

**SOCIAL-CULTURAL FACTORS AFFECTING FAMILY  
STABILITY: A CASE OF MUKONO MUNICIPALITY**

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**J22B15/206**

**A DISSERTATION SUBMITTED TO THE SCHOOL OF SOCIAL SCIENCE IN PARTIAL  
FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF A DEGREE OF BACHELOR  
OF SOCIAL WORK AND SOCIAL ADMINISTRATION OF UGANDA CHRISTIAN UNIVERSITY**

**September, 2024**



**UGANDA CHRISTIAN  
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## DECLARATION

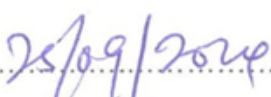
I, **Barigye Asaph**, declare that this research report is my original work. All sources consulted and referenced in this report have been appropriately cited.

Signature:  ..... Date: 25/01/2024.

BARIGYE ASAPH

## APPROVAL

This research report has been submitted with my approval as the university supervisor

Signature.......... Date..........

**Dr. Peter Nareba**  
**(UNIVERSITY SUPERVISOR)**

### **Dedication**

I dedicate this research report to my parents for their unwavering love, support, and encouragement which have been the driving force behind my academic journey. Their credence in my abilities and constant motivation has been instrumental in helping me overcome challenges and reach this milestone.

## **ACKNOWLEDGEMENT**

I would like to express my deepest gratitude to my research supervisor, Dr Peter Nareba for his continuous guidance, encouragement, and invaluable support throughout the entire process of writing this research dissertation. His insightful feedback and dedication have been instrumental in shaping this work, plus his unwavering support has inspired me to strive for excellence. I am truly grateful for the time and effort he devoted to guiding me through this academic journey.

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## **ABSTRACT**

The study investigates social cultural factors influencing family stability in Mukono Municipality, focusing on key factors such as educational differences, poverty, alcoholism, and childlessness. Family instability, marked by divorce, separation, and relationship turmoil, has become a growing concern globally and in Mukono Municipality, leading to adverse effects on children's mental and physical health. The research aims to identify the major social cultural factors that contribute to this instability and provide viable solutions to address them. Conducted within Mukono Municipality, the study's scope includes examining the impact of social cultural dynamics on family stability, while acknowledging limitations in generalizing findings due to the study's localized focus. The research findings will contribute to policymaking and academic discourse on family stability, offering a foundation for future investigations and interventions.

This study explores the social cultural factors affecting family stability, particularly in Mukono Municipality. Family instability, characterized by events such as divorce, separation, and partner changes, has seen a rapid increase globally and locally. It often results in negative consequences for children, including emotional distress, neglect, and behavioral issues. The research focuses on understanding the social cultural factors such as differences in educational attainment, economic disparities, alcoholism, and childlessness that contribute to family instability in Mukono Municipality, especially among married couples aged 18 to 32.

The study was conducted in Mukono Municipality and seeks to identify key social cultural dynamics that threaten family cohesion. The investigation highlights the consequences of family instability, including mental health challenges, domestic violence, and social deviance among children. Furthermore, it examines possible solutions to these social cultural challenges in an effort to foster family stability.

While previous approaches have emphasized legal and psychological interventions, this study adopts a social cultural-centric perspective to fill gaps in existing research. The findings are expected to offer practical solutions for policymakers, NGOs, and academics, guiding future interventions to mitigate family instability. However, the research acknowledges limitations in generalizing results due to the focused scope of the study. The theoretical framework suggests that social cultural factors are the primary determinants of family stability, with outcomes influenced by external variables like societal norms and support systems.

## **CHAPTER ONE**

### **BACKGROUND OF THE STUDY**

#### **1.1 Introduction**

This chapter includes; the study's background, the issue statement, the aim of the investigation, particular research objectives and research questions, the scope, significance, and the conceptual and theoretical framework.

#### **1.2 Background of the Study**

A rapid shift in the sexual and residential connections between parents is referred to as family instability (IFS, 2022). It can show up in a number of ways, including divorce, separation, and the coming and going of love partners from the house. Married couples between the ages of 18 and 32 have been linked to numerous incidences of family instability. If family instabilities are not addressed and children do not receive the necessary mental and physical assistance when they need it, the problems and hardships of family instability may be passed down from generation to generation. Globally, an increasing number of children now suffer family instability and single parenthood as marriage has been less of a stable anchor in the life of social cultural over the past 50 years. However, there is a drawback to these societal shifts. In Australia, forty percent of children will grow up without their parents. In fact, a lot of people grow up without a father in the family. Compared to parents in marital partnerships, de facto parents are considerably more likely to end their union. Family instability has been proven to have significant negative effects on young people's mental health.

In Uganda, women outnumber men in terms of education, and as a result, most women treat their spouses with contempt (Apio, 2022). Since their spouses make more money than they do, they view their partners as useless and place a larger value on their education and employment than their husbands. This leads to turmoil and arguments inside the social cultural, and a few of the spouses eventually flee, abandoning the children to suffer. Men often take advantage of the illiterate women they marry by having extramarital affairs, which leads to instability in the home. In other cases, both partners lack education; as a result, even small disagreements escalate into arguments that occasionally result in divorce.

In Mukono Municipality, family instability is a growing concern as societal shifts impact family dynamics. Factors such as economic challenges, lack of education, and evolving gender roles contribute to the increasing rate of family instability. Much like global trends, Mukono

Municipality has seen a rise in separations, divorces, and absent parental figures, leading to negative consequences on children's emotional and psychological well-being. A study by Nabukenya (2020) revealed that economic pressures within social cultural in Mukono a significant role in family instability. Families with low or unstable incomes face higher levels of stress, which often manifests in conflicts between spouses. These economic strains, when coupled with high unemployment rates, exacerbate tensions within Mukono Municipality, leading to family breakdowns. Additionally, it was noted that many women in Mukono Municipality are increasingly becoming the primary earners in their families, which has contributed to a shift in traditional gender roles, often causing friction and power struggles within marriages. Education also plays a significant role in family stability in Mukono. As more women become educated, they tend to prioritize their careers and personal development over traditional family roles, sometimes creating an imbalance in social cultural responsibilities. According to Kanyike (2021), this shift in gender dynamics has been linked to family conflicts, especially when male partners feel emasculated or disempowered by their partners' success. Furthermore, men who are unable to meet the financial expectations of their families due to unemployment or underemployment may resort to alcohol abuse or extramarital affairs, further destabilizing their social cultural (Mukasa, 2021). Cultural expectations surrounding marriage in Mukono Municipality also contribute to family instability. Many couples enter marriages without proper preparation or understanding of their roles and responsibilities, leading to unrealistic expectations and dissatisfaction within the relationship (Semakula, 2019). This is further compounded by societal pressure to marry early, often resulting in young couples who lack the maturity and financial stability needed to sustain a family.

