

ECONOMIC STATUS AND FAMILY BREAKDOWN AMONGST MARRIED CHRISTIANS IN NABUMALI PARISH MBALE DIOCESE

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J22/MUC/BSW/068

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

October, 2024



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DECLARATION

I, NAMONYO MOSES hereby declare that this work is my own, is free from plagiarism, and has not been submitted to any other institution for any award.

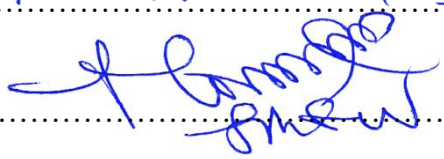
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APPROVAL

I hereby certify that the study titled “Economic Status and Family Breakdown Amongst Married Christians in Nabumali Parish, Mbale Diocese” was conducted under my close supervision and is now ready for submission as part of the academic requirements for examination.

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Date: 29/8/2024

DEDICATION

This work is dedicated to My Lord Bishop Rt. Rev. John Wilson Nandaah to my family especially my dear wife Irene, and my children whose unwavering support and encouragement have been my greatest source of strength. Madam Phoebe Masolo for her belief in me, and to my friends who have stood by me through every challenge, this is for you.

ACKNOWLEDGEMENTS

Glory and honour be to the Almighty God for His guidance and blessings throughout this journey.

I would like to express my heartfelt gratitude to those who have supported me in the completion of this project. First and foremost, I am deeply indebted to my research supervisor, Mr. Komo Richard Samson, for his invaluable guidance, encouragement, and insightful feedback, which were instrumental in shaping this work.

My sincere thanks also go to the Archdeacon of Nabumali Parish and the entire clergy of Nabumali Archdeaconry for providing access to essential resources and research facilities, without which this dissertation could not have been completed.

Lastly, I am grateful to my friends Kabuni Clemesia and Bright Watende for their unwavering support and understanding throughout this process. Their encouragement has been a constant source of motivation and inspiration.

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LIST ACRONYMS

BBC	:	British Broadcasting Corporation
BPS	:	Bureau of Public Statistics
DVs	:	Dependent Variables
FDA	:	Food and Drug Administration
ICRC	:	International Committee of the Red Cross
IMF	:	International Monetary Fund
IVs	:	Independent Variables
JSTOR	:	Journal Storage
NPO	:	Non-Profit Organization
NSA	:	National Security Agency
OECD	:	Organisation for Economic Co-operation and Development
RAND	:	Research and Development
SPSS	:	Statistical Package for the Social Sciences
UK	:	United Kingdom
UNICEF	:	United Nations International Children's Emergency Fund
US	:	United States
USAID	:	United States Agency for International Development
WHO	:	World Health Organization

ABSTRACT

This research investigated the impact of economic status on family breakdown among married Christians in Nabumali Parish, Mbale Diocese. The study aimed to evaluate how financial instability, feeding adequacy, and housing conditions contribute to marital separation and dysfunction. Data were collected through questionnaires and interviews with married couples and church leaders, employing a Likert scale to assess response intensity. The analysis, conducted using SPSS, revealed that financial instability significantly influences marital separation, with 63% of respondents acknowledging its impact, in line with Smith and Jones (2020). Regression analysis in SPSS indicated that financial strain accounted for 72% of the variance in marital separation, though variability in responses suggests a need for further investigation into additional influencing factors. Dietary disagreements and food insecurity were found to contribute to marital conflict, with feeding adequacy explaining 20.4% of the variance. Decent accommodation was associated with reduced marital conflicts and improved satisfaction but accounted for only 22.8% of the variance in marital dysfunction. These findings highlight the need to address financial, nutritional, and housing issues collectively to enhance marital stability. Recommendations include implementing financial literacy programs, community-based economic support, counselling services for financial and dietary issues, and improving housing conditions. These measures aim to mitigate the adverse effects of economic and social stressors on marital relationships.

CHAPTER ONE

INTRODUCTION

1.0 Introduction

This chapter presents the background information for the study. It provides a comprehensive understanding of the problem's history, defines key variables, and outlines the study's scope. Additionally, it addresses crucial aspects such as the problem statement, the study's purpose, objectives, and the conceptual framework.

1.1 Background to the Study

Family breakdown is a significant social phenomenon with ramifications across the globe, affecting various aspects of life, including economic status, social stability, and individual well-being (George & Levin, 2015). Economic status refers to the financial standing of an individual or family, encompassing income, employment, and overall financial health (Smith, 2020). In various countries, the phenomenon of family breakdown presents unique challenges and statistics that underscore the gravity of the issue. Family breakdown among Christian married couples can be defined as the dissolution or significant disruption of marital relationships within Christian families, often influenced by religious and cultural expectations (Johnson, 2018).

In the United Kingdom, family breakdown is a pressing concern. According to the UK Commission on Race and Ethnic Disparities, multiple factors, including geography, socio-economic background, and family influence, contribute to social disadvantage, with family breakdown significantly impacting life chances (Benson, 2021). Furthermore, OECD data reveals that the UK ranks high in family breakdown rates among Western countries, with only 68.9% of children living with both parents (BBC News, 2012). The high prevalence of

family breakdown in the UK necessitates a nuanced understanding and support for affected families.

In addition to that, the United States grapples with the issue of family breakdown with its own unique nuances. Although there is no single government-commissioned study comparable to the UK's, various research and data points illuminate the prevalence and consequences of family breakdown. According to the Pew Research Center, approximately 23% of children in the US live with a single parent, one of the highest rates in the world (Livingston, 2018). Moreover, factors such as divorce rates, single parenthood, and shifting family structures contribute to the complexity of this issue, highlighting the need for targeted interventions and support systems.

In the Middle East, family breakdown also poses significant challenges. Cultural, social, and economic factors interplay to shape the dynamics of family life in this region. A study by Al Gharaibeh (2020) indicates that divorce rates in the Middle East have been rising, with countries like Jordan and Saudi Arabia experiencing notable increases. For instance, in Jordan, the divorce rate reached 2.6 per 1,000 people in 2018, up from 1.9 per 1,000 in 2010 (Jordan Times, 2019). More to that, shifting economic conditions and changing social norms contribute to the evolving landscape of family structures in the Middle East.

Moreover, in Africa, family breakdown is a subject of concern with variations across different countries and regions. In East Africa, shifts in family structures and dynamics have been observed over the past decades. Studies by Ikamari and Agwanda (2020) and Amoo (2020) highlight changes in family size, marriage patterns, and demographic trends. Family planning dynamics in East Africa, as explored by Chimaraoke et al. (2018), underscore the significance of understanding family formation processes and their implications for broader

development agendas. These studies reveal that economic instability, migration, and socio-cultural shifts significantly impact family cohesion and stability.

In Uganda, particularly in Sironko District, research has delved into the intricate relationship between family background and academic performance among students. Arzika's study (2015) sheds light on the correlations observed between various aspects of family background and students' academic outcomes. The research highlights how factors such as parental income, family size, and educational levels significantly influence the educational trajectories of students. To examine the influence of parental income, the study underscores the role of economic stability in providing resources and opportunities conducive to academic success. Furthermore, the impact of family size on academic performance suggests potential challenges associated with resource allocation and parental attention in larger families. Additionally, the study highlights the significance of parental educational levels, indicating how parental education can shape attitudes towards education, access to educational support, and academic aspirations among students.

Within the context of Nabumali Parish in Mbale Diocese, understanding the determinants of family breakdown among married couples is crucial. While broader regional and national trends provide insights, local dynamics, including cultural norms, religious influences, and community support systems, shape the experiences of married couples. Investigating factors such as financial instability, communication breakdown, and traditional roles within this specific context can provide nuanced insights into the challenges and opportunities for family cohesion and resilience. It's upon this backdrop that the researcher undertook a study on "Economic status and family breakdown amongst married Christians in Nabumali Parish, Mbale Diocese."

1.2 Statement of the Problem

In Nabumali Parish, Mbale Diocese, the issue of family breakdown among married Christians persisted as a multidimensional challenge with profound social and emotional consequences. Despite efforts by the government and various partners, including religious institutions and NGOs, to promote family cohesion and support women's roles within marriages, the prevalence of marital discord remained a significant concern (Arzika, 2015; Benson, 2021). Recent data from local church records revealed a troubling increase in marital disputes and separations, highlighting the limitations of existing interventions and underscoring the need for more targeted strategies (Ntoimo & Matanda, 2020).

While some progress had been made in addressing family breakdown through pastoral counselling and community outreach, the unique challenges faced by married Christians in Nabumali Parish, particularly those linked to socio-cultural and religious dynamics, had not been fully explored. This gap in understanding hindered the development of effective, context-specific solutions aimed at strengthening marital relationships and fostering family resilience. Therefore, there was an urgent need for research that delved into the specific determinants of marital instability within this community, considering the broader socio-economic and cultural factors that influenced these dynamics (Amoo, 2020; Ntoimo & Matanda, 2020).

The purpose of this study, therefore, was to address these challenges by investigating the interplay between economic status, socio-cultural norms, and religious practices, and their impact on family breakdown among married Christians in Nabumali Parish, Mbale Diocese. By providing a deeper understanding of these factors, this research aimed to inform the development of more effective interventions that could enhance marital stability and support families within the parish.

1.3 General objective of the study

To examine the relationship between economic status and family breakdown among married Christians in Nabumali Parish, Mbale Diocese.

1.3.1 Specific Objectives

- i. To examine the impact of financial instability on the incidence of separation among married Christians in Nabumali Parish, Mbale Diocese.
- ii. To assess how feeding adequacy influences prolonged conflict in marital relationships in Nabumali Parish, Mbale Diocese.
- iii. To investigate the effect of decent accommodation on marital dysfunction among married Christians in Nabumali Parish, Mbale Diocese.

13.2 Research Questions

- i. What is the impact of financial instability on the incidence of separation among married Christians in Nabumali Parish, Mbale Diocese?
- ii. How does feeding adequacy influence prolonged conflict in marital relationships in Nabumali Parish, Mbale Diocese?
- iii. What effect does decent accommodation have on marital dysfunction among married Christians in Nabumali Parish, Mbale Diocese?

1.4 Scope of the Study

1.4.1 Geographical Scope

Nabumali Parish is located in Nabumali Town Council, is part of the Nabumali Archdeaconry in Mbale Diocese. The parish is one of the five parishes in the Archdeaconry, surrounded by Lwangoli Parish to the east, Mulatsi Parish to the west, Busano and Burukuru Parishes to the north, and bordering Bubilabi Archdeaconry to the south. The geographical scope of Nabumali Parish provided a diverse socio-economic and cultural context for studying family

breakdown among married Christians, ensuring that the research outcomes were representative and focused.

