

**INFLUENCE OF MARITAL DURATION ON SPOUSAL VIOLENCE AMONG MARRIED
WOMEN IN ELDORET MUNICIPALITY, UASIN GISHU COUNTY, KENYA**

BY

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DECLARATIONS

DECLARATION BY THE CANDIDATE

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DEDICATION

To my beloved husband, John Muindi Mutiso (Prof.) for supporting me morally, spiritually and financially, forever I will remember this.

To my beloved children, Alfred, Roselyne, Mercy and Steve (Dr.)

Your support, consistent and consorted reminders that no member of this family starts and abandons what they have started; encouragement to push on and inspiration made what at some point seemed impossible, possible.

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ABSTRACT

The family unit is plagued by challenges that threaten its existence, and one of these is spousal violence. Violence among spouses is pervasive. This study sought to establish the influence of marital duration on spousal violence among married women in Eldoret town of Uasin Gishu County, Kenya. The study was guided by the following objectives; to establish if marital duration influences: levels of spousal violence, the types of spousal violence; to determine the major factors associated with spousal violence and to determine various coping mechanisms that can be used by spouses and families experiencing domestic violence across time. The study was guided by Karney and Bradbury's Vulnerability-Stress-Adaptation model, a single framework which explains changes in marital quality and stability across time and across couples by identifying some general themes that provide the basis for understanding how and why marriages survive or breakdown. The study adopted an ex-post-facto design, which starts after-the-effect, or the incidence has occurred, does not involve variable manipulation; with both qualitative and quantitative approaches. The target population was all married women in 82,716 households in Eldoret Municipality, from which 150 were sampled from 3 out of 6 sub-counties to participate in this study. The locations for this study were Kapyeimit, Kapsoya and Pioneer; selected on the basis that each is based in one of three sub-counties, to the North West, east and south west of Eldoret town. The sample size of 150 was proportionately allocated. Systematic sampling was used to arrive at the Kth household, stratified sampling was then used to fit the data into 5 marital age groups. Data, was collected using questionnaires, whose validity and reliability were ensured by face validity and piloting; coded and processed using SPSS 20 and Microsoft excel. Descriptive and inferential statistics were used to analyze both qualitative and quantitative data. The study revealed that 149 out of the 150 participants had experienced violence from their partners, that majority of the respondents and partners were aged 35-44 years. Logistic Regression results revealed p values of ≤ 0.05 significance level in all marital durations implying that the relationship between marital duration and levels of spousal violence is highly significant. The impact of marital duration on violence type was significant. Factor analysis performed to determine the major factors associated with spousal violence revealed that, alcohol and drug abuse 78.9%, family background 77.4% and having many children 70.3%, were the major causes. On coping mechanisms, 78% of the respondents preferred church pastors in solving their family conflicts, 29% suggested guidance and counselling, and only 22% sought help from the police among other interventions. The study concluded that, spousal violence increases with marital duration and that violence is at its peak during marital duration 14-21 years. The study recommends creation of public awareness of risky factors, women empowerment, and education on appropriate coping mechanisms and behavior modelling by parents through establishment of counselling centers and safe outlets for victims as intervention measures for eliminating spousal violence.

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LIST OF ABBREVIATIONS AND ACRONYMS

AIDS	-	Acquired Immune Deficiency Syndrome
CTS	-	Conflict Tactics Scale
D/V	-	Domestic Violence
FGM	-	Female Genital Mutilation
FIDA	-	Federation of Women Lawyers
F/V	-	Family Violence
HIV	-	Human Immunodeficiency Virus
IPV	-	Intimate Partner Violence
KDHS	-	Kenya Demographic Health Survey
KNBS	-	Kenya National Bureau of Statistics
MD	-	Marital Duration
PTSD	-	Post-traumatic Stress Disorder
PV	-	Physical Violence
VAW	-	Violence Against Women
SPSS	-	Statistical Package for Social Sciences
SV	-	Spousal Violence
W.H. O.	-	World Health Organization

OPERATIONAL DEFINITIONS OF TERMS

Abuse – is a pattern of control that a person exercises on another which physically harms, induces fear, prevents the person from doing what she wishes to do, or forces her to perform in ways she does not want to. Abuse includes physical, psychological/ emotional, financial, sexual and social abuse.

Age - in my conceptual definition age means the number of years that one has lived in this world.

Culture – refers to one’s background orientation about beliefs, values, attitudes, and way of life for a particular organized group or community for example the Kamba culture of payment of dowry.

Domestic Violence – in this study implies violence committed by one person to another in a home setting; for example, the misuse of power by a man in a relationship to control the woman by establishing fear through for example threatening, beating, insulting, and other forms of abuse, which could be physical, psychological, social, financial or sexual assault.

Emotional/psychological Violence – in this study refers to any kind of abuse that is verbal or non -verbal such as blaming, shaming and name calling; manipulation of the victim’s emotions such that the victim does not recognize what his/her own feelings are about the issue, which results in taking away the victim’s self-concept and independence for example causing fear, threatening physical harm to the victim, partner, children or even partner’s family or friends, destruction of pets, property, forced isolation from family, friends at school or at work; insults, putdowns; includes excessive possessiveness.

Family – in this study refers to a unit of people consisting of parents and children living together in a household. The connection between members of this unit could be genealogical or could be a moral or legal connection that replicates the natural connection, for instance adoption.

Levels of violence – refers to how many times the violation or abuse is repeated within a given period.

Intimate Partner Violence –in this study refers to a behavior within an intimate relationship that causes physical, sexual or psychological harm including acts of physical aggression, sexual or psychological abuse and controlling behaviors. It is a term that describes physical, sexual or psychological harm by a current or former partner or spouse

Marital Duration – my operational definition of marital duration in this study refers to the period, not less than a year preceding the study period, within which a man and a woman have stayed together as husband and wife.

Marital Violence – refers to violence perpetrated by partners in a marital union.

Marriage - in my study means any man of age 20 and woman of age 15 years and above who have stayed together for more than a year and are having intimate relationship as husband and wife; which relationship has or has not borne children.

Married woman – adult female/wife of age 15 years and above who has been married or living with a man of not less than 20 years of age, whom she has or plans to have children with. The years 15– 49 and 20 - 54 for women and men respectively, have been defined by WHO as the productive ages.

Prevalence – refers to the proportion of a population that has a certain condition.

Prevalence answers the answer “how many people have this condition right now” In our case – how many married women are experiencing spousal violence right now or during a particular period.

Religious beliefs -in this study, they were defined as strong beliefs in a supernatural power or powers that control human destiny, held by a particular group as true and sacred.

Spouse – was referred to as a marriage partner, husband or wife – one’s better half. In our case, we dealt with the violence perpetrated by a man to his wife.

Violence –Any act, conduct, omission or commission that harms or injures or has potential to harm or injure; that which constituted violence according to the law and which the offended considered an abuse or a violation of his/her rights, was termed as violence according to this study.

ORGANIZATION OF THE THESIS

This thesis is organized into five chapters. Chapter one comprises the introduction, background information of the study, statement of the problem, objectives, research questions, hypotheses, scope, justification, limitations, purpose and assumptions of the study.

