanisms?" Chi-square was performed as the Table shown below.

Table 13. Avoidance as a resolution mechanism by duration of marriage

Duration of Marriage	Yes	No	Total	X ²
1-10 yrs	16.50	25.00	41.50	15.25
11-20 yrs	8.50	23.00	31.50	
> 20 yrs	2.50	24.50	27.00	
Total	27.50	72.50	100.00	

Critical X²(df=2,5.95)

As presented in Table 13, the result shows that the observed X²(15.25) was greater than the table value. And this indicates that there was significance difference in employing avoidance as resolution mechanism by duration of marriage. Significantly high percentage of respondents under 1-10 years of duration of marriage reported avoidance as resolution mechanisms.

Results Regarding Research Question Thirteen

Research Question thirteen states, "Is there significant sex difference in employing competing as a resolution mechanism?" Chi-square was computed as shown in the table below.

Table 14. Competing as a resolution mechanism by Sex

Variable	Yes	No	Total	X ²
Sex				5.28
M	7.50	45.00	52.50	
F	12.50	35.00	47.50	
Total	20.00	80.00	100.00	

Critical X²(df=1,3.84)

As shown in Table 14 above, the chi-square test conducted for these data did reveal significant difference by sex. The chi-square (5.28) is great

than table value at 0.05. This means both male and female spouses employ differently coping mechanisms (competing) in resolving marital problems. Females do employ coping than males competing as a resolution mechanisms.

Results Regarding Research Question Fourteen

Research Question fourteen states, *"Is there significant duration of marriage difference in employing competing as a resolution mechanism?"* Chi-square was computed as shown in the table below.

Table 15. Competing as a resolution mechanism by Duration of marriage

Duration of Marriage	Yes	No	Total	X ²
1-10 yrs	7.50	34.00	41.50	1.4
11-20 yrs	7.50	24.00	31.50	
> 20 yrs	5.00	22.00	27.00	
Total	20.00	80.00	100.00	

Critical X²(df=2, 5.95)

At Table 15 indicates, there was no significant difference on duration of marriage in employing competing as a resolution mechanism. The chi-square (1.4) is less than table value at 0.05. Spouses with different duration do not employ competing as coping mechanisms in resolving marital problems equally.

Results of the focus group Discussion

The group contains 10 members. The discussion points were

1. What are the major sources of marital problems?
2. What are the spouses employed in resolution mechanisms?

For the first question participants cited the following major points as sources of marital problems.

- Suspicious
- Adultery
- Interference father, mother ,siblings and the likes in-laws
- Excessive drinks
- Dominance
- Financial problems
- Sex problem
- Age
- Gambling
- Addiction
- Sex problem

For the Second questions Spouses used to resolve the problems were accommodation, and discussion, when they fail to handle the problems, the spouse report for arbitration. The third party used the process of resolving the conflict through consensus, compromise, concession and mediation to reconcile the Spouse.

CHAPTER FIVE

DISCUSSION

The major purpose of this study was to investigate sources of marital problems and resolution mechanisms. From the data gathered through questionnaire filled by 200 subjects and focus group discussion conducted, the main results were obtained.

The finding results were sorted into two parts. The first part is dealing about the major sources of problems and the second is the resolution mechanisms of marital problems.

As the result indicates that the major sources of marital problem were, the psychological, external, sex related factors.

The psychological factors as sources of marital problems.

The psychological factors as a source of marital problems were revealed on the study by sex, and duration of marriage no significant difference was indicated. This means that both sexes cited similar psychological factors as a source of marital problems.

81% Of the respondents reported that psychological factors were the source of marital problem. This was observed in focus group discussion. The most significant one were due to jealousy 97.00%, suspicion 92.00%, and unfaithfulness 92.00%. This result congruent with Brown and Spanier (1978) finding, that is, jealousy is a self defeating act; unjustifiable base upon not fact but only upon insecurity, inferiority feeling, or suspicion of the jealous person. Jealousy can arouse fear and anxiety; insecurity and self-doubt, depression and despair or it can arose anger, rage, violence and a desire for retribution or vengeance to redress the perceived betrayal of one's trust.

Stearns, Clanton and Smith as cited in Sexton, (1996), the mental cruelty jealous, suspicion, unfaithfulness is as a source of marital problems are among others. In addition, this is conformed by Brawn and Spanier (1978), said that the fact of jealousy alone, but also its expression, that affects a marriage. Expression of it entails criticism, suspicion, questioning, nagging, demands for explanation displays of temper, moodiness, loss of respect, attempted domination, restriction of freedom or any of a number of other irritating and irksome attributes and experiences. Sometimes the jealous spouse refuse to believe the truth, the more the other person tries to explain that there is no cause of jealousy, the more jealous the first one becomes, insisting that the explanation is an attempt to "cover-up". Thus the couples sink deeper and deeper into the quicksand of alienation.

Moreover Levinger as cited in Hadden and Borgatta (1969) and Udry (1971) conformed that mental cruelty can be expressed (explanation of) suspicion, jealousy, untruthfulness, and vague subjective complaints; on their study, mental cruelty is highly significant source of complaints problem. This study also supported by Levinger (1969), mental cruelty revealed on the married wives than husbands. Furthermore, the common sources of relationship problem were identified in personality issues of which jealousy was the prime conflict issue (Olson and Defrain ,2000).

Psychological factors as a source of marital problem were also explained in affection, communication and understanding, with those lacks of affection, lack of communication and misunderstanding were the sources of marital problem and the finding revealed that lack of affection (89.00%), lack of communication (84.00%), continuous bickering (87.50%) and misunderstanding (83.00%) were major sources of marital problem.

Marriage is basically for mutual care, understanding or fulfillment of expectations in marriage brings problems to this unit. According to Parkinson (2006), improper communication, communication gap, misunderstandings are problems in marriage arise on account of these. Again, Tseng and Hsu

(1991) said, in interaction or relational problems between marital partners, affection expression is a problem, this is when the husband and wife are not fluent in expressing their feelings each other and they suffer from mutual affection. Both agree that the culture influence has impact in expression of affection, they noted that some cultures are open expression of private feelings towards one's spouse is encouraged so that the feeling can be easily acknowledged, and some culture private affection discouraged, inadequate expressions of affection between husband and wife, dissatisfaction develops.

By the same token, Sexton, (1996) said, a major purpose of communication is to achieve mutual understanding of each other's point of view so that a conflict can be resolved. A breakdown of communication furthers misunderstanding rather than understanding, so that the conflict is worsened rather than resolved. This also maintained by the finding of Brown and Spanier (1978), that is, Communication is important in marriage, although it cannot be perfect and complete. An awareness of this inevitable incompleteness, however, is itself a contribution to marital adjustment. Unawareness, on the other hand, may create an impasse.