In conclusion, family instability in Mukono Municipality mirrors the global trends but is deeply rooted in economic hardship, shifting gender roles, and cultural pressures. Addressing these issues requires comprehensive community-based interventions that focus on economic empowerment, education, and counselling to help mitigate the growing instability within families

### **1.3 Problem Statement**

There is a rapid rise in family instability cases among Mukono Municipality today. This is mainly attributed to various factors such as the difference in educational levels, poverty, alcoholism, childlessness among others especially at social cultural level. Moreover, it places children and adolescents at a significantly increased risk of abuse and neglect. Children require caring, secure,

and stable homes. One of the biggest issues of our day is the instability of families resulting from a key social cultural factors in the society today (Apio, 2022). Some considerable efforts have been put in place to address family instability but the problem is still prevalent in the society today. The failure to examine social cultural factors has immensely exacerbated the problem of family instabilities and if not properly addressed, family dissolutions, divorces, crashes, occasional fatalities severe mental and physical stress, malnourishment, fear, low self-esteem, and a lack of values may arise (Parkinson, 2020). They may also engage in violence, drug-abuse, smoking, and other disorderly habits, as well as theft and other crimes. Therefore, this study seeks to address social cultural factors hindering family stability in society today.

#### **1.4 Purpose of the study**

The primary goal of the study is to improve home conditions by addressing issues that impact families. In order to offer workable answers to the pressing issue of growing family instabilities in the modern world, the research project thus concentrates on addressing the problem of family instabilities, particularly through the social cultural approach.

#### **1.5 Justification of The Study**

There are still a lot of unresolved questions when family instability remedies are limited to using merely legal procedures and psychological therapies. With regard to these methodological shortcomings, the researcher felt very much compelled to conduct this investigation.

#### **1.6 Research Objectives**

1. To identify the social cultural factors affecting family stability in Mukono Municipality
2. To examine the effects of family instabilities in Mukono Municipality.
3. To find out appropriate solutions to social cultural factors affecting family stability in Mukono Municipality

#### **1.7 Research Questions**

1. What are the major social cultural factors affecting family stability in Mukono Municipality?
2. What are the effects of family instabilities in Mukono Municipality?
3. What are the solutions to social cultural factors affecting family stability in Mukono Municipality?

#### **1.8 study scope**

The scope components addressed the geographical, content, and time scopes of the study

### **1.8.1 Geographical Scope**

Situated in the central region of Mukono, Mukono Municipality spans 2,986.47 square kilometres. It shares borders with the Buikwe to its east, Kayunga along the banks of Sezibwa to the north, Luwero to its northwest, Kampala and Wakiso to its southwest, Tanzania - Lake Victoria to the south, and the Islands of Buvuma to the south.

### **1.8.2 Content Scope**

The study hinged around the concepts of social cultural factors and family instabilities. Thus, the content material in this research was primarily entail house hold factors that influence family stability in Mukono Municipality today.

### **1.8.3 Time scope**

The research was carried out in the last semester of the academic program and is exclusively intended to last for a period of four months and submitted to the academic supervisor for approval.

## **1.9 Significance of the study**

- a) The researcher was able to gain a deeper understanding of how social cultural factors affected family stability through the outcomes of the study. Participating in this evaluation provided the researcher with in-depth knowledge of the different dynamics involved in developing workable solutions to the persistent issue of family instability.
- b) The study made an ideological contribution to the theme of family stability. It offered literature that future academics could use, particularly when studying issues similar to this one. To advance discussions on these findings, references were made, especially in academic settings, supporting further research in family and social dynamics.
- c) The project proved useful to policymakers, particularly by helping them determine which strategies were most effective in addressing Mukono's growing family instability problem. Researchers provided government and private actors, such as non-governmental organizations (NGOs), with a solid scientific base to build their strategies around, facilitating targeted efforts to address family instability in Mukonon Municipality.
- d) The study contributed to the improvement of social welfare programs by highlighting the specific social cultural factors that influence family stability. This information helped social workers and community organizations design targeted interventions that addressed the root causes of family instability, thereby fostering healthier family environments.
- e) By analysing the socio-economic factors contributing to family instability, the study provided valuable insights for educational institutions. Schools and educators were able to use these findings to support children from unstable families more effectively, creating programs that addressed emotional and psychological needs stemming from family issues.
- f) The study served as a foundation for future research in the field of family and social stability in Mukono. Researchers and students working on similar topics could build on these findings to explore other related factors, such as the role of cultural norms or economic policies, further expanding the knowledge base on family stability and its impact on societal development.

## **CHAPTER TWO LITERATURE REVIEW**

### **2.1 Introduction**

The researcher will review a variety of scholarly publications regarding social cultural variables influencing family stability. Furthermore, the results of earlier research will provide the researcher a more comprehensive and in-depth grasp of the subject problem. As a result, the evaluation of pertinent literature sources will be carried out in accordance with the particular study objectives.

### **2.2 Social cultural factors affecting family stability**

In light of IOM (2022) findings, an individual is more prone to make risky decisions and be exposed to unhealthy, hazardous, and exploitative housing situations while they are homeless or in a marginally shelter situation. It's also critical to ascertain who they share a home with, since cohabiting family members and relatives are much more dependent on one another than are unrelated cohabitants. As a result, the effects of a given issue may differ throughout social cultural members. Being excluded from social cultural/family decision-making processes or not feeling heard during these processes is a risk factor because it indicates a person's relative lack of agency and relative disempowerment, which increases their vulnerability to coercion or control.