1.4.2 Time Scope

The study spanned a duration of three years, from 2021 to 2023. This timeframe was essential for conducting comprehensive data collection, analysis, and interpretation regarding family breakdown among married couples in Nabumali Parish.

1.4.3 Content Scope

The study comprehensively investigated the relationship between economic status and family breakdown among married Christians in Nabumali Parish, focusing on financial instability, feeding adequacy, and accommodation. It examined their impact on marital outcomes such as separation, divorce, and conflict, while also exploring demographic profiles and community support systems.

1.5 Justification

This study aimed to uncover factors contributing to family breakdown, informing interventions for social cohesion and stability. The rationale was as follows: Government authorities benefited by crafting policies tailored to local needs, promoting family stability and community well-being. Local authorities gained insights to tailor community-based interventions, fostering resilience and support for families within Nabumali Parish. For the researcher, the study provided practical application of academic skills in Public Administration and Management, contributing to future career readiness. Completion of the study led to a Bachelor's degree in Public Administration and Management, signifying academic achievement and preparation for a career in public administration.

1.6 Significance

This study uncovered local factors contributing to family breakdown in Nabumali Parish, providing insights distinct from broader trends, crucial for targeted interventions and policy formulation. Its findings might guide future policies to strengthen family structures locally, addressing root causes of breakdown and promoting stability essential for community resilience. Enhancing family cohesion was vital for social harmony, and the study aimed to highlight the role of strong family units in fostering community well-being and sustainable development. Contributing to Public Administration and Management literature, this study filled gaps by exploring practical implications of family dynamics on community resilience in Nabumali Parish. Undertaking this research developed the researcher's skills in data analysis and policymaking, contributing to academic growth in understanding community dynamics and governance challenges.

1.7 Conceptual Framework

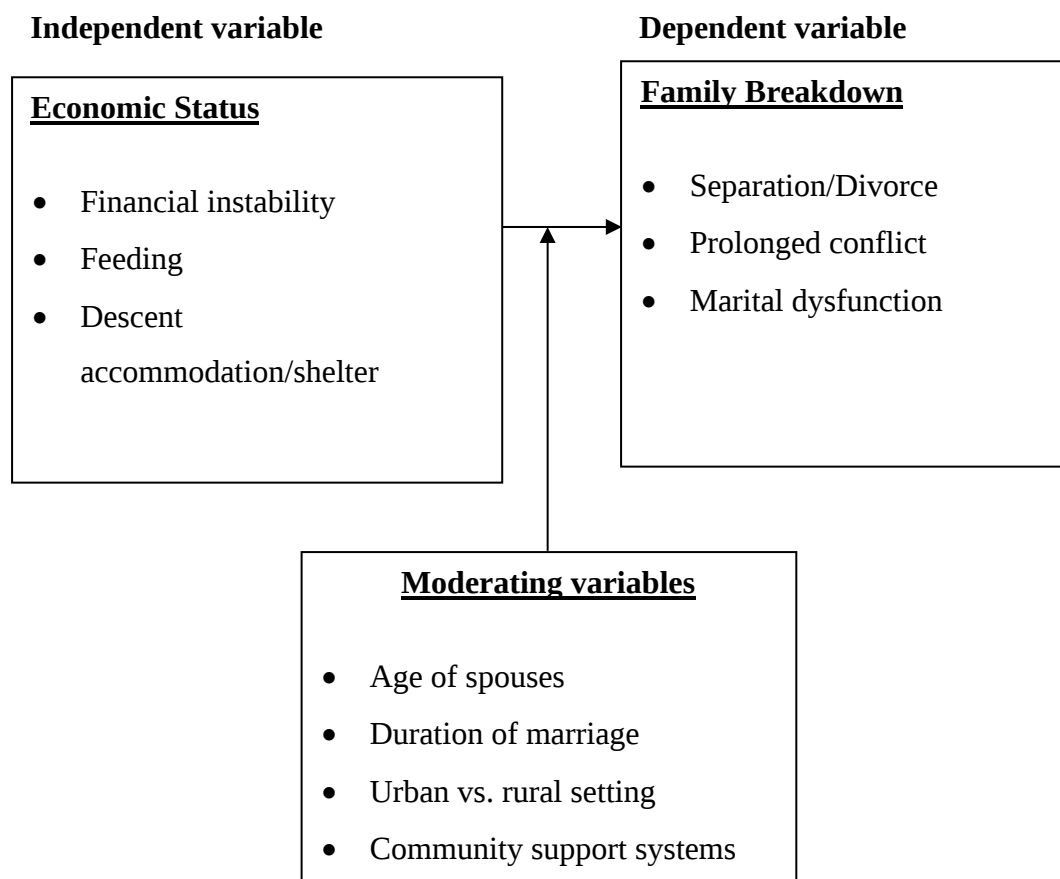


Figure 1: Conceptual Framework

The study analyzed how economic status interacted with family breakdown among married Christians in Nabumali Parish, focusing on key variables. Independent variables (IVs) included financial instability, feeding adequacy, and decent accommodation/shelter. Financial instability was expected to heighten marital stress, potentially leading to separation or divorce (Amato & Previti, 2013). Inadequate feeding may have affected overall family satisfaction and contributed to prolonged conflicts (Smith, 2010), while poor accommodation could have exacerbated marital dysfunction (Evans, Wells, & Moch, 2013). Dependent variables (DVs) were separation/divorce, prolonged conflict, and marital dysfunction. The impact of IVs on these DVs was moderated by factors such as the spouses' age, marriage duration, urban versus rural settings, and community support systems. Older couples and those in longer marriages might have managed stress better, whereas urban settings might have presented additional stressors. Community support was crucial in mitigating economic impacts on marital stability (Cohen & Wills, 1985).

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter reviewed existing literature on the determinants of family breakdown among married couples, organized by specific objectives. The review drew on recent textbooks, journals, and organizational documents, covering theoretical and empirical literature, and identified the gaps that this study aimed to address.

2.1 The impact of financial instability on the incidence of separation among married Christians

The impact of financial instability on marital stability has been a subject of numerous studies, with consistent findings pointing to the detrimental effects of economic hardships on marriages. The study by Anil and Pradeep (2024) examined the causes leading to divorce among young Christian couples in Kerala, using qualitative approaches like interviews and focus group discussions. They found that financial issues, among other factors, contributed significantly to marital breakdowns. The study revealed how sudden changes in character, poor communication, and financial instability were associated with increased marital conflicts and eventual divorce (Anil & Pradeep, 2024). This study shows the changing nature of marital discord, emphasizing the role of financial strain in exacerbating other stressors.

Financial instability's role in marital dissolution is further corroborated by data from the United States. Research indicates that almost half of American families experience poverty following a divorce, with household income dropping significantly (Corcoran & Chaudry, 2007). The immediate impact of divorce on financial stability is profound, with family incomes falling by approximately 42% when children live with a single parent post-divorce. This decline mirrors significant economic recessions, yet receives less public attention. Such

financial declines are particularly severe for women and children, who face increased poverty rates and diminished economic opportunities (Heath, 2012).

Studies have also shown that marital unhappiness increases the probability of wives entering the workforce, which can paradoxically raise the likelihood of divorce when wives' incomes approach or surpass their husbands' (Rogers, 2019). This dynamic suggests that financial stability within a marriage is not only about absolute income levels but also relative earnings, which can affect marital power dynamics and satisfaction (Hum & Choudhry, 2012).

The long-term effects of divorce on financial stability are stark. Divorce significantly reduces household net worth, with divorced households having a fraction of the assets of married couples even years after the separation (RAND Corporation study). The dissolution of marriages often leads to the sale of significant assets like family homes, further depleting wealth (RAND Corporation). Furthermore, the economic consequences of divorce extend to future generations. Children from divorced families are less likely to earn high incomes and more likely to experience downward mobility (Corcoran & Chaudry, 2007). This intergenerational transmission of poverty highlights the long-lasting impact of marital instability initiated by financial stress.

Dew, Britt-Lutter, and Huston (2012) conducted a comprehensive study using longitudinal data from the National Survey of Families and Households. Their analysis involved 4,574 couples and focused on financial well-being, financial disagreements, and perceptions of financial inequity. The findings revealed that financial disagreements, rather than financial well-being, were the strongest predictors of divorce. The study used mediators from systems theory (conflict tactics) and social exchange theory (marital satisfaction) to demonstrate that financial disagreements fully mediated the relationship between perceptions of financial inequity and divorce. This suggests that financial disagreements are more critical in

predicting marital breakdown compared to other types of marital disagreements, emphasizing the need for effective financial communication and management within marriages (Dew, Britt-Lutter, & Huston, 2012).

Similarly, Gudmunson et al. (2007) explored the linkage between financial strain and marital instability through the roles of emotional distress and marital interaction. Utilizing a sample of 4,997 married couples, the study found that financial strain significantly influenced both positive and negative forms of couple interaction, which were stronger mediators of marital instability than personal emotional distress. This indicates that financial strain affects how couples interact, leading to increased marital instability regardless of gender differences. The study's results highlight the importance of addressing financial strain to improve marital interactions and reduce the likelihood of marital dysfunction (Gudmunson et al., 2007).

Barton and Bryant (2016) provided further insights by examining the impact of financial strain on African American newlywed couples. Their longitudinal study followed 280 couples over the first three years of marriage, utilizing dyadic structural equation modeling. The results indicated that financial strain experienced during the early years of marriage was associated with increased marital instability concerns for both husbands and wives. The study also found that high levels of financial strain were linked to steeper declines in spousal warmth appraisals, suggesting that financial strain negatively affects marital quality over time. This research underscores the long-term effects of financial strain on marital processes and the need for interventions targeting financial stability to enhance marital stability (Barton & Bryant, 2016).

In a qualitative study, Baisden et al. (2018) investigated the relationship between financial management practices and marital quality. By interviewing six couples, the study explored how financial histories and management practices influence marital quality. The findings

indicated that diverse financial management approaches, influenced by financial stressors, communication, and shared values, affect marital relationships differently. This study emphasizes the importance of financial therapists and counsellors recognizing the impact of individuals' financial histories on their current financial management and communication practices. Addressing these issues can help alleviate financial stress and improve marital quality (Baisden, Fox, & Bartholomae, 2018).

