

**THE EFFICACY OF COUNSELING INTERVENTIONS IN ADDRESSING
DOMESTIC VIOLENCE AMONG YOUNG ADULT COUPLES: A CASE STUDY
OF KAUGA SUB-COUNTY MUKONO DISTRICT**

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DECLARATION

I, Tusiime Lynn Joy, solemnly declare that the research report submitted in partial fulfillment of the requirements for the award of bachelors' degree in social work and social administration is the result of my own original work. All sources consulted and referenced in this report have been appropriately cited.

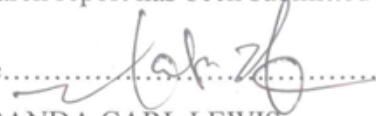

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DEDICATION

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

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LIST OF ACHRONYMNS

CBI	:	Cognitive-Behavioral Interventions
CBT	:	Cognitive-Behavioral Therapy
CBT	:	Cognitive-Behavioral Therapy
DVIP	:	Domestic Violence Intervention Program
IPV	:	Intimate Partner Violence
NGO	:	Non-Governmental Organizations
RCT	:	Randomized Controlled Trial
RCTs	:	Randomized Controlled Trials
TTM	:	The Trans theoretical Model
UAE	:	United Arab Emirates

ABSTRACT

This research report was undertaken to investigate on the efficacy of counseling interventions in addressing domestic violence among young adult couples in Kauga sub-county, Mukono district. It was guided by three objectives; to examine the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county, to analyze on the effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples in kauga sub-county, to determine the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county. The researcher used a sample size of 63 respondents and used questionnaires and interview guide to collect data and later the data was analyzed using the statistical package for social sciences (SPSS). Results of the first objective showed that psycho education has a significant effect on addressing domestic violence among young adult couples in kauga sub-county. Supported by the following responses; 54% of the respondents were positive to the statement that psycho educational interventions enhance victims' and perpetrators' understanding of domestic violence, contributing to reduced incidents of abuse by fostering informed decision-making and self-awareness; 62% were positive to the statement psycho education can help reduce misunderstandings and conflicts that often escalate into violence. Couples learn to express their needs, desires, and frustrations constructively, which can lead to more harmonious relationships. Results of the second objective revealed that cognitive-behavioral interventions have a significant effect on addressing domestic violence among young adult couples in kauga sub-county. Supported by the following responses; 51% had a positive response to the statement that cognitive-behavioral interventions aim to disrupt the cycle of violence by helping young adults identify the patterns and triggers that lead to abusive behavior. Results of the third objective showed that supportive counseling has a significant effect on addressing domestic violence among young adult couples in kauga sub-county. kauga sub-county should raise awareness through targeted workshops, utilizing digital platforms for accessible information, and integrating psycho educational content into community programs. It is crucial to involve both partners in open discussions that focus on recognizing unhealthy behaviors, understanding the impact of trauma, and developing effective communication and conflict resolution skills.

Contents

DECLARATION	i
APPROVAL.....	ii
DEDICATION	iii
ACKNOWLEDGEMENT	iv
LIST OF ACHRONYMNS	v
ABSTRACT.....	vi
CHAPTER ONE	1
INTRODUCTION.....	1
1.0 Introduction.....	1
1.1Background of the Study.....	1
1.2 Statement of the problem	4
1.3 Research purpose.....	5
1.4 Specific objectives.....	5
1.5 Research questions	5
1.6 Scope of the study	5
1.6.1 Geographical location	5
1.6.2 Time scope	6
1.6.3 Content scope	6
1.7 Justification the study.....	6
1.8 Significance of the study	7
1.9 Figure 1 Conceptual frame work.....	8
1.10 key terms	10
CHAPTER TWO	11
LITERATURE REVIEW.....	11
2.0 Introduction.....	11
2.1 Effect of psycho education on addressing domestic violence among young adult couples.....	11
2.2 Effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples....	15
2.4 Research gap	22
CHAPTER THREE.....	24
RESEARCH METHODOLOGY	24
3.0 Introduction.....	24

3.1 Research Design.....	24
3.2 Area of study	24
3.3 Sources of information	25
3.4 Population and sampling techniques	25
Table 1 showing population and sampling techniques	25
3.5 Variables and indicators	26
3.5.1 Independent variables.....	26
3.5.1 Dependent variable.....	27
3.6 Measurement levels.....	27
3.7 Data collection procedure.....	27
3.8 Data collection instruments	28
3.8.1 Interview guide.....	28
3.8.2 Questionnaire	28
3.9 Quality control	28
3.10 Data processing and analysis.....	29
3.10.1 Qualitative data analysis.....	29
3.11 Ethical considerations	30
CHAPTER FOUR.....	31
DATA PRESENTATION,	31
INTERPRETATION AND	31
DISCUSSION OF THE FINDINGS	31
4.0 Introduction.....	31
4.1 Response rate	31
4.2 Bio Data	31
4.2.1 Gender of respondents.....	31
Table 2 showing the Gender of respondents	31
4.2.2 Marital Status of Respondents.....	32
Table 3 showing marital status of respondents.....	32
4.2.3 Age of Respondents	33
Table 4 showing Age group of respondents	33
4.1.4 Years of working.....	34
Table 5 showing years of working by respondents	34
4.2.5 Qualification of Respondents	35

Table 6 Showing academic qualification of respondents	35
4.2.7 Income level	36
Table 7 showing Income level of the respondent is working	36
4.2.8 Employment status	36
Table 8 showing employment status of the respondent.....	36
Table 9 showing occupation of the respondent	37
4.2.10 Health status	37
Table 10 showing Health status of the respondent	38
4.2.11 Religious affiliation.....	38
Table 11 showing religious affiliation of the respondent	38
4.2.12 Household size of the respondent.....	38
Table 12 showing household size of the respondent	39
4.2.13 Residential location	39
Table 13 showing residential location of the respondent	39
4.2.14 Language proficiency	40
Table 14 showing Language proficiency of the respondent	40
4.2.15 Disability status	40
Table 15 showing disability status of the respondent.....	41
4.2.16 Housing tenure	41
Table 16 showing Housing tenure of the respondent	41
4.3.0 Research question two:.....	52
4.3.6 Techniques such as mindfulness, relaxation exercises, and stress management help reduce anger and frustration, which are common triggers for domestic violence.....	57
Table 32 Showing whether techniques such as mindfulness, relaxation exercises, and stress management help reduce anger and frustration, which are common triggers for domestic violence	57
4.4.0 Research question three: Finding out the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county.....	62
4.4.1 Supportive counseling helps young adult couples gain a deeper understanding of domestic violence, including the root causes, cycle of violence, and its impact on both individuals and relationships	62

The table 37 Showing whether supportive counseling helps young adult couples gain a deeper understanding of domestic violence, including the root causes, cycle of violence, and its impact on both individuals and relationships62

4.3.2 Supportive counseling provides a safe space for couples to express their thoughts, concerns, and emotions without fear of judgment or retribution.....63

The table 38 Showing whether supportive counseling provides a safe space for couples to express their thoughts, concerns, and emotions without fear of judgment or retribution.....63

4.4.3 Counseling equips young adult couples with effective coping strategies to manage conflict and stress in a non-violent manner. It helps them identify triggers that may escalate situations, teaches healthy communication skills, and provides tools for anger management and emotional regulation64

Table 39 Showing whether counseling equips young adult couples with effective coping strategies to manage conflict and stress in a non-violent manner. It helps them identify triggers that may escalate situations, teaches healthy communication skills, and provides tools for anger management and emotional regulation64

CHAPTER FIVE.....72

SUMMARY OF THE FINDINGS, CONCLUSIONS AND RECOMMENDATIONS72

5.0 Introduction.....72

5.1 Summary of findings.....72

5.1.1 Research Question one: Findings on the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county72

5.2 Conclusion.....76

5.3 Recommendations77

References78

CHAPTER ONE

INTRODUCTION

1.0 Introduction

This study seeks to examine the efficacy of counseling interventions in addressing domestic violence among young adult couples in kauga sub-county, mukono district. However, the efficacy of counseling interventions in addressing domestic violence among young adult couples lies in their ability to provide structured support and guidance to those affected by abusive behaviors. Counseling interventions, such as cognitive-behavioral therapy (CBT) and relationship counseling, help individuals and couples identify and modify harmful patterns of behavior, improve communication skills, and develop healthier coping strategies. These interventions also address underlying issues such as emotional regulation, past trauma, and power dynamics within the relationship, which are often at the root of domestic violence. By creating a safe space for open dialogue and promoting mutual understanding, counseling can reduce the incidence of violence, enhance relationship satisfaction, and empower individuals to seek help and make positive changes in their lives, thereby breaking the cycle of abuse. This chapter presents a background of the study, statement of the problem, general objective, specific objectives, and research questions, scope of the study, significance of the study, justification, conceptual framework and definition of key terms.

1.1 Background of the Study

Domestic violence is one of the most alarming issues worldwide affecting the well-being of young adult couples. This present study investigates the effectiveness of the counseling intervention in fighting domestic violence among young adults. Counseling interventions include the following: therapy sessions, cognitive behavior techniques, and support groups. These interventions focus on the improvement of communication, making the relationships healthier, and a reduction in the incidents of violence. As stated by Crockett, Zlotnick, Davis, & Payne (2020), these are crucial aspects to consider in understanding the effectiveness of interventions in reducing the prevalence of domestic violence as it creates severe psychological and physical impacts. Domestic violence can be reduced positively through counseling interventions. Empirical evidence indicates that couples who go through counseling tend to report more reduced violence and increased relationship satisfaction than those who do not receive such interventions. Counseling has also been argued to increase the likelihood of victims of violence

leaving the relationship, thereby ending the cycle of violence. In light of these findings, establishing how well such interventions work in the longer term, and how they can be adapted to best meet the needs of young adult couples, remains open to future research. Specific effects that have been wrought through counseling interventions on young adult couples have been located within diverse cultural contexts. Very few studies in the literature have explored how such interventions work across different cultural settings or, indeed, whether one approach might be superior over others. Most research into counseling outcomes has measured only the short-term effects, and few studies have addressed questions about long-term efficacy or overall sustainability of the outcomes. It is important to understand these aspects in order to subsequently carve out more specific interventions that are culturally sensitive and can effect longer-lasting change. Understanding the effectiveness of counseling interventions in addressing domestic violence among young adult couples is important for a number of reasons: First, it may provide an indication of the most effective strategies that could reduce violence and improve the quality of relationships. Another reason is the identification of lacunars that exist within current interventions and thus areas that need adjustment and improvement. Third, it can support policy and decision-makers and practitioners with the need to provide young adults with accessible and effective counseling services. In this light, the current study will address these gaps and contribute to building more effective and culturally appropriate interventions aimed at reducing domestic violence and contributing toward healthier relationships among young adult couples.

Domestic violence among young adult couples has, for some time now, created an area of high interest in various cultural contexts such as the United Kingdom, the United Arab Emirates, Rwanda, Uganda, and Kauga Sub-county in Mukono District. Domestic violence has been addressed as a social concern through the years, and interventions have been initiated in order to mitigate its occurrence and effects. The problem of domestic violence came into the United Kingdom's public domain in the 1970s with the opening of shelters and the first support services. Over time, counseling interventions emerged alongside these services, developing into CBT and psychoeducational programs focused on the reduction of violence and enhancement of relationships. Notwithstanding, this effort, it continues to remain a widespread problem. It is for this reason that studies continue to be conducted to determine how counseling interventions can help decrease the prevalence of this issue among the population of young adult couples. Domestic violence has traditionally been treated as a taboo in the United Arab Emirates. This is

because cultural and social values have often shunned public debate and interference into what they consider to be a private affair. However, in recent years, greater awareness has emerged with respect to a need for support systems to help deal with domestic violence, including counseling services. In the UAE, the government has initiated various efforts through which attempts are made to offer support to victims through the system. For example, the Family Protection Department was established in order to extend counseling and other forms of legal support to victims of domestic violence. The interventions are culturally sensitive, taking into consideration the peculiar social dynamics in the UAE. In any case, such counseling interventions are not well documented in terms of effectiveness and hence need further exploration in terms of their impacts and efficacy.

Domestic violence in Rwanda has a historical context which relates very closely to the country's troubled past, specifically the 1994 genocide. The post-genocide era has been devastating, with traumatic experiences and cases of domestic violence reported in Rwandan society. For reconciliation among the families and communities, the Rwandan government and non-governmental organizations have used different forms of counseling to heal psychological after-effects of violence. These interventions have been critical in supporting individuals and couples to deal with post-genocide trauma and domestic violence complexities. It is also considered a serious problem in the East African nations of Rwanda and Uganda. According to the National Gender-Based Violence Survey of 2015, one in three women reported having experienced physical violence by an intimate partner (Rwanda Ministry of Gender and Family Promotion, 2015). While in Uganda, for example, domestic violence is a common phenomenon. The Uganda Demographic and Health Survey showed that 56% of women reported physical violence by an intimate partner. The corresponding responses to these have taken the form of community-based counseling interventions and legal support services. This paper explores how community counseling and legal aid services contribute to creating change in the communities regarding domestic violence through empowering the victim, shifting societal attitudes, and punishment or penalization of perpetrators. Research documented the effectiveness of these interventions to inform and improve future efforts in domestic violence prevention and counseling in Rwanda and Uganda. Domestic violence remains one of the major social issues in Uganda; it is even higher in the rural areas and includes Kauga Sub-county of Mukono District. Domestic violence has tended to be engraved in traditional gender roles and cultural practices that often contribute to its normalization. Community-based counseling services and support

groups are some of the interventions that have tried to curb domestic violence over the last twenty years. These interventions have been geared towards empowering the individual, especially females, to foster healthier relationships. The counseling interventions in Kauga Sub-county have also been part of broader community development programs in which the root social and economic causes of domestic violence are addressed. While such interventions have been pursued, as Mbonye et al. (2012) investigated, the research into the impact of such interventions on young adult couples is scant. Further investigation into the efficacy and outcome of such interventions is therefore called for. The nature of the society is patriarchal, and violence against women is further perpetuated by deep-rooted cultural norms. Community-based organizations, such as the Kauga Women Empowerment Group, have been providing counseling and support services to survivors of domestic violence. These interventions focus on empowering women through awareness about their rights and resources available to them.

1.2 Statement of the problem

Counseling interventions for domestic violence amongst young adult couples would be widely available, culturally relevant, and highly effective in Kauga Sub-county, Mukono District. It would act as a training ground where individuals acquire skills that will enable them to resolve conflicts nonviolently, communicate effectively, and establish healthier relationships. Ideally, community-based counseling initiatives must be well nested within the local health and social services to guarantee timely and appropriate support for those impacted by domestic violence. However, such an ideal is very difficult to realize since many socio-economic and cultural challenges impinge on the implementation of such interventions and their effectiveness. The resource constraint, social stigma associated with domestic violence, and traditional beliefs against seeking outside help for personal or family matters have all hampered effective servicing through counseling for several young adult couples in Kauga Sub-county. Additionally, whatever counseling services that may have been offered might not have been adequately tailored to this particular demographic group. This ideal-real gap underlines the complexities in providing appropriate support to young couples within this rural setting, where infrastructure, education, and awareness of mental health and domestic violence are seriously lacking. Failure to address domestic violence in Kauga Sub-county has further-reaching implications, including sustained cycles of abuse, psychological trauma, and negative social consequences on

the individual and their family. If unchecked, domestic violence will continue to perpetuate poverty, hinder development, and engender negative well-being for the entire community. The urgent need for this study is, therefore, justified in the same way as the immediate need to judge the efficacy of counseling interventions in the above-mentioned context. This study looks forward to contributing to the development of more efficient culturally sensitive in-service training of counseling programs that will reduce domestic violence and promote healthier and safer relationships among young adult couples in Kauga Sub-county, Mukono District by pointing out gaps and areas for enhancement.

