

## **FACTORS THAT CONTRIBUTE TO MARITAL CONFLICT AMONG CHURCH GOING COUPLES**

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### **ABSTRACT**

Marital conflict among couples is an issue of concern in Kenyan societies. The church going couples are also experiencing marital conflicts, contrary to fact that they are expected to be good role models as couples to others. The Study focused on factors contributing to marital conflict among church going couples, with the aim of identifying the emerging factors over and above those that are already known and exposed by previous research studies. The research objective was to establish the factors contributing to marital conflicts. The study used Albert Bandura's behavioral theory which emphasizes that human beings can overcome the environmental influence on their cognitive capacity to behave, hence behaving contrary to the expectations and environment. The research study used descriptive design, and snow ball sampling. A sample size of 100 church leaders was selected due to their close interaction with church going couples, as marital counselors, a questionnaire used to collect their responses. Data was organized in tables and frequencies, and then analyzed in percentages. The study found that there were other factors that were emerging and gaining prominence as contributing to marital conflict such as infidelity, mistrust, interference in marital affairs by in-laws, among others.

**Keywords:** Marital conflict, Church going couples, infidelity, mistrust, interference by in-laws