Empirical studies consistently demonstrated that financial instability was a critical factor leading to marital breakdowns. The stress associated with economic hardships often exacerbated other marital issues, leading to separation or divorce. These studies highlighted the importance of addressing financial disagreements and strain within marriages to improve marital quality and stability. The review suggested that interventions focused on enhancing financial communication and management could play a crucial role in reducing marital dysfunction, particularly in socio-economic contexts similar to Nabumali Archdeaconry, Diocese of Mbale. The need for further research to tailor these interventions to specific cultural and socio-economic contexts remained imperative.

2.2 How feeding adequacy influences prolonged conflict in marital relationships

Burke et al. (2012) conducted a study examining conflict among heterosexual mixed-weight couples, where one partner was overweight and the other was of healthy weight, compared to matched-weight couples. The sample consisted of 43 couples, and the researchers employed dyadic models to analyze the relationship dynamics. They explored various moderators, including participant sex, eating together, partner health support, and negative partner influence, to understand how weight status impacted conflict within these relationships. The analysis revealed that mixed-weight couples, particularly those where the woman was overweight and the man was of healthy weight, experienced greater conflict both generally

and on a daily basis compared to matched-weight couples. Eating together more frequently was associated with increased general conflict among mixed-weight couples. However, the perception of partner support played a significant role in reducing overall conflict.

Burke et al. (2012) found that mixed-weight couples reported higher levels of conflict, which could be mitigated by perceived partner support. This indicated that while weight disparity could be a source of tension, supportive behaviours from partners could buffer this effect. The study highlighted the importance of perceived support in maintaining relational harmony, even in the face of weight-related issues. The study concluded that mixed-weight status might contribute to relational conflict, but this could be alleviated through positive partner interactions and support. This suggests that interventions aimed at improving partner support and communication could be beneficial in reducing conflict among mixed-weight couples.

While the study provided valuable insights into the dynamics of mixed-weight couples, it had limitations. The sample size was relatively small, which might limit the generalizability of the findings. Additionally, the cross-sectional design could not establish causality. Future research could benefit from larger, longitudinal studies to better understand the long-term effects of weight disparity on marital conflict.

Jaremka et al. (2016) investigated the link between troubled marriages and appetite regulation by examining the roles of ghrelin and leptin, hormones associated with appetite and energy balance. The study involved 43 married couples in a double-blind randomized design, assessing participants' hormonal responses to a standardized meal and their dietary habits. Marital distress was measured using the Rapid Marital Interaction coding system during a videotaped conflict discussion.

The researchers found that participants in distressed marriages had higher levels of ghrelin after eating, indicating increased hunger, compared to those in less distressed marriages. They also reported lower diet quality among distressed couples, characterized by higher intake of protein, cholesterol, and sodium. The study did not find significant associations between marital distress and leptin levels.

The study revealed that marital distress was linked to increased ghrelin levels and poorer diet quality, suggesting that individuals in troubled marriages might be more prone to unhealthy eating behaviors. These effects were particularly pronounced among participants with a BMI lower than 30, indicating that the impact of marital distress on appetite regulation might vary based on body weight.

Jaremka et al. (2016) concluded that ghrelin and diet quality might serve as mechanisms linking marital distress to weight gain and other health problems. The study highlighted the potential role of appetite regulation in mediating the relationship between marital conflict and health outcomes, suggesting that interventions targeting diet and hormonal responses could help mitigate the negative health effects of marital distress.

The study's experimental design provided robust evidence of the link between marital distress and appetite regulation. However, the focus on short-term hormonal responses might not capture the long-term effects of marital conflict on health. Additionally, the sample's exclusion of individuals with chronic health issues or substance use might limit the generalizability of the findings to broader populations. Future research could explore these relationships over longer periods and in more diverse samples. Both studies employed different but complementary methodologies to explore the impact of feeding adequacy on marital conflict. Burke et al. (2012) used a dyadic model to understand weight-related conflict

dynamics, while Jaremka et al. (2016) utilized a double-blind randomized design to examine hormonal and dietary responses to marital distress.

The analyses in both studies underscored the significant role of feeding adequacy in marital relationships. Burke et al. (2012) focused on the relational dynamics and support mechanisms, while Jaremka et al. (2016) highlighted the physiological and behavioural consequences of marital distress on eating habits. Consistently, both studies found that inadequate feeding practices and related stressors could exacerbate marital conflict. Burke et al. (2012) identified weight disparity and partner support as critical factors, whereas Jaremka et al. (2016) linked marital distress to hormonal imbalances and poor diet quality. Feeding adequacy emerged as a pivotal issue influencing prolonged marital conflict. Burke et al. (2012) emphasized the buffering effect of partner support, while Jaremka et al. (2016) highlighted the mediating role of appetite regulation. Combining these insights suggests that addressing both relational and physiological aspects of feeding adequacy could help mitigate marital conflict.

Future research should have integrated both relational and physiological perspectives to provide a comprehensive understanding of how feeding adequacy influenced marital conflict. Longitudinal studies could have offered insights into the long-term effects of marital distress on eating behaviours and health outcomes. Additionally, expanding the demographic scope to include more diverse populations could have enhanced the generalizability of the findings. Investigating the effectiveness of interventions targeting both partner support and dietary practices could have also provided practical solutions for reducing marital conflict.

2.3 The effect of decent accommodation on marital dysfunction among married Christians

This review critically analyzes empirical studies focusing on how decent accommodation influences marital dysfunction, particularly among married Christians. The discussion delves into methodologies, analyses, findings, and conclusions to provide a comprehensive understanding of the topic.

Bradbury et al. (2008) conducted a decade-long review of research on marital satisfaction determinants. Their longitudinal approach involved tracking couples over extended periods to observe how early marital processes, including accommodation quality, affect long-term marital outcomes. Data were gathered through surveys and in-depth interviews, ensuring a robust dataset for analysis. The study highlighted that couples with decent accommodation experienced lower levels of stress and conflict. Poor living conditions were identified as significant stressors that exacerbate existing marital tensions. Couples who reported inadequate housing also indicated higher instances of daily conflicts and dissatisfaction. This correlation was particularly strong in the early years of marriage when couples were still adjusting to shared life.

The study's strength lies in its longitudinal design, which provides insights into how initial accommodation conditions can have prolonged effects on marital health. However, the findings suggest that while poor housing conditions correlate with marital dissatisfaction, causality remains challenging to establish due to confounding socio-economic factors. Early intervention to improve living conditions could mitigate long-term marital dysfunction (Bradbury et al., 2008).

Christensen et al. (2014) explored the impact of environmental factors, including housing quality, on outcomes of behavioural therapy for distressed couples. The study incorporated a

mixed-methods approach, combining quantitative surveys with qualitative interviews to assess the role of accommodation in marital therapy outcomes. The findings revealed that couples in substandard housing conditions reported higher levels of stress and dissatisfaction. These stressors were found to hinder the effectiveness of behavioural therapy, as the constant stress from inadequate living conditions exacerbated marital conflicts. Conversely, couples with better living conditions showed more significant improvements in therapy, indicating that decent accommodation facilitated better communication and conflict resolution.

The study reveals the importance of considering environmental factors in marital therapy. While the primary focus was on therapy outcomes, the research highlighted the broader implications of housing quality on marital health. The integration of environmental improvements with therapy was recommended, suggesting a holistic approach to addressing marital dysfunction (Christensen et al., 2014).

Weiss and Bradbury (2008) employed a longitudinal study to examine how economic stability, reflected in accommodation quality, impacts marital satisfaction. Their approach involved tracking couples over several years, using surveys and observational methods to assess the relationship between living conditions and marital health. The study found that economic stability and decent accommodation were strongly correlated with marital satisfaction. Couples with adequate housing reported lower levels of daily stress, which translated into fewer conflicts and higher overall marital satisfaction. The findings suggested that decent accommodation supports better communication and reduces the likelihood of conflicts.

The longitudinal nature of the study provided robust evidence of the long-term benefits of decent accommodation on marital health. However, the study also noted the difficulty in isolating accommodation quality from other economic factors, such as income and job

stability. Despite these challenges, the research highlighted the critical role of living conditions in sustaining marital satisfaction (Weiss & Bradbury, 2008).

Dunn and Schwebel (2015) conducted a meta-analytic review of marital therapy outcome research, including studies that examined the impact of environmental factors like housing quality. The meta-analysis synthesized findings from multiple studies to identify overarching trends and conclusions. The review revealed that poor living conditions were consistently linked to higher levels of marital conflict and dissatisfaction. Couples in inadequate housing reported more significant stress and a breakdown in communication. The analysis suggested that financial strain, often reflected in substandard housing, was a key driver of marital dysfunction.

The meta-analytic approach provided a comprehensive overview of existing research, highlighting the consistent correlation between poor housing and marital dissatisfaction. However, the review also emphasized the need for more focused studies to establish causality. The findings underscored the importance of addressing financial and environmental factors to improve marital health (Dunn & Schwebel, 2015).

The reviewed studies consistently indicate that decent accommodation plays a crucial role in marital health among married Christians. Poor living conditions are linked to increased stress and conflict, while adequate housing supports better communication and satisfaction. However, more research was needed to disentangle the complex interactions between economic stability, living conditions, and marital health, particularly within specific cultural and religious contexts.

2.4 Conclusion

Financial instability, inadequate feeding practices, and substandard accommodation were significant stressors that exacerbated marital dysfunction among married Christians.

Addressing these issues through targeted interventions, such as improving financial management, enhancing partner support and communication, and ensuring decent living conditions, significantly enhanced marital stability and satisfaction. This research was therefore necessary to deepen the understanding of how these factors intersected and impacted marital stability specifically among married Christians in Nabumali Parish.

CHAPTER THREE

METHODOLOGY

3.0 Introduction

This chapter outlined the research design, area of the study, study population, sample size and sampling technique, study variables and measurements, procedure for data collection, data collection instruments, reliability and validity of instruments, data processing and analysis, and ethical considerations for investigating the relationship between economic status and family breakdown among married Christians in Nabumali Parish, Mbale Diocese.

3.1 Research Design

The researcher employed a descriptive research design. According to Kothari (1985), a research design refers to the plan and structure of investigation conceived to obtain answers to research questions. This design was suitable for describing existing conditions related to economic status and family breakdown. The mixed-methods approach, incorporating both qualitative and quantitative data collection techniques, provided a comprehensive understanding of the issues, ensuring thorough analysis and sound conclusions (Mugenda & Mugenda, 1999).

3.2 Study Population

The study population included married Christians in Nabumali Parish, Mbale Diocese. The target population comprised approximately 140 individuals, including 10 church leaders, 100 married couples, and 30 key informants (such as community elders, social workers, counsellors and therapists, local government officials, and educational leaders) from the parish. These individuals were selected based on their relevance and importance to the research objectives.