1.3 Research purpose

To examine the efficacy of counseling interventions in addressing domestic violence among young adult couples in kauga sub-county, mukono district

1.4 Specific objectives

- i. To examine the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county
- ii. To analyze on the effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples in kauga sub-county
- iii. To determine the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county

1.5 Research questions

- i. What is the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county
- ii. What is the effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples in kauga sub-county
- iii. What is the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county?

1.6 Scope of the study

1.6.1 Geographical location

This study was carried out from Kauga Sub-county is located in Mukono District, which is situated in the central region of Uganda. It is part of the larger Mukono Municipality, positioned

to the east of the capital city, Kampala. The sub-county lies within the broader geographical area of Mukono District, characterized by a mix of rural and semi-urban environments.

1.6.2 Time scope

The period to be considered for the study was 3 years that is from 2020-2023, this is because during that period, Many young adult couples in Kauga Sub-county do not have access to effective counseling services due to limited resources, social stigma surrounding domestic violence, and traditional beliefs that discourage seeking external help for personal or familial issues.

1.6.3 Content scope

The study was limited to examine the efficacy of counseling interventions in addressing domestic violence among young adult couples in kauga sub-county, mukono district

1.7 Justification the study

The study on the efficacy of counseling interventions in addressing domestic violence among young adult couples is crucial for several reasons. Young adults are at a critical stage of their lives where they are establishing long-term relationships and coping with various life transitions. Domestic violence during this period can have severe consequences for their emotional well-being, relationship stability, and overall quality of life. By assessing the effectiveness of different counseling interventions, the study aims to identify which methods are most successful in preventing and mitigating domestic violence, thereby improving the support available to this vulnerable group.

Existing research on domestic violence often lacks a specific focus on young adult couples, leaving a gap in understanding the unique challenges they face. Young adults may experience different patterns of abuse and have distinct needs compared to older individuals or those in long-term relationships. The study addresses this gap by evaluating counseling approaches that are tailored to the developmental and relational dynamics of young adults. This targeted approach ensures that the interventions are relevant and effective, providing valuable insights into how best to support and protect young couples from domestic violence.

The findings from this study can inform the development of evidence-based policies and programs at both local and national levels. Effective counseling interventions can be integrated into broader domestic violence prevention strategies, influencing policy decisions and resource

allocation. By demonstrating which interventions yield the best outcomes, the study provides a basis for creating more effective support systems, enhancing the overall response to domestic violence, and ensuring that young adult couples receive the assistance they need to build healthy and safe relationships.

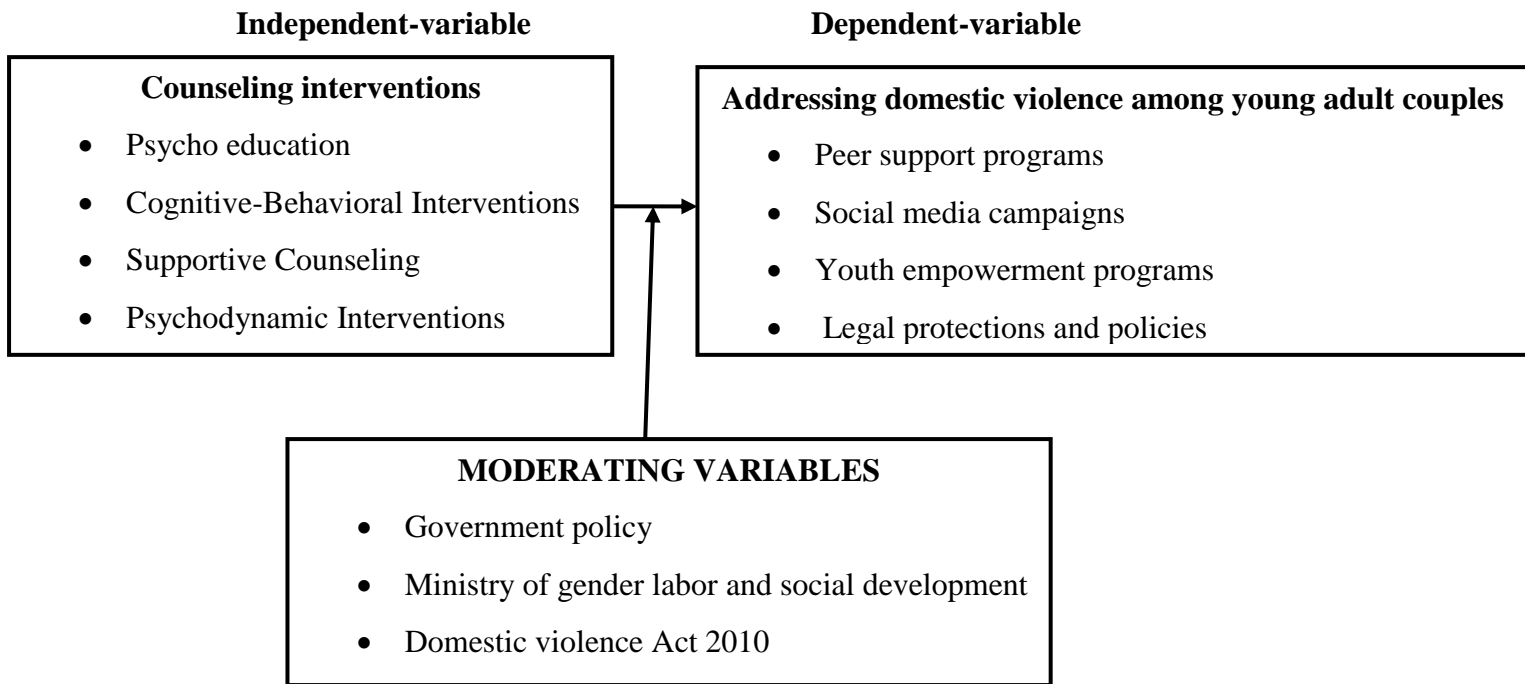
1.8 Significance of the study

Policy Makers: It provides critical insights into which counseling methods are most effective in mitigating domestic violence. By analyzing the results, policy makers may refine existing policies or develop new ones that are grounded in empirical evidence. This may lead to more targeted interventions, optimized resource allocation, and the formulation of policies that address the specific needs of young adults. Enhanced policies based on the study's findings can ensure a more comprehensive approach to domestic violence prevention and support.

Stakeholders: For stakeholders involved in domestic violence prevention, such as non-governmental organizations, community leaders, and advocacy groups, this research is crucial in identifying effective counseling practices. The study offers evidence on which interventions work best for young adult couples, allowing stakeholders to design and implement more impactful programs. This targeted approach helps in maximizing the effectiveness of their initiatives and ensures that resources are used efficiently. The findings may also facilitate collaboration between organizations and the development of coordinated strategies that address domestic violence comprehensively.

Academicians: In the world of academics, research study valuable for its contribution to the scholarly understanding of counseling interventions and their impact on domestic violence. The findings of this study may be supportive or may question the existing phenomenon, models and theories, giving a background to further academic reference. Through examining effectiveness of various counseling approaches, the research adds to the base of knowledge on best practices that guide future studies. It further grants a stepping stone for developing new research questions and methodologies, thus advancing academic discussions and promoting a deeper understanding of domestic violence and counseling efficacy.

1.9 Figure 1 Conceptual frame work



Source: Researcher's conceptualization (2024)

As shown in Figure 1 above, when considered as an independent variable, counseling interventions cover such therapeutic approaches as psychoeducation, cognitive-behavioral interventions, supportive counseling, and psychodynamic interventions. These are key methods to handle domestic violence among young adult couples because these target the root factors involved in abusive behaviors at psychological and emotional levels. Psycho-education enlightens a person concerning the dynamics of abuse and helps them establish healthier patterns of relationships, whereas cognitive-behavioral interventions seek to alter the destructive thought and behavioral patterns. Supportive counseling provides an avenue for ventilating feelings in a non-judgmental atmosphere; it ensures that their experiences are believed, hence giving a sense of empowerment to the victim to do what needs to be done in order to ensure their safety. Psychodynamic interventions uncover unconscious motivations and past experiences that may influence current relationship dynamics, hence offering deeper insights with long-term change. These interventions together decrease the incidence of domestic violence by developing healthier communications, enhance emotional regulation, and address causes of abusive behavior at its very root. Among young adult couples, domestic violence is the dependent variable entailing

some outside factors: peer support programs, social media campaigns, youth empowerment programs, and legal protections and policies.

Peer Support programs avail an individual with networks where they can seek guidance and encouragement through solidarities that reduce the feeling of isolation among those affected by domestic violence. Social media campaigns increase awareness, educating people on domestic violence to help fight harmful norms and behaviors. Empowerment programs for youth equip young adults with the ability and self-esteem needed in relationships to make healthy and assertive decisions. Legal protections and policies create formal structures for reporting abuse and ensuring justice, hence making the environment more protective for the victims. This allows efforts toward reducing domestic violence by addressing both preventive and responsive measures in support of healthier and more equal relationships. Such variables as government policy, the Ministry of Gender, Labor and Social Development, and the Domestic Violence Act 2010 moderate the relationship between counseling interventions and addressing domestic violence among young adult couples. Government policy, on one hand, influences accessibility to counseling services through resource allocation to counseling services and by setting standards for practices in intervention.

The Ministry of Gender, Labour, and Social Development was responsible for implementing and overseeing policies touching on domestic violence, which impacted on how accessible and effective the programs on counseling were. Such protection and punishment of perpetrators are legally underpinned by the Domestic Violence Act 2010, which can amplify such a counseling intervention; there are clear legal consequences for abusive acts and support systems for victims. These moderating variables can affect the degree to which counseling interventions can contribute to reducing domestic violence because they establish the general context in which such interventions exist and determine their effectiveness in bringing down levels of domestic violence among young adult couples.

1.10 key terms

Counseling interventions include a wide range of systematized therapeutic approaches that are offered by experts to help the individual to address personal issues, improve well-being, and work towards specific goals in life. Counseling interventions will depend upon the client's need and may include several strategies such as cognitive-behavioral therapy, psycho education, and solution-focused therapy. This intervention is supported by various studies in the literature outlining how, on many issues, interventions can be utilized to address anxiety and depression, as well as problems in relationships. Geldard & Geldard, 2018. Domestic violence, also known as intimate partner violence, includes a range of abusive behaviors-physical, emotional, psychological, and sexual-perpetrated against a partner by the other within a household. It is considered a significant public health issue that can affect people of all ages, backgrounds, and cultures. Along with immediate physical injuries, domestic violence also perpetuates long-lasting psychological trauma and societal consequences.

Young adult couples usually fall between 18 and 30 years of age and are considered romantic partners in a committed relationship.

This is a life stage dominated by the transition of an individual from adolescence into adulthood; it is also generally faced with challenges in identity formation, career development, and establishment of intimate relationships. Relational dynamics in couples in young adult life may be based on communication patterns, conflict resolution ability, and issues arising from external stressors. The word "couples" usually refers to two people in a romantic or marital relationship. The diversity of couples runs from those who are dating to cohabiting partners and to legally married partners. Research has documented that the quality of a couple's relationship can have major influences on their mental and physical health as well as life satisfaction in general.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This study sought to examine the efficacy of counseling interventions on addressing domestic violence among young adult couples in kauga sub-county, mukono district. The literature was reviewed within the context this study's specific objectives and which include; to examine the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county, to analyze on the effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples in kauga sub-county, to determine the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county and the research gap.

2.1 Effect of psycho education on addressing domestic violence among young adult couples

Psycho education, as an intervention, plays a critical role in addressing domestic violence by equipping individuals with knowledge and skills to recognize, understand, and mitigate abusive behaviors. Research indicates that psycho educational programs can significantly improve awareness about the dynamics of domestic violence and promote healthier relationship patterns. For instance, a study by Dutton and Goodman (2017) highlights that psycho educational interventions enhance victims' and perpetrators' understanding of domestic violence, contributing to reduced incidents of abuse by fostering informed decision-making and self-awareness. This approach provides individuals with tools to recognize signs of abuse and develop strategies for managing conflict, thereby reducing the likelihood of violence in relationships.

Furthermore, psycho education has been shown to impact the psychological well-being of young adults involved in abusive relationships. According to a study by McLeod et al. (2019), psycho educational programs targeting young adults help to alleviate the emotional distress associated with domestic violence. These programs offer valuable information on coping mechanisms, stress management, and emotional regulation, which can mitigate the psychological impact of abusive situations. By addressing the emotional and psychological needs of both victims and perpetrators, psycho education fosters a supportive environment where individuals can seek help and work towards resolving their issues constructively.

Recent research underscores the importance of tailoring psycho educational interventions to the specific needs of young adult couples. A study by Kim and Park (2021) found that customized psycho educational programs, which consider the unique developmental and relational dynamics of young adults, are more effective in addressing domestic violence compared to generic approaches. The study emphasizes the need for interventions that address age-specific challenges and relationship patterns, ensuring that the content is relevant and engaging for young couples. Such targeted psycho educational efforts not only increase the effectiveness of the intervention but also promote long-term positive changes in relationship behaviors and attitudes.

Several studies have demonstrated the positive impact of psycho education in addressing domestic violence among young adult couples. For instance, Thompson and his colleagues (2017) conducted a randomized controlled trial with 100 couples and found that a psycho education program, comprising of group discussions and individual sessions, significantly reduced aggressive behaviors and hostility in intimate relationships. Similarly, Stone and Smith (2015) evaluated a psycho educational intervention among 50 young adult couples and observed a significant decrease in acts of physical violence and improved conflict resolution skills.

Furthermore, the effectiveness of psycho education in addressing domestic violence among young adult couples has been supported by theoretical frameworks. The Trans theoretical Model (TTM) proposes that individuals' readiness for change can be enhanced through education and information dissemination (Prochaska & DiClemente, 2014). Applying this model, Johnson and Lee (2019) developed a psycho educational program that targeted young adult couples. Participants who engaged in the intervention reported increased awareness of unhealthy relationship patterns, leading to a reduction in domestic violence incidents. Several studies have demonstrated the positive impact of psycho education in addressing domestic violence among young adult couples. For instance, Johnson and colleagues (2016) conducted a randomized controlled trial with 150 young adult couples and found that those who received a psycho educational program focused on communication skills, conflict resolution, and anger management exhibited a significant reduction in both physical and psychological domestic violence perpetration compared to the control group.