Chapter two has an introduction, presents general literature reviewed on domestic violence, spousal violence against women, marital duration and spousal violence among married women, marital duration levels, types and factors contributing to spousal violence. It also examines suggestions made on how to reduce and manage violence among spouses. The chapter also presents theoretical and conceptual frameworks and relates them to the problem and objectives of the study

Chapter three presents research methodology, which comprises the research design, the target population, sample size, sampling techniques, methods of data collection procedures and analysis and ethical considerations of the study.

Chapter four presents, interprets and discusses the findings of the study.

Chapter five presents a summary of the findings, conclusions and recommendations of the study.

CHAPTER ONE

INTRODUCTION TO THE STUDY

1.0 Introduction

This chapter provides the background to the study, states the problem of study, objectives, research questions, hypotheses, scope, justification, purpose and assumptions of the study; defines and operationalizes key terms of the study.

1.1 Background to the Study

It seems that as marriages age, the individuals in marriage repel from each other as opposed to the earlier years in marriage when there seems to be more closeness, peace, order and stability. Studies done in the United States have revealed that wife's high education reduces the probability of marriage disruption only during the early years of marriage, having a much weaker negative or a positive effect in longer durations (Morgan & Rindfuss, 1985), (South & Spitze, 1986). Further, (Booth et al., 1986) reported that in shorter marriages, low family incomes were more predictive of marital disruption than it was in longer marriages. Other studies have reported that many other dimensions of spouses' socioeconomic position, namely wife's income (White & Booth 1991), labor force participation (South & Spitze 1986, White & Booth 1991), and husband's employment (Booth et al. 1986, South and Spitze, 1986), as well as couple's home-ownership and monetary assets (Booth et al. 1986, White and Booth 1991), have similar effects irrespective of the duration of marriage. Finally, a recent study reported that the divorce promoting effect of wife's employment becomes stronger with increasing marital duration (South & Spitze, 2001).

Studies in Finland have demonstrated that the general empirical pattern of divorce by duration in Finland is that the divorce rate increases sharply during the first years in

marriage and then, after having peaked, declines towards long marital durations (Lindgren & Ritamies 1994). The risk of divorce was highest for marriages that had lasted 5-9 years and decreased thereafter, reaching a very low level at long marital durations.

A paper on domestic violence and the duration of marriage in Peru by Gallegos (2012) examines how domestic violence affects the hazard of divorce and psychologists, who have done extensive work on this topic, conclude that the relationship between marital termination and domestic violence changes over the duration of marriage. Gallego's paper examines how domestic violence affects the duration of marriage, restricts marital duration to the time when marriage is cut short due to domestic violence and concludes that the more the domestic violence, the shorter the duration of marriage. The current study sought to determine whether age in marriage, increases violence.

Another study by Boakye, (2013) of Ghana, attempts to explore the relationship between women's duration of marriage and forms of domestic violence experienced. The study examines whether duration of marriage, as it were, strengthens the 'ownership' and supremacy that Ghanaian men may have on women, and explores the form of violence (that is common at which stage of marriage). He establishes that, in the period 5-9 years after marriage, many cases of domestic violence are recorded than any other portion of years. He indicates the cause of this as the onset of children which brings marital imbalance, hence violence. Considering the dynamics of marriages in place today, the reasons given here are inadequate as the aim of marriage may not only be children.

Here in Kenya, a research paper on gender violence by Khasakhala-Mwenesi, Buluma, Kong'ani and Nyarunda (2004), revealed that domestic violence and especially on

women inside what should be the most secure environment – (their own homes), is rampant.

A report by the Federation of Women Lawyers of Kenya (FIDA 2008) indicates that roughly 75 percent of women who had participated in the survey reported that they had been abused at one point or another in their lives.

An excerpt from a recent local daily newspaper read, “It seems like the Grim Reaper has hit Kenyan families hard with worrying numbers of spouses killing each other... Hardly, a week goes without news of husband taking on the life of his wife and children or wife doing the reverse... The marriage institution is facing precarious times and urgent intervention is needed.... When domestic violence spills over, neighbors should be concerned ...” (The Standard Newspaper, 20th March 2014;14). <https://www.standardmedia.co.ke/article/2000108087/let-s-stem-the-tide-of-spousal-murders> accessed on 28/03/2016

In the Daily Nation of 4th February 2016: – “a man attacks and injures his six months’ pregnant wife aged 22”. Neighbors allege that the violence had been going on for some time, the woman had been stabbed in the stomach, beaten and even kicked out in the middle of the night but had been reluctant to report to police Cheron, S. (2016).

In the Nation Newspaper, of Wednesday 10th February, 2016:11 “a woman suffers burns as husband torches their house to conceal property selling without the wife’s consent”.

In the Daily Nation Newspaper of 14th March, 2016:20 – “a man beats his wife to death after domestic quarrel over endless allegations of infidelity and thorough beatings on several occasions”.

Standard Newspaper of 5th April, 2016 it is reported that “a man who had previously separated with his wife, killed her and set his 7-year-old son on fire”.

In the Daily Nation newspaper of 18th May, 2016: “a man is reported to have been lynched and killed by women for killing his one and half year-old son by slitting his throat and then killing his 7-month old pregnant wife, whom they had lived together for one and half years by hitting her with a “panga” (Sayagie, 2016).

From the foregoing information, violence against women is global and increasingly high. This study, therefore, sought to establish whether the kinds of violence often reported in the media, such as “father kills self and family”, “wife bribes people to kill husband”, “mother drowns children and self”, as mentioned above, among others, could be the

culmination of repulsions as couples age in marriage as opposed to greater attraction and closeness in early years of marriage, in which frequency of this violence was inconsequential.

In one of the most recent stories highlighted in the Standard Newspaper of 8th August 2016 by Sicily Kariuki, it was stated that gender-based violence was abhorrently on the rise globally and in Kenya, and needed to be brought to a stop as urgently as is humanly possible. The paper reported that gender based violence is now making screaming headlines not only in Kenya but around the world; citing the appealing case of Jackline Mwendu Ngila, of Masii, wife of Stephen Ngila, who allegedly chopped off his wife's hands and injured her on the head because of being childless after several years of marriage. This deeply disturbing case is but the latest distressing in the increasing number of incidents of domestic gender-based violence. There are horrific injuries being inflicted in these kinds of violence to both women and men both physically and psychologically, and in some cases turning to murder. It is; therefore, evident that gender-based violence is one of the most pervasive human violations of our time. In Kenya, it is endemic, with violence against women and girls worryingly high, (Mbatuka, 2016).

The study focuses on married women from sampled family units within Eldoret Town. This is because women bear the brunt of domestic violence, health and psychological burdens as well, and they are, in many societies including Kenya socialized to accept, tolerate and even rationalize domestic violence and to remain silent about such experiences (Zimmerman, 1994).