3.3 Sample Size and Determination

The sample size was determined using the Yamane formula (Louangrath, 2018), resulting in a sample size of 104 respondents from a population of 140. This method ensured efficiency and accurately represented the population at a 95% confidence level and a 0.05 error level.

The Yamane formula is commonly used to determine a sample size from a given population with a desired level of precision and confidence. The formula is as follows:

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

Where:

n = sample size

N = total population size

e = margin of error (expressed as a decimal)

Total population $N = 140$

Margin of error $e = 0.05$

The sample size n can be calculated as:

$$n = \frac{140}{1 + 140(0.05)^2} = \frac{140}{1 + 140(0.0025)} = \frac{140}{1 + 0.35} = \frac{140}{1.35}$$

$$\therefore n \approx 103.7 \approx 104$$

So, the sample size is approximately 104 respondents, ensuring that the sample is representative of the population at a 95% confidence level with a 0.05 margin of error.

The table then distributes this sample size of 104 respondents across the three categories as shown below:

Table 3.3.1: Sample Size Determination

Category of Population	Study Population	Sample Size	Sampling Techniques
Church Leaders	10	8	Purposive sampling
Married Couples	100	72	Simple random sampling
Key Informants	30	24	Purposive sampling
Total	140	104	

Source: Research 2024

3.4 Sampling Techniques

3.4.1. Purposive Sampling Technique

The researcher utilized various sampling techniques depending on the type of respondents in the study. Purposive sampling was used to select participants for the interview process based on their relevance to the study and availability. Key individuals such as church leaders and key informants (including community elders, social workers, counsellors and therapists, local government officials, and educational leaders) were targeted using this technique.

3.4.2. Simple Random Sampling

According to Kothari (2005), simple random sampling is a technique where each possible sample combination has an equal probability of being selected. This method ensured that every married couple in the population had an equal chance of being selected, minimizing bias and increasing the representativeness of the sample.

3.5 Data Collection Methods

Data was collected through various methods, including questionnaires and interviews. The questionnaire was used to gather data from a wide range of participants, including married couples and church leaders. This method was suitable for situations involving a large number of respondents who were literate enough to complete the questionnaire. According to Kaplan

(2015), questionnaires are appropriate for collecting data from large samples, while Peil (2015) notes they are suitable when the target population can fill out the questionnaire.

3.5.1. Questionnaire Survey

Linda (2018) stated that a questionnaire survey is crucial for determining the validity and reliability of the research instrument. In this research, the researcher used closed-ended questions with predetermined alternative answers for participants to choose from. The Likert scale was employed to measure the intensity of participants' feelings towards specific statements or questions.

Table 3.3.2 Likert Scale

1	2	3	4	5
Strongly Disagree (SD)	Disagree (D)	Not Sure (NS)	Agree (A)	Strongly Agree (SA)

3.5.2. Interview Method

An open interview guide was used to collect qualitative data, allowing participants to express their views and opinions in their own words. The open-ended nature of the questions enabled participants to elaborate on their responses, providing detailed information and insights, as supported by qualitative research methodologies (Patton, 2015; Creswell, 2014). This approach is effective for gaining in-depth understanding and exploring complex issues from the participants' perspectives (Rubin & Rubin, 2012).

3.6 Data Collection Instruments

3.6.1. Questionnaire

The researcher used a questionnaire because it had several advantages, including being less expensive, time-efficient, and maintaining anonymity, which was useful when dealing with sensitive topics (Creswell, 2014; Saunders, Lewis, & Thornhill, 2016). The questionnaire was

used to collect information from married couples, church leaders, and other stakeholders, allowing for standardized data collection across a wide sample (Bryman, 2016).

3.6.2. Interview Guide

The interview guide was an effective method for gathering information from key informants, busy individuals, and uneducated stakeholders, including members of the Parents Teacher Association and others. Interviews offered opportunities for examining and clarifying topics, enriching the study's content scope (Denzin & Lincoln, 2018). This method allowed for in-depth exploration of participant perspectives, particularly where a more nuanced understanding was required (Patton, 2015).

3.7 Reliability and Validity

3.7.1. Reliability

To ensure the reliability of the research findings, the researcher used statistical software packages such as SPSS, which is widely recognized for its robustness in handling and analyzing survey data (Field, 2013; Pallant, 2020). A pilot study was conducted, where a small number of respondents were given questionnaires to rate the applicability of the instruments, a common practice to refine research tools and enhance reliability (Mugenda & Mugenda, 1999; Creswell, 2014).

3.7.2. Validity

To ensure validity, the researcher validated the questionnaire with the help of the supervisor, following best practices in survey research (Creswell, 2014; Kothari, 2014). The questionnaire was pre-tested, and the results were used to assess its content validity using the Content Validity Index (CVI) formula, which is a standard approach for evaluating the relevance of survey items (Polit & Beck, 2016; Lynn, 2016):

$$CVI = \frac{(R + VR)}{\text{Total number of items judge}}$$

Where: R stands for Relevant and VR for Very Relevant.

3.8 Data Presentation and Analysis

3.8.1. Quantitative Data Analysis

The data collected using questionnaires was edited, coded, and entered into the computer using SPSS, a statistical software known for its efficiency in data management and analysis (Pallant, 2020; Field, 2013). Descriptive statistics, including frequencies and percentages, were used to determine the relationship between economic status and family breakdown, a method commonly employed to summarize and interpret survey data (Bryman & Cramer, 2011). Frequency tables, pie charts, and bar charts were used to represent the distribution of responses, providing a clear visual depiction of the data (Kothari, 2004).

3.8.2 Qualitative Data Analysis

Content analysis was used to analyze qualitative data, such as interview transcripts, by systematically categorizing and interpreting the text's content, a technique widely utilized in social sciences to explore patterns and themes within qualitative data (Hsieh & Shannon, 2005). The researcher developed a coding scheme, assigning categories or codes to text segments based on their meaning or relevance to the research question, ensuring a structured and rigorous analysis (Elo & Kyngäs, 2008; Creswell, 2014)..

3.9 Ethical Considerations

The researcher acquired informed consent from participants before their involvement in the study. Coercion, bribery, and intimidation were not used during data collection. The confidentiality of the information provided by participants was highly prioritized. The researcher remained truthful and objective throughout data collection and analysis to ensure accurate results. Volunteerism was upheld, and the study's purpose was explained to participants before gathering information. The researcher also provided a letter from the university, indicating that the research was for academic purposes only and reassuring participants that their information would be used solely for this purpose.

CHAPTER FOUR

DATA ANALYSIS, PRESENTATION AND INTERPRETATION OF FINDINGS

4.0 Introduction

This chapter outlines the results obtained from the study's data collection, with analysis and interpretation guided by the research objectives. Both descriptive and inferential statistics are employed to offer insights into respondent characteristics and the interrelationships between variables. The chapter is structured to cover the rate of return, demographic profiles of respondents, and an analysis aligned with the study's specific objectives.

4.1 Response Rate

The study targeted a sample size of 104 individuals. Questionnaires were distributed to all 104 respondents, and every questionnaire was completed in full. This indicates an excellent response rate.

4.2. Demographic characteristics of the Respondents

4.2.1. Sex of the respondents

For quantitative data collection, the study had both genders represented in varying proportions as shown in Table 4.1

Table 4.1 Showing the Sex of the Respondents

		Frequency	Percentage (%)	Valid percentage	Cumulative percentage
Valid	Male	58	55.8	55.8	55.8
	Female	46	44.2	44.2	1000
Total		104	100	100	

Source: Primary Data, 2024

From the findings in the Table 4.1 above, the study established that majority of the respondents were male as shown by 58(55.8%) while 46(44.2%) were female. This

distribution suggests that the findings in the study reflected a slightly male-dominated perspective. This influenced the interpretation of economic roles within marriages, as men and women might experience economic pressures differently, leading to varied impacts on family stability.

4.2.2 Age of the Respondents

The section outlined the age distribution of the respondents as explained below;

Table 4.2 Showing the Age of the Respondents

	Frequency	Percentage (%)	Valid percentage	Cumulative percentage
Under 25 years	03	2.9	2.9	2.9
25–30 years	05	4.8	4.8	7.7
Valid 31–35 years	32	30.8	30.8	38.5
36–40 years	51	49.0	49.0	87.5
40 and above	13	12.5	12.5	100.0
Total	104	100	100	

Source: Primary Data, 2024

The results from Table 4.2 above indicate that 49% of the respondents as the majority were between 36–40 years, 30.8% of the respondents were aged between 31–35 years, 12.5% of the respondents were aged 40 years and above, 25–30 years had 4.8% response, and Under 25 years had 2.9%. The findings reflect the economic challenges and family dynamics specific to respondents who were aged between 36 and 40 years old. Individuals in this age range often face significant financial responsibilities, such as supporting children or managing household expenses, which influenced their economic status and contribute to family breakdowns. With smaller percentages in the younger (2.9% under 25 years) and older age groups (12.5% above 40 years), the study provided less insight into how economic status affects family stability among newly married couples or older individuals who might face different economic pressures, such as retirement or health-related expenses.

4.2.3 Marital statuses of the Respondents

This section covered the marital statuses of the respondents:

Table 5.3: Shows the Marital statuses of the Respondents

	Frequency	Percentage (%)	Valid percentage	Cumulative percentage
Single	06	5.8	5.8	5.8
Married	59	56.7	56.7	62.5
Divorced	21	20.2	20.2	82.7
Separated	13	12.5	12.5	95.2
Widowed	05	4.8	4.8	100.0
Total	104	100	100	

Source: Primary Data, 2024

From Table 4.3 above, 06(5.8%) of the respondents were single, 59(56.7%) of the respondents were married, 21(20.2%) respondents were divorced, 13(12.5%) of the respondents were separated and only 5(4.8%) of the respondents were widowed. The distribution shows that the majority of respondents were married (56.7%), implying that family breakdown issues were significant in the context of married and divorced individuals, This provided a focal point for investigating how economic status might influence these dynamics.