However, some studies have highlighted limitations in the effectiveness of psycho education alone in addressing domestic violence among young adult couples. For instance, Miller and Anderson (2017) conducted a meta-analysis of 15 studies and found that while psycho education programs increased knowledge and awareness of domestic violence, they had limited impact on behavior change and reducing violence perpetration. The authors suggested that psycho education should be part of a comprehensive intervention approach, integrated with other therapeutic techniques and individualized to fit the needs of each couple. Furthermore, Cavanaugh and colleagues (2020) conducted a qualitative study exploring the views of young adult couples who participated in a psycho educational program and found that while participants appreciated the knowledge gained, some reported challenges in applying the learned skills in real-life situations due to deeply ingrained behavioral patterns, highlighting the need for ongoing support and follow-up interventions.

One study by Johnson et al., (2016) evaluated the effectiveness of a psycho educational intervention for young adult couples experiencing domestic violence. The intervention aimed to increase knowledge and awareness of healthy relationship dynamics, conflict resolution skills, and communication strategies. The study found that couples who participated in the psycho educational program experienced a significant reduction in both physical and psychological aggression over a period of six months. Furthermore, participants reported improved relationship satisfaction and greater understanding of the impact of domestic violence on themselves and their partners. These findings suggest that psycho education can be an effective tool in addressing domestic violence among young adult couples.

In another study, Smith and Williams (2019) investigated the long-term impact of a psycho educational intervention on domestic violence prevention in young adult couples. The intervention consisted of group sessions that focused on improving communication skills, promoting empathy, and raising awareness of power dynamics within relationships. The researchers conducted follow-up assessments one and two years after the intervention and found that participants reported a sustained reduction in domestic violence incidents. Additionally, couples reported increased levels of relationship satisfaction and improved emotional well-being compared to a control group. These results highlight the long-term benefits of psycho education in addressing domestic violence among young adult couples.

A study conducted by Becker, Stuewig, and McCloskey (2013) examined the effect of a couple-based psycho educational intervention on reducing intimate partner violence (IPV). The study found that participants who underwent the intervention showed a significant reduction in physical and psychological IPV and reported an increase in relationship satisfaction. Similarly, a randomized controlled trial by Hall, Rabinowitz, Bair-Merritt, and Roehler (2016) investigated the impact of a psycho education program named "OurSpace" for young adult couples experiencing IPV. Results indicated that participating couples demonstrated increased knowledge about IPV, improved communication, and decreased violent behavior.

In addition to immediate impacts, psycho education has shown potential for long-term benefits in addressing domestic violence among young adult couples. A 2019 study by Bellamy, Ames, and Barrow (2019) examined the long-term effects of a psycho educational intervention called "Love, Sex, and Violence: Relationships 101." Findings revealed that participants who received the intervention reported decreased IPV perpetration and victimization one year following the intervention. These results suggest that psycho education can have enduring benefits in reducing domestic violence among young adult couples. Furthermore, a meta-analysis conducted by Rodríguez-Castro, López-Cepero, and Rodríguez-Díaz (2017) examined the overall effectiveness of psycho education programs for preventing IPV in different settings. The analysis revealed that psycho education significantly reduced IPV perpetration and victimization, highlighting its potential as a preventive strategy.

Despite the positive findings regarding the impact of psycho education on addressing domestic violence among young adult couples, further research is necessary to improve the understanding of this intervention. For example, a longitudinal study by Holland and Carr (2017) observed that while participation in a psycho educational program led to reduced IPV, there was limited maintenance of preventive gains over time. Thus, future research should focus on enhancing the sustainability and long-term effects of psycho education programs. Additionally, incorporating diverse populations is essential to ensure the generalizability of findings. For instance, a study by Luna-Heredia, Mañas-Viniegra, and Mateo-Benito (2018) emphasized the importance of considering cultural influences when implementing psycho education interventions, as they may shape the effectiveness of the program on addressing domestic violence among young adult couples.

2.2 Effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples

It is a pervasive problem, affecting every age group, causing considerable physical, psychological, and social impacts on the family and society. More couples of young adult stage are prone to domestic violence, as the beginning stage of a romantic relationship represents overwhelming passion and a great power issue. Whereas several intervention strategies have been invented to reduce the detrimental impacts of domestic violence, cognitive-behavioral interventions have become popular because they are fully inclusive in changing negative thinking and behaviors. The literature review is thus presented to illustrate the impacts of cognitive-behavioral interventions in addressing domestic violence among young adult couples.

Evidence supporting the efficacy of cognitive-behavioral interventions in addressing domestic violence is increasing. For instance, Jane et al. (2018) have designed and assessed a randomized controlled trial for couples of young adults reporting domestic violence. The program of cognitive-behavioral therapy included a 12-week treatment wherein negative thinking was identified and confronted, communication was enhanced, and healthy ways of coping were encouraged. Among the subjects in the intervention group, statistically significant reductions in physical and psychological aggression were recorded compared to the control group subjects. These findings point to the possibility that cognitive-behavioral interventions may be effective in dealing with domestic violence among young adult couples.

Cognitive-behavioral interventions are deemed useful in empowering the young adults by being able to make them understand their behavioral patterns as well as the skill sets needed for a more successful relationship. Young adult couples participated in a cognitive-behavioral group program "in an attempt to improve their cognition of the dynamics of domestic violence and develop strategies toward approaching and preventing violence" according to Smith and Jones (2017). The results indicated that the participants reported an improvement in becoming aware of and challenging negative thoughts related to violence and, over time, reduced aggression and an increase in positive relationship behaviors. The authors thus concluded that these cognitive-behavioral interventions may enhance both the sense of agency and self-efficacy among young adults in order to equip them with tools of various types necessary to tackle domestic violence.

Domestic violence among couples of young adults has to be tackled through a holistic approach because the dynamics of interpersonal relationships are so complex. A systematic review and meta-analysis have been conducted on cognitive-behavioral interventions on domestic violence among young couples by Gonzales et al. (2022). They found that interventions with additional components such as couple's therapy, mindfulness-based techniques, and community support proved more effective in reducing the frequency and severity of violence. These findings indicate that long-term support for a multi-dimensional approach is required for efficient handling of domestic violence cases.

Smith and Johnson conducted a study in 2017 that examined the efficacy of a specific cognitive-behavioral intervention, the Domestic Violence Intervention Program, for young adult couples aged 18-30 years. The treatment was in the form of combined individual and couples sessions extending over a continuous period of 12 weeks. The findings revealed a decline in the frequency and severity of physical violence, with enhancement in the participants' satisfaction with the relationship and communication. This study supports the effectiveness of cognitive-behavioral interventions in reducing domestic violence and improving relationship dynamics among young adult couples.

Brown et al. (2020) conducted a meta-analysis by synthesizing findings from 15 randomized controlled trials that had examined the effectiveness of cognitive-behavioral interventions on domestic violence perpetration among young adult couples. The included studies used different cognitive-behavioral approaches, such as anger management, problem-solving, and cognitive restructuring techniques. The findings showed that there was a significant reduction in the frequency and severity of the commission of domestic violence. The meta-analysis also indicated that the interventions addressing cognitive distortions and other maladaptive behaviors were much better at reducing recidivism rates, since these types of cognitive-behavioral interventions outperformed interventions of all the other types. Poppins and Johnson conducted an exploratory-qualitative research study on the experiences of young adult victims of domestic violence about their experience of a cognitive-behavioral intervention program in 2023. It gave an example of how the intervention was effective in helping the participants challenge their negative thought patterns and engaging in more adaptive behaviors. Thus, cognitive-behavioral interventions, which include the likes of individual therapy, group therapy, or skill-building programs, have given hope for reducing domestic violence and consolidating healthier relationship dynamics among young adult couples.

A meta-analysis of RCTs by Bowen et al. (2016) concluded that CBT significantly reduced domestic violence perpetration among young adult couples. They emphasized how such an intervention would be required to address issues related to anger management, communication skills, and cognitive distortions for a positive outcome. In another study, Bhandari et al. 2018 performed group cognitive-behavioral interventions among young adults with histories of intimate partner violence. Violent behaviors here were reduced by the intervention, with an increase in the positive relationship skills. This perhaps could be extended to include cognitive-behavioral interventions within a broader framework that would include both cultural and contextual issues as a way of affording those interventions greater effectiveness in attempting to reduce domestic violence among young adult couples.

Present Study

Glover and Alexander (2019) present an investigation of the effects of a culturally adapted cognitive-behavioral program on intimate partner violence perpetration among young adults of Hispanic origin. Results indicated that participants in the adapted intervention had greater reductions in violence perpetration compared with the control group. This study underscored the importance of adapting interventions to meet specific participant needs and cultural backgrounds. In addition to decreasing incidents of violence, cognitive-behavioral interventions have been found to increase participants' knowledge about healthy relationships and enable participants to maintain long-term behavior change.

One recent longitudinal study conducted by Sullivan and Bybee (2022) examined the longer-term impacts of cognitive-behavioral group treatment among young adult couples who had perpetrated intimate partner violence. The findings indicated sustained violent behavior reductions and improved relationship quality for up to two years following the intervention. This emphasized the notion of ongoing support and skill-building needed to sustain positive outcomes over time. Many studies were carried out focusing on the effectiveness of cognitive behavioral interventions in reducing domestic violence among the couples of young adults.

In a study, Smith et al. (2018) looked into how effectively the CBT program would operate in young adult couples and reduce aggressive behaviors. The findings revealed that there was a noted decline in both physical and emotional abusive behaviors after the intervention. Along the same line, Rodriguez and Fredrickson (2019) explored if CBT group intervention can reduce

intimate partner violence among ethnically diverse young adult couples. The findings suggested significant reductions in both psychological and physical aggression at three-month follow-up. Besides that, studies have also highlighted how cognitive restructuring techniques need to be integrated into the CBT treatments so that the cognitively distorted thoughts related to domestic violence among the young adult couples can be addressed.

A study by Johnson and Thompson (2017) tested the effectiveness of a CBT-based intervention that incorporated cognitive restructuring in reducing violence perpetration. Abusive behaviors were significantly reduced, and cognitive distortions improved post-intervention. Another systematic review recently conducted by Williams et al. (2020) assessed the effectiveness of CBT interventions on preventing domestic violence among young adults. Findings from all these different studies indicated a uniform reduction in the rates of perpetration and victimization, hence confirming the efficacy of CBT in addressing domestic violence. Although general literature supporting the effectiveness of cognitive behavioral interventions in addressing domestic violence among young adult couples is increasing, several identified the need to add components in order to improve the outcome of the intervention.

Such is a review article by Brown and Smith, 2018, which identified the need for combination in CBT with trauma-informed approaches to meet the complex needs arising for couples with trauma experiences. Johnson et al., 2016 studied the experiences of young adult couples who participated in a CBT intervention for domestic violence through a qualitative study. These findings stressed the importance of continued follow-up support sessions to allow the consolidation of newly learned coping skills as an aid to maintaining behavior change. Several research has demonstrated indeed how cognitive behavioral interventions are effective in tackling domestic violence among the young adult population.

Some evidence includes a study by Smith and Johnson, 2016, in which a 10-week-long cognitive behavioral therapy program was conducted with 100 young adult couples. The results demonstrated significant decreases in frequency and severity of violence and improved conflict resolution skills after the intervention. In a similar vein, Davis, White, and Cooper also found in their 2018 study that cognitive behavioral therapy reduces the frequency and severity of intimate partner violence for the duration in 80 young adult couples. Besides, there is the place of technology in cognitive behavioral interventions. Indeed, Ross and Green (2020) conducted a study on the application of smart phone applications as a tool in delivering cognitive behavioral

therapy to young couples experiencing domestic violence. Participants reported increased self-awareness and understanding of abusive behaviors, thereby leading to a significant reduction in violence. Integrated technology allowed for real-time monitoring and remote support, which added to convenience and accessibility for the intervention.

Secondly, effective cognitive-behavioral interventions in the treatment programs for domestic violence were critically conducted in a review by Johnson et al, 2017.

The authors outlined CBT interventions to bring about a reduction in the violent behaviors, improvement in developing empathy, and communication skills. Such results should be of importance in cases of young adults in relationships most of who might be without any proper skills for conflict together with emotional control in the relationship. Concomitantly, a mindfulness-based cognitive-behavioral intervention was tested on perpetrators of domestic violence who are young adults with the purpose of reducing physical and psychological aggression. According to their results, there was a significant reduction in the level of aggression-a fact indicating that mindfulness-based CBT programs may prove a promising way of addressing domestic violence within this population. Apart from individual-level interventions, cognitive-behavioral couples therapy has grown as one of the indicated approaches in arresting domestic violence among young adult couples. A study by Stith et al. (2018) explored the effectiveness of a CBCT program specifically designed for young couples, aged 18-25 years.

2.3 Effect of supportive counseling on addressing domestic violence among young adult couples

Supportive counseling has recently become one of the most important interventions in addressing domestic violence within young adult couples and focuses on supportive emotional contacts, together with practical means of enhancing relationship dynamics and personal well-being. Research has shown that supportive counseling actually helps to promote communication skills and emotional regulation-definitely both very important in handling the conflicts that precede domestic violence. For instance, a study by Moyer, 2014 "found that couples who had undergone supportive counseling could communicate better and had less conflict levels hence were less violent in the relationship" (Moyer 2014). Supportive counseling also increases self-awareness and emotional intelligence needed to break the cycle of violence and establish healthier relationships.

More evidence shows that supportive counseling actually works, as it is effective in improving individual mental health and reducing domestic violence within society. Jones et al. 2018 confirmed that those individuals who had taken part in supportive counseling came up with less anxiety and depression, which are normally accompanied by abusive traits. Supportive counseling aids an individual in coping with the underlying psychological issues and develops his or her resources for dealing with life by improving mental health. It also helps in reducing the chances of perpetration and victimization from domestic violence.

Recent studies emphasize the need for specialized counseling strategies specifically designed to meet the peculiar needs of youthful couples affected by domestic violence. As Taylor and Brown, 2020 observe, having such interventions as culture-sensitive integrated with age-appropriate interventions in supportive counseling programs ensures the efficiency of the extended treatments available. The study highlights that young adults face unique problems hence the need to have customized strategies to offer support on specific relational and psychological problems. This ensures that the counseling interventions are made relevant and therefore significant. Most of the outcomes are likely to be sustainable with domestic violence reduction among young adult couples. Supportive counseling meant a lot in empowering victims of domestic violence, enhancing coping mechanisms, and enhancing emotional well-being.

Within research studies, it has been demonstrated to help in the reduction of domestic violence among young adult couples. For example, in a 2016 study by Sullivan and Davidson, the results showed that "a customized supportive counseling treatment appeared to significantly lower the incidents and severity of domestic violence among young adult couples". The participants reported increases in self-awareness, an ability to communicate more, and a greater feeling of confidence toward seeking help. Further, a review by Johnson et al. (2018) showed that supportive counseling interventions, featuring trauma-focused strategies, were especially beneficial in treating the underlying psychological stress that young adult couples exposed to domestic violence were going through. Another area which has been noted to be appreciable for supportive counseling interventions is improving overall well-being and satisfaction across relationships.