Although currently men also suffer some forms of domestic violence, the researcher envisaged challenges, for men to give such information for fear of being seen as weak

and therefore would rather not tell it. An example, is an article titled “battered *real men*” which appeared in the daily standard newspaper of March 14th, 2016:4. The article talks about how men never receive sympathy for being beaten up by their wives; they are rather ridiculed, and looked at with disdain. The cultural belief considers men who suffer domestic violence as weak and are pinned up as examples of men who are simply weak and not men enough. Admitting to domestic abuse is a taboo, and as harmful to one’s social worth as, say an erectile dysfunction, reports this article. This is seen to create a society of men who believe that their responsibilities as husbands lies solely in reminding women of their places in marriage, and whether a few slaps are what it takes, so be it. Thus, the domestic violence conversation in Kenya is centrally about women being victims and men as aggressors. Statistics have shown that women are four times more likely to suffer spousal abuse. A conclusion that the pervasive nature of violence against women happens at all levels in society is inevitable. Thus, even when the violence becomes cyclic, men would rather live in denial to salvage whatever is left of male pride than admit abuse (Oyunga, 2016). Women were, therefore, thought to be the best subjects for this study.

1.2 Statement of the Problem

The family unit is fundamental for the existence of any society. Spousal violence destroys families and therefore destroys societies. Spousal Violence is globally on the increase and particularly here in Kenya it is increasing at an alarming rate leading to social, psychological, sexual and economical harms and other violations of human rights to those affected. Evidence from daily newspapers, for example, (as indicated in the cases mentioned earlier in 1.1), and even seen in neighborhoods, show that not a single day passes without witnessing some form of either physical, verbal, sexual and/or other forms of spousal violence. Results from different scholars from different parts of the

world and in particular Africa, who have conducted studies on this topic, show that spousal violence is increasingly prevalent and that in many parts of the continent, a lot of violence perpetrated is kept secret (Jewkes & Abrahams, 2002). From a survey conducted by the Kenya National Bureau of Statistics in 2003, it was established that 49% of Kenyan women reported experiencing violence in their lifetime. It was clear that, one in four of the respondents had experienced violence in the previous 12 months and 83% of women reported one or more episodes of physical abuse in their childhood; and over 60% of these women and children did not report the event to anyone, (KNBS 2003).

Although spousal violence can happen to anyone, the problem is often overlooked, excused or even denied and this is especially true when the abuse is psychological rather than physical. Evidence from reviewed literature indicated that many scholars have researched on domestic violence and other variables but no indication of a study on influence of marital duration on spousal violence had been carried particularly in Kenya. Here in Eldoret town, in particular, little information on spousal violence is available (Dong, 2013). This study, therefore sought to establish whether how long one has been in marriage influences the levels of spousal violence and determine the major factors that are associated with spousal violence among married women in Eldoret town, Uasin Gishu County, Kenya. Specifically, the study aimed at establishing whether spousal violence increases as one ages in marriage.

1.3 Purpose of the Study

The purpose of this study was to determine the influence of marital duration on spousal violence among married women in Eldoret town, Uasin Gishu County, Kenya

1.4 Objectives of the Study

1.4.1 General Objective

The main objective of this study was to determine whether marital duration influences spousal violence among married women in Eldoret town, Uasin Gishu County, Kenya.

1.4.2 Specific Objectives of the Study

The specific objectives of the study were:

- 1) To investigate the influence of marital duration on levels of spousal violence among married women in Eldoret town.
- 2) To find out whether marital duration influences the various types of spousal violence among married women in Eldoret town.
- 3) To determine the major factors associated with spousal violence among married women in Eldoret town.
- 4) To determine various coping mechanisms that can be used to assist couples and families experiencing domestic violence across time.

1.5 Research Questions and Hypotheses

1.5.1 Research Questions

The study set out to answer the following research questions:

- 1) What is the influence of marital duration on the levels of spousal violence among married women in Eldoret town?
- 2) What is the influence of marital duration on types of spousal violence among married women in Eldoret town?
- 3) Which are the major factors associated with spousal violence among married women in Eldoret town?

- 4) What are some of the coping mechanisms that can be used to assist couples and families experiencing domestic violence across time?

1.5.2 Research Hypotheses

The study tested the following hypotheses that were derived from objectives one, two and three.

H0₁: There is no significant relationship between marital duration and spousal levels of violence experienced in Eldoret town of Uasin Gishu County

H0₂: There is no significant association between marital duration and the type of spousal violence experienced in Eldoret town of Uasin Gishu County

H0₃: There is no significant relationship between marital duration and occurrence of physical violence experienced by married women in Eldoret town of Uasin Gishu County

H0₄: Marital duration has no significant influence on sexual violence among married women in Eldoret town of Uasin Gishu County

H0₅: None of the factors plays a greater role than others in causing spousal violence among married women in Eldoret town of Uasin Gishu County

1.6 Scope of the Study

The study was carried out in Eldoret town, Uasin Gishu County, Kenya. Since this town was referred to as the former “White Highlands”, because of its conducive climate, Kenyans from all social and cultural backgrounds have since settled here. Married women from households in Kapyeimit, Kapsoya and Pioneer locations of Eldoret town were the respondents used to gather information for this study. Three locations from

three out of six sub-counties were purposively selected on the basis that Eldoret municipality has three regions; that is Eldoret East, Eldoret West and Eldoret North ; and that each of these locations is based in one of the regions, that is Kapyeimit is in Eldoret North region, (Turbo sub-county) Kapsoya in Eldoret East, (Ainabkoi sub-county) while Pioneer lies within the Southern region, (Kapsaret sub-county) All the three regions have their bases in Eldoret town, stretching to its environs. It, was, therefore, assumed that the small sample selected out of the huge population was a typical representative of the whole population, and thus formed a basis for generalization.

The study investigated the following: whether marital duration influences: levels of spousal violence, types of violence, determined major factors associated with spousal violence and coping mechanisms that can couples and families experiencing domestic violence across time.

The study focused on married women who are, or were previously in marital relationships at least for a year preceding the study period.

1.7 Significance of the Study

Information about experiences of spousal violence, for example that violence is of various forms, its cyclic and generational, will help others facing similar situations know and identify support groups, know where to seek help and take better control of their lives. Moreover, researchers and policy makers will benefit from this study for they will be aware of the levels and factors associated with spousal violence across time and therefore will be in a better position to assist couples experiencing difficulties during certain marital durations, to identify proper coping mechanisms to enable them cope with the adversities. Victims of violence will feel less alone, recognize violence and seek help and consequently, those in abusive marriages will be supported to be more independent

and progressive, which ensures quality socialization, generational continuity and progress.

The study will aid both policy makers and counselors to know the major factors associated with spousal violence and thus focus on the major issues on family matters. It will also help counselors know the basic needs of counselling since they will already be having an idea of what dominant violence is experienced at what stage of marriage and what the driving factors are, to the violence experienced. They will be better informed to offer help to clients.

This study, provides information and knowledge to researchers and academicians interested in this field. Thus, recommendations from the study are not only going to be of great use to other researchers and policy makers but also to health practitioners, psychologists and the government.