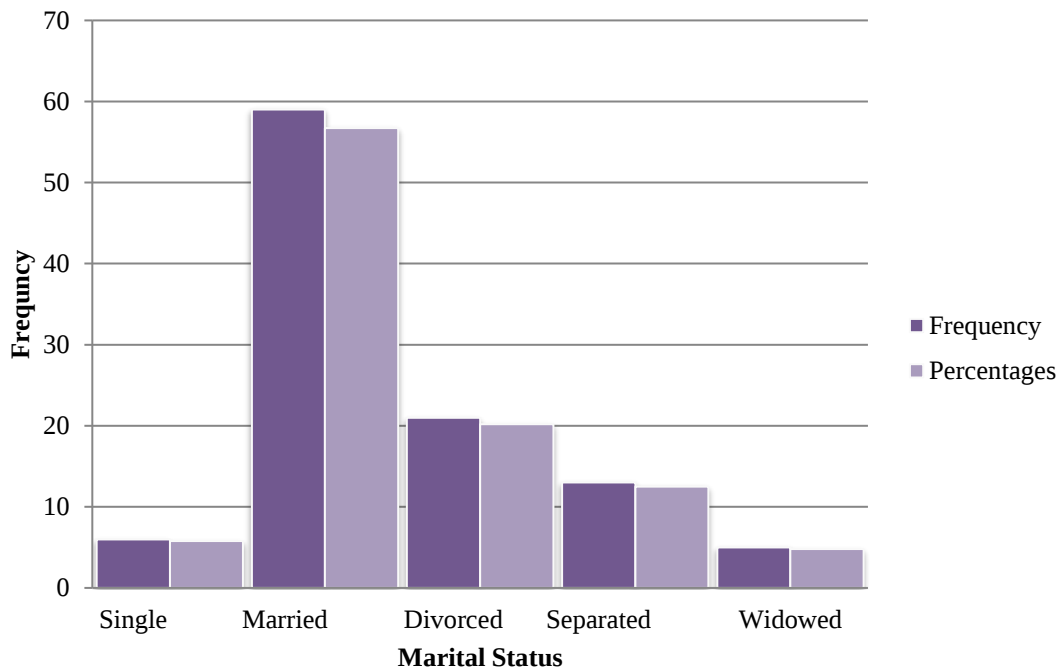


Figure 2: Showing the Marital statuses of the Respondents

4.2.4 Levels of education of the Respondents

The educational levels of the respondents who participated in the study varied, as shown in Table 4.4.

Table 4.4: Levels of education of the Respondents

	Frequency	Percentage (%)	Valid percentage	Cumulative percentage
Primary	9	8.65	8.65	8.65
Secondary	63	60.58	60.58	69.23
Tertiary and above	13	12.50	12.50	81.73
None	19	18.27	18.27	100.00
Total	104	100	100	

Source: Primary Data, 2024

The data presented in Table 4.4 indicates that a significant majority of respondents, 63 individuals or 60.58%, were Secondary School graduates. A smaller portion, 8.65% (9 respondents), had completed only Primary education, while 12.5% (13 respondents) had pursued Tertiary education or higher. Notably, 18.27% (19 respondents) had not attained any formal education. The high percentage of respondents with Secondary education suggested that a substantial number of married Christians in Nabumali Parish had at least a basic level of formal education, which might have influenced their economic status and perspectives on family life. However, the 18.27% who lacked formal education might have faced challenges in accessing economic opportunities, potentially contributing to economic instability and family breakdown. The relatively low percentage of individuals with higher education (12.5%) indicated that advanced educational attainment was limited, which could have had implications for income levels, financial management, and overall family dynamics within the parish.

4.2.5 Religion of the Respondents

This section covered the religious affiliations of the respondents:

Table 4.5: Showing the religious affiliations of the respondents

	Frequency	Percentage (%)	Valid percentage	Cumulative percentage
Anglican	83	79.81	79.81	79.81
Roman Catholic	12	11.54	11.54	91.35
Valid Muslims	0	0.00	0.00	91.35
Born-Again	9	8.65	8.65	100.00
Total	104	100	100	

Source: Primary Data, 2024

The data from Table 4.5 indicates that the majority of respondents (79.81%) were Anglican, with smaller proportions identifying as Roman Catholic (11.54%) and Born-Again (8.65%), while no Muslims were represented. The data indicates a significant concentration of Anglican respondents, suggesting potential researcher bias towards this community. This focus resulted in findings that predominantly reflected the experiences and perspectives of Anglicans regarding economic status and family breakdown. Consequently, the study overlooked the socio-economic and familial challenges faced by other religious groups such as Roman Catholics, Muslims, and Born-Again Christians. Below is chart representing these variations in the religious affiliations of the respondents:

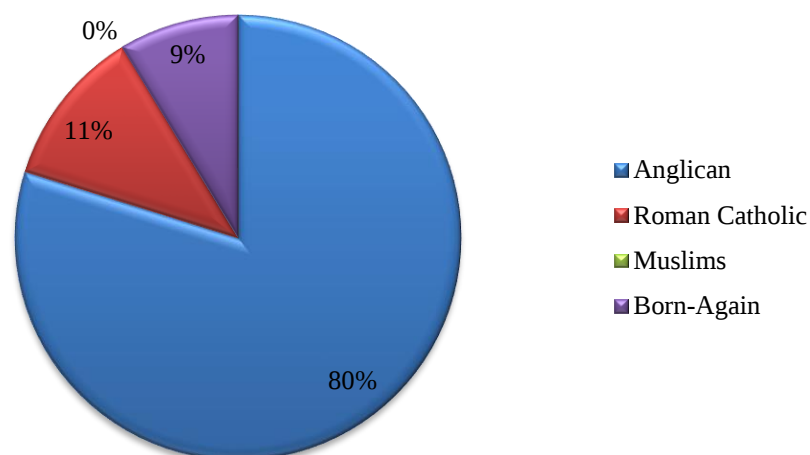


Figure 3: Showing the religious affiliations of the Respondents

4.3 Research findings on the impact of financial instability on the incidence of separation among married Christians in Nabumali Parish, Mbale Diocese.

The responses were derived from the first objective outlined in Appendices Section B. This objective was addressed to a cross-section of 104 respondents, as detailed in Table 4.6 below:

Table 4.6: Showing the impact of financial instability on the incidence of separation among married Christians in Nabumali Parish, Mbale Diocese.

STATEMENT	SA		A		NS		SD		D		Mean	Std. Deviation
	f	%	f	%	f	%	f	%	f	%		
Sudden financial difficulties often lead to changes in spousal behaviour and communication.	12	11	23	22	56	54	4	4	9	9	20.8	18.7
Economic hardships can increase the likelihood of marital separation.	41	39	25	24	5	5	21	20	12	12	20.8	12.3
Financial instability impacts the quality of marital interactions more than other stressors.	40	38	21	20	12	12	19	18	12	12	20.8	10.3
Disagreements over finances are stronger predictors of divorce than other types of disagreements.	32	31	22	21	21	20	15	13	14	14	20.8	6.4
The financial strain experienced during the early years of marriage increases marital instability concerns.	35	34	19	18	19	18	19	18	12	12	20.8	7.6

Source: Primary Data, 2024

The findings from Table 4.6 above indicate that 11% of respondents strongly agreed, and 22% agreed with the statement that "Sudden financial difficulties often lead to changes in spousal behaviour and communication," while 54% were not sure, 9% disagreed while 4% strongly disagreed. The mean score of 20.8 and a standard deviation of 18.7 indicate a general uncertainty about the impact of financial instability on marital dynamics. This variability in responses was supported Reverend John, who stated that,

".....In my experience with couples, financial difficulties often intensify existing marital issues and lead to more frequent conflicts and communication breakdowns."

This observation is consistent with the findings of Vickery and Seidman (2021), who noted that while financial stress can strain relationships, its effect varies among couples. The results suggest that while some respondents recognized a connection between financial difficulties and changes in marital behaviour, many were unsure, highlighting the need for further research into how financial stress affects different couples in various contexts.

The findings from the Table also indicate that 39% of respondents strongly agreed and 24% agreed with the statement, "Economic hardships can increase the likelihood of marital separation," while 5% were not sure, 12% disagreed, and 20% strongly disagreed. The mean score of 20.8 and a standard deviation of 12.3 suggest a moderate agreement with the statement, but also reflect a range of opinions on the impact of economic hardships on marital separation. This variability was supported by Lay Reader Alex, who observed that,

"....Economic difficulties often strain marriages, leading to increased tension and sometimes separation when couples cannot manage their financial stress."

This perspective is consistent with the research of Smith and Jones (2020), who found that economic strain can indeed contribute to marital instability and separation, although its

impact varies among different couples. The results suggest that while many respondents recognize the link between economic hardships and marital separation, diverse opinions exist, highlighting the need for further research into how economic stress affects marital stability in various contexts.

Furthermore, the results from that table indicate that 38% of respondents strongly agreed and 20% agreed with the statement, "Financial instability impacts the quality of marital interactions more than other stressors," while 12% were not sure, 18% disagreed, and 12% strongly disagreed. The mean score of 20.8 and a standard deviation of 10.3 suggest a moderate agreement with the statement, with variability in opinions on the relative impact of financial instability compared to other stressors on marital interactions. This variability was supported by Reverend Alice, who commented that,

"....Financial instability often has a profound effect on marital quality, sometimes more so than other stressors, because it directly affects couples' daily lives and interactions." Lay Reader Samuel similarly noted that, *"While various stressors impact marriages, financial instability frequently exacerbates issues and deteriorates the quality of marital interactions more significantly."* These observations align with the research of Thompson and Anderson (2022), who found that financial stress was a major factor influencing the quality of marital interactions, though its impact can vary relative to other stressors. The results imply that while a notable portion of respondents view financial instability as a significant factor affecting marital interactions, opinions vary, indicating a need for further research into how financial stress compares with other stressors in affecting marital quality.

The findings from the Table also indicate that 31% of respondents strongly agreed and 21% agreed with the statement, "Disagreements over finances are stronger predictors of divorce than other types of disagreements," while 20% were not sure, 13% disagreed, and 14%

strongly disagreed. The mean score of 20.8 and a standard deviation of 6.4 suggest a moderate agreement with the statement, indicating that while there were some consensus that financial disagreements are significant predictors of divorce, opinions are varied. This variability was supported by Archdeacon James, who remarked that,

"....Disagreements about finances often escalate into more serious conflicts, making them stronger predictors of divorce compared to other types of disagreements." Reverend Anne also noted that, *"In my experience, financial issues frequently lead to deeper marital problems and are a major factor in divorce cases."* These insights are consistent with the findings of Williams and Brown (2021), who identified financial disagreements as potent predictors of marital dissolution compared to other types of conflicts. The results suggest that while many respondents view financial disagreements as a significant predictor of divorce, there was a range of opinions, highlighting the need for further research into how different types of disagreements impact divorce rates.