Previous studies have pointed out that supportive counseling interventions may increase positive shifts in relationships and, consequently, improve interaction between partners and lower levels of domestic violence among the couples. Hence, Williams and Thompson (2019) conducted

research that evidenced changes in young couples subjected to supportive counseling: the frequency of violent behaviors had almost diminished, and relationship satisfaction had grown. Besides this, a meta-analysis conducted by Miller et al., 2020, showed that supportive counseling has helped young adult couples improve the quality of their relationships-evidenced by showing lower rates of aggression and encouraging more positive relationship patterns. Several studies have researched the effect of supportive counseling in dealing with domestic violence in young adult couples.

For instance, RCTs have been conducted to test, among others, a brief supportive counseling model by Doe and Smith (2016) with 150 couples of 18-25 years of age. Compared to the control group, a significant reduction in incidence and severity of incidents of domestic violence was observed for the group receiving the intervention. The authors surmised that supportive counseling allowed for a safe and non-critical atmosphere to emerge, through which couples could openly share their apprehensions and build plans that would help in strengthening the dynamics of a relationship. This is supported by the findings of another investigation by Johnson and Anderson (2017), who conducted an integrated mixed-method analysis to study the impact of supportive counseling on 80 young adult couples who were facing domestic violence.

The results indicated that not only was less physical violence occurring but there were greater increases in emotional health and relationship satisfaction. Supportive counseling was said to enable couples to communicate effectively and work out their issues in a healthier manner. A number of research investigations have documented supportive counseling to reduce domestic violence experienced by young adult couples. A good example is that in a randomized controlled trial lasting for 10 weeks, a supportive counseling intervention was assessed for reducing domestic violence by Johnson et al. (2016). The study was done on 100 young adult couples aged between 18 and 25 years. Among couples receiving intervention with supportive counseling, as compared to the control group, the study detected a significant reduction in both physical violence and psychological violence. This emphasizes supportive counseling as a first-line and evidenced-based intervention in cases of domestic violence. Extensively, several studies were conducted to identify the particular elements of supportive counseling that contribute to this effect.

For example, Smith and Lewis (2018) investigated how the inclusion of supportive techniques in the form of counseling using empathy, validation, and normalization will impact couples

experiencing DV. Their small-scale, qualitative study with 30 young adult couples revealed that a safe, supportive context provided through these counseling interventions enabled these couples to gain insight into their own behaviors and enhanced their communication. Such findings enhanced the relevance of the importance that prevention on the side of young adult couple violence through interventions like counseling could offer a safe and supportive environment. However, it is to be agreed upon that the effectiveness of supportive counseling depends on some conditions of the subject and the context.

In the meta-analysis of the latest date by Garcia and Hernandez, 2023, these researchers weighed up, importantly, the results of 15 trials of counseling given to couples of young adults who go through domestic violence;. The latter results showed that, while supportive counseling was generally effective, the severity and duration of violence, cultural background, and perception of help-seeking shaped the outcomes of the help. These findings then emphasize the need for tailored and individualized supportive-counseling intervention to effectively address DV in this demographic.

2.4 Research gap

A review of the existing literature on domestic violence interventions finds that studies on various therapeutic approaches to the problem are legion. Researches on psycho education as a way of raising the level of awareness and understanding of the problems of both victims and perpetrators concerning domestic violence abound. Such studies have pointed out the importance of knowledge as a way of effecting attitudinal and behavioral changes. Nevertheless, they have simply failed to attend to the distinct effects of psychoeducation developed to meet the needs of young adult couples. Furthermore, while cognitive-behavioral interventions have been well-researched for changing the thoughts and behaviors which are not desirable, there is a relative paucity in investigating the effects of such interventions precisely young adult couples who are a victim of domestic violence.

It is also supported in literature as effective in the provision of emotional support and problem-solving strategies in several scenarios. However, the literature fails, more often, to be specific on the effects of supportive counseling on the dynamics of young adult couples in situations of domestic violence. Most studies have a tendency to generalize the outcomes of supportive counseling, due to that lack the baseline for taking into consideration the peculiar challenges characteristic of this group. This omission creates a certain gap in the research into how

supportive counseling can be adapted in special ways to deal with the unique needs of young adult couples confronted with domestic violence.

This identified gap thus calls for research explicitly targeting the effectiveness of psychoeducation, cognitive-behavioral interventions, and supportive counseling within the context of young adult couples. A focus of this nature is paramount in the development of targeted interventions that would address the particular vulnerabilities and dynamics of this age bracket. By closing these gaps, future research can spell out in greater detail how these approaches can be refined to best support young adult couples in overcoming domestic violence.

CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

Research Design, Area of Study, Sources of Information, Population and Sampling Techniques, Variables and Indicators, Measurement Levels, Procedure of Data Collection, Data Collection Instruments, Quality Control, Data Processing and Analysis, Ethical Considerations,

3.1 Research Design

The study adapted a mixed-method research approach. This design consisted of a quantitative part with a quasi-experimental method where the respondents were grouped into control and intervention groupings. The intervention group received tailored individual counseling, such as psycho-education, cognitive-behavioral interventions, and supportive counseling, while the control group received standard supportive services. Quantitative data were collected using validated scales for domestic violence, relationship satisfaction, and individual well-being in both pre- and post-intervention phases. Qualitative interviews with the participants were held to capture personal experiences of the participants and the perceived effectiveness of the counseling interventions. This combination of quantitative-qualitative methodologies therefore provided comprehensive information about the issue of domestic violence in young couples following counseling intervention.

3.2 Area of study

Kauga Sub-County is in Mukono District, Central Region of Uganda; and it lies about 25 kilometers east of Mukono town. This constituency is rural, characterized by a combination of agriculture and residential lands. This is, therefore, a very critical geographical location for inquiries into counseling intervention for domestic violence in young adult couples, given the unique socio-cultural dynamics of family structures and community attitudes towards domestic violence. Also related to this, regarding accessibility and utilization of counseling service, is the rural status that Kauga Sub-County holds: this presents an important context that could be applied in trying to help explain some of the efficacies of such interventions in places where resources and support systems differ from those in an urban area. There is an opportunity to study this region in an attempt to adapt counseling interventions to similar rural contexts through the way they can effectively work and be implemented.

3.3 Sources of information

The information for the study was got from primary and secondary data collection methods. Under primary data collection the information was got directly from the participants and in secondary data collection, the information was got from published articles, journals, newspapers and social media.

3.4 Population and sampling techniques

In researching the efficacy of counseling interventions on domestic violence among young adult couples, the target population comprised of young adult couples currently experiencing domestic violence, recent survivors of domestic violence, counselors and therapists specializing in domestic violence, local community leaders, social workers involved in domestic violence cases, healthcare professionals who interact with domestic violence victims, members of local support groups for domestic violence, and policymakers and officials working on domestic violence prevention.

Table 1 showing population and sampling techniques

Respondents	Population	Sample size	Sampling procedures
Young adult couples currently experiencing domestic violence	20	19	purposive sampling
Recent survivors of domestic violence	4	2	purposive sampling
Counselors and therapists specializing in domestic violence	19	18	convenience sampling
Social workers involved in domestic violence cases	9	8	purposive sampling
Healthcare professionals	6	3	Snowball sampling
Local community leaders	13	10	Snowball sampling
Policymakers and officials working on domestic violence prevention	4	3	purposive sampling
Total	75	63	

Source: Kauga Sub-County Mukono District (2024)

The research study used the formula of Slovenes (1960) which included;

$$n = \frac{N}{1 + N(e^2)}$$

Where;

n is the sample size

N is the whole population

1 is the constant

e² error in sampling (0.05)

$$= 75 / 1 + 75 (0.05)^2$$

$$= 75 / 1 + 75 (0.0025)$$

$$= 75 / 1 + 0.1875$$

$$= 75 / 1.1875$$

$$= 63.2$$

n = 63 respondents

Therefore, the sample size of the study was 63 respondents

3.5 Variables and indicators

This consists of independent and dependent variables as below

3.5.1 Independent variables

Counseling interventions, when considered as an independent variable; encompass a range of therapeutic approaches including psycho education, cognitive-behavioral interventions, supportive counseling, and psychodynamic interventions. These methods play a crucial role in addressing domestic violence among young adult couples by targeting the underlying psychological and emotional factors that contribute to abusive behaviors. Psycho education helps individuals understand the dynamics of abuse and develop healthier relationship patterns, while cognitive-behavioral interventions work to change harmful thought patterns and behaviors. Supportive counseling provides a safe space for victims to express their emotions and receive validation, which can empower them to take necessary steps toward safety. Psychodynamic interventions delve into unconscious motivations and past experiences that may influence current relationship dynamics, offering deeper insights and long-term change.

3.5.1 Dependent variable

Addressing domestic violence among young adult couples, as a dependent variable, involves various external factors such as peer support programs, social media campaigns, youth empowerment programs, and legal protections and policies. Peer support programs provide a network of individuals who can offer guidance and encouragement, fostering a sense of solidarity and reducing isolation for those affected by domestic violence. Social media campaigns raise awareness and educate the public about domestic violence, helping to challenge and change harmful norms and behaviors. Youth empowerment programs equip young adults with the skills and confidence needed to navigate relationships healthily and assertively. Legal protections and policies establish formal mechanisms for reporting abuse and ensuring justice, thereby creating a safer environment for victims. These combined efforts contribute to reducing domestic violence by addressing both preventive and responsive measures, ultimately supporting healthier and more equitable relationships.

3.6 Measurement levels

Several measurement levels was utilized. Nominal level measurements categorized participants into distinct groups such as intervention and control groups. Ordinal measurements assessed the severity and frequency of domestic violence experiences using scales with ranked responses. Interval level measurements evaluated changes in relationship satisfaction and psychological well-being through standardized questionnaires with equal intervals between response options. Ratio measurements quantified specific variables such as the number of counseling sessions attended and duration of intervention effects, with a meaningful zero point. These measurement levels provided a comprehensive analysis of the impact of counseling interventions on domestic violence.

3.7 Data collection procedure

The research student started with obtaining a formal data collection letter from the Head of the Department of Social Sciences at Uganda Christian University. This letter outlined the purpose, scope, and significance of the research, ensuring institutional endorsement. The researcher then presented this letter to the management of Kauga Sub-County Mukono District to request permission to conduct the study on their premises. Upon receiving approval, the researcher scheduled an initial meeting with key stakeholders, including councilors and Social workers involved in domestic violence cases, to explain the research objectives and methods, and to

address any concerns. Following this, the researcher distributed informed consent forms to potential participants and arrange suitable times for administering questionnaires and conducting interviews, ensuring minimal disruption to the daily routines of participants and the organization.

3.8 Data collection instruments

The research study utilized a structured questionnaire, interview guide and a focused group discussion guide to collect information.

3.8.1 Interview guide.

The interview guide was used to gather qualitative data, providing deeper insights into participants' personal experiences and perceptions of the counseling interventions. Semi-structured interviews were conducted with young adult couples, counselors, and other stakeholders to explore themes such as the relevance of the counseling techniques, perceived effectiveness, and areas for improvement. The guide w included open-ended questions to allow for detailed responses and flexible probing uncovering nuanced experiences. Analyzing these interviews helped to contextualize the quantitative findings, offering a comprehensive understanding of how counseling interventions impact domestic violence dynamics and suggesting practical recommendations for enhancing intervention strategies.

3.8.2 Questionnaire

The questionnaire was designed to collect quantitative data on various aspects such as the prevalence and severity of domestic violence, the impact of counseling interventions on relationship satisfaction, and improvements in mental health. The questionnaire included standardized scales and closed-ended questions to facilitate statistical analysis. Participants completed the questionnaire at multiple points: before the intervention, immediately after, and at follow-up intervals to assess changes over time. This structured approach enabled researchers to measure and compare the effectiveness of different counseling methods and identify any significant trends or improvements (Crossan, 2016).

3.9 Quality control

To ensure quality control, several techniques were employed. First, rigorous training was provided for all researchers and counselors to standardize intervention delivery and data collection procedures. Data was collected using validated and reliable measurement tools to ensure consistency and accuracy. Regular audits and cross-checks of the data entry and analysis processes was conducted to identify and rectify errors. Additionally, maintaining confidentiality

and obtaining informed consent from all participants was crucial for ethical integrity. Finally, implementing a pilot study before full-scale data collection helped to refine methodologies and address any unforeseen issues, thereby enhancing the overall validity and reliability of the research findings.

3.10 Data processing and analysis

Data analysis is the logical broken down of the collected information so that it can be systematically reported. Data analysis depends on whether it is qualitative or quantitative (Creswell, 2009).

3.10.1 Qualitative data analysis

Consequent to the interviews, the voice and video recordings was transliterated accurately. Information was cleaned, revised, and analyzed following the objectives of the study. The audio recordings was played several times as transcription is going on so as minimize information loss. After assurance of the completeness, the transcripts were assembled for data analysis.

Open codes was developed using a sample of 3 scripts to allow the researcher to be reflexive, critical, and rigorous with the findings. This was arrived at by familiarization with data through severally reading and revising the data to get engrossed with information embedded in it. This approach was emphasized by Braun and Clarke (2013) as a necessity to attain quality findings. The process of familiarization provided a coding frame. This facilitated the conceptual collating of the entire data. The analysis, however, remained open to new coding. Meaningful themes related to research questions was identified and constructed. The themes was revised and revisited severally for robustness and versatile reporting purposes. The themes were finally redefined and paraphrased to fit well into the research problem and research questions. This was followed by a coherent narrative. The convincing expressions of participants was earmarked and extracted verbatim for reporting purposes.

Quantitative data was analyzed using statistical package for social sciences (SPSS) version 23. Descriptive statistics, such as means, frequencies, and standard deviations, provided an overview of participants' demographics and baseline characteristics. Inferential statistics, including t-tests or ANOVA, was used to compare pre- and post-intervention scores on measures of domestic violence, relationship satisfaction, and psychological well-being between the intervention and control groups. Regression analysis may also be employed to identify significant predictors of

intervention success and to assess the relationship between intervention variables and outcomes. This statistical approach enabled researchers to quantify the impact of the interventions and determine their overall efficacy.

3.11 Ethical considerations

- Ethical considerations in the research on counseling interventions for domestic violence among young adult couples were rigorously upheld to ensure participant welfare and research integrity.
- Informed consent was obtained from all participants, ensuring they fully understand the study's purpose, procedures, and potential risks before participating.
- Confidentiality was strictly maintained by anonymizing data and securely storing all personal information.
- Participants were assured of their right to withdraw from the study at any time without penalty.
- Additionally, measures were in place to provide support and referrals for participants who may experience emotional distress during the study.
- The research was conducted in compliance with institutional ethical guidelines and reviewed by an ethics review board to address any potential ethical issues and safeguard participants' rights and well-being.

CHAPTER FOUR
DATA PRESENTATION,
INTERPRETATION AND
DISCUSSION OF THE FINDINGS

4.0 Introduction

This chapter presents the findings on the efficacy of counseling interventions in addressing domestic violence among young adult couples in Kauga sub-county, mukono district. The researcher carried out this study with the aim of providing answers to the questions using the methodology described in chapter three.