1.8 Justification of the Study

The family is regarded as a cornerstone of society, as it forms the basic unit of social organization and performs other fundamental functions basic to the existence of a society; it is therefore difficult to imagine how the human society can function without it. Spousal violence, which is reported in every part of the world, involves all socioeconomic and cultural backgrounds; inflicting psychological, emotional, physical harm and other after effects to the family, surrounding community and the society at large, and is, therefore, condemnable under all circumstances.

We all identify with families and the kind of family we come from determines what kind of persons we are. Moreover, the functions of a family cannot be over emphasized, family units are projection of the society. A family is started by two individuals, the spouses, and for it to stand, there must be harmony between the two. Spousal violence

inflicts ills in families and destroys the families. Thus, family units need to be protected by all means, and as the study was evidence based, the evidence is part of the knowledge that guides further research in alleviating spousal violence in families.

1.9 Limitations of the Study

The researcher went to the field knowing too well that the success of this study highly depended on the cooperation and honest responses from the respondents which were not assured. It proved to be a challenge as due to the sensitivity of the subject under interrogation, some respondents felt the information needed was too personal and secretive to them and, it was like they were betraying their partners and by extension their families. However, after establishing some rapport and assuring confidentiality and anonymity to the respondents; by being genuine and letting them know the importance of the study to them and to the society at large, they willingly gave the information. In a few cases, some did not fill the questionnaires fully, while a few others gave contradicting information, and these were treated as spoilt questionnaires.

It was also realized that the visits had to be timed in such a way so as to avoid meeting both husband and wife, as there was indication of fear by some respondents not to be found by their spouses giving such information. This was mitigated by visiting during working hours, and where the lady was found to be working outside the homestead, she was traced at her place of work, even if it meant a different day, and this had to be done with a lot of caution. The questionnaires had to be collected at an agreed date, which meant several trips, which proved to be costly.

There was not much available information of previous research studies on the topic, especially on the subject of “marital duration”. As a result, this study relied heavily on the old references.

Moreover, only women from Uasin Gishu County participated in this study, limiting data from other parts of Kenya.

In addition, the findings of this study are only applicable to married women, and there is need for a study to cover the whole family.

Further, it was not possible to identify the number of married women in each household, as the information given by KNBS, (2010), only indicated females in the households, which could include girls. The researcher had to use households to find out which household had a married or previously married woman, which meant if there was no respondent who met the criteria used in the household, we went to the next household.

1.10 Assumptions of the Study

In carrying out this study it was assumed that:

The respondents were going to give honest responses to the items in the questionnaire to enable valid conclusions. That domestic violence was increasing at an alarming rate and, specifically spousal violence, was increasing with the age of marriage. That spousal violence was influenced by several factors and the more the factors the higher the violence; and that spousal violence and specifically on married women was destroying families, hence the society,

It was also assumed that the households in the study area would be arranged in some order that would enable the researcher to get the kth house, and since this was not the case, the researcher was literally forced to count them, which was tedious.

CHAPTER TWO

LITERATURE REVIEW AND THEORETICAL FRAMEWORK

2.0 Introduction

This chapter contains review of relevant literature from researches and studies done worldwide as well as within Kenya, related to the area of study. Review of relevant literature has enabled a critique and deep analysis of the studies done by other researchers on areas related to “Influence of Marital Duration on Spousal Violence among Married Women”. The chapter contains general review on marital duration and spousal/domestic violence, summarizes literature reviewed; identifies gaps for further interrogation, and explores the theoretical framework which guided the study.

2.1 Domestic Violence Against Women

Domestic Violence (D/V) also referred to as domestic abuse is used to describe any abusive behavior within a close relationship involving two individuals. It involves a pattern of behavior, where violence or other abuse is committed by one person against another within a home setting, (Rakovec-Felser, 2014). Domestic violence, however, can also be used to refer to violence between same sex partners, among family members, including siblings and parent-child violence and vice versa; and by women against their male partners. Domestic violence takes many forms including intimidation, coercion or isolation, emotional, physical, sexual, financial and spiritual; and rarely is one form of domestic abuse found by itself, but where one form of abuse exists, it is within the context of other forms of abuse, and hence a physical perpetrator will subject his/her victim to emotional and verbal abuse, (Walker, 1979).

2.1.1 The Domestic Violence Cycle

To get a clearer understanding of spousal violence, we use the domestic violence cycle, which makes us understand that, abuse is cyclic; it is not a once-in-a-while event that happens and hurts someone. Many people experience abuse within the so-called cycle of abuse or cycle of violence, in which periods of comparative calm or peace (known as honeymoon stage) will be followed by a build-up toward an abusive episode and although this period may appear calm and non-abusive, they are in fact part of a manipulative cycle, in which the abuser feels in control of their partner and situation; may show repentance for pain caused and may even promise change. This makes the abused keep on hoping thus making the abuse more deep-rooted and complicated. Real change in a perpetrator of abuse is sadly very rare.

(http://www.hiddenhurt.co.uk/christian_forgiveness.html)

2.1.2 The Cycle of Violence

The Cycle of Violence, (figure 2.1) below, depicts a pattern often experienced in abusive relationships. The three phases repeat over and over. Throughout the three stages of the cycle, there is a tendency to deny the existing problem, all efforts are made by the victim, the society and even the perpetrator to minimize the violence, but as the situation gets out of control at some point of each stage, the situation gets worse and overtime the violence worsens at each repetition.