It has been widely observed that in disturbed marriages there is frequently a decline in communication and communicative efforts between husband and wife. Udry (1971) Stated that the more husband-wife communication; the more likely the couple is to report that they solve most of their marriage problems. These all are an explanation in marriage lack of communication (ineffective communication) are a source of problems. This is conform by Olson and Defrain (2000) in a national study comparing the major communication strengths of happy couples with those of unhappy couples found that happy couples were more than six times more likely (68.00%) than unhappy couples (10.00%) to agree that they are very satisfied with how they talk to each other (9.10%). Happy couples had significantly less trouble (74.00%) than unhappy couple (23.00%).

Another revealing source of marital problem is, criticism, censure and blame have their places, continues bickering (nagging) as Reported (87.50%) as source of problem, continuous nagging may make the one nagging give up in desperation, become completely defeated or become immune to every thing the partner said, in the research of Brown and Spanier (1978).Also, Humiliating, embarrassing or criticizing lessens the chance of to be heard by mate. And Conjugal affection is burning heat-warning flame. It cannot exist without kindness, consideration, communication, adjustment to each other's habit and joint participation; in several activities, consensus on values and respect (Parkinson, 2006).

It is presumable that misunderstanding is a problem in marriage; with this regard misunderstanding gap will love diminishes, respect, appreciation and acceptance. The vast majority of conflicts between husband and wife stem from one basic misunderstanding. Parkson (2006), the finding shows 83.00% of the respondent misunderstanding is a source of problem.

The others psychological factors that the major sources of marital problem were; of excessive demand, intolerance 95.00%, impatience 90.00% as respondents Reported. On study of Levinger (1969), excessive demand is a source of problem of married complaint cases.

Other psychological factors as a source of marital problem were: misunderstanding of psychological explanation, mistrusts dishonesty, insincerity, impatience, inflexibility, unforgiveness, unopenness are among other the cause of disturb family. This coincides with (Parkinson,2006: Olson and Defrain,2000: Udry,1978).

Parkinson {2006} has also stated that intimacy thrives on communication of truth, without an understanding of the underlying purpose of communication, even the best communication skills will inevitably fail. When we communicate to intimidate, threaten, disapprove, hurt fault find or make someone feel guilty we are miscommunication, we creates resentment.

The sources of marriage Problems are posturing, polarized thinking domination of emotions and false justifications (Spanier,1978: Parkinson,2006:Simpson,1966: Tseng and Hsu,1991].

The compatibility of the personality of the spouse of which mismatching symmetrical pattern {competitive dependent- dependent} complementary patter {dominate submissive, acceptance and tolerance} sadistic-masochistic {physical hurt} are frequent marital problem stem from the personality themselves (Sexton,1996: Udry,1976: Tseng and Hsu,1991). A unifying element in marriage is temperamental compatibility of husband and wife, especially when their temperaments are different but complementary; each feel satisfaction in their relationships which is absent when there are serious temperamental clashes(Burgess and Locke ,1960).

Psychological factors as major source of marital problem were due to availability of the spouses frequent absence emotional distance 78% respondents reported that the sources of the problem among complaints couples neglect absence, emotion distance were the source of problems. Tseng and Hsu, (1991) said, Wives complaints significantly excessive husband on three other categories neglect of home and children lack of love and mental cruelty, but these ratios were less one sided .Levinger as cited in Hadden and Borgetta [1969], the finding in which 78.00% of the respondent agree as source of problem. Also, Tseng and Hsu [1991] said, because of social conditions, jobs, for several months at a time a total communication block out as a part of marital life cause difficulty in adjusting to husband-wife neglect of domestic and other duty is an obvious manifestation of irresponsibility(Nimkoff 1989).

External factors as sources of marital problems

On regarding external factors as a source of marital problem of interference (in-laws, neighbor, friends), infidelity, financial affairs and social disapproval were revealed by the finding that interference is major source of marital problem. There was no significant difference by sex, and duration of marriage. This showed that both sexes had similar views as a source of marital problem, and also by duration of marriage, conformed similar impact on the source of marital problem.

80% of the respondent reported that external factors were the sources marital problem. This was observed in focus group discussion. Thus, on extramarital relation, reported that 90.00% relation infidelity mistress 70.00%, having a child after married 76.00% were the major of marital problem of external factors. Brown, Emily [1991] said that an affair indicates that an important emotional element is missing such as the ability to sustain intimacy or to resolved conflicts without loving self esteem. Intimacy means sharing who one really is rather than who one would like to be and accepting the other for who he or she is if means caring and comforting, talking and giving above all intimacy means being honest with each other knowing that each others word is good. Any false words cast doubts about the rest.

On Burgess and Wallin as cited in Simpson [1966] found the attitudes to infidelity whom 118 man 61 woman were asked what conditions would lead them to extra marital relation almost half of the woman stressed the repeated unfaithfulness of the husband as a condition and 44% of men listed repeated unfaithfulness of the wife. And also again, Levinger as cited in Udry {1971} in his comparison study middle class wives were significantly more prone to complain about lack of love, infidelity and excessive demand middle class husbands paralleled the wives in there significantly greater concern with lack of love on the other hand they were significantly less likely than lower class husbands to complain of the wife's infidelity. Those studies imply that at any rate infidelity is a source of problem between spouses.

Nimkoff (1969) supported that marital infidelity is an acute intolerance of extra marital affairs, usually unfaithfulness on the part of husband or wife is assign that the marriage is unhappy. The offender tries often blindly to find in a new relationship the satisfaction that his marriage has denied him. This indicates the many times when a husband is unfaithful his wife is party responsible and vice versa.

In association with external factors as a source of marital problem other facts were: the interference of in-laws, friends, and neighbor are the source of marital problem. With these views the finding shows that interference in-laws 79.00%, and loyal to family kin 69.50% were reported. Tseng and Hsu,[1991], Nimkoff [1969], Simpson{1966} has conformed that in-laws trouble is one of battle axe mother in-law the involvement of the wife with parents and siblings the influence of the husband mothers on him telling him what his wife should do and should not do Simpson [1966]more elaborated the underling unconscious forces in lows troubles involve incestuous prototype and analcites element which so deep into the life history of individuals. The wife's mother may cause discord because she leads the daughter to demand of the husband and what she herself would like to have if she could life her life over again this time with him.

Another contributor external factor as a source of marital problem is financial problem and handling the finance. With this regard the respondent Reported inappropriate handling of finance is 70.00% and Olson and Defrain (2000) as given that the tope five issues generating conflict are money, family, communication style household tasks and personal tastes.

It is not surprising that conflict over money is common among couples because becoming a couple means exchanging financial independents for financial interdependency. Mace as cited in Olson and Defrain [2000], in survey study persons 400 physicians mostly psychiatrist nearly half (49.00%) believed that quarrel over money occur in marriage primarily because one spouse use manly as a way of domination and controlling, thirty four percent

of the physicians believed that money quarrel were primarily due to the differences in spouses spending priorities, and 14.00% of the physicians saw differences in spouses thriftiness as the primary source of conflict. It is surprisingly that the finding indicates that the difference between on what was the practical Reported in this finding, on financial problem is 35.00% and handling money was 70.00% to the reverses quarrelling on money is 49.00% and priority type 40.00% this fact domination and over money and as source of problem different from this findings.