According to the Working Group's findings (Urban Institute, 2023), family stability and structure are important indicators of a person's potential to escape poverty. Growing up in a home with two married parents is found to be a strong predictor of continuous advancement. The question of whether two married parents accurately reflect the demographic reality for many homes or whether alternative arrangements would offer more stability and support is, however, a topic of intense discussion among experts and scholars, including those in the Working Group. Additionally, the Working Group preferred the idea of stable families above those with a lot of structure, although stability metrics were hard to come by. In spite of this disagreement, the Working Group has continuously recognized the impact of family stability and structure on children's mobility and well-being.

Research suggests that family stability, parenting styles, and children's developmental outcomes are all impacted by socioeconomic class. Domestic crowding, which has detrimental effects on adults and children alike, including increased psychological stress and poor health outcomes, has been connected to lower SES (Melki et al, 2004). Poverty increases the likelihood that all members of the family may experience violence. Minorities in terms of race and ethnicity who also have lower socioeconomic status are more vulnerable to victimization. Strong parent-child relationships

are important for fostering a child's healthy development, especially for kids from lower socioeconomic backgrounds (Milteer et al, 2012).

Contrary to the above argument, poor men's inability to support their families is claimed to occasionally make them extremely violent (Apio, 2022). When "the man of the house" or "head of the family" is unable to care for the family's fundamental needs, poverty can lead to disrespect for families. A lot of conflicts and battles occur in the family as a result of these men's wives insulting them, depriving them of food because they are poor, and even calling them useless in front of their kids at times. Another issue endangering the stability of families is childlessness. Either the wife's infertility or the husband's impotence might lead to childlessness. That being said, having children is not only necessary for starting a family but for it to continue. Nonetheless, the primary role of the family is reproduction; without it, the family's continued existence is in doubt and eventually becomes unstable (Peter, 2022).

According to a research in the *Journal of Developmental Psychology* (2022), families with more religious parents were shown to be more cohesive. Additionally, the study revealed that religious parents experienced less marital disputes. Adolescent children from religious homes also demonstrated improved emotional and behavioral regulation. It is possible that religion fosters family peace because it pushes individuals to adhere to a shared set of moral principles. For instance, the Catholic Faith encourages us to practice the virtues of love, humility, and patience, all of which are helpful for handling challenging relationship situations.

### **2.3 Effects of family instability**

In recognition of children, marriage matters (IFS, 2023). Children who live in married homes usually have access to more resources, spend more time with their parents, and have greater stability. Although these elements alone suggest a number of better outcomes for kids, there are more advantages to growing up in a home with married parents than just these. A greater number of children are growing up in single-parent families as a result of the consistent fall in marriage rates during the last 50 years. All demographic categories have seen a fall in marriage, but more than one in three children whose mother has less than a college degree do not have married parents. Numerous studies have repeatedly shown that children raised in stable home environments have better cognitive, social, and emotional outcomes than their counterparts who do not experience such stability (Nunz, 2023). Therefore, it is crucial to preserve family stability because it has a

profound effect on children and should not be undervalued. Researchers found that children from separated families had lower levels of general well-being than children from families that were still together. This suggests that a child's developmental pathway may be negatively impacted by the loss of one parents. According to the research, children who experienced several family transitions such as parental remarriage or cohabitation showed lower levels of emotional and cognitive wellbeing. This suggests that repeated upheavals in the family unit may be detrimental to children's development (Micheal,, 2021).

It was also discovered in different manner that more than a third fewer children who had experienced familial instability were likely to continue their education over the age of sixteen (Thompson, 2015). This remained the case even after taking earlier success, income fluctuations, and background variables into consideration. Additionally, our findings showed that the likelihood of young people continuing their education was equivalent for those from stable, married social cultural as well as those from stable, single-parent social cultural . However, poverty is more likely to be experienced by lone-mother families. Occasionally the structure of the family, but this is what leads to educational exclusion.

Stable families promote consistency in caregiving, enable parents to get more emotional and financial support, and inspire responsive parenting. According to the survey, stable homes allow parents to provide their children with even more assistance. Gibson and Pines (2010); Tach et al (2010). According to similar research, early parenting that is responsive and dependable helps children "engage fully in the contextual setting and have positive social interactions with adults and peers," as well as supporting the emotional and developmental growth of the child.

On the other hand, marital precariousness makes it harder for children to play tough roles and ruins home relationships. Without a doubt, studies have shown that family dissolution causes stress to family members and that early life disruptions continuously contribute to growth in adolescence and middle age (Cavanagh and Huston 2008). The functioning of children and adolescents is influenced by family instability, and the relationship status of parents. Children and adolescents who live in stable families are more likely to exhibit positive social behaviors; on the other hand, unstable families are linked to social adjustment disorder, which can manifest in ways like aggressiveness towards parents, teachers, or classmates.

Family experts have conclusively shown that young people and teenagers in unstable families have negative consequences on their behavior, socio emotional development, academic performance,

and financial resources. The literature, however, rarely examines the potential health hazards associated with family instability (Crosnoe and Cavanagh, 2010). Children with a family history of instability are more likely to be diagnosed with acute diseases like asthma and have worse overall health outcomes than children of stable married parents (Bzostek and Beck, 2011). According to that research, kids who don't live in stable two-parent social cultural and who encounter family instability tend to weigh more and have higher obesity rates than kids who grow up in stable two-parent social cultural (Augustine and Kimbro, 2015; Schmeer, 2012).

#### **2.4 Appropriate solutions to family instabilities**

In order to improve people's capacity to care for their children, boost economic independence, and lessen a family's susceptibility to poverty, families should strive to strengthen their finances (Better Care Network, 2020). Not only will economic strengthening not keep families together or shield children from harm, but it should also be a component of a larger package of services that includes family support, education, health care, psychosocial therapy, and community mobilisation. In addition, government social assistance programmes, welfare sector projects, and child care regulations should be strengthened by increasing social cultural finances. Families that are penniless, impoverished, or in risk of becoming so, particularly those headed by children, should be among those who receive assistance (James, 2020).