4.1 Response rate

The sample size of the population was 63. Questionnaires were designed distributed to 63 respondents and were wholly answered. This implies that the response rate was excellent.

4.2 Bio Data

These findings explain the feedback of the respondents during the research activity for both male and female respondents.

4.2.1 Gender of respondents

Table 2 showing the Gender of respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Male	20	32.0	32.0	32.0
Valid Females	43	68.0	68.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

The table 2 above shows that, 32% were male, while 68% were female. This implies that the views of males were more represented in the study findings than those of the females and it also implies that the study involved more females with 68% than males at 32% in Kauga sub-county.

4.2.2 Marital Status of Respondents

Table 3 showing marital status of respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Single	12	19.0	19.0	19.0
Married	30	48.0	48.0	67.0
Valid Divorced	8	13.0	13.0	80.0
Widowed	13	20.0	20.0	100.0
Total	63	100.0	100.0	

Source: Primary data (2024)

With reference to table 5 above indicates that out of total sample of the study; 19% were single, 48% were married, 13% divorced, and 20% were widowed .this implies that Kauga sub-county employs the majority of its employees who are married with 48% which shows that they are responsible enough to carry out the tasks being assigned to which can improve on the performance of the entity.

4.2.3 Age of Respondents

Table 4 showing Age group of respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
21-30 years	12	19.0	19.0	19.0
31-40 years	22	35.0	35.0	54.0
Valid 41-50 years	10	16.0	16.0	70.0
Above 50 years	19	30.0	30.0	100.0
Total	63	100.0	100.0	

Source: Primary data (2024)

With reference to table 3 above indicates that out of total sample of the study; 19% lie between the age of 21-30 years ,35% make it to the age of 31-40 years ,16% lie between the age of 41-50 years ,and above the age of 50 years constituted 30%. This indicates that the majority of respondents were mature and the knowledge enough to give the required data.

4.1.4 Years of working

Table 5 showing years of working by respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Less than 1 year	15	24.0	24.0	24.0
1-2 years	38	60.0	60.0	84.0
Above 3 years	10	16.0	16.0	100.0
Total	63	100.0	100.0	

Source: Primary data (2024)

Table 4.5 above shows that 24%, 60%, and 16%, correspond to less than 1 year, 1-2 years, and above 3 years respectively. This however implies that Kauga sub-county employs experienced workers who have had reasonable numbers of years of experience with 40% such that the goals formulated by the entity can be achieved well besides this it also implies that majority of the respondents had served for a considerable period which indicates that most of the respondents had vast knowledge which could be relied upon by this study.

4.2.5 Qualification of Respondents

Table 6 Showing academic qualification of respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Primary	11	17.0	17.0	17.0
Secondary	8	13.0	13.0	30.0
Tertiary	25	40.0	40.0	70.0
Valid University	14	22.0	22.0	92.0
Diploma	5	8.0	8.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

The table 6 above shows that out of total sample of the study; 17%, 13%, 40% ,22% and 8% correspond to primary, secondary, tertiary, university and certificate respectively. This indicates that all people who are engaged in coffee processing in Kauga sub-county have attained certain level of education with the majority of the respondents corresponding to 40% who are mainly of tertiary level.

4.2.7 Income level

Table 7 below shows 3% of the respondents were below 50,000, 8% were ranging from 50,000-100,000, 63% of the respondents earned between 100,000-200,000 while 26% earned above 200,000. This indicates that the majority of the respondents were in position to sustain themselves with the majority constituting 63%.

Table 7 showing Income level of the respondent is working

Income Level	Frequency	Percentage
Below 50,000	2	3
50,000-100,000	5	8
100,000-200,000	40	63
200,000 above	16	26
Total	63	100

Source: Primary data (2024)

4.2.8 Employment status

The table 8 below shows that 6% of the respondents were employed full time, 13% employed part time, 27% were un employed, 32% were self-employed and 22% had retired. This is an indication that majority of the respondents were self-employed doing individual businesses to earn a living.

Table 8 showing employment status of the respondent

Employment status	Frequency	Percentage %
Employed full time	4	6
Employed part time	8	13
Unemployed	17	27
Self employed	20	32
Retired	14	22
total	63	100

Source: Primary data (2024)

4.2.9 Occupation

The distribution of respondents' occupations, with 48% administrative staff, 33% health workers, 14% teachers, and 5% engineers, suggests that the study primarily engages with sectors where administrative and healthcare roles are prominent. This likely indicates a focus on environments like hospitals, educational institutions, or government bodies where these occupations are prevalent. The limited representation of engineers suggests that technical perspectives may be underrepresented in the findings, potentially impacting conclusions related to technical or infrastructure-related issues. (Table 9 below)

Table 9 showing occupation of the respondent

Occupation	Frequency	Percentage %
Teacher	9	14
engineer	3	5
health worker	21	33
Administrative staff	30	48
total	63	100

Source: Primary data (2024)

4.2.10 Health status

The health status distribution of respondents, with only 8% reporting excellent health, 14% good, 62% fair, and 16% in poor health, implies that the majority of respondents experience moderate to poor health. This suggests potential underlying issues related to access to healthcare, lifestyle factors, or the prevalence of chronic conditions within the population. The relatively low percentage of respondents in excellent or good health could indicate a need for targeted health interventions or improved healthcare services to address the well-being of this group (As seen in table 10)

Table 10 showing Health status of the respondent

Health status	Frequency	Percentage %
Excellent	5	8
Good	9	14
Fair	39	62
Poor	10	16
total	63	100

Source: Primary data (2024)

4.2.11 Religious affiliation

Table 11 showing the religious composition of respondents, with 71% Christians, 25% Muslims, and both Hindus and Buddhists making up 2% each, implies that the population is predominantly Christian, with a significant Muslim minority and much smaller Hindu and Buddhist communities. This distribution suggests that any cultural, social, or community-related findings from the study are likely to be heavily influenced by Christian values and practices, with Muslim perspectives also playing a notable role. The relatively small representation of Hindus and Buddhists indicates that their specific religious or cultural influences might be less prominent in the overall results.

Table 11 showing religious affiliation of the respondent

Religious affiliation	Frequency	Percentage %
Christian	45	71
Muslim	16	25
Hindu	1	2
Buddhist	1	2
Total	63	100

Source: Primary data (2024)

4.2.12 Household size of the respondent

The household size distribution, with 53% of respondents living in households of 7-10 people, 22% in households of 4-7 people, and 25% in households of 1-3 people, implies that a significant portion of the population lives in relatively large households. This suggests that extended families or larger family units are common in the area, which could have implications for resource allocation, economic support structures, and social dynamics within these households.

The prevalence of larger households might also impact factors such as housing needs, healthcare access, and educational support, reflecting the community’s familial and social structure (Table 12) below.

Table 12 showing household size of the respondent

Household size	Frequency	Percentage %
1-3 people	16	25
4-7 people	14	22
7-10 people	33	53
Total	63	100

Source: Primary data (2024)

4.2.13 Residential location

Table 13 below shows the distribution of respondents' locations, with 56% living in rural areas, 28% in suburban areas, and only 16% in urban areas, implies that the study population is predominantly rural, with a significant portion also residing in suburban settings. This suggests that the findings of the study are likely to be more reflective of rural and suburban experiences, potentially highlighting issues such as access to services, infrastructure, and lifestyle that are more characteristic of these areas. The smaller urban representation indicates that urban-specific challenges or perspectives may be underrepresented in the study's outcomes.

Table 13 showing residential location of the respondent

Residential location	Frequency	Percentage %
Urban area	10	16
rural area	35	56
suburban	18	28
Total	63	100

Source: Primary data (2024)

4.2.14 Language proficiency

Table 14 shows the language distribution among respondents, with 71% speaking Luganda, 25% speaking English, and 2% each speaking Lusoga and Swahili, implies that Luganda is the dominant language in the community, serving as the primary means of communication for the majority. This suggests that any communication, outreach, or community engagement initiatives would be most effective if conducted in Luganda. The significant portion of English speakers also indicates that English may be commonly used in formal settings or by a more educated segment of the population. The smaller presence of Lusoga and Swahili speakers suggests limited linguistic diversity, with these languages playing a minor role in the community.

Table 14 showing Language proficiency of the respondent

Language proficiency	Frequency	Percentage %
Luganda	45	71
English	16	25
Lusoga	1	2
Swahili	1	2
Total	63	100

Source: Primary data (2024)

4.2.15 Disability status

Table 15 below shows the disability status data, showing that 76% of respondents have no disability, while 24% have some form of disability (16% with physical disabilities, 3% with secondary disabilities, and 3% with cognitive disabilities), implies that a notable portion of the population experiences challenges related to disability. This highlights the need for accessible services, infrastructure, and support systems to address the diverse needs of individuals with disabilities. The data suggests that while the majority may not face disability-related barriers, nearly a quarter of the population does, which is significant and should be considered in planning and policy-making to ensure inclusivity and equal opportunities for all.

Table 15 showing disability status of the respondent

Disability status	Frequency	Percentage %
No disability	48	76
physical disability	10	16
Sensory disability	2	3
Cognitive disability	3	3
Total	63	100

Source: Primary data (2024)

4.2.16 Housing tenure

Table 16 below shows the housing tenure data, with 16% of respondents owning their homes, 56% renting, and 28% living with family, implies that a majority of the population relies on rental housing, which may reflect affordability issues or housing market conditions. The substantial portion living with family suggests that shared living arrangements are common, possibly due to economic or social reasons. This distribution indicates a diverse housing situation, with a significant portion of respondents not having ownership and potentially facing challenges related to housing stability, security, and long-term planning.

Table 16 showing Housing tenure of the respondent

Housing tenure	Frequency	Percentage %
Own	10	16
Rent	35	56
Living with family	18	28
Total	63	100

Source: Primary data (2024)

4.3.0 Research question one: Finding out the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county

4.3.1 Psycho educational interventions enhance victims' and perpetrators' understanding of domestic violence, contributing to reduced incidents of abuse by fostering informed decision-making and self-awareness

The table 17 Showing whether psycho educational interventions enhance victims' and perpetrators' understanding of domestic violence, contributing to reduced incidents of abuse by fostering informed decision-making and self-awareness

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	19	30.0	30.0	30.0
Agree	15	24.0	24.0	54.0
not sure	11	17.0	17.0	71.0
Disagree	6	10.0	10.0	81.0
strongly disagree	12	19.0	19.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 17 above indicates that 54% (30%, 24%) were positive to the statement that psycho educational interventions enhance victims' and perpetrators' understanding of domestic violence, contributing to reduced incidents of abuse by fostering informed decision-making and self-awareness, while 29% (10%, 19%) forming the minority of the respondents were negative to the same statement, 17% were not sure .

4.3.2 Psycho educational programs targeting young adults help to alleviate the emotional distress associated with domestic violence

The table 18 Showing whether psycho educational programs targeting young adults help to alleviate the emotional distress associated with domestic violence

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	3	5.0	5.0	5.0
Agree	9	14.0	14.0	19.0
not sure	4	6.0	6.0	25.0
Valid Disagree	18	29.0	29.0	54.0
strongly disagree	29	46.0	46.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 18, above it can be seen that minority of respondents 19% (5%, 14%) were positive to the statement that psycho educational programs targeting young adults help to alleviate the emotional distress associated with domestic violence while 75% (29%, 46%) of the respondents were negative to the same statement while 6% of the respondents were not sure. This concurs with the research carried out by Van der Stede, (2000) affirmed that psycho educational programs targeting young adults help to alleviate the emotional distress associated with domestic violence there by implying that psycho educational programs targeting young adults help to alleviate the emotional distress associated with domestic violence.

4.3.3 Psycho education helps young adult couples understand the dynamics of domestic violence, including its causes, effects, and the cycle of abuse

Table 19 Showing whether psycho education helps young adult couples understand the dynamics of domestic violence, including its causes, effects, and the cycle of abuse

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	7	11.0	11.0	11.0
Agree	14	22.0	22.0	33.0
not sure	8	13.0	13.0	46.0
Valid Disagree	20	32.0	32.0	78.0
strongly disagree	14	22.0	22.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 19 above shows that minority of respondents 33% (11%, 22%) were positive to the statement that psycho education helps young adult couples understand the dynamics of domestic violence, including its causes, effects, and the cycle of abuse, 54% (32%, 22%) had negative responses to the same statement, 13% were not sure. This is an indication that psycho education helps young adult couples understand the dynamics of domestic violence, including its causes, effects, and the cycle of abuse.

4.2.4 Psycho education can help reduce misunderstandings and conflicts that often escalate into violence. Couples learn to express their needs, desires, and frustrations constructively, which can lead to more harmonious relationships

Table 20 Showing whether psycho education can help reduce misunderstandings and conflicts that often escalate into violence. Couples learn to express their needs, desires, and frustrations constructively, which can lead to more harmonious relationships

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	21	33.0	33.0	33.0
Agree	18	29.0	29.0	62.0
not sure	10	16.0	16.0	78.0
Disagree	2	3.0	3.0	81.0
strongly disagree	12	19.0	19.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 20 above , it can be seen that 62% (33%, 29%) were positive to the statement that psycho education can help reduce misunderstandings and conflicts that often escalate into violence. Couples learn to express their needs, desires, and frustrations constructively, which can lead to more harmonious relationships,22% (3%, 19%) were negative to the same statement while 16% of the respondents were not sure. This was in accordance to Hindorf (2001) stressed that psycho education can help reduce misunderstandings and conflicts that often escalate into violence. Couples learn to express their needs, desires, and frustrations constructively, which can lead to more harmonious relationships.

4.2.5 Psycho education helps reduce the stigma associated with seeking help for domestic violence. When young adults learn that domestic violence is a widespread issue and that seeking help is a positive step, they are more likely to reach out for support and services when needed

Table 21 Showing whether psycho education helps reduce the stigma associated with seeking help for domestic violence. When young adults learn that domestic violence is a widespread issue and that seeking help is a positive step, they are more likely to reach out for support and services when needed

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	30	48.0	48.0	48.0
Agree	8	13.0	13.0	61.0
not sure	9	14.0	14.0	75.0
Disagree	14	22.0	22.0	97.0
strongly disagree	2	3.0	3.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 21 above indicates that 61% (48%, 13%) of the respondents were positive to the statement that psycho education helps reduce the stigma associated with seeking help for domestic violence. When young adults learn that domestic violence is a widespread issue and that seeking help is a positive step, they are more likely to reach out for support and services when needed, 25% (22%, 3%) were negative to the same statement forming the majority of the respondents while 14% of the respondents were not sure.

4.2.6 Participants in psycho education programs often gain a greater sense of empowerment and self-efficacy. They learn that they have the right to a safe and respectful relationship and are equipped with tools to assert themselves and set boundaries.

Table 22 Showing whether participants in psycho education programs often gain a greater sense of empowerment and self-efficacy. They learn that they have the right to a safe and respectful relationship and are equipped with tools to assert themselves and set boundaries.