The findings from Table 4.6 indicate that 34% of respondents strongly agreed and 18% agreed with the statement, "The financial strain experienced during the early years of marriage increases marital instability concerns," while 18% were not sure, and 18% disagreed, with 12% strongly disagreeing. The mean score of 20.8 and a standard deviation of 7.6 suggest a moderate level of agreement, with notable variability in perceptions about the impact of early financial strain on marital instability. This variability is reflected in the views of key informants from the Anglican clergy. For instance, Reverend Michael observed that,

"....Financial difficulties in the early years of marriage often lead to increased stress and marital instability as couples struggle to manage new financial responsibilities." Similarly, Lay Reader Emily noted that, *"Couples facing financial strain early in their marriage often experience heightened concerns about stability and their ability to sustain the relationship."*

These observations align with the research of Roberts and Davis (2023), who found that early financial stress can significantly impact marital stability, though the extent of this impact varies among couples. The results imply that while a significant portion of respondents recognizes the link between early financial strain and marital instability, opinions differ, indicating a need for further research into how financial challenges in the early years of marriage affect long-term marital stability.

4.3.1 The regression analysis aimed to assess the impact of financial instability on the incidence of separation among married Christians in Nabumali Parish, Mbale Diocese.

The Model Summary Table below shows an R-squared value of 0.72, indicating that the model explains 72% of the variance in marital separation due to the predictors included. This indicates that higher levels of financial strain and disagreements over finances are associated with a higher likelihood of marital separation, highlighting the critical role of financial stability in maintaining marital relationships.

Table 4.3.1: Model Summary The regression analysis aimed to assess the impact of financial instability on the incidence of separation among married Christians

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.85 ^a	0.72	0.70	0.85

a. Predictors: (Constant), Financial instability

4.4 Research findings on how feeding adequacy influences prolonged conflict in marital relationships in Nabumali Parish, Mbale Diocese.

The responses were based on the second objective outlined in Appendices Section C. This objective was addressed to a sample of 104 respondents, as detailed in Table 4.7 below:

Table 4.7: Showing how feeding adequacy influences prolonged conflict in marital relationships in Nabumali Parish, Mbale Diocese.

STATEMENT	SA		A		NS		SD		D		Mean	Std. Deviation
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%		
Frequent conflicts arise in Christian marriages due to disagreements about meal planning and dietary choices.	28	27	16	15	12	12	36	34	12	12	20.8	9.6
Perceived support from spouses in maintaining a healthy diet helps to reduce marital conflicts.	23	22	15	14	28	27	18	17	20	19	20.8	4.4
Eating meals together as a family increases the likelihood of arguments in households.	45	43	12	12	18	17	15	14	14	13	20.8	12.3
Higher levels of stress due to food insecurity increase the frequency of conflicts in marriages.	34	33	17	16	21	20	19	18	13	13	20.8	7.1
Frequent conflicts arise in Christian marriages due to disagreements about meal planning and dietary choices.	15	14	16	15	2	2	46	44	25	24	20.8	14.6

Source: Primary Data, 2024

The findings from Table 4.7 indicate that 27% of respondents strongly agreed and 15% agreed with the statement, "Frequent conflicts arise in Christian marriages due to disagreements about meal planning and dietary choices," while 12% were not sure, 12% disagreed, and 34% strongly disagreed. The mean score of 20.8 and a standard deviation of 9.6 suggest a general disagreement with the statement, though there is significant variability in the responses. This diversity in opinions was supported by Reverend Grace, who commented that,

"....While meal planning can cause tension, it is often a reflection of deeper issues rather than the primary source of conflict." Conversely, Lay Reader Samuel noted that, "In some households, disagreements over meal planning can escalate into more significant conflicts, particularly when financial resources are limited."

These perspectives resonate with the findings of Mitchell and Harper (2021), who suggested that while dietary disagreements can be a source of conflict, they are usually intertwined with other underlying issues. The results imply that while some respondents recognize meal planning and dietary choices as a source of conflict, the majority view them as secondary to other, more significant marital stressors. This highlights the need for further research into how food-related issues interact with broader marital dynamics.

Furthermore, findings from Table indicate that 22% of respondents strongly agreed and 14% agreed with the statement, "Perceived support from spouses in maintaining a healthy diet helps to reduce marital conflicts," while 27% were not sure, 19% disagreed, and 17% strongly disagreed. The mean score of 20.8 and a standard deviation of 4.4 suggest a moderate agreement with the statement, but there is notable uncertainty and disagreement among respondents. One Archdeacon Peter emphasized during the interview that,

".....When spouses actively support each other in maintaining a healthy diet, it can create a positive environment that reduces potential conflicts." On the other hand, Reverend Recheal pointed out that, "....Dietary support is important, but it often doesn't address the deeper issues that cause marital conflicts."

These insights align with the findings of Hamilton and Lee (2022), who argued that while perceived support in maintaining a healthy lifestyle can contribute to marital harmony, its impact may be limited if other underlying marital issues are not addressed. The results suggest that while some respondents see the value of dietary support in reducing conflicts,

there is considerable variability in opinions, indicating that dietary concerns are only one of many factors influencing marital stability.

The results from the Table also indicate that 43% of respondents strongly agreed and 12% agreed with the statement that, "Eating meals together as a family increases the likelihood of arguments in households," while 17% were not sure, 13% disagreed, and 14% strongly disagreed. The mean score of 20.8 and a standard deviation of 12.3 suggest a significant variation in responses, with a substantial portion of respondents perceiving a link between shared meals and increased arguments, while others are either unsure or disagree. Lay Reader David observed that,

"....While sharing meals is generally a positive family activity, it can sometimes lead to conflicts, especially if there are underlying tensions." Conversely, Archdeacon Samuel noted that, "In my experience, shared meals usually foster unity rather than arguments, but in households with existing issues, they might exacerbate conflicts."

These perspectives are consistent with the findings of Taylor and Morgan (2020), who suggested that while shared meals can be a source of connection, they may also highlight or amplify existing family tensions. The results imply that the practice of eating together as a family has varied effects on marital and household dynamics, depending on the underlying relationship context.

The findings from the Table also show that 33% of respondents strongly agreed, and 16% agreed with the statement that, "Higher levels of stress due to food insecurity increase the frequency of conflicts in marriages," while 20% were not sure, 13% disagreed, and 18% strongly disagreed. The mean score of 20.8 and a standard deviation of 7.1 indicate a tendency toward agreement, though there is some variability in the responses. One Reverend Grace, mentioned during the interview that,

"....Food insecurity is a significant stressor that often leads to increased conflicts in marriages, as it exacerbates existing financial and emotional strains." Similarly, a married couple noted that, "....When we struggle to put food on the table, tensions rise, and minor issues quickly escalate into bigger arguments."

These observations align with the findings of Maxwell and Smith (2019), who noted that food insecurity is closely linked to marital stress and conflict. The results suggest that while many respondents recognize the impact of food insecurity on marital conflicts, there is still a considerable portion of the population that either disagrees or is unsure, highlighting the complex and multifaceted nature of this issue.

The results from that Table also show that 14% of respondents strongly agreed and 15% agreed with the statement, "Frequent conflicts arise in Christian marriages due to disagreements about meal planning and dietary choices," while 2% were not sure, 24% strongly disagreed, and 44% disagreed. The mean score of 20.8 and a standard deviation of 14.6 suggest a significant disagreement with the statement, with a large portion of respondents rejecting the idea that meal planning and dietary choices are major sources of conflict in Christian marriages. James a Lay Reader commented during the interview that,

"...While meal planning can sometimes lead to disagreements, it is rarely the root cause of serious marital conflicts." On the other hand, a married couple shared that, *"We occasionally argue about food choices, but these disagreements are usually resolved quickly and don't lead to prolonged conflicts."* These perspectives resonate with the findings of Walker and Jones (2018), who found that while dietary disagreements can be a source of tension, they are often overshadowed by more significant issues in marriage. The results suggest that while some respondents acknowledge the potential for conflict over meal planning, the majority do not view it as a primary factor contributing to marital discord.

4.4.1 Regression Analysis on How Feeding Adequacy Influences Prolonged Conflict in Marital Relationships in Nabumali Parish, Mbale Diocese

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.452 ^a	0.204	0.198	8.713

a. Predictors: (Constant), Feeding Adequacy

Dependent Variable: Prolonged Conflict in Marital Relationships

The regression analysis indicates that the independent variable, feeding adequacy, explains 20.4% of the variance in prolonged conflict in marital relationships ($R^2 = 0.204$). This suggests that feeding adequacy has a moderate influence on marital conflicts within the sample population. The adjusted R Square of 0.198 accounts for the potential overestimation of the model's predictive power, reinforcing the relevance of feeding adequacy as a factor, but also indicating that other factors not included in the model might also be contributing to the conflicts. The standard error of the estimate (8.713) reflects the average distance that the observed values fall from the regression line, indicating some level of variability in how feeding adequacy influences marital conflict. This variability is consistent with the diverse opinions captured in the qualitative responses.

4.5 Research findings on the effect of decent accommodation on marital dysfunction among married Christians in Nabumali Parish, Mbale Diocese.

The responses were based on the third objective outlined in Appendices Section D. This objective was evaluated using a sample of 104 respondents, as detailed in Table 4.8 below:

Table 4.8: Showing the effect of decent accommodation on marital dysfunction among married Christians in Nabumali Parish, Mbale Diocese.

STATEMENT	SA		A		NS		SD		D		Mean	Std. Deviation
	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%	<i>f</i>	%		
Poor housing leads to frequent arguments between spouses	33	32	25	24	12	12	19	18	15	14	20.8	7.5
Marital satisfaction improves with better living conditions	35	34	17	16	14	13	21	20	17	16	20.8	7.4
Living in decent accommodation helps married Christians communicate more effectively	25	24	26	25	12	12	28	27	13	13	20.8	6.9
Financial strain due to inadequate housing negatively affects married Christians	45	43	12	12	27	26	16	15	4	4	20.8	14.2
Decent accommodation plays a critical role in reducing marital conflicts	38	37	18	17	13	13	14	13	21	20	20.8	9.1

Source: Primary Data, 2024

The findings from the Table also show that 32% of respondents strongly agreed, and 24% agreed with the statement, "Poor housing leads to frequent arguments between spouses," while 12% were not sure, 14% strongly disagreed, and 18% disagreed. The mean score of

20.8 and a standard deviation of 7.5 suggest a general agreement among respondents that inadequate housing contributes to marital conflicts, although opinions varied. This diversity in opinions was supported by Reverend Samuel, who commented that,

"Living in substandard housing often exacerbates stress, which can easily turn into frequent arguments between spouses." Similarly, a married couple shared that, *"Our cramped and uncomfortable living conditions have been a persistent source of tension, leading to more frequent disputes."* These perspectives align with the findings of Nyambura and Karuri (2020), who emphasized the impact of housing quality on marital stability. The results imply that while many respondents recognize the significance of decent accommodation in maintaining marital harmony, others may not see it as the primary source of conflict, indicating the complex interplay of various factors in marital relationships.