On the other hand, the findings from Tear Fund (2023) claim that there are a lot of strains on families in today's society. Families can, however, thrive in a variety of ways and offer a solid foundation for others as well as for their own family members. A leader, guardian, spiritual advisor, and motivator, the Bible portrays the perfect parent. As role models for their children, parents are essential. Family leadership must adapt to changing conditions rather than being inflexible and permanent. A strong foundation enables a family to withstand numerous challenges. Building a solid family is crucial for many Christians, and their foundation in faith is crucial.

According to research, expecting interactions to be amicable all the time is neither practical nor even healthy (Divecha, 2020). Family studies have taught us that disagreements will inevitably arise and that how you handle them is more important than what happens. Tension and resentment are commonplace because families are spending more time together than ever before. There are also many opportunities to re-connect at these times. You can use this strengthening, damaging, and repairing paradigm to guide your reflections on how you connect with others. Positive family relationships are built on a foundation of trust and mutual belief in one another's good intentions,

which makes it easier for everyone to move past little setbacks. Thus, proactive maintenance of the fabric of family connections is beneficial.

A roundtable discussion might not be enough to resolve certain issues. Working with a licenced professional therapist can be required. Numerous experts have received specialised training in working with families to help them settle both major and little disputes. Family relationship therapists are skilled at identifying the core causes of problems and working with each individual to create strategies that will prevent you from repeating past mistakes. Mental health specialists such as therapists and psychologists regularly assist individuals with a wide range of conflicts. They can assist you in modifying some of your dispute resolution strategies so that you are better equipped to manage any disputes throughout ahead. According to CSSP (2020) findings, Families cannot survive if their fundamental needs such as clothing, food, shelter, and medical attention are not met.

In the same way, sufficient services and supports must be in place when families experience a crisis related to substance misuse, mental illness, or domestic violence in order to give family members stability, treatment, and assistance in getting through the crisis. In addition, friends, family, neighbours, and community members offer parents practical help, emotional support, problem solving skills, and parenting guidance. Support networks are vital for parents and provide chances for people to "give back," which is good for the community and a crucial aspect of one's self worth. Families that are isolated might require more assistance in establishing constructive interactions.

In line with the American Child Defence Fund (2024), each child will achieve their goal of outperforming their parents by leaving a stable, supportive social cultural of birth, kinship, foster, or adoption. In this area, CDF will promote laws pertaining to: (1) child welfare; (2) family-supporting wages; (3) chances for asset-building; and (4) increasing the income and housing supports available to low-income families. The vision for building a nation where all children can thrive, from essential measures that offer children and youth with exceptional early education opportunities to socioeconomic and social initiatives that create conditions for children and adolescents to grow up with dignity, hope, and joy, is to enact a permanent, universal family or child allowance in order to fulfil our historic commitment to "end child poverty."

## **CHAPTER THREE RESEARCH METHODOLOGY**

### **3.1 Introduction**

The research plan that directed the entire study process was summarized in this chapter. In essence, this covered the research design, a description of the research problem, the targeted demography, sample size, data sources, data collection methodologies, and the methodology for data analysis. This will delve into ethical issues and the research's benefits and drawbacks.

### **3.2 The Research Design**

To close the research gap, this study employed descriptive study methodology and observational methodologies. This made an effort to present to us comprehensive solutions to the problem statement about home elements influencing the stability of families. Therefore, by using exclusively a qualitative research approach, the researcher created a trustworthy data collection that is best suited for the study. The primary and more detailed themes in the relationship between the independent and dependent variables gave us the information needed by focusing on this, and the data was gathered using a randomized approach. As a result, the sample region was made up of several case situations that were picked at random from certain areas of interest within the Mukono Municipality.

### **3.3 Study Population**

Only those who live in the Mukono Municipality were included in the study population. Consequently, the aforementioned elements comprised a significant portion of the population parameter.

### **3.4 Sampling Technique**

The concept is to employ the fundamental method of random sampling. Put another way, the sample population was chosen at random using the enumeration technique. This sample strategy is the most appropriate for the study since it can guarantee reliable data regarding the social cultural elements impacting family stability and eliminate prejudice. Therefore, representatives of Mukono Municipality inhabitants were selected from the entire population parameter using random sample selection.

### **3.5 Sample size**

The sample size for the study was obtained from the residents of Mukono Municipality. Therefore, the Slovin method of sample size determination will be used to extract an appropriate sample for the study as follows;

$$n = N/1+Ne^2$$

Where;

n= is the population sample

N= is the population parameter

1= is a constant

e= is the margin of error

Thus,

$$n = 30 / (1 + 300.05^2)$$

$$n = 30 / 1.075$$

n = 28 Elements of the sample population.

### **3.6 Data Sources**

The study specifically used primary data, which came from the respondents' first-hand claims, and secondary data, which came from knowledge gathered from past research projects and project reports, particularly regarding the social cultural factors affecting family stability.

#### **3.6.1 Primary data**

The responses concerning social cultural characteristics impacting family stability were mainly consisting of the original primary data for the research since carefully arranged interviews were held with respondents in Mukono Municipality in order to get primary data.

#### **3.6.2 Secondary data**

There are several studies that provide secondary data on social cultural characteristics, including reputable authority at Mukono Municipal Council which discussed the main social cultural elements influencing citizens' family stability.

### **3.7 Data Collection Tools**

The study employed a carefully designed interview template that included both closed- and open-ended questions. In light of this, a comprehensive collection of narrative data about the social cultural elements affecting family stability in Mukono Municipality was possible thanks to the design of the interview template.

### **3.8 Quality/Error Control**

In order to address instances of incoherent and mismatched answers, the researcher carefully reviewed, categorized, and filtered each component of the field responses that were gathered. After reviewing the interviewing form, the required steps were methodically carried out to ensure that the field responses correspond with the specific study objectives.

### **3.9 Strategy for Data Processing and Analysis**

Data analysis was conducted using the qualitative technique and the SPSS statistics program alongside Excel. Therefore, it involved examining recurring themes using the collected qualitative data and emphasizing noteworthy responses. The field replies addressing the topic were taken into consideration when analysing the qualitative data.