But the prevalence of conflicts in marriage is implicated by Terman's finding as cited in Burgess and Locke (1969) upon the number of complaints reported by husbands and wives as occurring in their marriage insufficient income the item checked most frequently by both husbands and wives were listed by 70.00% of the husband and 68.00% of the wives.

Another fact for source of marital problem as the external factor respondents Reported that social disapproval not giving respect to the partner relatives 70.50%, gambling 69.00%, drunkenness 72.50%. As the finding depicts 72.50% drunkenness or excessive drink is a source of marital problem as Tseng and Hsu [1991] where young men in particular are experiencing serious alcohol problem which are also having a devastating effect on the family, Jackson edited by Hadden and Borgatta [1969] also said that culturally, alcoholism is subsumed under a general category of undesirable deviant behavior as a result family members are constantly in conflict about their behavior. In the study of Levinger as edited by Hadden and Borgatta drinking wives complained four times as often about financial problems and about drinking. Its adverse effect drinking produce problem to the family. Another social disapproval case for problem is not giving equal respect to the partners relative at time when there are no problem with the marital dyad itself influences from the families of origin may become the primary source of disturbance.

Locke employed an empirical method of determining the relative incidence and seriousness of marital difficulties for stability of the union; of among listed marital difficulties drunkenness, gambling and mate sent to jail as the socially disapproved behavior(Burgess and Locke,1969).

In this regard Nimkoff (1969) said that excessive gambling, drinking and idleness are perhaps in some respect less serious types of behavior for the rich than the poor, since the other members of the wealthy household may not be economically dependent upon the irresponsible head, but the effect in personal relations may be as great.

Sex related as sources of marital problems

Sex related as a source of marital problem, in this concern the finding shows that, there was no significant difference on sex, and duration of marriage. This means that both sexes cited similar sex related factors as a source of marital problems.

63% of the respondent reported that sex related factors were the possible sources of marital problems and the most predominant factors as the respondent Reported that sexual incompatibility 78.00%, to be inconsiderateness 78.00%, reluctance or refusal of coitus 78.50% dissatisfaction in sexual intercourse 71% and decreasing sexual satisfaction due to different causes 69.00%. This factor is supported in the study of Levinger edited by Hadden and Bargaha (1969) said that considering the sexual relationship , one not that “sexual incompatibility” was a more frequently voiced complained by middle class than by lower class husbands, while the reverse was true for wives. The opposite was found for “infidelity”.

Blumstein and Schwartz (1983) as cited in Saxton (1996) according to the principle of less interested, a wife who is less interested in sex than her husband can use sex as a weapon with holding it as punishment and granting it as a favor to control her husband and manipulate power.

In contrast, a husband is more apt to use sex as a demonstration of power by simply demanding sexual compliance from a reluctant wife. However, when sex become an exercise in power in either of these two ways as barter or as demand both the sexual satisfaction aspect and the relationship satisfaction aspect of the marriage are in jeopardy

As Laumen, et, al, as cited in Olson and Defrain (2000) stated that a survey of common sexual problem identified the most frequent problem for women and men, about one third (33.40%) of women reported a lack of interest in sex, as compared to only 15.80% of men. The second most frequent issue for nearly one quarter of the women surveyed was an inability to reach orgasm (24.10%) to find sex pleasurable (21.10%) In contrast, roughly one quarter of the men reported that they reached climax too early (25.50%) had anxiety about their sexual performances (17.00%). these symptom are very similar to the common complaints heard from married couples in which the male fee the females is not interested in him sexually often become he climaxes too early and does not satisfy her needs.

Burgess and wallin in Udry (1971) also stated that the problem of sexual adjustment appears to spring most often from divergence between husbands and wives in their attitudes towards sexual intercourse and the frequency of their desire for it. The findings of the research of Terman and of Burgess and Wallin showed that women are more likely than men to have a negative orientation to sex relations and to desire them less frequently. Despite this apparent difference wives are less disposed than their husband to be critical of or dissatisfied with their sexual relationship. The explanation for this may be that women do not expect as much as men from the sexual sphere of marriage. These wives are apparently not greatly disturbed by being deprived of sexual satisfaction. These studies show sexual functioning is a source of problems in spouses.

Additional and basic disagreement among married spouse is the gender role being unidentified and the finding reveal that dominance role in decision

making in and out home 72.50% unidentified role decision 66.50% in decisiveness 70.00% and child rearing role , misbehaved (children) 62.00% these issue intrude in their spouse as Reported . Olson and Defrain (2000) based on national sample survey, married couples; the major role relationship issue that couples faced (58.00%) was the notion that a wife should accept the husband's judgments on important issues. Half of the couples (51.00%) disagreed about whether wife more out side the home; 33.00% married couples had issues with the wife's being primarily responsible for doing the housework

Udry (1979) on personality spouse as family power said that the whole theory of complementary need male selection would lead one conclusion; for example dominant person would choose spouses they expected to be able to dominate, and much of their gratification from the marriage would come from the practice of his dominance. There is a relationship between personality characteristics and the decision-making family. Persistent males were less likely to influence decisions than less persistence males, and self-confidence women seemed to have more influence than those with less self confidence. Husbands with high or medium influence generally played a quite different role; some conclusion in education of the spouse, suggested that the male with the highest educational level has more influence than he otherwise would have, the wife who works has more influence in family decision than the wife who does not and the discrepancy creates conflict between husband and wife.

Tseng and Hsu (1991) problems of role division in cultural view, how to develop and establish suitable roles between husband and wife or father and mother in family development that will fit psychological needs of each person as well as the function of the family, is a task that should be mastered. Many distressed couples suffer from role complimentary discrepancy that is; they fail to understand or to conform to the partner's appropriate or inappropriate expectations and would create marital problem.

Sex abuse as issue of problem the respondent Reported that 86.60% physical abuse, child abuse 67.00% and claiming the other irresponsibility. According to Tseng and Hsu (1991) maltreatment of a child can take the form of negligence, over indulgence, or emotional or physical abuse. Family studies indicated that important factors leading to abuse were fantasies of the abuser about the child (i.e. fear of the child) exaggerated dominant, submissive patterns in the parent's marriage, and contribution of the child to the battering. Terr as cited in Tseng and Hsu (1991). According to Levinger's (1988) holo cultural study of family violence in 90 small-scale. Physical punishment of children (including spanking, slapping, beating, scolding, burning, pinching, etc) occurred in 74.40% of the societies analyzed. Further examination in terms of the degree of frequency of physical punishment of children revealed that 13.30% of societies "regularly" used. So that marital violence are a sources of marital problems in the family. (Ann, 1995)

Kelly (1994) also stated that, it has been estimated that only about 20.00% of the sexual abuse of boys and 5.00% of the abuse of girl is perpetrated by adult females. While there are few reliable statistics to support contentions about the incidence of various forms of incest. His believed that father-daughter sexual contact constitutes slightly less than 25.00% of incest cases. Stepfather-daughter incest accounts for about 25.00% of cases. The remaining 50% cases involve brothers, uncles, in-laws, grandfather, step family members and live-in boyfriends of mother. Incest often results from unhealthy family interactions, and its discovery causes reverberation through out the family's entire structure. Abuse of boys by their father is known to be more common in households where the father is very domineering, has alcohol and marital problems and is physically abusive towards other family members.