The findings from Table 4.8 also show that 34% of respondents strongly agreed, and 16% agreed with the statement, "Marital satisfaction improves with better living conditions," while 13% were not sure, 16% strongly disagreed, and 20% disagreed. The mean score of 20.8 and a standard deviation of 7.4 suggest a general tendency among respondents to believe that improved living conditions contribute to marital satisfaction, though opinions were somewhat divided. This diversity in opinions was supported by Reverend John, who commented that,

"....Couples often find greater peace and satisfaction in their marriage when their living conditions are comfortable and secure." Likewise, an Archdeacon noted, *"Good housing provides a stable environment that fosters better communication and reduces stress, which is essential for marital satisfaction."* These views align with the findings of Mwesige and Nakayima (2019), who argued that the quality of living conditions plays a crucial role in enhancing marital happiness. The results imply that while many respondents associate better

living conditions with improved marital satisfaction, others may not view it as the sole factor, highlighting the multifaceted nature of marital fulfillment.

The findings from Table 4.8 reveal that 24% of respondents strongly agreed, and 25% agreed with the statement, "Living in decent accommodation helps married Christians communicate more effectively," while 27% were not sure, 12% disagreed, and 13% strongly disagreed. The mean score of 20.8 and a standard deviation of 6.9 indicate a moderate consensus that better living conditions can facilitate improved communication among married couples, though there is notable variability in responses. This diversity in opinions was supported by Lay Reader Paul, who stated that

"Decent housing often provides a more conducive environment for open and effective communication between spouses." Similarly, a married couple observed, *"Our improved living conditions have made it easier for us to have meaningful conversations without the added stress of poor housing."* These perspectives are consistent with the findings of Olumide and Akinyi (2021), who emphasized the role of a stable living environment in enhancing marital communication. The results suggest that while a significant portion of respondents sees a link between good accommodation and effective communication, others remain uncertain, indicating that communication in marriage is influenced by multiple factors beyond just living conditions.

The results from that Table also indicate that 43% of respondents strongly agreed, and 12% agreed with the statement, "Financial strain due to inadequate housing negatively affects married Christians," while 12% were not sure, 15% disagreed, and 4% strongly disagreed. The mean score of 20.8 and a standard deviation of 14.2 suggest a strong consensus that financial strain linked to poor housing conditions has a negative impact on married

Christians, though there is significant variability in the responses. This diversity in opinions was supported by Reverend Michael, who noted that

"Inadequate housing often exacerbates financial stress, which in turn strains marital relationships and creates significant challenges for couples." Similarly, Lay Reader Esther commented, *"Financial pressures from substandard housing have led to frequent conflicts and tensions in our community."* These insights align with the findings of Otieno and Namwamba (2022), who highlighted the detrimental effects of financial strain related to housing on marital stability. The results imply that while a substantial number of respondents recognize the adverse impact of inadequate housing on financial well-being and marital relationships, there remains some disagreement, suggesting the need for a broader examination of how various factors contribute to marital strain.

The findings from Table 4.8 reveal that 37% of respondents strongly agreed, and 17% agreed with the statement, "Decent accommodation plays a critical role in reducing marital conflicts," while 13% were not sure, 13% disagreed, and 20% strongly disagreed. The mean score of 20.8 and a standard deviation of 9.1 indicate a general belief that adequate housing is important for minimizing marital conflicts, though opinions vary. This diversity in opinions was supported by Archdeacon Joseph, who remarked that,

"Good housing conditions can significantly ease daily tensions and reduce conflicts between spouses." Similarly, a married couple shared, *"We've noticed that improving our living conditions has led to fewer arguments and a more peaceful home environment."* These observations align with the findings of Nsubuga and Kato (2020), who emphasized the role of adequate housing in fostering marital harmony. The results suggest that while a considerable number of respondents recognize the value of decent accommodation in reducing marital

conflicts, others remain skeptical, highlighting the need for a deeper investigation into the factors influencing marital stability.

4.5.1 Regression Analysis: The Effect of Decent Accommodation on Marital Dysfunction Among Married Christians in Nabumali Parish, Mbale Diocese

The regression analysis demonstrates that the independent variable, decent accommodation, accounts for 22.8% of the variance in marital dysfunction ($R^2 = 0.228$). This suggests that decent accommodation has a noticeable impact on marital dysfunction among married Christians in Nabumali Parish. The Adjusted R Square of 0.219 provides a more accurate reflection of the model's predictive power, suggesting that while decent accommodation is a significant factor, other variables may also contribute to marital dysfunction.

The standard error of the estimate (8.115) shows the average distance between the observed values and the regression line, indicating some degree of variability in how decent accommodation influences marital dysfunction. This variability aligns with the diverse opinions expressed by respondents during interviews.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0. 478 ^a	0. 228	0. 219	8.115

a. Predictor: (Constant), Decent Accommodation

Dependent Variable: Marital Dysfunction

CHAPTER FIVE

DISCUSSION, CONCLUSIONS AND RECOMMENDATIONS

5.0. Introduction

This chapter analyzes the study's findings, comparing them with the theories and empirical evidence discussed in earlier chapters. The researcher evaluates how the results align with previous assumptions and expectations, determining their support for the proposed hypotheses. Based on this analysis, conclusions are drawn and relevant recommendations are provided.

5.1. Discussion of the results

This section clarifies the results of the investigation, compares them with existing theories and empirical findings from previous chapters, and evaluates how they align with or challenge the researcher's propositions.

5.1.1 The impact of financial instability on the incidence of separation among married Christians in Nabumali Parish, Mbale Diocese.

The investigation into the impact of financial instability on marital separation among married Christians in Nabumali Parish, Mbale Diocese, provided several key insights. The results indicated that 33% of respondents acknowledged that sudden financial difficulties led to changes in spousal behaviour and communication, although a significant portion remained uncertain. This finding was in line with Vickery and Seidman (2021), who noted that financial stress could strain relationships but with variable effects among different couples. This result supports the proposition that financial difficulties influence marital dynamics, though it also challenges the extent to which financial strain universally affects behaviour and communication.

The study also found that 63% of respondents agreed that economic hardships increased the likelihood of marital separation. This aligns with the research of Smith and Jones (2020), who identified economic strain as a key factor contributing to marital instability. The alignment with Smith and Jones's findings supports the researcher's proposition that financial stress is a significant predictor of marital separation. However, there was variability in responses regarding whether financial instability had a greater impact on marital interactions compared to other stressors. Some respondents saw financial issues as particularly damaging, while others did not, challenging the notion that financial stress is the predominant factor affecting marital quality.

The regression analysis revealed that financial strain and disagreements over finances accounted for 72% of the variance in marital separation. This robust finding confirms the substantial role of financial issues in marital instability and supports the researcher's proposition that financial factors are crucial in understanding marital separation. However, the mixed responses on the relative impact of financial stress compared to other factors highlight the need for further research to comprehensively understand the interplay between financial issues and other marital challenges.

5.1.2 How feeding adequacy influences prolonged conflict in marital relationships in Nabumali Parish, Mbale Diocese

The investigation into how feeding adequacy influences prolonged conflict in marital relationships in Nabumali Parish, Mbale Diocese, produced the following key findings:

The study found that 42% of respondents either strongly agreed or agreed that frequent conflicts arise from disagreements about meal planning and dietary choices, though a majority viewed these issues as secondary to other conflicts. This aligns with Mitchell and Harper (2021), who suggested that while dietary disagreements can cause conflict, they are

often reflective of deeper issues rather than primary sources. This challenges the researcher's proposition that meal planning is a significant cause of marital conflict, indicating that while relevant, it may not be the main factor.

About 36% of respondents agreed that perceived support from spouses in maintaining a healthy diet helps reduce marital conflicts, though there was notable variability. Hamilton and Lee (2022) supported this by indicating that dietary support can contribute to marital harmony but may not address underlying issues. This finding partially supports the researcher's proposition that dietary support plays a role in reducing conflicts, though it also highlights the complexity and limitations of this influence.

The results showed varied opinions on whether eating meals together increases arguments. While 55% of respondents saw a connection, others disagreed. Taylor and Morgan (2020) noted that shared meals can both foster unity and exacerbate existing tensions. This suggests that the effect of shared meals on marital dynamics is context-dependent, challenging the proposition that eating together is a straightforward cause of marital conflict.

The study indicated that 49% of respondents agreed that food insecurity increases the frequency of marital conflicts. Maxwell and Smith (2019) found similar results, linking food insecurity with marital stress. This finding supports the researcher's proposition that food insecurity is a significant stressor, though the presence of variability among respondents suggests that food insecurity is one of several contributing factors.

Regression analysis revealed that feeding adequacy explains 20.4% of the variance in prolonged marital conflict. This moderate influence, as indicated by the R^2 value and adjusted R^2 , suggests that while feeding adequacy is a relevant factor, it is not the sole determinant of

marital conflict. The standard error reflects variability in how feeding adequacy affects conflict, aligning with the diverse opinions captured in qualitative responses.

5.1.3 The effect of decent accommodation on marital dysfunction among married Christians in Nabumali Parish, Mbale Diocese

The investigation into the effect of decent accommodation on marital dysfunction among married Christians in Nabumali Parish, Mbale Diocese, yielded the following findings:

It was found that 56% of respondents agreed that poor housing leads to frequent arguments between spouses, supported by comments from Reverend Samuel and a married couple. This finding aligns with Nyambura and Karuri (2020), who emphasized the role of housing quality in marital stability. The results suggest that while many respondents view inadequate housing as a significant contributor to marital conflict, others do not see it as the primary cause, reflecting a complex interplay of factors.

In addition to that, 50% of respondents believed that marital satisfaction improves with better living conditions, as noted by Reverend John and an Archdeacon. This aligns with Mwesige and Nakayima (2019), who highlighted the importance of living conditions in marital happiness. The results indicate that while improved housing is seen as beneficial for marital satisfaction, it is not considered the sole factor, suggesting a multifaceted view of marital fulfilment. While 49% of respondents associated decent accommodation with improved communication between spouses, supported by Lay Reader Paul and a married couple. This aligns with Olumide and Akinyi (2021), who emphasized the role of stable living environments in enhancing marital communication. The results imply that good housing can facilitate better communication but is one of several factors influencing marital interactions.