To be more precise, the data analysis relied on fieldwork findings and addressed the research questions. Consequently, the process involved analysing, classifying, summing up, and merging the qualitative components of the information to refute the study's original hypothesis. The information obtained from primary and secondary sources was then examined and compared to find connections with the research questions. This analysis was conducted using SPSS and was ultimately coupled with additional details.

### **3.10 Ethical Considerations**

- a) The researcher obtained informed consent from all participants before involving them in the study. Participants were fully informed about the purpose of the research, their role in it, and their right to withdraw at any point without any repercussions.
- b) The confidentiality of all participants was maintained throughout the study. Personal information and responses were anonymised to ensure that the identities of participants were protected.
- c) Participation in the study was entirely voluntary. No participant was coerced or pressured to take part in the research, and they were free to decline participation or withdraw from the study at any stage without any negative consequences.
- d) The researcher ensured that no harm, whether physical, psychological, or emotional, was caused to participants during the research process. Sensitive topics were approached with care, and participants were provided with the necessary support where needed.
- e) The researcher ensured that all collected data was securely stored and protected from unauthorized access. Proper measures were taken to maintain data integrity and prevent tampering or misuse during and after the research process.

**CHAPTER FOUR:  
PRESENTATION, ANALYSIS, AND INTERPRETATION OF FINDINGS**

**4.0 Introduction**

This chapter covers the presentation of data, analysis and makes critical interpretations of the findings as shown below:

**4.1 Response rate**

The study recorded a 72% response rate. Out of a population of 28 respondents 20 were able to answer the research tools as indicated in table 4.1 below.

**Table 4.1 showing the Response Rate**

Category	Target sample	Percent
MALE	10	50
FEMALE	10	50
TOTAL	20	100

*Source: primary data 2024*

According to the table above, the response rate was very good as it attained 71% results

**4.2 Demographics of respondents**

This section includes cross cutting characteristics of all respondents involved in the study for instance, age, marital status and more.

**4.2.1 Age of respondents**

The study respondents were from varying age groups as indicated in table 4.2.1 below.

**Table 4.2 showing age group of respondent**

Age group	Frequency	Percent
18-25 years	6	30
26 – 35 years	4	20
36-45 years	5	25
45 years and above	5	25
Total	20	100

*Source: primary data 2024*

According to findings in the table above, it can be seen that majority of the respondents were in the age group of 18-25 years with 30%, these were followed by those in the age group of 36-45 years and above 45 years with 25% and the minority were between 26-35 years with only 20%.

#### 4.2.2 Marital status of respondents

In this study, participants were from varying marital categories and these are indicated in table 4.2.2 below.

**Table 4.3 showing the marital status of respondents**

Marital status	Frequency	Percent
Single	7	35
Married	5	25
Divorced	5	25
Separated	3	15
Total	20	100

*Source: primary data 2024*

According to the findings in table 4.3 above, it was revealed that majority of the respondents were single and not married these represented 35%, they were followed by those who were married and divorced representing a total of 25% and the minority were those who were separated who represented only 15%. This indicates that there is a lot of marital instability in the study area which leads to separation of partners.

#### 4.2.3 Education levels of respondents

Respondents who participated in the study were of different education levels as indicated in table 4.2.3 below.

**Table 4.4 showing the education level of respondents**

Level	Frequency	Percent
Primary	5	25
Secondary	10	50
Institution/ university level	5	25
Total	20	100

*Source: primary data*

Given the statistics in the table above, it is evident that the majority of the respondents were of secondary level with a representation of 50%, these were followed by those of primary level with a representation of 25% and those of primary level were also represented by 25%.

### 4.3 Major social cultural factors affecting family stability in Mukono Municipality?

The study sought to investigate the respondents' rankings on what are the major social cultural factors affecting family stability in Mukono municipality? The statistics in table 4.5 below indicate the findings on this objective. Responses were in form of ticking against statements in regards to the respondent's degree of acceptance.

**Table 4.5 showing major social cultural factors affecting family stability in Mukono municipality?**

Statements	SA		A		NS		D		SD	
	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>	<i>f</i>	<i>%</i>
Adultery/infidelity	2	10	1	5	0		7	35	10	50
poverty	10	50	5	25	0		3	15	2	10
Unemployment	10	50	5	25	0		5	25	0	
alcoholism	2	10	2	10	0		8	40	8	40
Lack of education	9	45	5	25	0		3	15	3	15

*Source: Primary Data 2024*

According to table 4.5 above, the study investigated the major social cultural factors affecting family stability in Mukono Municipality and the findings are as follows.

The findings of the study indicated that Adultery/infidelity were not associated with family instability in Mukono municipality, this was evident where 50% of the respondents strongly disagreed while 35% disagreed to the same statement. The findings also showed that only 10% of the respondents agreed to the statement.

The findings of the study portrayed that poverty was a major cause of family instability. This was seen where 50% of the respondents strongly agreed and 25% agreed to the statement. The findings further showed that 15% and 10% of the respondents disagreed and strongly disagreed respectively.

Further the findings of the study revealed that Unemployment was strongly problem to family stability. This was shown where the majority of the respondents strongly agreed to the statement with a representation of 50% while 25% also agreed.

The findings of the study in addition found out that alcoholism was not a major cause of family instability. This was evident where 40% of the respondents strongly disagreed and another 40% of the respondents disagreed to the statement.

Finally the study found out that Lack of education was another major cause of family instability. This was evident whereby 45% of the respondents strongly agreed and 25% agreed to the same statement.

#### 4.4 Effects of Family Instability in Mukono Municipality

The study sought to investigate the respondents' rankings on the effects of family instabilities in Mukono Municipality. The statistics in table 4.6 below indicate the findings on this objective. Responses were in form of ticking against statements in regards to the respondent's degree of acceptance.

**Table 4.6 showing the effects of family instabilities in Mukono**

Statements	SA		A		NS		D		SD	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Instability can lead to high dropout rates	1	5	2	10	2	10	5	25	10	50
Instability can weaken community ties	7	35	6	30	0	0	4	20	3	15
Families experiencing instability often face financial difficulties,	10	50	10	50	0	0	0	0	0	0
Stress from family instability can lead to physical health problems	7	35	8	40	0	0	3	15	2	10
Instability often affects gender dynamics	3	15	3	15	0	0	5	25	9	45
Instability has a negative effect on Child Development	15	75	3	15	0	0	0	0	2	10

*Source: Primary Data 2024*

According to table 4.6 above. The findings on the effects of family instabilities in Mukono Municipality were as follows:

The study revealed that Instability did not lead to high dropout rates. This was evident whereby 50% of the respondents strongly disagreed to the statement while 25% disagreed to the same statement.