Resolution mechanisms

1/ Avoidance as a means of Resolution Mechanisms

Avoidance as a means of resolution mechanism the findings reveal that, there was no significant difference in sex, and there was significant difference of duration of marriage. Both sexes do not use avoidance as a resolution mechanism in similar way and significantly high percentage of respondents under 1-10 years duration of marriage reported avoidance used as a resolution mechanism and there was significance difference in employing between duration of marriage. The longer they live with one another and that the better they understand one another, the better adjusted (Udry, 1971]. There is also decline of relationship and differences in sex in duration of marriage (Glenn, 1962).

72.50% of the respondent reported that they didn't employ avoidance as a resolution mechanism. Some represented items were low rated among the respondents were there I Keep silent (30.00%), I suppressed my emotion (20.00%), I prefer to be lonely (25.00%) all respondent rated below 50.00. Avoidance according to Olson and Defrain [2000] do not care enough to deal with the problem, it puts the problem on the back burner , and it reinforces the notion that conflict is bad and should be avoided all cost. The avoidances style usually sets the stage for further conflict.

In similar manner Passive aggression, also resembles permission acceptance but actual aggressive, covert rather than overt; and becomes a loser. As with authoritarian resolution and permissive acceptance, intimacy, trust, and mutual satisfaction progressively disintegrate, even though there is never any overt attack; evasion as solution with dreams, physically remove themselves, walk out, roam or out of house, remain salient, reads a newspaper, watch television, distracters often win argument by simply shifting the discussion to a new topic of communication (Fleming and Attridg, Satir as cited in Saxton, 1996].

Gottman as cited in Brooks and Cole (2006), suggested that Conflict avoider this is perhaps the most unexpectedly stable style of marriage. These couple conspire to avoid discussion the will end in gridlock. They in effect, agree to disagree, this style of marriage is characterized by strong individual with traditional beliefs, and each spouse often takes the lead in a particular domain of the marriage. They have strong support system: religious, social community, and recreational... outside the marriage. The cost, however for avoiding conflicts a loss of intimacy when conflict does arise both often leads to avoidance, isolation, loneliness and a general uneasiness about the relationship.

Competing as a means of resolution mechanism

Competing style as means of resolution mechanisms, 80.00% of the respondents reported they didn't employ. There was significant sex difference by sex but there was no significant difference by duration of marriage. Females do employ coping than males competing as a resolution mechanism. This is supported by Glenn (1971) finding, this is due to competitive of gender role as a dominant factor. The finding also revealed that,. I insist my partner to perform what is told because I'm sure mine is the best (22.00%), I will be annoyed if it is not done my partner, if not I will do it (25.00%), I impose my partner to do as I wish (22.00%).

Olson & Defrain [2000] as a competitive style gain power by direct confrontation and try to "win" without adjusting their goals and desires in light of the other person's goals desires, life is a batter ground for people with their type of style. They tend to identify with the following statements: "once I get wound up in a heated discussion, I find it difficult to stop "and" I like the excitement of engaging in verbal fights. A competitive style is usually not conducive to developing intimacy.

Saxton [1996] probably the most obvious, and certainly the most common method of resolving conflict. I win, you lose" This method can be very affective

when used with subordinate in position in which power is assigned (with teacher or judge for example) However, it is not usually an effective way to resolve a conflict with others because authoritarian resolution creates a winner and a loser with respect to the conflict. If the person who loses as a colleague, companion, friend, husband or wife, he or she is likely to feel/deprived and to resent this deprivation. Moreover, if the relationship is based on friendship, trust, respect, intimacy, or love, the person who wins may feel ashamed, or guilty. The tension created by the establishment of a winner and a loser often leads to further conflict over the issue in question and to additional conflicts involving other issues unrelated to the original conflict. Cohn [1994] Satir 1972 as cited in Saxton [1996] blamers fail to listen or to try to understand what other people are attempting to express. They are also likely to ride roughshod over other people's feelings.

Gottman as cited in Brooke and Cole [2002], for some couples, volcanic arguments are just a small part of a loving marriage. The energy and passion that they put into fighting often fuels their positive interactions more. In these marriages, the couples express more anger, but at the same time, they balance it by sharing more affection these couples have no difficulty making up and moving on to resolve their differences, the cost to volatile couple is endless bickering and potential for violence when there is too much negativity.

Saxton [1996] likewise, computing is very reasonable, logical, and rational, with completely controlled emotion and correct demeanor. Computers' think it is important to say the right words to show no feelings, and to avoid any emotional reaction. They fail to come to grips with a conflict by ignoring the feelings of the other person and by not listening to the total meaning of what is being communicated. They reduce any discussion to an abstract analysis, leaving the other person frustrated and angry, defeated and helpless.

Gottman cited in Brooks/ Cole [2006], validating marriage couples negotiate problems to their mutual satisfaction. Each spouse hears the opinions of the

other, Even in midst of disagreement, each still considers the other Spouse's opinion important, These couples value we-ness and unlike the conflict-avoiding couples are often good friends who value communication, honesty, affection, and share time. In some cases individual pursuits may be scarify for friendship and togetherness.

The finding depicts style of conflict resolution thus; learning how to deal effectively with conflict is one of the most important steps in creating strong relationship. Regarding the significance of style of conflict resolutions Wilmot & Hocker [1998] as cited in Olson and Defrain [2000,318] said that no one style of conflict resolution as automatically superior. Each has advantages and disadvantages in certain circumstances and between different individual so clearly, there are no simple or easy ways to solve human conflicts. Each situation must be approach with caution and thoughtfulness. People in conflict have to consider many factors, including the personalities of those involved, the merit of the argument and the level of investment each has in continuing the relationship.

Successful marriages generally evolve into one of those styles (conflict avoider, volatile, and validating). They added that in truly stable marriages both spouses use the some style, and only in unstable styles are there mismatches, the mismatches may explain why it is that some people get divorced who have a lot of every thing also going for them. There must be a balance between positive (mutual pleasure humor and support and negative criticism, anger and disgust) interactions for the marriage to maintain a satisfactory relationship. Gottman stated that satisfied couples maintain a five to one ration of positive to negative interactions, regardless of their style for handling conflict.