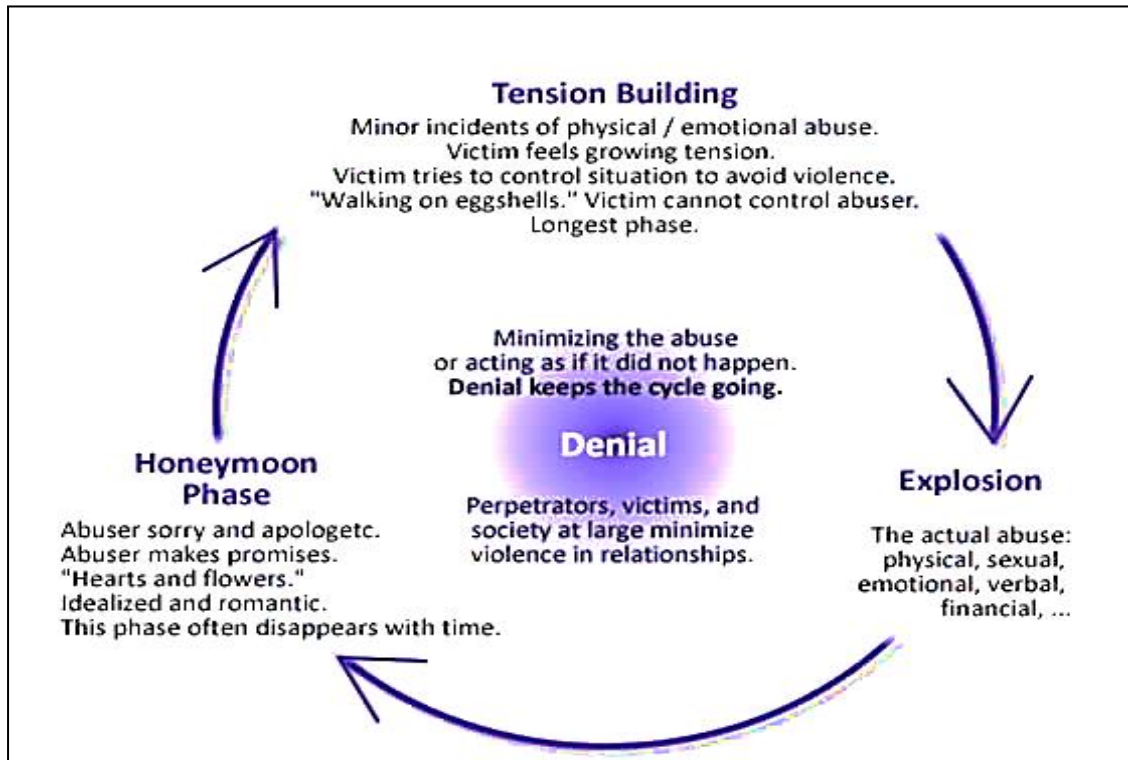


Figure 2. 1: The Cycle of Violence (Adopted from Domestic Violence Solutions

(www.dvsolutions.org)

The cycle of violence is intergenerational. It not only repeats itself in an abusive relationship, but also repeats itself by emerging later in the relationships of people who experienced and witnessed violence in the home as they grew up.

Gender based or Spousal violence, which is one of the abusive behaviors involving two individuals 'spouses', can be demonstrated by use of the cycle of violence. Spousal violence occurs when one of the partners in a close relationship dominates and controls the other; for example, by use of abusive behavior like name calling, causing physical injury, threatening, seeing one as a sex property rather than a person; includes all behaviors that are used to control or harm someone with whom they have an intimate relationship. It also includes many different forms of physical and emotional abuse, as well as neglect carried out by intimate partners. Spousal violence may include one or

several acts forming a pattern of abuse resulting in serious or fatal consequences for both victims and those who see or hear about it, (Campbell, et al (2002)).

According to World Health Organization (WHO), 2005, Protection of women from domestic violence Act, which also covers children; an act, conduct, omission or commission that has an intention or potential to harm or injure is by law considered domestic violence and such an act even if it is only a single one, can form a basis for a court case against the perpetrator.

2.2 Marital Duration and Spousal Violence among Married Women

Several researchers have outlined several factors associated with marital duration that contribute to spousal violence, hence termination of marriage:

A study by Marika, (2014); contributed to the understanding of socioeconomic differentials in divorce risk by exploring the possibility that the effect of the socio-economic position of the spouses varies with the duration of marriage (that is, time elapsed in marriage). He concluded that the lower incidence of divorce in longer marriages and among older spouses is likely to be because of several factors. He cited one potentially important reason as selective attrition, meaning that marriages with the highest probability of divorce are ended fast, and therefore, the proportion of divorce-prone marriages is smaller among marriages of longer duration (Thornton and Rodgers 1987). Further, when the marriages of long duration represent earlier cohorts, their high stability may be partly specific to the generation rather than the duration of marriage or the ages of spouses (White and Booth 1991:6).

Karney & Bradbury, (1995), in their research paper on how marriages change or remain stable over time, and in particular how relationship maintenance is constrained or

enhanced by the contexts in which it takes place, found that, while people rarely change their minds about subjects that are important to them, an exception to this are intimate relationships and marriages. They found that, even after two people declare before everyone important to them publicly that they love one another and intend to remain together for the rest of their lives, most marriages end up in divorce or permanent separation (Bramlett & Mosher, 2002) in Karney, (2004). This represents a drastic and unwanted change in a highly valued belief, a change that is emotionally and financially costly to both parties. That the high levels of marital satisfaction displayed by newlyweds during early years of their marriage tend to decrease over time. This study did not specify the pattern of decrease of spousal violence within the marital duration, but rather gave a general statement.

Gallegos (2014); examines the effects of domestic violence on hazards of divorce and concludes that the relationships between marital termination and domestic violence changes over duration of marriages; that is, the higher the domestic violence, the higher the rate of divorce over time. This study looked at marital duration as up to the time a marriage was ended due to divorce as a result of domestic violence, and not as a specific period during the marriage, which the current study is doing.

A study in Ghana by Boakye, (2013), attempts to explore the relationship between women's duration of marriage and forms of domestic violence experienced. The forms of domestic violence were grouped into four, and the results showed that all forms of domestic violence reach their peak between five to nine years of marriage. All forms of domestic violence appear to be lowest in the first four years of marriage and also after 30 years of marriage, compared to the other marriage duration groups (Boakye 2013). This study looked at the forms of violence and when each was high in the marital duration and

not whether the violence increased with the marital duration, which is the main objective of the current study.

2.3. Marital Duration and Levels of Spousal Violence among Married Women

WHO (2005) reports that, although spousal violence is perpetuated by both men and women, it is most often directed towards women. For example, in the United States, it was observed that 85% of all violent crimes experienced by women are cases of intimate partners as compared to 3% experienced by men; and that the proportion of women who had ever experienced physical or sexual violence or both by an intimate partner ranged from 15% to 71% (WHO 2005).

The United Nation's declaration on the elimination of violence on women shows that violence against women (VAW) emanates from unequal power relations between men and women and that "violence against women" is used by men to force women into subordinate positions, thus making women unequal with men (European Commission, 1997: 48).

Tokuç, Ekuklu, Avcioğlu, (2009) carried out a study in Edirne Turkey which assessed the prevalence and risk factors of domestic violence against married women. They found that 34% of some physical violence occurred within a period of one year prior to the study and 93% of married women reported to have experienced some verbal and psychological domestic violence with some of the risk factors being; living with more than 4 people in the same household, being unemployed and not having consented to one's marriage.

A WHO (2013) report of population data from all over the world concluded that violence against women is a global problem that affects approximately one third of women globally and that violence deeply affects a woman's health and is, in totality a violation

of women's human rights. In addition to many other forms of violence, an overall 35% of women worldwide had experienced either physical and/or sexual intimate partner violence or non-partner sexual violence and that mostly it was intimate partner violence. That worldwide, 30% of all women in a relationship had experienced physical or sexual abuse by their partners and in some regions, abuse of women reached 38%.

An Industrial National Family Health Survey (2008) indicates that nearly all women have been physically or sexually abused by their husbands at some time in their lives with the rate against married women being as high as 59% (Gukur, 1999). In the year 2000, an average of 12% women faced domestic violence every day and in 2005 the figure rose to 16%. (Washington DC: Bureau of Justice Statistics, 1996).

In a National Family Health Survey on domestic violence carried out in India 2005-2006 (NFHS-3), spousal violence was found to be the most common form of violence against married women. The report outlined that only 1% of the violence was initiated by women against their husbands, thus 99% was initiated by men against their wives. The paper also outlines that 87% of spousal violence was initiated within 5 years of marriage; points out that spousal violence increases with age, number of children and decreases with wealth and, it is higher for employed women. The report also revealed that two out of five ever married women in India are subject to spousal violence and that most women suffer violence in silence (NFHS-3 India 2005-2006).