The findings according to the study further revealed Instability can weaken community ties. This was portrayed where 35% and 30% of the respondents strongly agreed and agreed respectively.

The study still revealed that Families experiencing instability often face financial difficulties. This was by the study where 50% of the respondents strongly agreed to the statement and the other 50% agreed to the statement.

The study findings portrayed that Stress from family instability can lead to physical health problems. This was witnessed whereby 35% of the respondents strongly agreed to the statement while 40% agreed to the same.

Instability has a negative effect on Child Development. The findings revealed that 75% of the respondents strongly agreed to the statement.

The findings also showed that because of unemployment fathers were more at the risk of neglecting their children than their mothers as revealed by a key informant:

#### 4.5 Solutions to Family instabilities in Mukono Municipality

The study sought to investigate the respondents' rankings on the solutions to social cultural factors affecting family stability in Mukono Municipality. The statistics in table 4.6 below indicate the findings on this objective. Responses were in form of ticking against statements in regards to the respondent's degree of acceptance.

**Table 4.6 showing the solutions to family stabilities in Mukono Municipality**

Statements	SA		A		NS		D		SD	
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%
Strengthening Economic Support:	10	50	5	25	0	0	5	25	0	0
Improving Education Access:	15	75	5	25	0	0	0	0	0	0
Promoting Health Services:	3	15	2	10	0	0	7	35	8	40
Enhancing Social Support Networks:	2	10	2	10	0	0	6	30	10	50

*Source: Primary Data 2024*

The findings of the study revealed that Strengthening Economic Support. This was evident whereby 50% of the respondents strongly agreed to the statement, whereas 25% also agreed to the same. one key informant said.

The findings of the study further revealed that Improving Education Access would helped alleviate family instability. This was portrayed during the study whereby 75% of the respondents strongly agreed to the statement while the other 25 agreed as well. The second key informant said.

The findings of the study also revealed that Promoting Health Services would not enhance family stability .40% of the respondents strongly disagreed to the statement while 35% of the respondents disagreed.

Lastly the findings of the study showed that Enhancing Social Support Networks.50% of the respondents strongly disagreed to the statement.

## **CHAPTER FIVE**

### **DISCUSSION OF THE FINDINGS, CONCLUSIONS AND RECOMMENDATIONS**

#### **5.0 Introduction**

This chapter presents the summary and description of findings derived from the study. The chapter also provides discussion of the findings, conclusions and recommendations for policy as well as recommendations for further research.

#### **5.1 Discussion of The Findings**

##### **5.1.1 Major social cultural factors affecting family stability in Mukono Municipality.**

Family stability in Mukono Municipality is intricately influenced by a variety of social cultural factors that shape family dynamics, relationships, and overall well-being. One of the most significant factors is the traditional gender roles that dictate the responsibilities of men and women within the household. Research by Kanyike (2021) emphasizes that rigid gender norms often impose undue pressure on both partners, leading to conflicts and instability. In Mukono, men are typically expected to be the primary breadwinners, while women are often relegated to domestic roles. This imbalance can create frustration and resentment, especially as women increasingly assume roles as primary earners. Mukasa (2021) highlights that when women earn more than their partners, it can disrupt established power dynamics and result in conflicts that threaten family stability.

Cultural norms surrounding marriage also play a crucial role in family stability. Traditional practices, such as early marriages and arranged unions, can limit individual autonomy and choice, leading to dissatisfaction and instability within families (Semakula, 2019). This literature suggests that couples who enter marriage without proper preparation often face significant challenges that can culminate in separation or divorce. Nabukenya (2020) underscores the importance of understanding these cultural expectations, noting that they perpetuate cycles of instability when couples lack the necessary skills and support for successful marriages.

Economic pressures further complicate the social cultural landscape in Mukono. Families facing high unemployment rates and economic instability are often more susceptible to conflicts over financial responsibilities (Nabukenya, 2020). The stress associated with financial insecurity can exacerbate tensions within households, leading to disagreements that undermine family relationships. Kanyike (2021) emphasizes that families struggling to meet basic needs experience heightened vulnerability to conflict, further destabilizing their structure.

Moreover, the influence of community and social networks is vital in shaping family stability. Strong community ties can provide essential support during crises, as noted by Apio (2022), which can mitigate the effects of family challenges. Conversely, negative community attitudes or stigmas surrounding family issues can lead to isolation, exacerbating instability. Literature indicates that communities with robust support systems tend to foster greater family resilience, illustrating the critical role of collective social capital in maintaining family stability (Mukasa, 2021).

Lastly, educational levels among family members are closely related to family stability. Studies have shown that higher educational attainment correlates with better economic prospects and improved family dynamics (Kanyike, 2021). In Mukono, educational disparities between partners can lead to conflicts, particularly when one partner feels undervalued or disempowered due to a lack of education. Apio (2022) stresses the importance of educational initiatives aimed at empowering both men and women, as these can promote healthier family relationships and greater stability.

### **5.1.2 Effects of family instability in Mukono municipality**

According to the findings of the study, family instability significantly affects children's education in Mukono. Children from unstable homes often experience disruptions in their schooling due to factors such as economic hardship, lack of parental support, and increased mobility associated with family separation. This finding was in alignment with study by (Owiny, 2017). As Kigozi (2021) notes, these disruptions can lead to lower academic performance and higher dropout rates, perpetuating a cycle of poverty and instability within families and communities.

Family instability can also lead to significant economic consequences for both individuals and communities. Social cultural in turmoil may struggle to maintain employment due to conflicts and emotional stress, resulting in decreased income and increased reliance on social support systems. The effects of family instability extend beyond the immediate social cultural, contributing to broader social disintegration in Mukono. Families in crisis often withdraw from community engagement, reducing social cohesion and support networks (This withdrawal can lead to a rise in anti-social behaviors, as individuals feel less connected to their communities).