Conflict can often be resolved constructively by practicing leveling with others instead of playing psychological games, by trying to communicate directly, honestly, openly and non defensively, and by listing and trying to understand, What the other person is saying using leveling active listening forms the basis of good communication within a couple (Sexton,1996].

CHAPTER SIX

Summary, Conclusions and Recommendations

6.1 Summary

The primary purpose of this study was to examine the major source of marital problem and resolution mechanisms. To this end basic questions were raised which would address possible source of marital problems such as psychological, external and sex elated factors as a sources of marital problems. The study also focused on investigating the possible coping mechanisms used in resolving marital disputes. In accordance with the major objective, the following questions were formulated and an effort was made to answer them.

1. What are the psychological factors responsible for marital problems?
2. What are the external factors responsible for marital problems?
3. What are the sex related factors that contribute to marital problems?
4. Is there significant differences in reported psychological factors that may be attributed to variation in sex?
5. Is there significant differences in reported psychological factors that may be attributed to variation in the duration of marriage?
6. Is there significant differences in reported external factors that may be attributed to variation in sex?
7. Is there significant differences in reported external factors that may be attributed to variation in the duration of marriage?
8. Is there significant differences in reported sex related factors that may be attributed to variation in sex?
9. Is there significant differences in reported sex related factors that may be attributed to variation in the duration of marriage?

10. What are the coping mechanisms that spouses employ to resolve marital problems?
11. Is there significant differences in reported coping mechanisms that may be attributed to variation in sex?
12. Is there significant differences in reported coping mechanisms that may be attributed to variation in the duration of marriage?

In an attempt to answer the aforementioned questions, data were collected from different sources by using a variety of tools.

In the present study a total of 210 purposefully selected participants were involved.

Questionnaires were administered to 200 (105 male and 95 women) participants in the three study centers in Addis Ababa namely: Menlik Preparatory high School, Selam Health Center and Tropical College of Medicine. Focus group discussions were also conducted with 10 elderly who spent more than twenty years in resolving disputes among couples.

The statistical analysis employed in the present study consists of both percentage and chi-square. Moreover, qualitative analyses were employed to examine data gathered through focus group discussions.

And the following are the major findings of the study:

1. **Psychological factors** such as **mental cruelty** (suspicious, jealous, untruthfulness, vague subjective complaints), **lack of love** (demonstration of affection, companionship misunderstanding, improper communication, continues bickering), **excessive demand** (impatience, intolerance, indecisiveness), **unavailability of the spouse** (emotional distance from children and the whole family) were found to be responsible for marital problems.
2. There is no significant difference in reported psychological factors that may be attributed to variation in sex.

3. There is no significant differences in reported psychological factors that may be attributed to variation in the duration of marriage.
4. External factors (infidelity, interference, financial handling, and social disapproval) were responsible for marital problems.
5. There is no significant difference in reported external factors that may be attributed to variation in sex.
6. There is no significant differences in reported external factors that may be attributed to variation in the duration of marriage.
7. Sex related factors (incompatibility, reluctant, sex abuse, and dominance role of sex) were responsible for marital problems.
8. There is no significant differences in reported sex related factors that may be attributed to variation in sex.
9. There is no significant differences in reported sex related factors that may be attributed to variation in the duration of marriage.
10. The preferred coping mechanisms were avoidance, accommodation, competing, compromise and collaboration. However, only small number of participants employed avoidance and competing as a coping mechanism.
11. There is no significant sex difference in employing avoidance as coping mechanism.
12. Variation in the duration of marriage resulted in variation in the frequency of employing avoidance as a coping mechanism.
13. More males than females failed to employ competing as a coping mechanism.
14. Differences in the duration of marriage resulted in variation in the frequency of employing competing as a resolution mechanism.

6.2 CONCLUSIONS

Based on the findings of the study the following conclusions were drawn.

1. **Psychological factors** like suspicious, jealous, untruthfulness, vague subjective complains, demonstration of affection, companionship misunderstanding, improper communication, continues bickering, impatience, intolerance, indecisiveness, absence of children, emotional distance are responsible for marital problems.
2. **External factors** (like infidelity, interference, financial handling, and social disapproval) are responsible for marital problems.
3. **Sex related factors** (incompatibility, reluctant, sex abuse, and dominance role of sex) were responsible for marital problems.
4. The preferred coping mechanisms were avoidance, accommodation, competing, compromise and collaboration. However, only small number of participants employed avoidance and competing as a coping mechanism.

6.3 Recommendations

On the basis of the findings, the study suggestions are forwarded the following:

According to the results of this study psychological, external and sex related factors were found to be responsible for marital problems. Thus, measures should be taken to prevent these factors not to be a source of marital problems. Marriage counselors, mass media, public organizations etc. may serve this purpose.

According to the results of this study avoidance and competing were the least reported coping mechanisms. Thus, forums should be organized the aim of which include teaching spouse and youth about these two effective coping mechanisms.

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APPENDIX A

በአዲስ አበባ የኒቨርሲቲ

በድህረ ምረቃ የሳይኮሎጂ ትምህርት ክፍል

መጠይቅ

መመሪያ

የዚህ መጠይቅ ዋና ዓላማ በባልና ሚስት መካከል የሚከሰቱ ችግሮችና የሚወሰዱ የመፍትሔ እርምጃዎችን ማጥናት ነው። በትዳር ላይ በባልና ሚስት መካከል ችግሮች ሲከሰቱ ለችግሮች መንስኤዎችና መፍትሔዎችን በመፈለግ ትዳራቸውን ፀንቶ እንዲኖሩ ያደርጋሉ። በሌላ በኩል ተጓዳኞች የችግሮቻቸውን መንስኤዎችን መርምረው ተገቢውን መፍትሔ ማግኘት ስለሚሳናቸው ትዳራቸው ይናጋል። ስለዚህ በባልና ሚስት መካከል ችግሮች ሲከሰቱ የችግሮቹን መንስኤዎቻቸውን በመረዳት መፍትሄዎችን በመፈለግ ተጓዳኞች ትዳራቸውን ፀንቶ እንዲኖር ማድረግ ከህብረተሰቡ የሚጠበቅ ተግባር ነው። ይህ ጥናት በተጓዳኞቹ መካከል ለሚከሰት አለመግባባት መንስኤዎችንና የሚወሰዱ እርምጃዎችን በመመርመር ለትዳር ፀንቶ መኖር አስተዋጽኦ የሚያደርጉ የመፍትሔ ሃሳቦችን መፈጸሙ ነው።

ስለዚህ ከላይ የተጠቀሰውን የጥናቱን ዋና ዓላማ በማሳካት ረገድ እርስዎ ለመጠይቁ የሚሰጡት መልስ ወሳኝ ሆኖ ተገኝቷል በመሆኑ ይህ መጠይቅ በቅንነት ይሞሉ ዘንድ በአክብሮት እንጠይቃለን።

ስለሆነም ይህ መጠይቅ የሚሞላው በትዳር ላይ ያሉ ባለ ወይም ሚስት ነው። መጠይቁ ሲሞላም

1. ሁሉንም ጥያቄች ይመልሱ ክፍት ወደ በዶ ቦታ አይተው
2. መጠይቁ በግልጽ ይመሉት ለትዳር አጋርዎ መልስዎን አይገለፁ
3. በእያንዳንዱ መልስዎ ትይዩ ላይ () ምልክት ያስቀምጡ።

እናመሰግናለን!!