A study on domestic violence in rural Uganda by Koeng et al., (2013) revealed that domestic violence is an increasing public health concern in developing countries. In comparison with other studies from other population-based studies of domestic violence in Africa, two studies reported higher levels of violence. Nearly half, (49%) of women in Zimbabwe reported having experienced physical violence in adulthood. One in four

(25%) of South African women reported physical violence from a current or past husband or partner (10% during the previous year), while 20% Rwandan women reported having ever been beaten by their current partner (Koeng, et al., 2003).

A report by Chebogut and Ngeno (2010), revealed that domestic violence is widespread and occurs among all socio-economic groups. The paper highlighted that in a survey of over 6,000 American families, it was estimated that 53% and 70% of male batterers who abused their wives also frequently abused their children, and that over 3 million children are at risk of exposure to parental violence each year (Strauss and Gelles, 1990).

The study also revealed that children from homes where domestic violence occurs are physically or sexually abused and neglected at a rate of 15 times the national average (Mckay, 1994). The report indicated that approximately 45 – 70% of women who go to seek help in shelters after being battered, have also reported the presence of child abuse in their homes (Meichenbaum, 1994).

The Federation of Women Lawyers (FIDA) in Kenya in its report revealed that gender-based violence and Intimate Partner Violence (IPV) are on the rise since 2002, and that 74.5% of the respondents interviewed indicated having been physically abused within their homestead and only 25.5% having not been abused. Further, the study indicated that in most areas, and especially in western Kenya, not much gender-based violence was being reported as the communities still consider it ‘home matters’ which are private and thus revealing such information would be equated to breaking one’s own home (FIDA (K) 2002).

A study on Gender Violence in Kenya by Buluma, Kong’ani, and Nyarunda (2004) revealed that among those who have ever experienced spousal violence, those who are

younger are likely to experience violence somewhat more frequently than older women. They observed that 30 percent of women aged 15-19 report experiencing spousal violence three or more times in the 12 months preceding the survey, compared with only 24 percent of women aged 40-49 (Khasakhala et al., 2004). This implies that violence is experienced more by younger women than those older than 40 years; and also, those aged 40 years and above are more equipped with coping skills, which reduce the amount of violence experienced in marriage.

A recent study by Dong, (2013), revealed that domestic violence occurs in almost all communities regardless of race or class, and that 10-50% of the women had experienced some act of violence by an intimate partner at some point in their lives, (Haise et al., 1999 in Dong).

2.4 Marital Duration and Types of Spousal Violence

According to Sally, (2009), there are five forms of domestic or spousal violence; which are physical violence, sexual violence, emotional/psychological violence, social and economic/financial abuse. This study was concerned with spousal or Intimate Partner Violence (IPV) and singles out physical, sexual, emotional/psychological abuse, social and economic violence against married women. Intimate partner violence happens within a marriage, common-law or in dating relationships, any time during a relationship, including the breaking down of marriages. Intimate Partner Violence which includes controlling what the other person wears, when they can go out, who they spend their time with, when they can talk to family or friends, what they can spend money on, whether they can work or take classes and all aspects of the person's sexual activities, differs from situation to situation. It is said that IPV gets worse over time and often leads to serious physical violence which can have lasting health problems, including Post-Traumatic

Stress Disorder (PTSD), (Black, 2011). These various forms of violence which are used by intimate partners and especially spouses are discussed in the sequel for clarification.

2.4.1 Physical Violence on Married Women

Physical Violence (PV), also referred to as physical abuse, is the use of physical force against another person in a way that ends up injuring the person, or puts the person at a risk of being injured and ranges from physical restraint to murder (Moore, 2014). Physical violence includes assault and can be said to be the intentional use of force against a person without that person's consent. Physical abuse includes: pushing or shoving, hitting, slapping or kicking, pinching or punching, strangling or choking, stabbing or cutting, shooting, throwing objects at someone, burning, holding someone down for someone else to assault, locking someone in a room or tying them down or even killing someone. Apart from deaths and injuries, physical violence by an intimate partner is associated with several adverse health outcomes (Ryan, 2008). Several health conditions associated with intimate partner violence may be a direct result of physical violence e.g. bruises, knife wounds, broken bones, traumatic brain injury, pelvic pain and so on. Other conditions are a result of the impact of intimate partner violence on the cardiovascular, gastrointestinal, endocrine and immune system through chronic stress (Crofford, 2007). Abused women often show signs of post traumatic disorder, a mental illness which occurs when severe trauma overwhelms normal psychological and biological coping mechanisms.

A community based cross-sectional study of 6 months' duration which was undertaken in the area of Malwani, Mumbai, in India by Moreno, (2004), had the objective of studying the proportion of different forms of domestic violence, factors influencing it and the treatment-seeking behavior of the women. The study participants were married women

of ages 18-45 years residing in an urban slum area of Malwani, Mumbai. The results were that 36.9% had experienced some form of domestic violence, with verbal violence at 86.1% followed by physical violence at 63.4%. The report revealed that an average of nearly 20 people per minute are being physically abused by an intimate partner in the United States and that 88.9% of women did not seek help for the sake of maintaining family integrity, 69.8% for fear of being beaten again, while 49.2% felt nothing would improve the situation (Moreno, 2005).

A recent study by Dong, (2013), carried in Eldoret town revealed that 78.3% of women reported to have been physically abused, 38% socially abused, 84% economically violated and only 22% claimed not to have experienced emotional abuse.

2.4.2 Sexual Violence on Married Women

Sexual violence, which is also referred to as; sexual abuse, includes sexual touching or sexual activity without consent. Continual sexual contact when asked to stop, or forcing someone to commit unsafe or humiliating sexual acts; which includes forcing sexual activity on a spouse, a common law partner or a dating partner. Sexual abuse can therefore be summarized as the use of forced sexual actions which may dominate, manipulate, threaten, injure, corrupt or control another. In Kenya, sexual abuse is now acknowledged as a significant problem. A study of patterns of crime in Kenya since 1950 concluded that there was a substantial increase in the number of sexual offences reported in the past 20 years (Young, 2001).

2.4.3 Emotional/Psychological Violence on Married Women

Emotional abuse, which is sometimes referred to as psychological abuse or mental abuse can be verbal or non-verbal, consists of subtler actions and happens through verbal

aggression, for example saying something that annoys someone else; dominant behaviors like preventing one from seeing their family and jealous behaviors, like accusing a partner of infidelity; it is any kind of abuse that is emotional rather than physical in nature. For example, when a person uses words or actions to control, frighten or isolate someone or take away their self-respect. Such may be threats, put downs, name calling or insults; constant yelling or criticism, controlling or keeping someone from seeing friends or family, making fun or preventing someone from practicing their faith or religion, destroying belongings, hurting pets, or threatening to do so; bullying – intimidation or humiliation (including on the internet). Many abused women define the psychological effects of domestic abuse as having a ‘more profound effect on their lives- even where there has been life threatening or disabling physical violence. However, despite this, there is almost always pressure to define domestic abuse in terms of actual or threatened physical violence (Tjaden et al., 2000).