### **5.1.2 Solutions to family instabilities in Mukono Municipality**

Addressing family instabilities in Mukono Municipality requires a multifaceted approach that considers the social, cultural, and economic factors contributing to the challenges faced by families. The following solutions are proposed based on the findings from the study and relevant literature.

One of the most effective ways to address family instabilities is to promote gender equality within households. This can be achieved through community awareness programs that educate both men and women about the importance of equitable roles in the family. Initiatives that empower women economically, such as access to vocational training and microfinance opportunities, can help mitigate power imbalances and reduce conflicts related to financial responsibilities. According to Mukasa (2021), when both partners contribute equally to household responsibilities, family stability improves.

Education plays a crucial role in fostering family stability. Implementing educational programs focused on parenting skills, conflict resolution, and financial management can equip couples with the necessary tools to navigate family challenges. As highlighted by Kanyike (2021), communities that prioritize education tend to experience lower rates of family instability. Partnerships with local schools and NGOs can help deliver these programs, ensuring they are accessible to all families.

Developing robust community support networks is essential for promoting family stability in Mukono. This can include establishing support groups for families facing similar challenges, such as financial difficulties or parenting issues. By fostering connections among community members, families can share resources and offer emotional support, which can significantly alleviate feelings of isolation and stress. Apio (2022) emphasizes that strong community ties are vital in providing the necessary support to families during crises.

Access to counseling and mediation services can help families address conflicts and improve communication. Establishing community-based counseling centers where trained professionals provide support can facilitate discussions between partners and help resolve underlying issues. As noted by Nabukenya (2020), early intervention through counseling can prevent conflicts from escalating and promote healthier family dynamics.

Public awareness campaigns aimed at educating the community about the causes and effects of family instability are crucial. These campaigns should focus on destigmatizing family issues, encouraging open discussions, and providing information on available resources and support systems. By fostering a culture of dialogue and understanding, families may feel more empowered to seek help and address their challenges proactively.

Advocating for policies that support family stability is essential. This includes promoting legislation that addresses economic inequalities, such as parental leave policies and child support systems, which can alleviate financial pressures on families. Collaborating with local government and NGOs to implement these policies can create a supportive environment that fosters family stability. As highlighted in the literature, effective policy interventions can significantly enhance family resilience (Semakula, 2019).

Encouraging families to adopt healthy communication practices is vital for resolving conflicts and building stronger relationships. Workshops or seminars focused on effective communication techniques can help family members express their feelings, needs, and concerns constructively. By fostering an environment where open dialogue is encouraged, families can reduce misunderstandings and work collaboratively to resolve issues. Literature indicates that effective communication is fundamental to maintaining stable family dynamics (Kanyike, 2021).

Equipping families with financial literacy skills can greatly enhance their ability to manage economic pressures and promote stability. Training programs that focus on budgeting, saving, and responsible spending can empower families to make informed financial decisions. This can help reduce conflicts related to money management and promote overall financial well-being. Research shows that financial stability is closely linked to family harmony (Nabukenya, 2020).

Cultural exchange programs that promote understanding and respect for diverse family structures and practices can enhance social cohesion in Mukono. By exposing community members to different ways of managing family dynamics, these programs can encourage adaptive practices that improve stability. Such initiatives can foster empathy and support for families facing challenges, ultimately contributing to a more inclusive and stable community. Literature supports the idea that cultural awareness plays a key role in enhancing family resilience (Apio, 2022).

## **5.2 Conclusions.**

In examining the social cultural factors affecting family stability in Mukono, particularly in Mukono, this study has identified several critical dimensions that interplay to influence family dynamics. The primary objectives of this research were to understand the economic, educational, health, cultural, and social factors contributing to family instability, and to propose actionable solutions to mitigate these challenges.

The findings of this study suggest that a multifaceted approach is necessary to address the social cultural factors affecting family stability in Mukono. Policymakers, NGOs, and community leaders must collaborate to implement strategies that encompass economic empowerment, educational access, health care improvements, cultural reevaluation, and the strengthening of community support systems.

By investing in these areas, stakeholders can create an enabling environment where families thrive. This holistic approach not only addresses the immediate factors contributing to instability but also promotes long-term resilience and well-being within families and communities.

As Mukono Municipality continues to navigate its developmental challenges, future research should focus on longitudinal studies to assess the long-term impacts of interventions aimed at improving family stability. Additionally, exploring the inter sectionalism of factors such as ethnicity, urbanization, and migration will provide deeper insights into the unique challenges faced by different family structures.

In conclusion, addressing the factors affecting family stability in Mukono Municipality is not merely a matter of individual intervention but requires systemic change. By understanding and acting upon the interconnected nature of these factors, Mukono Municipality can pave the way for more stable, resilient families and, consequently, a more prosperous society.

### **1.3 Recommendations**

Based on the findings and conclusions of the study, the following recommendations are proposed to address the identified social cultural factors affecting family stability in Mukono Municipality:

- a) It is recommended that local authorities and NGOs implement programs aimed at promoting gender equality and sensitizing community members about the importance of shared responsibilities within households. These programs should target both men and women to foster a balanced approach to family dynamics.
- b) The study suggests that improving educational opportunities for both genders is crucial. Initiatives should focus on increasing access to quality education, particularly for girls, to empower them and reduce inequalities that contribute to family instability. Scholarships and support programs can encourage families to prioritize education.
- c) Creating support networks for families can provide essential resources and emotional backing. Community support groups should be established to help families facing similar

challenges, allowing them to share experiences and solutions. These groups can foster a sense of belonging and collective resilience.

- d) To mitigate economic pressures that contribute to family instability, it is vital to introduce financial literacy programs within the community. These programs should focus on budgeting, saving, and investment strategies to help families manage their finances effectively and reduce conflicts related to financial stress.
- e) It is recommended that local governments establish accessible counselling and mediation services to help families address conflicts proactively. Training community members as peer counsellors can also create a network of support within families, enabling early intervention in disputes.
- f) Public awareness campaigns should be organized to educate the community on the impacts of family instability and the importance of healthy relationships. These campaigns can help de-stigmatize issues such as divorce and separation, encouraging families to seek help when needed.
- g) Policymakers should be actively engaged in creating and implementing supportive policies that address the root causes of family instability. This includes promoting laws that protect vulnerable family members and providing resources for economic empowerment, mental health support, and education.