ክፍል አንድ

1. ጾታ
2. ዕድሜ
3. የትምህርት ደረጃ
4. የሥራዎ አይነት
5. ከአሁኑ ከባለቤትዎ ጋር በትዳር የቆዩበት ጊዜ
6. ስንት ልጆች አላችሁ?
7. የወራዊ ገቢዎ

ክፍል ሁለት

ከዚህ በታች የተዘረዘሩት ነጥቦች በትዳር በሚኖሩ ባልና ሚት መካከል ትዳርን ሊያናጉ የሚችሉ ዋነኛ መንስኤዎች ናቸው፡፡ ተብለው ይታመናሉ፡፡ በእርሶ አመለካከት በባልና ሚት መካከል የእርስዎንም ጭምር ለሚከሰቱት አለመግባባት መንስኤ ናቸው የሚሉት የ (X) ምልክት በማድረግ ይጠቁሙ፡-

ተራ ቁጥር	በትዳር ላይ ችግር የሚፈጥሩ መንስኤዎች	አዎ	አይደለም	መወሰን ያዳግታል
1	ጥርጣሬ መኖር			
2	ቅናት			
3	አለመተማመን			
4	ግልፅ ያልሆነ ብሶት			
5	አለመፈቃቀድ			
6	ፍቅር አለመኖር			
7	በስሜት አለመጣጣም			
8	ትዕግስት ማጣት			
9	አለመቻቻል			
10	በትዳር ምክንያት ነፃነት ማጣት			
11	ግልፅ ባልሆነ ግንኙነት ምክንያት ያለመግባባት			
12	ጥብቁ ቁጥጥር			
13	ልጅ አለመኖር (መካኝነት)			
14	ለልጆቻችን የሚሰጡ ትኩረት አናሳ መሆን			
15	በተለያዩ ምክንያት (በሥራ ወዘተ) መራራቅ			
16	ከቤት ወጥቶ ማደር			
17	የዘመድ ጣልቃ ገብነት			
18	የጎረቤት ጣልቃ ገብነት			
19	በግንኙነታቸው የጓደኛ ጣልቃ ገብነት			
20	በግንኙነታቸው የጎረቤት ጣልቃ ገብነት			
21	ከትዳር ጓደኛ ይልቅ ለቤተዘመድ ታማኝ መሆን			
22	በቤት ውስጥ የራስ ሚና አለማወቅ			
23	በውሳኔ አሰጣጥ የአንደኛው ወገን የበላይነት የሰፈነበት ሁኔታ መኖር			
24	ትዳርዎ ከመሥረቱ በፊት ልጅ መኖር			
25	ትዳር ከተመሥረቱ በሀላ ከ ውጪ ልጅ መኖር			
26	ድንግልነት አለመኖር			

27	የዕምነት ልዩነት /ሃይማኖት ልዩነት/			
28	የአንዱን ዘመድ አክብሮ መቀበልና ማስተናገድ ለሌላው ወገን እኩል ትኩረት አለመስጠት			
29	የገንዘብ እጥረት			
30	ገንዘብን በአግባብ አለመጠቀም			
31	በውይይት ጉዳዮችን ከማሳመን ይልቅ በጉልበት በኃይል ጥቃት መጠቀም			
32	ጓደኛን መሳደብ ማጥላላት			
33	የማያባራ ንዝንዝና ንትርክ			
34	አጫሽነት			
35	ሱሰኝነት የጫት ወዘተ			
36	ቁማርተኝነት			
37	ሰካራምነት/ ጠጨመሆን			
38	የትምህርት ደረጃ መራራቅ			
39	የጋራ ንብረት ባለቤትነት አለመኖር			
40	ምንም እንኳን ንብረቱ የጋራ ባይሆንም ንብረትነቱ ለጋራ ልጆቻችን ነው ብሎ አምኖ አለመቀበል			
41	በትዳር ላይ መማገጥ			
42	በትዳር ላይ ትዳር መፈፀም			
43	በግብረ ስጋ ግንኙነት አለመጣጣም			
44	ለትዳር ጓደኛ ያለው መሰብ መንከባከብ መጓደል			
45	በግብረ ስጋ ግንኙነት ጊዜ እርካታ አለመኖር			
46	የግብረ ስጋ ግንኙነት በተለያዩ ምክንያቶች መቀነስ			
47	ለግብረ ስጋ ግንኙነት ፈቃደኛ ያለመሆን			
48	በቤት ውስጥ ግንኙነትና በውሳኔዎች በመሳሰሉ ጉዳዮች የአንደኛው ጾታ የበላይነት መንገስ			
49	የገንዘብ ጥብቅነት (ስስታምነት)			
50	ከቤት ውጭ በሚደረጉ ግንኙነቶችና ውሳኔ በቀበሌ በዕድር በሌሎች ማህበራዊ ጉዳዮች የአንድ የጾታ የበላይነት መንገስ			
53	ወሲብ ጥቃት በሕፃናት (በዘመድ በቤተሰብ) መካከል የሚፈጠር			

54	በኋላ ቀር ባሕላዊ አስተሳሰብ (ጠንቋይ ውቃዬ ወዘተ) አንደኛው ወገን መጠመድ ወይም ሁለቱ			
55	የወሰብ ጥቃት ከልጆች መካከል በመከሰቱ ምክንያት አንደኛ ወገን ተጠያቂነት በማድረግ			
56	የ ልጆች አስተዳደግ ጉድለት			
57	ለአቅመ አዳም/ሄዋን የደረሱ ልጆች ስራ ባለመያዛቸው የቤተሰብ ሸክም መሆን			
58	የትዳር ጓደኞች የሚያፈሩዋቸው ጓደኞች ብዛትና የጓደኞቹ ባህሪ			

ሌላ ካለ ይግለፁ -----



ክፍል ሦስት

ከዚህ በታች የተዘረዘሩ ነጥቦች በትዳር ላይ ባልና ሚስት በአንዳንድ ጉዳዮች ላይ አለመስማማት ወይም አለመግባባት ሲፈጠር በጋራ ሆነ ወይም በተናጠል ለችግሮቻቸው መፍትሄዎች የሚፈልጉባቸው መንገዶች ናቸው ተብለው ይታመናል። በእርሶ አመለካከት የትዳር ውስጥ አለመግባባት ሲፈጠር የሚጠቀሙባቸው የመፍትሄ ሃሳቦች ወይም የማስተካከያ መንገዶች ናቸው የሚሉትን የ (x) ምልክት በማድረግ ይጠቁሙ-