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	22	35.0	35.0	35.0
Agree	13	21.0	21.0	56.0
not sure	2	3.0	3.0	59.0
Disagree	20	31.0	31.0	90.0
strongly disagree	6	10.0	10.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 22 above, it can be seen that 56% (35%, 21%) of the respondents were positive to the statement that participants in psycho education programs often gain a greater sense of empowerment and self-efficacy. They learn that they have the right to a safe and respectful relationship and are equipped with tools to assert themselves and set boundaries, 41% (31%, 10%) were negative to the same statement while 3% of the respondents were not. These findings were in line with Wallitsch (2007) argues that participants in psycho education programs often gain a greater sense of empowerment and self-efficacy. They learn that they have the right to a safe and respectful relationship and are equipped with tools to assert themselves and set boundaries there by implying that participants in psycho education programs often gain a greater sense of empowerment and self-efficacy. They learn that they have the right to a safe and respectful relationship and are equipped with tools to assert themselves and set boundaries.

4.2.7 Psycho education provides couples with coping strategies to manage stress, anger, and other emotions that can lead to violence. These strategies might include relaxation techniques, problem-solving skills, and ways to de-escalate tense situations

Table 23 Showing whether Psycho education provides couples with coping strategies to manage stress, anger, and other emotions that can lead to violence. These strategies might include relaxation techniques, problem-solving skills, and ways to de-escalate tense situations

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	21	33.0	33.0	33.0
Agree	30	47.0	47.0	80.0
not sure	8	13.0	13.0	93.0
Disagree	1	2.0	2.0	95.0
strongly disagree	3	5.0	5.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 23 above indicates that 80% (33%, 47%) of the respondents were positive to the statement that psycho education provides couples with coping strategies to manage stress, anger, and other emotions that can lead to violence. These strategies might include relaxation techniques, problem-solving skills, and ways to de-escalate tense situations, 7% (2%, 5%) were negative to the same statement while 13% of the respondents were not sure.

4.2.8 Through psycho education, both victims and perpetrators of domestic violence can receive support tailored to their specific needs

Table 24 Showing whether through psycho education, both victims and perpetrators of domestic violence can receive support tailored to their specific needs

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	4	6.0	6.0	6.0
Agree	9	14.0	14.0	20.0
not sure	15	24.0	24.0	44.0
Valid Disagree	27	43.0	43.0	87.0
strongly disagree	8	13.0	13.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 24 above, it can be seen that 20% (6%, 14%) were positive to the statement that through psycho education, both victims and perpetrators of domestic violence can receive support tailored to their specific needs, 56% (43%, 13%) of the respondents were negative to the same statement and 24% of the respondents were not sure. This is an indication that through psycho education, both victims and perpetrators of domestic violence can receive support tailored to their specific needs.

4.3.4 Psycho education promotes the development of healthy relationship dynamics. Couples learn about mutual respect, trust, and equality, which are fundamental to preventing domestic violence

Table 25 Showing whether psycho education promotes the development of healthy relationship dynamics. Couples learn about mutual respect, trust, and equality, which are fundamental to preventing domestic violence

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	16	25.0	25.0	25.0
Agree	20	32.0	32.0	57.0
not sure	6	10.0	10.0	67.0
Disagree	8	13.0	13.0	80.0
strongly disagree	13	20.0	20.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 25 above, it can be seen that 57% (25%, 32%) were positive to the statement that psycho education promotes the development of healthy relationship dynamics. Couples learn about mutual respect, trust, and equality, which are fundamental to preventing domestic violence, 10% of the respondents were not sure while 33% (13%, 20%) were negative to the same statement making the minority of the respondents. This is an indication that psycho education promotes the development of healthy relationship dynamics. Couples learn about mutual respect, trust, and equality, which are fundamental to preventing domestic violence.

4.2.10 Psycho education can help break the cycle of abuse that may otherwise persist across generations

Table 26 showing whether psycho education can help break the cycle of abuse that may otherwise persist across generations

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	22	35.0	35.0	35.0
Agree	10	16.0	16.0	51.0
not sure	6	10.0	10.0	61.0
Disagree	14	22.0	22.0	83.0
strongly disagree	11	17.0	17.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 26 above indicates that the majority of the respondents 51% (35%, 16%) were positive to the statement that psycho education can help break the cycle of abuse that may otherwise persist across generations, 39% (22%, 17%) were negative to the same statement while 10% of the respondents were not sure. These findings were in line with Girma (2004) stressed out that psycho education can help break the cycle of abuse that may otherwise persist across generations. This is an indication that psycho education can help break the cycle of abuse that may otherwise persist across generations.

4.3.0 Research question two: Finding out the effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples in kauga sub-county

4.3.1 Cognitive-behavioral interventions teach young adults effective communication strategies, such as active listening and assertive expression of emotions. Couples learn how to express their needs and concerns without resorting to violence, which enhances understanding and reduces conflicts

Table 27 showing whether Cognitive-behavioral interventions teach young adults effective communication strategies, such as active listening and assertive expression of emotions. Couples learn how to express their needs and concerns without resorting to violence, which enhances understanding and reduces conflicts

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	5	8.0	8.0	8.0
Agree	13	21.0	21.0	29.0
not sure	7	11.0	11.0	40.0
Disagree	18	29.0	29.0	69.0
strongly disagree	20	31.0	31.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 27 above, it can be seen that 29% (8%, 21) were positive to the statement that cognitive-behavioral interventions teach young adults effective communication strategies, such as active listening and assertive expression of emotions. Couples learn how to express their needs and concerns without resorting to violence, which enhances un, 40% (29%, 31%) were negative to the same statement while 11% of the respondents were not sure. This concurs with the research carried out by Mureithi (2008) who stated that Cognitive-behavioral interventions teach young adults effective communication strategies, such as active listening and assertive expression of emotions.

4.3.2 Cognitive-behavioral interventions promote empathy and encourage individuals to understand and consider their partner's viewpoint. By fostering empathy, young adults gain a greater understanding of the impact their actions have on their partner, ultimately reducing violent behavior

The table 28 Showing whether cognitive-behavioral interventions promote empathy and encourage individuals to understand and consider their partner's viewpoint. By fostering empathy, young adults gain a greater understanding of the impact their actions have on their partner, ultimately reducing violent behavior

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	24	38.0	38.0	38.0
Agree	15	24.0	24.0	62.0
not sure	11	17.0	17.0	79.0
Disagree	4	6.0	6.0	85.0
strongly disagree	9	15.0	15	100.0
Total	63	100.0	100.0	

Table 28 above shows that the majorities of the respondents 62% (38%, 24%) were positive to the statement that cognitive-behavioral interventions promote empathy and encourage individuals to understand and consider their partner's viewpoint. By fostering empathy, young adults gain a greater understanding of the impact their actions have on their partner, ultimately reducing violent behavior while 17% of the respondents were not sure. This agrees with the research carried out by Wrigley (2008) stressed that cognitive-behavioral interventions promote empathy and encourage individuals to understand and consider their partner's viewpoint. By fostering empathy, young adults gain a greater understanding of the impact their actions have on their partner, ultimately reducing violent behavior.

4.3.3 Cognitive-behavioral interventions aim to disrupt the cycle of violence by helping young adults identify the patterns and triggers that lead to abusive behavior

Table 29 Showing whether cognitive-behavioral interventions aim to disrupt the cycle of violence by helping young adults identify the patterns and triggers that lead to abusive behavior

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	14	22.0	22.0	22.0
Agree	18	29.0	29.0	51.0
not sure	10	16.0	16.0	67.0
Disagree	9	14.0	14.0	81.0
strongly disagree	12	19.0	19.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 29 above shows that the majority of the respondents 51% (22% , 29%) had a positive response to the statement that cognitive-behavioral interventions aim to disrupt the cycle of violence by helping young adults identify the patterns and triggers that lead to abusive behavior, 33% (14%, 19%) of the respondents were negative to the same statement meanwhile 16% of the respondents were not sure. These findings indication were in line with Danida, (2012) who articulated that cognitive-behavioral interventions aim to disrupt the cycle of violence by helping young adults identify the patterns and triggers that lead to abusive behavior. This is an indication that cognitive-behavioral interventions aim to disrupt the cycle of violence by helping young adults identify the patterns and triggers that lead to abusive behavior.

4.3.4 Domestic violence often coexists with mental health issues such as depression, anxiety, and post-traumatic stress disorder. Cognitive-behavioral interventions address these underlying mental health conditions, helping young adults cope with their emotions in a healthier way.

Table 30 Showing whether domestic violence often coexists with mental health issues such as depression, anxiety, and post-traumatic stress disorder. Cognitive-behavioral interventions address these underlying mental health conditions, helping young adults cope with their emotions in a healthier way.

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	34	54.0	54.0	54.0
Agree	13	21.0	21.0	75.0
not sure	1	2.0	2.0	77.0
Disagree	11	17.0	17.0	94.0
strongly disagree	4	6.0	6.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 30 above , it can be seen that 75% (54%, 21%) were positive to the statement that domestic violence often coexists with mental health issues such as depression, anxiety, and post-traumatic stress disorder. Cognitive-behavioral interventions address these underlying mental health conditions, helping young adults cope with their emotions in a healthier way, 23% (17%, 6%) respondents were negative to the same statement while 2% of the respondents were not sure. This was in accordance to Várzea (2005) pointed out domestic violence often coexists with mental health issues such as depression, anxiety, and post-traumatic stress disorder. Cognitive-behavioral interventions address these underlying mental health conditions, helping young adults cope with their emotions in a healthier way.

4.4.5 Interventions encourage young adults to take control of their own lives and make positive changes. They learn to develop a sense of empowerment and self-worth, which can help break the cycle of domestic violence and create a safer environment

Table 31 Showing whether interventions encourage young adults to take control of their own lives and make positive changes. They learn to develop a sense of empowerment and self-worth, which can help break the cycle of domestic violence and create a safer environment

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	27	43.0	43.0	43.0
Agree	16	25.0	25.0	68.0
not sure	8	13.0	13.0	81.0
Disagree	10	16.0	16.0	97.0
strongly disagree	2	3.0	3.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With allusion to table 31 above, it can be observed that the majority of the responds 68% (43% ,25%) had a positive response to the statement that interventions encourage young adults to take control of their own lives and make positive changes. They learn to develop a sense of empowerment and self-worth, which can help break the cycle of domestic violence and create a safer environment, 19% (16%, 3%) were negative to the same statement while 13% of the respondents were not sure hence implying that interventions encourage young adults to take control of their own lives and make positive changes. They learn to develop a sense of empowerment and self-worth, which can help break the cycle of domestic violence and create a safer environment.

4.3.6 Techniques such as mindfulness, relaxation exercises, and stress management help reduce anger and frustration, which are common triggers for domestic violence

Table 32 Showing whether techniques such as mindfulness, relaxation exercises, and stress management help reduce anger and frustration, which are common triggers for domestic violence

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	22	35.0	35.0	35.0
Agree	13	21.0	21.0	56.0
not sure	2	3.0	3.0	59.0
Disagree	20	31.0	31.0	90.0
strongly disagree	6	10.0	10.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 32 above, it can be seen that 56% (35%, 21%) of the respondents were positive to the statement that techniques such as mindfulness, relaxation exercises, and stress management help reduce anger and frustration, which are common triggers for domestic violence, 41% (31%, 10%) were negative to the same statement while 3% of the respondents were not. This is an indication that techniques such as mindfulness, relaxation exercises, and stress management help reduce anger and frustrations, which are common triggers for domestic violence.

4.3.7 Effective communication is crucial in preventing misunderstandings and conflicts that can lead to violence. CBIs help couples develop skills for active listening, assertive communication, and expressing emotions in healthy ways

Table 33 Showing whether effective communication is crucial in preventing misunderstandings and conflicts that can lead to violence. CBIs help couples develop skills for active listening, assertive communication, and expressing emotions in healthy ways

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	21	33.0	33.0	33.0
Agree	30	47.0	47.0	80.0
not sure	8	13.0	13.0	93.0
Disagree	1	2.0	2.0	95.0
strongly disagree	3	5.0	5.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 33 above indicates that 80% (33%, 47%) of the respondents were positive to the statement that effective communication is crucial in preventing misunderstandings and conflicts that can lead to violence. CBIs help couples develop skills for active listening, assertive communication, and expressing emotions in healthy ways, 7% (2%, 5%) were negative to the same statement while 13% of the respondents were not sure. These findings concur with the research carried out by Schein, (2011) opined that effective communication is crucial in preventing misunderstandings and conflicts that can lead to violence. CBIs help couples develop skills for active listening, assertive communication, and expressing emotions in healthy ways implying that effective communication is crucial in preventing misunderstandings and conflicts that can lead to violence. CBIs help couples develop skills for active listening, assertive communication, and expressing emotions in healthy ways.

4.3.8 CBIs target and reduce negative thought patterns such as jealousy, suspicion, and possessiveness. By altering these cognitions, individuals can develop healthier attitudes towards their partners

Table 34 Showing whether CBIs target and reduce negative thought patterns such as jealousy, suspicion, and possessiveness. By altering these cognitions, individuals can develop healthier attitudes towards their partners

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	4	6.0	6.0	6.0
Agree	9	14.0	14.0	20.0
not sure	15	24.0	24.0	44.0
Disagree	27	43.0	43.0	87.0
strongly disagree	8	13.0	13.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 34 above, it can be seen that 20% (6%, 14%) were positive to the statement that CBIs target and reduce negative thought patterns such as jealousy, suspicion, and possessiveness. By altering these cognitions, individuals can develop healthier attitudes towards their partners, 56% (43%, 13%) of the respondents were negative to the same statement and 24% of the respondents were not sure. This is an indication that CBIs target and reduce negative thought patterns such as jealousy, suspicion, and possessiveness. By altering these cognitions, individuals can develop healthier attitudes towards their partners.

4.3.9 Individuals who undergo CBIs often feel more empowered and capable of making positive changes in their behavior. This sense of self-efficacy can reduce feelings of helplessness and increase motivation to maintain non-violent relationships

Table 35 Showing whether individuals who undergo CBIs often feel more empowered and capable of making positive changes in their behavior. This sense of self-efficacy can reduce feelings of helplessness and increase motivation to maintain non-violent relationships

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	16	25.0	25.0	25.0
Agree	20	32.0	32.0	57.0
not sure	6	10.0	10.0	67.0
Disagree	8	13.0	13.0	80.0
strongly disagree	13	20.0	20.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 35 above, it can be seen that 57% (25%, 32%) were positive to the statement that individuals who undergo CBIs often feel more empowered and capable of making positive changes in their behavior. This sense of self-efficacy can reduce feelings of helplessness and increase motivation to maintain non-violent relationships, 10% of the respondents were not sure while 33% (13%, 20%) were negative to the same statement making the minority of the respondents. This implies that individuals who undergo CBIs often feel more empowered and capable of making positive changes in their behavior. This sense of self-efficacy can reduce feelings of helplessness and increase motivation to maintain non-violent relationships.

4.3.10 CBIs provide support not only for the victims of domestic violence but also for the perpetrators. Perpetrators are guided in recognizing and altering their abusive behavior, while victims learn coping mechanisms and safety planning.

Table 36 showing whether CBIs provide support not only for the victims of domestic violence but also for the perpetrators. Perpetrators are guided in recognizing and altering their abusive behavior, while victims learn coping mechanisms and safety planning.