While physical and verbal abuse are forms of ‘visible’ abuse, scars, bruises, raised voices, demeaning and hurtful words are signals to others that something is not right in a relationship and it is also easier for the wife to realize that she is being abused. Emotional abuse, however is insidious and not quite visible. It is certain that a wife’s self-esteem and spirit are being battered along with her body. Thus, a husband can kill his wife’s spirit without even raising a hand or voice against her. Emotional abuse is therefore, any non-physical behavior or attitude that controls, intimidates, subjugates, demeans, punishes or isolates another person by using degradation, humiliation or fear (<http://www.focusonthefamily.com>). Non-physical behavior or attitude can safely be interpreted to mean neglect, invalidating another’s thoughts and feelings, and refusing to acknowledge the needs of the other (whether intentionally or not) which over a period of time can squeeze the life out of a wife. In many ‘ordinary’ hurtful cases, apologies can

be offered if truly sincere and heal the rift that the hurt has caused but in emotional abuse this is not the case.

2.4.4 Social Violence on Married Women

Social violence includes; restricted access to services, strained relationships with health providers and employers, isolation from social networks, homelessness (Heise et al; 2002). In order to increase your dependence on him or her, an abusive partner will cut you off from the outside world. He or she may keep you from seeing family or friends, or even prevent you from going to work or school. You may have to ask for permission to do anything, go anywhere, or see anyone.

2.4.5 Economic /Financial Violence on Married Women

Financial or economic violence is a form of domestic violence involving behaviors that negatively affect a person's finances and undermine the person's efforts to become economically independent (Weaver et al. 2009). Economic abuse is also referred to as economic control, economic deprivation or financial control. It often occurs together with other forms of violence and may overlap as part of a pattern of controlling behavior. Economic abuse can occur in intimate partner relationships. Financial abuse happens when someone uses money or property to control or exploit someone else. It can involve taking someone's money or property without permission; withholding or limiting money to control someone, pressuring someone to sign documents, forcing someone to sell things or change a will. Such crimes like theft and fraud are forms of financial violence.

2.5 Factors Associated with Spousal Violence among Married Women

Domestic or spousal violence is a universal reality which exists in all societies regardless of income, class and culture. It would be difficult to find one woman whom at one time or other in her lifetime had not been afraid merely because she is a woman. Women who are particularly vulnerable are those who live in precarious conditions or who are discriminated against based on race, income, class and culture, South and Spitze 1986).

Various studies from the United States have indicated that wife's high education reduces the probability of marriage disruption only during the early years of marriage, having a much weaker negative or a positive effect at higher durations (Morgan and Rindfuss 1985, South 2001, South and Spitze 1986). Further, Booth et al., (1986) reported that low family income was more predictive of marital disruption in shorter than it was in longer marriages. On the other hand, several studies have reported that many other dimensions of the spouses' socioeconomic position, namely wife's income (White and Booth 1991), wife's labor force participation (South and Spitze 1986), as well as couple's home ownership and monetary assets (Booth et al., 1986), White and Booth (1991), have similar effects irrespective of the duration of marriage. A recent study reported that the divorce promoting effect of wife's employment becomes stronger with increasing marital duration (Marika, 2014).

Research studies on DVAW in Turkey state that violence results from socio-cultural, socio-economic, and psychological factors (Kocacik et al., (2007). These factors include low education level, low family income, unemployment of the husband and wife, cultural background of the family, history of childhood abuse and either the man's or the woman's approval of violence. Results of a study conducted in Eldoret by Ndong, (2013) shows that as the level of education of either women or men increases, the violent

behavior of men decreases and the women's rate of tolerance for domestic violence decreases.

Another report on Domestic Violence against Married Women in Cambodia by Yount, and Carrera, (2006) pointed out other variables for which analyses of domestic violence against women should consider. They include the prior abuse of alcohol and/or drugs by one or both partners. McKenry, and Gavazzi (1995), found out that a woman's religious affiliation, age group, location of residence and prior experience of a child's death are also significant pointers. Among others, women and men in the United States, being Catholic as opposed to non-religious have been associated with less tolerance for wife beating. Similarly, attitudes about women's roles as well as practices such as female genital cutting have varied bearings between Muslims and Christians in Egypt (Yount 2002, 2004). In several non-Western settings, women's higher age and rural residence have been associated with lower odds of recent spousal abuse, but women's duration of marriage has had inconsistent effect on such abuse (Kishor and Johnson 2004). In León, Nicaragua, a higher lifetime prevalence of physical or sexual abuse has occurred in the mothers of children who died before age 5 years (Asling-Monemi et al. 2003).

Carrera, (2006); highlighted domestic violence against married women in Cambodia and covering 2,074 Cambodian married women, she pointed out that a household's standard of living was negatively associated with physical violence against women, a level of education 8-13 years lower than the husband's, and those with more living children experienced physical and psychological violence more often (Yount, 2006).

A study in rural Uganda by Koeng et al., (2013), on risk factors associated with domestic violence revealed that couples who are sexually active at an early age as compared to those who became sexually active at a later age are more likely to be violent offenders.

Alcohol consumption, perception of HIV risk were the other risk factors outlined in this study (Koeng, et al., (2003). According to this study, most respondents – 70% of men and 90% of women viewed beating of a wife or female partner as justifiable in some circumstances posing a central challenge in preventing violence in such settings.

FIDA (K) 2002, on its survey on gender-based violence outlined the main causes of spousal violence as poverty, inheritance differences, blame from family members, especially if one's husband dies of HIV and AIDS, resistance to peddle sex for money by cohabiting partners and so on.

Federation of Women Lawyers (FIDA) Kenya in its report on a survey on Gender-Based Domestic Violence in Kenya revealed that African customary marriages are recognized in law although not codified anywhere, and in most of the communities in Kenya, there are certain ceremonies, which must be performed in order for a marriage to be considered as valid in law. One such ceremony is the practice of giving bride price (dowry) where the husband to be parts with gifts such as cows or cash to the family of the bride. This practice has perpetuated a lot of domestic violence to the woman as many men misinterpret dowry as payment of wife and consequently treat wives just like any other form of property (FIDA (K) 2002).

In a study carried out by Mutiso et al., (2010), it was found out that majority of women who are experiencing domestic violence, are abused mostly by people known to them and more so their husbands. They are mostly verbally abused, and that most of the women abused are of low educational background, are housewives and entirely depend on their husbands for their survival. The study also observed that economic hardships and incidences of extramarital affairs contribute largely to cases of domestic violence in low income residential areas in Kenya. It, therefore, recommended that efforts should be

made by the government to ensure that women in Kenya are economically empowered so that they do not rely on men who take advantage and continually abuse them. It further suggested that stiffer punishments should be meted to perpetrators of domestic violence (Mutiso, et al., 2011). Here in Kenya, and particularly in the recent past, a lot of spousal violence has been witnessed and one cause of this has been childlessness, assumed to be a woman's factor, as in the case of Jackline Mwendu mentioned earlier, infidelity, property wrangles, among others, were linked to abuse. For example, in the nation newspaper a report by Richard Munguti indicated that a wife, who had been married for 21 years and a mother of three had hired hitmen to kill her husband over a quarter acre farm worth Kshs. 500,000. www.nationmedia.com. In the standard newspaper of 14th March 2016 another report appeared where a woman aged 53, killed her husband suspecting him to have spent a whole week with another woman.