ተራ ቁጥር	ትዳር ጓደኛ (አጋር)ጋር አለመስማማት ሲኖር ፤	አዎ	አይደለም	መወሰን ያስቸግራል
1	ዝምታን እመርጣለሁ			
2	ከቤት ዞር ማለትን እመርጣለሁ			
3	ነገሩን አብርጄ አልፈዋለሁ			
4	ብቻዬን መሆን እፈልጋለሁ			
5	እተኛለሁ			
6	አለቅሳለሁ			
7	የማቀርበው ሃሳብ ተቀባይነት እንደማይኖረው አስቀድሞ ስለማውቅ የግድ አልፈዋለሁ			
8	በነገሩ ለመወያየት ግፊት አላደርግም፤ እተዎአለሁ			
9	ከውይይት ይልቅ በሆዴ አምቄ እየዘዋለሁ			
10	ምንም ለማድረግ ስለማልችል እንዲሁ እቀበለዋለሁ			
11	ወዲያውኑ ከመወያየት ለሌላ ጊዜ አስተላልፈዋልሁ			
12	በተቻለ መጠን የአጋሪን ምኞትና ሃሳብ ከግምት አስገባዋለሁ			
13	ከሌላ ወገን የሚቀርቡ የመፍትሄ ሃሳብ ትክክለኛ ናቸው ብዬ አምናለሁ			
14	የሚሰነዘሩ አመለካከቶች ሁሉ በግልፅነት ሆኜ እቀበላቸዋለሁ			
15	ከተጓዳኛ የሚቀርቡ ሃሳቦች የእኔ ሃሳብና ምኞትን ከግመት ያልገቡ ስለሚሆኑ ተግባራዊ እንዲሆኑ የበኩሌን ጥረት አደርጋለሁ			
16	በመቻቻል ጉዳዮችን አልፋቸዋለሁ			
17	ከአጋሪ የሚሰነዘሩ ሃሳቦች ትክክለኛ ናቸው ብዬ ስለማምን ለማቀርበው ሃሳቦች እራሴን ለማስተካከል እሞክራለሁ ።			
18	የሚቀርቡ ሃሳቦችን በሙሉ ለመቀበል ዝግጁ ሆኜ እጠብቃለሁ			
19	የአጋሪን ሃሳብ አልጋፋቸውም፤ አልቃወማቸውም			
20	ከአጋሪ የሚሰነዘሩ ውሳኔ ሃሳቦችን ተግባራዊ ለማድረግ እሞክራለሁ			

ተራ ቁጥር	ትዳር ዓደኛ (አጋር)ጋር አለመስማማት ሲኖር ፤	አዎ	አይደለም	መወሰን ያስቸግራል
21	የማቀርባቸው ሃሳቦች በዕውነታ ላይ የተመሠረቱ በመሆናቸው ተቀባይነት አላቸው እላለሁ ።			
22	የእኔ ሀሳብ ምንጊዜም ትክክለኛ በመሆናቸው እንዲፈጸሙ ጫና አደርጋለሁ			
23	የምወስዳቸው አቋሞች ትክክለኛ ስለሆኑ ሊቀየሩ የሚችሉ አይደለም			
24	መፈጸም ያለባቸው ጉዳዮች ካልተፈጸሙ እበሳጫለሁ ካልሆነም እራሴ ከፍጻሜ አደርጋቸዋለሁ ።			
25	ለጋራችን ጥቅም ሲባል ተፅዕኖ በማድረግ እንዳፈጸሙ አደርጋለሁ			
26	ሊፈጸሙ የሚገባቸው ሃሳቦች በኃይል እንዲፈጸሙ አደርጋለሁ			
27	የእኔ አመለካከት የተሻለ ሆኖ ስለማገኛቸው ያለምንም መሸራረፍ መፈጸም አለበት የሚል እምነት አለኝ።			
28	ጉዳዮች መሠራት ወይም መደረግ ስለአለባቸው መፈጸማቸው የግድ ነው ብዬ አምናለሁ			
29	የእኔ ሃሳብ በምንም አይነት እንዲቀረፅ አልፈልግም			
30	አንድ ጉዳይ መፈጸም ካለበት እኔ ራሴ ፈጽሜ ለአጋሪ እናገራለሁ ፤ ለውጥ ስለማያመጣ			
31	በእኩልነት መርህ ላይ በተመሠረተ መልኩ የችግሮችን መንስኤ እናጠናለን			
32	ለችግሮች መፍቻ መንገዶቻቸው ላይ እንስማማባቸዋለን			
33	የተስማማንባቸው ሃሳቦች እፈጽማቸዋለሁ እንዲፈጸሙም ትብብር አደርጋለሁ			
34	የትኩረት ነጥቦች ግምት ውስጥ ያስገባ መፍትሄ እንሻለን			
35	ያለምንም ድብብቆሽ በግልፅ እወያያለሁ			
36	በተቻለ መጠን የጋራ መግባባት ላይ እንድንደርስ አደርጋለሁ			
37	የማያስማማን ነጥቦች ወደጎን ትተን በሚያስማሙን ነጥቦች ብቻ እወያያለሁ			
38	ለጉዳዩ የእኔን አቋም በግልፅ አስቀምጣለሁ እንዲሁም የአጋሪ አቋም በግልፅ ይቀርባል			
39	በጋራ ጉዳዮች ላይ ከቃላት ይልቅ ስሜትን በመናበብ እንፈጽማለን			
40	የሚቀርቡ ነጥቦች በቅንነት ላይ የተመሠረተ ስለሚሆኑ በዋናነት አከናውናለሁ			
41	በድርድር ላይ የተመሠረተ ውይይት ይከናወናል			

ተራ ቁጥር	ትዳር ጓደኛ (አጋር)ጋር አለመስማማት ሲኖር ፤	አዎ	አይደለም	መወሰን ያስቸግራል
42	ልዩነታችን በማጥበብ ችግራችን እንዳይሰፋ አደርጋለሁ			
43	ችግሮችን በመፍታት ረገድ “ስጥቶ የመቀበል” መርህን እጠቀማለሁ			
44	በሁላችንም በኩል መተው ያለብን በመተው፤ መቀበል ያለብን በመቀበል ለጋራ ውሳኔ እንድንደርስ አደርጋለሁ			
45	ለውይይታችን የሚያስማሙን ነጥቦች በመንሳት እንደጉዳዩ ሁኔታ በቅደም ተከተል እወያያለሁ			
46	የምስጢቸው የመፍትሄ ሃሳቦች የሁላችንም ጥቅም በሚረዳ መልኩ እንዲሆን የበኩሌን አስተዋጽኦ አደርጋለሁ			
47	በአፋጣኝ ለችግሮቻችን መፍትሄ በመስጠት ኑሮችን እንዳይናጋ አደርጋለሁ			
48	አላስፈላጊ በሆኑ፤ የማያስማሙን ነጥቦች በመተው በዋና ነጥቦች ላይ እንድንወያይ እጥራለሁ			
49	ሁላችንም እንድንስማማና እንድንግባባ እንድንችል የግሌን ጥረት አደርጋለሁ			
50	በምንደርሰው የመፍትሄዎች ሃሳቦች ሁላችንም የሚያረካ እንደሆን እመክራለሁ			

ሌላ ካለ ይግለጹ _____

አመስግናለሁ !!