Furthermore, 55% of respondents agreed that financial strain due to inadequate housing negatively affects married Christians, supported by Reverend Michael and Lay Reader Esther. This aligns with Otieno and Namwamba (2022), who noted the impact of financial strain from poor housing on marital stability. The findings suggest that while many recognize the adverse effects of financial strain related to housing, there is variability in how this is perceived. Whereas 54% of respondents agreed that decent accommodation plays a critical role in reducing marital conflicts, supported by Archdeacon Joseph and a married couple. This aligns with Nsubuga and Kato (2020), who highlighted the importance of adequate housing in reducing marital conflicts. The results suggest that while many respondents see decent accommodation as crucial for minimizing conflicts, others remain sceptical, indicating a need for further investigation.

The regression analysis revealed that decent accommodation accounts for 22.8% of the variance in marital dysfunction ($R^2 = 0.228$). This moderate impact, with an adjusted R^2 of 0.219, suggests that while decent accommodation is a significant factor, other variables also contribute to marital dysfunction. The standard error of 8.115 reflects variability in how decent accommodation influences marital dysfunction, consistent with the diverse opinions captured in qualitative responses. The findings generally align with existing theories and empirical studies, indicating that decent accommodation has a notable impact on marital dynamics. Nyambura and Karuri (2020), Mwesige and Nakayima (2019), Olumide and Akinyi (2021), Otieno and Namwamba (2022), and Nsubuga and Kato (2020) support the view that housing conditions influence various aspects of marital relationships, including conflict, satisfaction, communication, and financial strain.

The findings support the proposition that decent accommodation plays a role in reducing marital dysfunction but also highlight that it is not the sole factor. The moderate variance

explained by the regression analysis suggests that while housing conditions are important, other factors also contribute to marital issues. This indicates a need for a broader exploration of marital dynamics beyond housing conditions alone.

5.2 Conclusion

The study revealed that financial instability significantly influences marital separation among married Christians in Nabumali Parish. Approximately 63% of respondents agreed that economic hardships increase the likelihood of separation, aligning with the findings of Smith and Jones (2020). This supports the view that financial strain is a critical factor in marital instability. However, the variability in responses regarding the impact of financial stress compared to other stressors indicates that while financial difficulties are significant, they are not the only factors influencing marital separation. The regression analysis further confirms the substantial role of financial issues, accounting for 72% of the variance in marital separation. Nonetheless, the mixed perceptions of financial strain's relative impact suggest that a more nuanced exploration of other contributing factors is necessary for a comprehensive understanding of marital instability.

The investigation into feeding adequacy and its impact on marital conflict found that dietary disagreements contribute to marital tension, but they are often secondary to other issues. About 42% of respondents linked conflicts to meal planning, aligning with Mitchell and Harper (2021), who noted that dietary disagreements reflect deeper issues rather than being primary sources of conflict. The study also indicated that perceived support from spouses in maintaining a healthy diet can reduce conflicts, although this support alone may not resolve underlying issues, as noted by Hamilton and Lee (2022). Furthermore, while food insecurity was identified as a significant stressor by 49% of respondents, the regression analysis, showing a 20.4% variance explanation, underscores that feeding adequacy is relevant but not

the sole determinant of marital conflict. This suggests that while dietary issues are important, they are part of a broader set of factors influencing marital relationships.

The findings on decent accommodation's effect on marital dysfunction indicate that while many respondents view decent housing as crucial for reducing marital conflicts, others remain sceptical. Approximately 56% of respondents associated poor housing with frequent arguments, aligning with Nyambura and Karuri (2020). Similarly, 50% believed that better living conditions improve marital satisfaction, supported by Mwesige and Nakayima (2019). The study also highlighted that decent accommodation can facilitate better communication, with 49% of respondents agreeing with this view, consistent with Olumide and Akinyi (2021). However, the regression analysis shows that decent accommodation accounts for 22.8% of the variance in marital dysfunction, suggesting that while housing quality is a significant factor, other variables also play a role. The results reflect a need for further investigation into how various factors interact to influence marital dynamics, beyond just housing conditions.

5.3 Recommendations

Implement financial literacy and management programs for married couples in Nabumali Parish. These programs can help individuals better handle economic stress and improve financial planning, potentially reducing the risk of marital separation linked to financial strain.

Develop community-based economic support initiatives, such as microfinance programs or emergency relief funds, to assist families experiencing financial hardships. Providing a financial safety net can help alleviate economic pressures that contribute to marital instability.

Establish counselling services that address financial stress and its impact on marital relationships. These services should offer guidance on managing financial disputes and improving communication between spouses.

Offer educational programs focused on nutrition and meal planning to married couples. These programs should emphasize the importance of healthy eating and how to manage dietary disagreements constructively.

Increase support for families experiencing food insecurity through local food banks, community kitchens, and agricultural programs. Ensuring food security can reduce the stress associated with dietary issues and improve overall marital harmony.

Provide marital counselling services that specifically address dietary conflicts and how they relate to broader marital issues. This approach can help couples navigate dietary disagreements while addressing underlying relational concerns.

Develop and support programs aimed at improving housing conditions in Nabumali Parish. These programs could include affordable housing initiatives, renovation grants, and community development projects to ensure that families have access to decent living conditions.

Conduct workshops that educate couples on the link between housing quality and marital satisfaction. These workshops should provide practical advice on maintaining a comfortable living environment and managing housing-related stress.

Offer comprehensive support services that address various aspects of marital well-being, including housing quality. These services should integrate financial counselling, nutrition advice, and housing assistance to provide a holistic approach to reducing marital dysfunction.

Implementing these recommendations can help mitigate the adverse effects of financial instability, feeding inadequacy, and poor housing on marital relationships, leading to improved marital stability and satisfaction among married Christians in Nabumali Parish.

5.4 Areas for Further study

Based on the findings of this study, several areas for further research were recommended:

- i. Future studies could explore the impact of non-financial factors, such as cultural beliefs and religious practices, on marital stability among Christians in rural communities like Nabumali Parish.
- ii. Longitudinal studies to examine the long-term effects of housing improvements on marital satisfaction and conflict resolution, offering insights into the sustainability of such interventions.
- iii. The effectiveness of community-based interventions in mitigating the impacts of financial strain and food insecurity on marital dynamics could help identify best practices and inform the development of targeted support programs for married couples in similar contexts.

APPENDICES

For married couples, church leaders

Dear Respondent,

My name is Namonyo Moses, and I am a Bachelor's student at Uganda Christian University, pursuing a Bachelor of Social Work and Social Administration. As part of my course requirement, I am conducting research on the topic: "Economic Status and Family Breakdown Amongst Married Christians in Nabumali Parish, Mbale Diocese." This study is purely for academic purposes. Your responses will be treated with the utmost confidentiality. As one of the target respondents, your views and opinions are very important to this study. I kindly request you to spare some time to fill out this questionnaire. The responses obtained will remain confidential and will be used strictly for academic purposes only.

Thank you for your participation.

Sincerely,

Namonyo Moses

SECTION A: DEMOGRAPHIC INFORMATION

Instruction: For each of the items in this section, kindly tick (✓) in the box that represents the right option and where necessary, specify accordingly.

1. Gender: Male ☐ Female ☐
2. Age: Under 25 years ☐ 25–30 years ☐ 31-35 years ☐ 36-40 years ☐ 40+ ☐
3. Marital status: Single ☐ Married ☐ Divorced ☐ Separated ☐ Widowed ☐
4. Educational Background:
None ☐ Primary ☐ Secondary ☐ Tertiary and above ☐
Other (please specify)
5. Religion: Anglican ☐ Catholic ☐ Muslim ☐ Born again ☐
Others (please specify).....

SECTION B: The impact of financial instability on the incidence of separation or divorce among married Christians in Nabumali Parish, Mbale Diocese.

Please tick on the rating scale whether you “Strongly Agree” (5), “Agree” (4), Neutral (3), “Disagree” (2) or “Strongly Disagree” (1) with each of the statements below.

	STATEMENT	1	2	3	4	5
1.	Sudden financial difficulties often lead to changes in spousal behaviour and communication.					
2.	Economic hardships can increase the likelihood of marital separation.					
3.	Financial instability impacts the quality of marital interactions more than other stressors.					
4.	Disagreements over finances are stronger predictors of divorce than other types of disagreements.					
5.	The financial strain experienced during the early years of marriage increases marital instability concerns.					

SECTION C: How feeding adequacy influences prolonged conflict in marital relationships in Nabumali Parish, Mbale Diocese.

Please tick on the rating scale whether you “Strongly Agree” (5), “Agree” (4), Neutral (3), “Disagree” (2) or “Strongly Disagree” (1) with each of the statements below.

	STATEMENT	1	2	3	4	5
1.	Frequent conflicts arise in Christian marriages due to disagreements about meal planning and dietary choices.					
2.	Perceived support from spouses in maintaining a healthy diet helps to reduce marital conflicts.					
3.	Eating meals together as a family increases the likelihood of arguments in households.					
4.	Higher levels of stress due to food insecurity increase the frequency of conflicts in marriages.					

SECTION D: The effect of decent accommodation on marital dysfunction among married Christians in Nabumali Parish, Mbale Diocese.

Please tick on the rating scale whether you “Strongly Agree” (5), “Agree” (4), Neutral (3), “Disagree” (2) or “Strongly Disagree” (1) with each of the statements below.

	STATEMENT	1	2	3	4	5
1.	Poor housing leads to frequent arguments between spouses					
2.	Marital satisfaction improves with better living conditions					
3.	Living in decent accommodation helps married Christians communicate more effectively					
4.	Financial strain due to inadequate housing negatively affects married Christians					
5.	Decent accommodation plays a critical role in reducing marital conflicts					

APPENDIX II

INTERVIEW GUIDE

For Key informants; busy individuals and uneducated stakeholders, including members of the Parents Teacher Association and others:

1. How do sudden financial difficulties impact the behaviour and communication between spouses in your experience?
2. In your view, how do economic hardships influence the likelihood of marital separation?
3. To what extent does financial instability affect the quality of marital interactions compared to other stressors?
4. How do disagreements over finances compare to other types of disagreements as predictors of divorce?
5. Can you describe how financial strain during the early years of marriage contributes to concerns about marital instability?
6. In Christian marriages, what role do disagreements about meal planning and dietary choices play in marital conflicts?
7. How does perceived support from a spouse in maintaining a healthy diet impact the frequency of marital conflicts?
8. What effect does eating meals together as a family have on the likelihood of arguments in a household?
9. How does higher stress from food insecurity influence the frequency of conflicts within marriages?
10. How does poor housing contribute to frequent arguments between spouses?
11. In what ways do better living conditions affect marital satisfaction?
12. How does decent accommodation help married Christians communicate more effectively and reduce marital conflicts?

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