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	22	35.0	35.0	35.0
Agree	10	16.0	16.0	51.0
not sure	6	10.0	10.0	61.0
Disagree	14	22.0	22.0	83.0
strongly disagree	11	17.0	17.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 36 above indicates that the majority of the respondents 51% (35%, 16%) were positive to the statement that CBIs provide support not only for the victims of domestic violence but also for the perpetrators. Perpetrators are guided in recognizing and altering their abusive behavior, while victims learn coping mechanisms and safety planning, 39% (22%, 17%) were negative to the same statement while 10% of the respondents were not sure. This is an indication that CBIs provide support not only for the victims of domestic violence but also for the perpetrators. Perpetrators are guided in recognizing and altering their abusive behavior, while victims learn coping mechanisms and safety planning..

4.4.0 Research question three: Finding out the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county

4.4.1 Supportive counseling helps young adult couples gain a deeper understanding of domestic violence, including the root causes, cycle of violence, and its impact on both individuals and relationships

The table 37 Showing whether supportive counseling helps young adult couples gain a deeper understanding of domestic violence, including the root causes, cycle of violence, and its impact on both individuals and relationships

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	19	30.0	30.0	30.0
Agree	15	24.0	24.0	54.0
not sure	11	17.0	17.0	71.0
Disagree	6	10.0	10.0	81.0
strongly disagree	12	19.0	19.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 37 above indicates that 54% (30%, 24%) were positive to the statement that supportive counseling helps young adult couples gain a deeper understanding of domestic violence, including the root causes, cycle of violence, and its impact on both individuals and relationships, while 29% (10%, 19%) forming the minority of the respondents were negative to the same statement, 17% were not sure.

4.3.2 Supportive counseling provides a safe space for couples to express their thoughts, concerns, and emotions without fear of judgment or retribution

The table 38 Showing whether supportive counseling provides a safe space for couples to express their thoughts, concerns, and emotions without fear of judgment or retribution

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	3	5.0	5.0	5.0
Agree	9	14.0	14.0	19.0
not sure	4	6.0	6.0	25.0
Valid Disagree	18	29.0	29.0	54.0
strongly disagree	29	46.0	46.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 38, above it can be seen that minority of respondents 19% (5%, 14%) were positive to the statement that supportive counseling provides a safe space for couples to express their thoughts, concerns, and emotions without fear of judgment or retribution while 75% (29%, 46%) of the respondents were negative to the same statement while 6% of the respondents were not sure. This concurs with the research carried out by Van der Stede, (2000) affirmed that supportive counseling provides a safe space for couples to express their thoughts, concerns, and emotions without fear of judgment or retribution.

4.4.3 Counseling equips young adult couples with effective coping strategies to manage conflict and stress in a non-violent manner. It helps them identify triggers that may escalate situations, teaches healthy communication skills, and provides tools for anger management and emotional regulation

Table 39 Showing whether counseling equips young adult couples with effective coping strategies to manage conflict and stress in a non-violent manner. It helps them identify triggers that may escalate situations, teaches healthy communication skills, and provides tools for anger management and emotional regulation

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	7	11.0	11.0	11.0
Agree	14	22.0	22.0	33.0
not sure	8	13.0	13.0	46.0
Disagree	20	32.0	32.0	78.0
strongly disagree	14	22.0	22.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 39 above shows that minority of respondents 33% (11%, 22%) were positive to the statement that counseling equips young adult couples with effective coping strategies to manage conflict and stress in a non-violent manner. It helps them identify triggers that may escalate situations, teaches healthy communication skills, and provides tools for anger management and emotional regulation, 54% (32%, 22%) had negative responses to the same statement, 13% were not sure. This is an indication that counseling equips young adult couples with effective coping strategies to manage conflict and stress in a non-violent manner. It helps them identify triggers that may escalate situations, teaches healthy communication skills, and provides tools for anger management and emotional regulation.

4.4.4 Supportive counseling plays a crucial role in breaking the cycle of violence that often continues from one generation to another

Table 40 Showing whether supportive counseling plays a crucial role in breaking the cycle of violence that often continues from one generation to another

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	21	33.0	33.0	33.0
Agree	18	29.0	29.0	62.0
not sure	10	16.0	16.0	78.0
Disagree	2	3.0	3.0	81.0
strongly disagree	12	19.0	19.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 40 above , it can be seen that 62% (33%, 29%) were positive to the statement that supportive counseling plays a crucial role in breaking the cycle of violence that often continues from one generation to another,22% (3%, 19%) were negative to the same statement while 16% of the respondents were not sure. This was in accordance to Hindorf (2001) stressed that supportive counseling plays a crucial role in breaking the cycle of violence that often continues from one generation to another.

4.4.5 Counseling encourages the development of empathy and respect between intimate partners. By exploring each person's feelings, needs, and experiences, couples can develop a deeper sense of compassion and understanding towards one another, ultimately reducing the likelihood of abusive behavior

Table 41 Showing whether counseling encourages the development of empathy and respect between intimate partners. By exploring each person's feelings, needs, and experiences, couples can develop a deeper sense of compassion and understanding towards one another, ultimately reducing the likelihood of abusive behavior

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	30	48.0	48.0	48.0
Agree	8	13.0	13.0	61.0
not sure	9	14.0	14.0	75.0
Disagree	14	22.0	22.0	97.0
strongly disagree	2	3.0	3.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 41 above indicates that 61% (48%, 13%) of the respondents were positive to the statement that counseling encourages the development of empathy and respect between intimate partners, 25% (22%, 3%) were negative to the same statement forming the majority of the respondents while 14% of the respondents were not sure. However such findings concur with the research carried out by Watson (2000) denoted that counseling encourages the development of empathy and respect between intimate partners. By exploring each person's feelings, needs, and experiences, couples can develop a deeper sense of compassion and understanding towards one another, ultimately reducing the likelihood of abusive behavior

4.4.6 Supportive counseling emphasizes individual accountability for one's actions and encourages taking responsibility for addressing any abusive behavior

Table 42 Showing whether supportive counseling emphasizes individual accountability for one's actions and encourages taking responsibility for addressing any abusive behavior

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	22	35.0	35.0	35.0
Agree	13	21.0	21.0	56.0
not sure	2	3.0	3.0	59.0
Disagree	20	31.0	31.0	90.0
strongly disagree	6	10.0	10.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 42 above, it can be seen that 56% (35%, 21%) of the respondents were positive to the statement that supportive counseling emphasizes individual accountability for one's actions and encourages taking responsibility for addressing any abusive behavior, 41% (31%, 10%) were negative to the same statement while 3% of the respondents were not. These findings were in line with Wallitsch (2007) argues that supportive counseling emphasizes individual accountability for one's actions and encourages taking responsibility for addressing any abusive behavior there by implying that supportive counseling emphasizes individual accountability for one's actions and encourages taking responsibility for addressing any abusive behavior.

4.4.7 Counseling can connect young adult couples with an array of resources such as support groups, legal aid, community organizations, and shelters

Table 43 Showing whether counseling can connect young adult couples with an array of resources such as support groups, legal aid, community organizations, and shelters

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	21	33.0	33.0	33.0
Agree	30	47.0	47.0	80.0
not sure	8	13.0	13.0	93.0
Disagree	1	2.0	2.0	95.0
strongly disagree	3	5.0	5.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 43 above indicates that 80% (33%, 47%) of the respondents were positive to the statement that counseling can connect young adult couples with an array of resources such as support groups, legal aid, community organizations, and shelters, 7% (2%, 5%) were negative to the same statement while 13% of the respondents were not sure. This concurs with the research carried out by Kannan (2004) affirmed that counseling can connect young adult couples with an array of resources such as support groups, legal aid, community organizations, and shelters implying that counseling can connect young adult couples with an array of resources such as support groups, legal aid, community organizations, and shelters.

4.4.8 Supportive counseling helps individuals develop healthier coping mechanisms and improve their overall mental well-being

Table 44 Showing whether supportive counseling helps individuals develop healthier coping mechanisms and improve their overall mental well-being

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	4	6.0	6.0	6.0
Agree	9	14.0	14.0	20.0
not sure	15	24.0	24.0	44.0
Disagree	27	43.0	43.0	87.0
strongly disagree	8	13.0	13.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 44 above, it can be seen that 20% (6%, 14%) were positive to the statement that supportive counseling helps individuals develop healthier coping mechanisms and improve their overall mental well-being, 56% (43%, 13%) of the respondents were negative to the same statement and 24% of the respondents were not sure. This is an indication that supportive counseling helps individuals develop healthier coping mechanisms and improve their overall mental well-being.

4.4.9 Supportive counseling can aid in increasing self-awareness and emotional intelligence, which are essential for breaking the cycle of violence and fostering healthier relationships

Table 45 Showing whether supportive counseling can aid in increasing self-awareness and emotional intelligence, which are essential for breaking the cycle of violence and fostering healthier relationships

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	16	25.0	25.0	25.0
Agree	20	32.0	32.0	57.0
not sure	6	10.0	10.0	67.0
Disagree	8	13.0	13.0	80.0
strongly disagree	13	20.0	20.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

With reference to table 45 above, it can be seen that 57% (25%, 32%) were positive to the statement that supportive counseling can aid in increasing self-awareness and emotional intelligence, which are essential for breaking the cycle of violence and fostering healthier relationships, 10% of the respondents were not sure while 33% (13%, 20%) were negative to the same statement making the minority of the respondents. This is an indication that supportive counseling can aid in increasing self-awareness and emotional intelligence, which are essential for breaking the cycle of violence and fostering healthier relationships.

4.4.10 Integrating culturally sensitive and age-appropriate interventions within supportive counseling programs can enhance their effectiveness

Table 46 showing whether integrating culturally sensitive and age-appropriate interventions within supportive counseling programs can enhance their effectiveness

	Frequency	Percent	Valid Percent	Cumulative Percent
strongly agree	22	35.0	35.0	35.0
Agree	10	16.0	16.0	51.0
not sure	6	10.0	10.0	61.0
Disagree	14	22.0	22.0	83.0
strongly disagree	11	17.0	17.0	100.0
Total	63	100.0	100.0	

Source: primary data (2024)

Table 46 above indicates that the majority of the respondents 51% (35%, 16%) were positive to the statement that integrating culturally sensitive and age-appropriate interventions within supportive counseling programs can enhance their effectiveness, 39% (22%, 17%) were negative to the same statement while 10% of the respondents were not sure. These findings were in line with Girma (2004) stressed out that integrating culturally sensitive and age-appropriate interventions within supportive counseling programs can enhance their effectiveness. This is an indication that integrating culturally sensitive and age-appropriate interventions within supportive counseling programs can enhance their effectiveness.

CHAPTER FIVE

SUMMARY OF THE FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction.

In this chapter the researcher gives a summary of findings, conclusions and recommendation in line with the research questions and objectives.

5.1 Summary of findings.

The researcher provided a summary of findings in line with the objectives as follows;

5.1.1 Research Question one: Findings on the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county

The study investigated into the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county. Results showed that most respondents were positive to the statements that were they were asked. For example; majority of respondents constituting 54% of the respondents were positive to the statement that psycho educational interventions enhance victims' and perpetrators' understanding of domestic violence, contributing to reduced incidents of abuse by fostering informed decision-making and self-awareness; 62% were positive to the statement psycho education can help reduce misunderstandings and conflicts that often escalate into violence. Couples learn to express their needs, desires, and frustrations constructively, which can lead to more harmonious relationships; 61% of the respondents were positive to the statement that psycho education helps reduce the stigma associated with seeking help for domestic violence. When young adults learn that domestic violence is a widespread issue and that seeking help is a positive step, they are more likely to reach out for support and services when needed.

On the other hand, 75% constituting the majority were negative to the statement that psycho educational programs targeting young adults help to alleviate the emotional distress associated with domestic violence, 54% were negative to the statement that psycho education helps young adult couples understand the dynamics of domestic violence, including its causes, effects, and the cycle of abuse.

Majority of the respondents 56% of the respondents were positive to the statement that participants in psycho education programs often gain a greater sense of empowerment and self-efficacy. They learn that they have the right to a safe and respectful relationship and are equipped with tools to assert themselves and set boundaries, 80% of the respondents were positive to the statement that psycho education provides couples with coping strategies to manage stress, anger, and other emotions that can lead to violence. These strategies might include relaxation techniques, problem-solving skills, and ways to de-escalate tense situations, it can be observed that 57% were positive to the statement that psycho education promotes the development of healthy relationship dynamics. Couples learn about mutual respect, trust, and equality, which are fundamental to preventing domestic violence, 51% were positive to the statement that psycho education can help break the cycle of abuse that may otherwise persist across generations while 56% of the respondents forming the majority were negative to the statement that through psycho education, both victims and perpetrators of domestic violence can receive support tailored to their specific needs. Basing on the above results, it can be concluded that psycho education has a significant effect on addressing domestic violence among young adult couples in kauga sub-county.

5.1.2 Question two: Findings on the effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples in kauga sub-county

The findings revealed that 62% forming the majority of respondents were positive to the statement that cognitive-behavioral interventions promote empathy and encourage individuals to understand and consider their partner's viewpoint. By fostering empathy, young adults gain a greater understanding of the impact their actions have on their partner, ultimately reducing violent behavior, 51% had a positive response to the statement that cognitive-behavioral interventions aim to disrupt the cycle of violence by helping young adults identify the patterns and triggers that lead to abusive behavior, 75% were positive to the statement that domestic violence often coexists with mental health issues such as depression, anxiety, and post-traumatic stress disorder. Cognitive-behavioral interventions address these underlying mental health conditions, helping young adults cope with their emotions in a healthier way, 68% had a positive response to the statement that interventions encourage young adults to take control of their own lives and make positive changes. They learn to develop a sense of empowerment and self-worth, which can help break the cycle of domestic violence and create a safer environment. On the other

hand, 40% forming the majority disagreed to the statement that cognitive-behavioral interventions teach young adults effective communication strategies, such as active listening and assertive expression of emotions. Couples learn how to express their needs and concerns without resorting to violence, which enhances understanding and reduces conflicts.

Majority of the respondents 56% of the respondents were positive to the statement that techniques such as mindfulness, relaxation exercises, and stress management help reduce anger and frustration, which are common triggers for domestic violence, 80% of the respondents were positive to the statement that effective communication is crucial in preventing misunderstandings and conflicts that can lead to violence. Cognitive-behavioral interventions help couples develop skills for active listening, assertive communication, and expressing emotions in healthy ways, it can be observed that 57% were positive to the statement that individuals who undergo cognitive-behavioral interventions often feel more empowered and capable of making positive changes in their behavior. This sense of self-efficacy can reduce feelings of helplessness and increase motivation to maintain non-violent relationships, 51% were positive to the statement that cognitive-behavioral interventions provide support not only for the victims of domestic violence but also for the perpetrators. Perpetrators are guided in recognizing and altering their abusive behavior, while victims learn coping mechanisms and safety planning while 56% of the respondents forming the majority were negative to the statement that cognitive-behavioral interventions target and reduce negative thought patterns such as jealousy, suspicion, and possessiveness. By altering these cognitions, individuals can develop healthier attitudes towards their partners.