APPENDIX B
ADDIS ABABA UNIVERSITY
POST GRADUATE SCHOOLS
DEPARTMENT OF PSYCHOLOGY

**Questionnaire for sources of marital problem and
Resolution mechanisms**

INSTRUCTION

This questionnaire may be filled out by either by the husband or the wife. Frank and sincere are of the highest importance. If the findings are to be of value to the intended research purpose. Please consider the following points while filling out this questionnaire.

1. Attempt to answer all question
2. Do not confer with your spouse in answering these questions
or show your answer to your spouse.
3. Put (x) mark on the given statement

PART – I

1. Sex
2. Age
3. Education level
4. Type of Occupation
5. Monthly Income
6. How long you have been engaged with your spouse in marriage.
7. How may children do you have?

Part II

In the following lists, what is your perception towards each entry towards affecting the coexistence of couples or married people.

S. No	Source of marital Problems	Yes	No	Undecided
1	Suspicion			
2	Jealousy			
3	Unfaithfulness			
4	Vague subjective complaints			
5	Lack of demonstration of affection			
6	Lack of Companion ship complaints			
7	Misunderstanding			
8	Impatience			
9	Intolerance			
10	Lack of freedom due to marriage			
11	Ineffective communication			
12	Strictness			
13	Neglecting children			
14	Emotional distance due to certain reason			
15	Irregular absence in home			
16	Continuous bickering			
17	In laws interference (mother, siblings			
18	Verbal abuse			
19	Possessiveness /Lack of belongingness on property			
20	Neighbor interference			
21	Friends interference			
22 _*	Accept the property thinking that the property is belonging to their children			
23 _*	Intervene of the friends on spouse relationship			

24 ₊	Abortion/not abortion of time of pregnancy by one partner interest only			
25	Loyal to kins norms rather than to the partner			
26	Unidentified role division			
27	Dominance in decision			
28	Having a child before marriage			
29	Having a child after marriage			
30	Virginity			
31	Religious difference			
32	Giving not respects to the partner's relatives			
33	Inadequate finance			
34	Poor handling of family's money			
35	Physical abuse			
36	Infertility (childlessness)			
37	Smoking			
38	Addition Substance abuse			
39	Mistress (alternative partners)			
40	Gambling			
41	Drunkenness or excessive drinking			
42 ₊	Educational level disparity			
43	Adultery /extra marital sexual relation/			
44	Sexual incompatibility			
45	To be inconsiderateness			
46	Dissatisfaction in sexual intercourse			
47	Decreasing sexual satisfaction due to other sources			
48	Reluctant or refusal of coits			
49	No role in decision making, supervision of one side			
50	Greediness			

51 ✖	One- sex role superior its social participation in “kebele” Eder etc.			
52	Need of many children by one-side with no agreement			
53	Child abuse by (family, relative)			
54	Believing in traditional taboos (cuts) like lizards			
55 ♀	Claiming the other irresponsibility in the child abuse case			
56	Child-rearing problem (misbehavior)			
57	Warring about their Children have no job and burden to them			
58	Excessive friends and reduced by their character.			

PART III

When disagreements arise between spouses, they use different types of resolution mechanisms in order to settle the dispute, what is your stand in each resolution mechanisms. Do this for each item by potting across (x) against each conflict resolution mechanisms you usually follow.

S.N	Items (description)	Yes	No	Undecided
1	I keep salient			
2	I try to go out of home			
3	I settle the cause and leave it aside			
4	I prefer to be lonely			
5	I sleep and weep			
6	I don't conform, because on change will come			
7	I won't to be drawn on the issue			
8	I prefer to suppress my emotion			
9	I accept my partner's decision with no means			
10	I postponed the issue to other time			
11	I accept my partner's suggestion			
12	I accommodate the wishes of my partner's as far as possible			
13	I believe my partner gives me smart solution			
14	I am open to accept the views of my partners			

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10	I postponed the issue to other time			
11	I accept my partner's suggestion			
12	I accommodate the wishes of my partner's as far as possible			
13	I believe my partner gives me smart solution			
14	I am open to accept the views of my partners			

15	I try to satisfy the wish/need of my partner, the concern is so high			
16	I' m tolerable (acceptable) not to offended my partner			
17	I try to adjust my views to my partner views			
18	I am ready to accept the suggested ideas			
19	I don't offend my partner's position			
20	I try to make on practice my partner's suggestions (recommendations)			
21	I believe that I give rational views so that my partner should accept			
22	I insist my partner to perform what is told, because I'm sure mine is the best way			
23	I have firm stand, It won't be changed by my partner			
24	I will be annoyed if it is not done by my partner, if not I will do it			
25	I impose my partner to be done things for natural advantage			
26	I apply force, if my views are so reasonable with no hesitation, must be functional			
27	I believe that my views are so reasonable with no hesitation, must be functional			
28	I believe that what it should be done should also done by my partner			
29	I don't want my idea should be reversible			
30	If I believe that, without consultation of my partner, I do it them I tell.			
31	I try to investigate the problems,			
32	The solution with my partner, equally			
33	I perform what both we agree and also collaborate to my partner			
34	I consider the concern of my partner with is the proposed solutions			
35	I discuss transparently			
36	I try to create common understanding conditions			
37	I don't want to discuss on irrelevant issues			
38	I invite the position my partner, and clearly explain my position too.			
39	I and my partner work on consensus.			
40	I take the propose issue as positive thinking			
41	I negate with my partner			
42	I try to find differences			
43	I use "give and take" approach			
44	I discuss by giving solutions in which both of us reach middle ground			
45	I give priorities of the issues, that the essential to			

	our needs			
46	I give solutions that are helpful for our mutual benefit			
47	I give quick solutions, so we maintain our relation			
48	I try to concentrate on basic key points, leave aside unnecessary issues.			
49	I make my own effort to come up agreement with my partner, to avoid dispute			
50	I try to be satisfied with given solution			

APPENDIX C
ADDIS ABABA UNIVERSITY
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APPENDIX C

Discussion Points for focus group decision

3. What were the major marital problems that the observed during arbitration process of disputant spouses?

4. What were the means that the spouses employed to resolve the problems at the time of conflict?