#### **5.4 Areas for Further Study**

To build on the findings of this study and gain a deeper understanding of the complexities surrounding family stability in Mukono Municipality, the following areas are recommended for further research:

- a) Conducting longitudinal studies that track family dynamics over time would provide valuable insights into how social cultural factors influence family stability across different life stages. This approach could help identify patterns and causal relationships that contribute to long-term family well-being.
- b) Investigating the effects of local and national economic policies on family stability could yield important information on how financial support, employment opportunities, and welfare programs influence family dynamics. This research could inform policymakers about effective strategies for promoting family resilience.

- c) Further studies could examine the role of extended families and kinship networks in supporting family stability. Understanding how these networks interact with nuclear families and contribute to social support systems could provide a comprehensive view of family dynamics in Mukono.
- d) Researching how specific cultural practices and traditions affect relationship satisfaction and family stability would enhance understanding of the local context. This could include examining marriage customs, conflict resolution practices, and gender roles within families.
- e) Exploring the relationship between mental health issues and family stability could provide insights into how emotional well-being affects family dynamics. Understanding the prevalence of mental health challenges within families and their impact on stability could inform the development of targeted support services.
- f) Conducting comparative studies between Mukono Municipality and other regions in Uganda or similar contexts could highlight unique social cultural factors influencing family stability. Such research could identify best practices and effective interventions that may be applicable across different settings.
- g) Investigating the experiences and perspectives of children growing up in unstable family environments could provide a deeper understanding of the effects of family instability on younger generations. This research could inform strategies aimed at supporting children's emotional and psychological well-being in the context of family challenges.

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## APPENDICES

### APPENDIX ONE: QUESTIONNAIRE

I am **BARIGYE ASAPH** a third-year student pursuing a Bachelor’s Degree in Social Work and Social Administration at Uganda Christian University. This questionnaire is designed to “**Social cultural factors affecting family stability: a case study of Mukono.**”

I very much appreciate your participation in this study, be assured that your responses will be completely anonymous and therefore any information you provide in here will be treated with strict confidentiality.

### **INSTRUCTION**

Tick appropriately in the boxes provided. The information that will be given will be used for academic purposes only. Please do not write your name.

### **PART A**

**BIO - DATA**

1. Age

(a) 18-25

(b) 26-35

(c) 36-45

d) 45 and above

2. Marital status

(a) Single

(b) Married

(c) Divorced

(d) Separated

Others specify.....

3. Level of education

1. Primary

2. Secondary

(c) Institution/  
University level

University level

If others specify.....

**PART B**

**Factors affecting family instability in Mukono Municipality**

No	Statement	Strongly Agree	Agree	Disagree	Strongly disagree	Not sure
1.	ADULTERY					
2.	POVERTY					
3.	UNEMPLOYMENT					
4.	ALCOHOLISM					
5.	LACK OF EDUCATION					

**PART C**

**Effects of family instability in Mukono Municipality**

No	Statement	Strongly Agree	Agree	Disagree	Strongly disagree	Not sure
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1.	Instability can lead to high dropout rates					
2.	Instability can weaken community ties					
3.	Families experiencing instability often face financial difficulties					
4.	Stress from family instability can lead to physical health problems					
5.	Instability often affects gender dynamics					
6.	Instability has a negative effect on Child Development					

**PART D**

**SOLUTIONS TO SOCIAL CULTURAL FACTORS AFFECTING FAMILY STABILITY IN MUKONO.**

No	Statement	Strongly Agree	Agree	Disagree	Strongly disagree	Not sure
1.	Strengthening Economic Support:					
2.	Improving Education Access					
3.	Promoting Health Services:					
4.	Enhancing Social Support Networks					

**APPENDIX TWO: INTERVIEW GUIDE**

**INTERVIEW GUIDE FOR THE STUDY: SOCIAL CULTURAL FACTORS AFFECTING FAMILY STABILITY: A CASE STUDY OF MUKONO**

Thank the participant for their time. Introduce yourself and explain the purpose of the study. Assure them that their responses will remain confidential and anonymous. Obtain their consent to proceed with the interview.

**Section A: Social Cultural Factors Affecting Family Stability in Mukono Municipality.**

2. Can you describe the typical family structure in your community (e.g., nuclear families, extended families)? How does this structure influence family stability?

.....

3. What cultural norms or values do you believe significantly impact family dynamics in Mukono?  
.....

4. Are there specific customs that you think affect stability within families?  
.....

5. How are gender roles defined in your community? How do these roles impact relationships and family stability?  
.....  
.....

**Section B: Effects of Family Instabilities in Mukono Municipality**

6. Have you or someone you know experienced family instability? What were the main causes, and how did they affect the family?  
.....

7. How do you think family instabilities affect children in your community, both emotionally and socially?  
.....

8. What are the observed effects of family instability on the mental health of family members in Mukono? Have you noticed any particular trends?  
.....

9. How does family instability influence relationships with extended family members, friends, and the community at large?  
.....

10. In your opinion, how does family instability impact the economic situation of families in Mukono? Are there any specific examples you can share?  
.....

**Section C: Solutions to Effects of Family instabilities in Mukono Municipality.**

11. What initiatives or programs do you believe could effectively address the social cultural factors affecting family stability in Mukono?  
.....

12. How important do you think education and awareness campaigns are in addressing family stability issues? What specific topics should these campaigns cover?

.....  
13. What role do community leaders and elders play in promoting family stability? How can they be more effective in this role?

.....  
14. What kinds of support systems (e.g., counseling, support groups) do you think could help families facing instability? Have you seen any successful examples in your community?

.....  
15. From your perspective, what policies or laws should be implemented or strengthened to support family stability in Mukono?

.....  
**Closing Remarks:**

16. Is there anything else you would like to add regarding social cultural factors affecting family stability in Mukono that we haven't discussed?

.....  
17. Thank the participant for their time and valuable insights.