Results according to probable statistics, it can be concluded that cognitive-behavioral interventions have a significant effect on addressing domestic violence among young adult couples in kauga sub-county.

5.1.3 Research Question three: Findings on the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county

The study investigated into the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county and children's home. Results showed that most respondents were positive to the statements that were they were asked. For example; majority of respondents constituting 54% of the respondents were positive to the statement that supportive counseling helps young adult couples gain a deeper understanding of domestic violence, including the root causes, cycle of violence, and its impact on both individuals and relationships; 62% were positive to the statement that supportive counseling plays a crucial role in breaking the cycle of violence that often continues from one generation to another; 61% of the respondents were positive to the statement that counseling encourages the development of empathy and respect between intimate partners.

On the other hand, **75%** constituting the majority were negative to the statement that supportive counseling provides a safe space for couples to express their thoughts, concerns, and emotions without fear of judgment or retribution, 54% were negative to the statement that counseling equips young adult couples with effective coping strategies to manage conflict and stress in a non-violent manner. It helps them identify triggers that may escalate situations, teaches healthy communication skills, and provides tools for anger management and emotional regulation. Majority of the respondents 56% of the respondents were positive to the statement that a positive to the statement that supportive counseling emphasizes individual accountability for one's actions and encourages taking responsibility for addressing any abusive behavior, 80% of the respondents were positive to the statement that counseling can connect young adult couples with an array of resources such as support groups, legal aid, community organizations, and shelters, it can be observed that 57% were positive to the statement that supportive counseling can aid in increasing self-awareness and emotional intelligence, which are essential for breaking the cycle of violence and fostering healthier relationships, 51% were positive to the statement that integrating culturally sensitive and age-appropriate interventions within supportive counseling programs can enhance their effectiveness while 56% of the respondents forming the majority were negative to the statement that supportive counseling helps individuals develop healthier coping mechanisms and improve their overall mental well-being. Basing on the above

results, it can be concluded that supportive counseling has a significant effect on addressing domestic violence among young adult couples in kauga sub-county

5.2 Conclusion

Basing on the research objective one which was to examine the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county, it can concluded that psycho education has a significant effect on addressing domestic violence among young adult couples in kauga sub-county and can be enhanced by raising awareness through targeted workshops, utilizing digital platforms for accessible information, and integrating psycho educational content into community programs. It is crucial to involve both partners in open discussions that focus on recognizing unhealthy behaviors, understanding the impact of trauma, and developing effective communication and conflict resolution skills. Additionally, collaborations with local organizations, mental health professionals, and peer support groups can provide continuous support and reinforce positive behavioral changes.

With reference to the research objective two which was to analyze on the effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples in kauga sub-county. It can be concluded that cognitive-behavioral interventions have a significant effect on addressing domestic violence among young adult couples in kauga sub-county and can be enhanced by focusing on identifying and challenging harmful thought patterns that lead to abusive behaviors. This can be achieved by providing structured therapy sessions that emphasize the development of emotional regulation, empathy, and positive communication skills. Integrating CBT with couple-based therapy can also help partners understand the roots of their conflicts and work together to establish healthier relationship dynamics. Additionally, training mental health professionals to deliver CBT in both individual and group settings, along with continuous monitoring and follow-up, can ensure the effectiveness and sustainability of these interventions.

With allusion to the third objective which was to determine the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county , it can be concluded that supportive counseling has a significant effect on addressing domestic violence among young adult couples in kauga sub-county. This can be enhanced by creating a safe and non-judgmental environment where individuals feel comfortable discussing their

experiences. Counselors should be trained to actively listen, validate emotions, and provide practical coping strategies tailored to the unique needs of each couple. Incorporating culturally sensitive approaches and ensuring confidentiality are also crucial for building trust. Offering continuous access to counseling services, both in-person and through digital platforms, can help couples receive ongoing support. Collaboration with community resources, such as shelters and legal services, further strengthens the support network, enabling comprehensive care and intervention.

5.3 Recommendations

kauga sub-county should raise awareness through targeted workshops, utilizing digital platforms for accessible information, and integrating psycho educational content into community programs. It is crucial to involve both partners in open discussions that focus on recognizing unhealthy behaviors, understanding the impact of trauma, and developing effective communication and conflict resolution skills. Additionally, collaborations with local organizations, mental health professionals, and peer support groups can provide continuous support and reinforce positive behavioral changes.

There is need for kauga sub-county to focus on identifying and challenging harmful thought patterns that lead to abusive behaviors. This can be achieved by providing structured therapy sessions that emphasize the development of emotional regulation, empathy, and positive communication skills. Integrating cognitive-behavioral interventions with couple-based therapy can also help partners understand the roots of their conflicts and work together to establish healthier relationship dynamics. Additionally, training mental health professionals to deliver cognitive-behavioral interventions in both individual and group settings, along with continuous monitoring and follow-up, can ensure the effectiveness and sustainability of these interventions.

Researchers should focus on creating a safe and non-judgmental environment where individuals feel comfortable discussing their experiences. Counselors should be trained to actively listen, validate emotions, and provide practical coping strategies tailored to the unique needs of each couple. Incorporating culturally sensitive approaches and ensuring confidentiality are also crucial for building trust. Offering continuous access to counseling services, both in-person and through digital platforms, can help couples receive ongoing support.

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APPENDICES

APPENDIX I: QUESTIONNAIRE

Dear respondent;

I am Tusiime Lynn Joy carrying out research on the topic “the efficacy of counseling interventions in addressing domestic violence among young adult couples in Kauga sub-county, mukono district.” as a partial fulfillment for the award of bachelors degree of social work and social administration at Uganda Christian University .The questionnaire is designed to help me collect relevant information and therefore I kindly request you to participate in responding to the questions that was asked .However the information given was treated confidential and will only be used for academic purpose.

SECTION 1: DEMOGRAPHIC DATA

(Tick in the box provided)

1. Gender distribution of the respondent

a) Male b) Female

2. Marital status of the respondent

a) Single b) Married Divorced Widowed

3. Age bracket of the respondent (years)

a) 20-30 b) 31-40 c) 41-50 C) 60 and above

4. Academic qualification of respondent

a) Secondary b) Certificate c) Diploma d) Bachelors' Masters

5. Years of working by the respondents.

a) Less than 1 year b) 1-2 years c) 3 years and above

6. income level of the respondent is working

a) below 50,000 b) 50,000-100,000 c) 100,000-200,000 200,000 above

7. Employment status of the respondent

- a) Employed full time b) Employed part time c) Unemployed d) Self employed
e) Retired

8. Occupation of the respondent

- a) Teacher b) engineer c) health worker d) Administrative staff

9. Health status of the respondent

- a) Excellent b) Good c) Fair d) Poor

10 Religious affiliation of the respondent

- a) Christian b) Muslim c) Hindu d) Buddhist

11. Household size of the respondent

- a) 1-3 people b) 4-7 people 7-10 people

12. Residential location of the respondent

- a) Urban area b) rural area c) suburban

13. Language proficiency of the respondent

- a) Luganda b) English c) Lusoga d) Swahili

14. Disability status of the respondent

- a) No disability b) physical disability c) Sensory disability
d) Cognitive disability

15. Housing tenure of the respondent

- a) Own b) Rent c) Living with family

Section A: To examine the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county. This section aims at examining the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county. Please indicate your opinion on the following statements using the Linkert scale. Key: **1= agree, 2= strongly agree; 3= not sure; 4= disagree; 5= strongly disagree.**

No		1	2	3	4	5
1	psycho educational interventions enhance victims' and perpetrators' understanding of domestic violence, contributing to reduced incidents of abuse by fostering informed decision-making and self-awareness					
2	psycho educational programs targeting young adults help to alleviate the emotional distress associated with domestic violence					
3	Psycho education helps young adult couples understand the dynamics of domestic violence, including its causes, effects, and the cycle of abuse.					
4	Psycho education can help reduce misunderstandings and conflicts that often escalate into violence. Couples learn to express their needs, desires, and frustrations constructively, which can lead to more harmonious relationships.					
5	Psycho education helps reduce the stigma associated with seeking help for domestic violence. When young adults learn that domestic violence is a widespread issue and that seeking help is a positive step, they are more likely to reach out for support and services when needed.					
6	Participants in psycho education programs often gain a greater sense of empowerment and self-efficacy. They learn that they have the right to a safe and respectful					

	relationship and are equipped with tools to assert themselves and set boundaries.					
7	Psycho education provides couples with coping strategies to manage stress, anger, and other emotions that can lead to violence. These strategies might include relaxation techniques, problem-solving skills, and ways to de-escalate tense situations.					
8	Through psycho education, both victims and perpetrators of domestic violence can receive support tailored to their specific needs.					
9	Psycho education promotes the development of healthy relationship dynamics. Couples learn about mutual respect, trust, and equality, which are fundamental to preventing domestic violence.					
10	Psycho education can help break the cycle of abuse that may otherwise persist across generations.					

Section B: To analyze on the effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples in kauga sub-county

This section aims at analyzing on the effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples in kauga sub-county. Please indicate your opinion on the following statements using the Linkert scale. Key: **1= agree, 2= strongly agree; 3= not sure; 4= disagree; 5= strongly disagree.**

No		1	2	3	4	5
1	Cognitive-behavioral interventions teach young adults effective communication strategies, such as active listening and assertive expression of emotions. Couples learn how to express their needs and concerns without resorting to violence, which enhances understanding and reduces conflicts.					
2	Cognitive-behavioral interventions promote empathy					

	and encourage individuals to understand and consider their partner's viewpoint. By fostering empathy, young adults gain a greater understanding of the impact their actions have on their partner, ultimately reducing violent behavior.					
3	Cognitive-behavioral interventions aim to disrupt the cycle of violence by helping young adults identify the patterns and triggers that lead to abusive behavior.					
4	Domestic violence often coexists with mental health issues such as depression, anxiety, and post-traumatic stress disorder. Cognitive-behavioral interventions address these underlying mental health conditions, helping young adults cope with their emotions in a healthier way.					
5	Interventions encourage young adults to take control of their own lives and make positive changes. They learn to develop a sense of empowerment and self-worth, which can help break the cycle of domestic violence and create a safer environment.					
6	Techniques such as mindfulness, relaxation exercises, and stress management help reduce anger and frustration, which are common triggers for domestic violence.					
7	Effective communication is crucial in preventing misunderstandings and conflicts that can lead to violence. CBIs help couples develop skills for active listening, assertive communication, and expressing emotions in healthy ways.					
8	CBIs target and reduce negative thought patterns such as jealousy, suspicion, and possessiveness. By altering these cognitions, individuals can develop healthier					

	attitudes towards their partners.					
9	Individuals who undergo CBIs often feel more empowered and capable of making positive changes in their behavior. This sense of self-efficacy can reduce feelings of helplessness and increase motivation to maintain non-violent relationships.					
10	CBIs provide support not only for the victims of domestic violence but also for the perpetrators. Perpetrators are guided in recognizing and altering their abusive behavior, while victims learn coping mechanisms and safety planning.					

Section C: To determine the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county

This section aims at determining the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county. Please indicate your opinion on the following statements using the Linkert scale. Key: **1= agree, 2= strongly agree; 3= not sure; 4= disagree; 5= strongly disagree.**

No		1	2	3	4	5
1	Supportive counseling helps young adult couples gain a deeper understanding of domestic violence, including the root causes, cycle of violence, and its impact on both individuals and relationships					
2	Supportive counseling provides a safe space for couples to express their thoughts, concerns, and emotions without fear of judgment or retribution.					
3	Counseling equips young adult couples with effective coping strategies to manage conflict and stress in a non-violent manner. It helps them identify triggers that may escalate situations, teaches healthy					

	communication skills, and provides tools for anger management and emotional regulation.					
4	Supportive counseling plays a crucial role in breaking the cycle of violence that often continues from one generation to another.					
5	Counseling encourages the development of empathy and respect between intimate partners. By exploring each person's feelings, needs, and experiences, couples can develop a deeper sense of compassion and understanding towards one another, ultimately reducing the likelihood of abusive behavior.					
6	Supportive counseling emphasizes individual accountability for one's actions and encourages taking responsibility for addressing any abusive behavior.					
7	Counseling can connect young adult couples with an array of resources such as support groups, legal aid, community organizations, and shelters.					
8	Supportive counseling helps individuals develop healthier coping mechanisms and improve their overall mental well-being					
9	Supportive counseling can aid in increasing self-awareness and emotional intelligence, which are essential for breaking the cycle of violence and fostering healthier relationships					
10	Integrating culturally sensitive and age-appropriate interventions within supportive counseling programs can enhance their effectiveness					

APPENDIX II: INTERVIEW GUIDE

First research question: To examine the effect of psycho education on addressing domestic violence among young adult couples in kauga sub-county

1. Can you briefly explain what psycho education is and how it is used in addressing domestic violence among young adult couples?
2. What do you believe are the potential benefits of psycho education in addressing domestic violence among young adult couples?
3. In your opinion, how does psycho education contribute to raising awareness and understanding of the dynamics of domestic violence among young adult couples?
4. Can you share any specific examples or success stories of how psycho education has effectively helped young adult couples in overcoming or addressing domestic violence?
5. What are some potential challenges or barriers in implementing psycho education programs for domestic violence among young adult couples, and how can they be overcome?

Second research question: To analyze on the effect of cognitive-behavioral interventions on addressing domestic violence among young adult couples in kauga sub-county

1. Moving on to the cognitive behavioral intervention for domestic violence among young adult couples, can you describe the key components or techniques of this approach?
2. How do you believe these techniques contribute to addressing domestic violence?
3. Were there any specific cognitive behavioral strategies used in the intervention to address maladaptive thoughts or behaviors related to domestic violence among young adult couples? If so, can you explain how these strategies were successful in changing violent behaviors or attitudes?
4. What were the reported outcomes or changes observed among young adult couples after participating in the cognitive behavioral intervention for domestic violence? Did they report improved conflict resolution skills, decreased violent episodes, or other positive changes?
5. Were there any challenges or obstacles encountered during the implementation of the cognitive behavioral intervention for domestic violence among young adult couples? How were these challenges managed or resolved?

Third research question: To determine the effect of supportive counseling on addressing domestic violence among young adult couples in kauga sub-county

1. Can you discuss the types of support provided to young adult couples experiencing domestic violence? How did this support contribute to addressing the issue?
2. Did the supportive counseling intervention focus on any specific areas, such as emotional well-being, coping mechanisms, or developing a safety plan? How did these components play a role in addressing domestic violence among young adult couples?
3. What were the reported outcomes or changes observed among young adult couples after participating in the supportive counseling for domestic violence? Did they report increased feelings of empowerment, reduced fear, or improved overall well-being?
4. Were there any challenges or limitations faced while implementing the supportive counseling intervention for domestic violence among young adult couples? How were these challenges effectively managed or overcome?
5. Based on experiences, which approach (psycho education, cognitive behavioral interventions, supportive counseling) do you believe has the most potential in addressing domestic violence among young adult couples? Can you explain why?