2.6 Coping Mechanisms Used to Assist Couples Experiencing Spousal Violence

Research has shown that some victims of spousal violence in most countries seek help and support in the community. In some countries, there are shelters for battered women, support groups for victims and their families which provide information about legal rights of the battered women and their families where issues like child custody can be addressed and guidance provided to the victims. Sometimes advocates are provided to accompany the victims if there are court issues especially where there is need to help them attain temporary or permanent restraining orders against the abusers; psychotherapy costs incurred are also taken care of. As women who get victimized have a low self-esteem and are unable to assert themselves, some therapists give them assertiveness training and also help them to learn to express their feelings without feeling guilty, teach them the need to occupy their minds with healthy and productive activities other than being lonely

and dwelling in pain, use of positive self-talk, affirmation, relaxation and meditation techniques; which help in managing anxiety, fear and depression, <https://scholar.google.com>.

In Kenya, there are support systems like human rights activists' groups, for example, FIDA and social support areas, like most victims may go to police through hospitals, report to a relative, pastors in their churches or even seek help from elders in the community. The constitution allows for redress where rights and/or freedoms are infringed. The penal code of Kenya classifies offences as either misdemeanors or felonies and prescribes their penalties and talks about wife battering under extra-legal forms of violence which take the form of traditional practices sanctioned within communities but which amount to violation of human rights. <http://www.relrc.org.content/w0001.pdf>

2.7 Summary of Literature Review

Literature reviewed shows that spousal violence takes place in domestic settings and is commonly applied by a man to his wife. WHO in its reports reveal that domestic violence, which affects approximately one third of women globally, is perpetuated by both men and women but mostly women are the victims. Thus, the percentage of domestic violence experienced by women was higher as compared to that experienced by men. It is evident from the literature reviewed that violence against women is one of the crucial social mechanisms used to force women into subordinate positions, and, is in totality declared a violation of women's human rights.

In Turkey, for example, most married women have been reported to suffer some verbal and psychological domestic violence. The rate of abuse against married women is as high as 59%, and while in the year 2000 domestic violence against women was at an

average rate of 12%, in 2005 it had risen to 16% meaning it was increasing at an alarming rate.

In most African countries, domestic violence has been reported as an increasing public health concern and specifically violence against women is reported to be rampant. Here in Kenya, domestic violence has been reported to be widespread and occurring among all socio-economic groups, resulting sometimes in children being abused.

In most parts of the world, including Kenya, not much gender-based violence is being reported as it is considered 'home matters' which are private. Generally, literature reviewed shows that violence against women is present in every country, cutting across boundaries of culture, class, education, income, ethnicity and age.

Different researchers have researched on the relationship between marital duration and domestic violence and concluded in different perspectives; that happiness tends to decline with the duration of marriage, that the more the domestic violence, the higher the rate of divorce; including pointing out some of the factors causing domestic violence as onset of children which brings marital imbalance or lack of children; but currently these reasons are inadequate considering the dynamics of marriages in place today. The society is not static, so is the aim of marriage.

The risk factors outlined in all these studies include, large families, unemployment and not having consented to one's marriage culture, age at marriage and religious beliefs among others. The dominant types of violence have also been outlined as economic, psychological, physical and sexual abuse; major causes being poverty, inheritance differences and matters associated with HIV and AIDS and alcohol consumption. This

study therefore set out to confirm whether spousal violence in the study area is also linked to these factors.

2.8 Theoretical Framework

The investigation into this problem was guided by Karney and Bradbury's Vulnerability-Stress-Adaptation model (1995), which explains changes in marital quality and stability across time and across couples. It does so by use of some general themes that provide the basis for understanding how and why marriages survive or break down overtime. The framework utilizes four theories – social exchange theory (as applied by Levinger 1965), which dwells on reciprocity, implying people expect a reward (e.g respect, appreciation) for what they have put in a relationship. Those who fail to do the same tend to have more issues which in most cases lead to conflicts and hence violence. Attachment theory (by Bowlby, 1969), which postulates that attachment is an emotional bond with another person, a lasting psychological connection. Thus, if a child is not shown affection, she/he may suffer from affectionless psychopathy meaning they may not keep their marriage. Crisis theory (as described by McCubbin and Patterson, 1982); emphasizes significance of stress from life events as indicated in one of the tenets of the theoretical framework. Stress may lead to opportunities or hazards, depending on the coping mechanisms used. Behavioral theory Skinner, B.F (1950); behavior is learnt and can be repeated in future generations, for example, violence is learnt and can be passed from one's family of origin; which links well with vulnerability in the theoretical framework.

Based on their analyses of previous researches, Karney and Bradbury (1995) identified three classes of variables that, when combined in a single framework optimizes what we

can learn about the processes by which marital satisfaction and stability can change over time. These three elements are:

Enduring Vulnerabilities, which refers to individual strengths and weaknesses each spouse brings to the relationship, for example beliefs, personality and attitudes about marriage, their family of origin and social background. In a marriage, people may not agree on what the other believes, as brought into the relationship from the family of origin which may bring issues in their marriage leading to violence.

Stressful life Events, these are incidents, transitions or circumstances encountered by the couple that can impinge on their relationships and create tension or stress. For example, when children come, they require attention, there are financial constraints, handling their adolescents or even letting go could bring about stresses. Middle life crises and unemployment are some of the issues which may increase anxiety, tension, frustration and anger that may end up in violence.

Adaptive Processes, implies the ways in which a couple addresses conflicts, how they communicate, support each other and the ways in which they think about marriage, their spouse and the spouse's behavior. For example, a partner who wants to be more controlling may indulge in alcohol or other drugs as a façade, lack of family support and proper integration into the family may increase family dissatisfaction and conflicts that lead to family violence. Thus, the theory incorporates personality, family variables and life events into an integrated framework that allows for the processes underlying marital change to be clearly revealed (Karney & Bradbury, 1995). Problems emanating from family background, stressful events like unemployment, and lack of proper coping mechanisms were the major issues outlined by respondents in this study as factors influencing violence.

2.9 The Family Cycle

The themes described in the above theoretical model can further be illustrated by understanding the family cycle, which is a model that can be used to assess the nature of the primary problem being experienced by a family, by knowing the part of the cycle that was not appropriately addressed. Experiencing a problem later in life enables us to understand the root causes of a couple's current problem and thereby addressing it appropriately.

For example, stage 3 of the family cycle involves parenting for families with young children. If young couples are not able to adjust to the marital system to make space for babies, it can be a time when many young women lose their spouses, especially if the other spouse requires more attention and the wife is always with the babies. This may lead to spousal disturbance, physically, emotionally and psychologically.

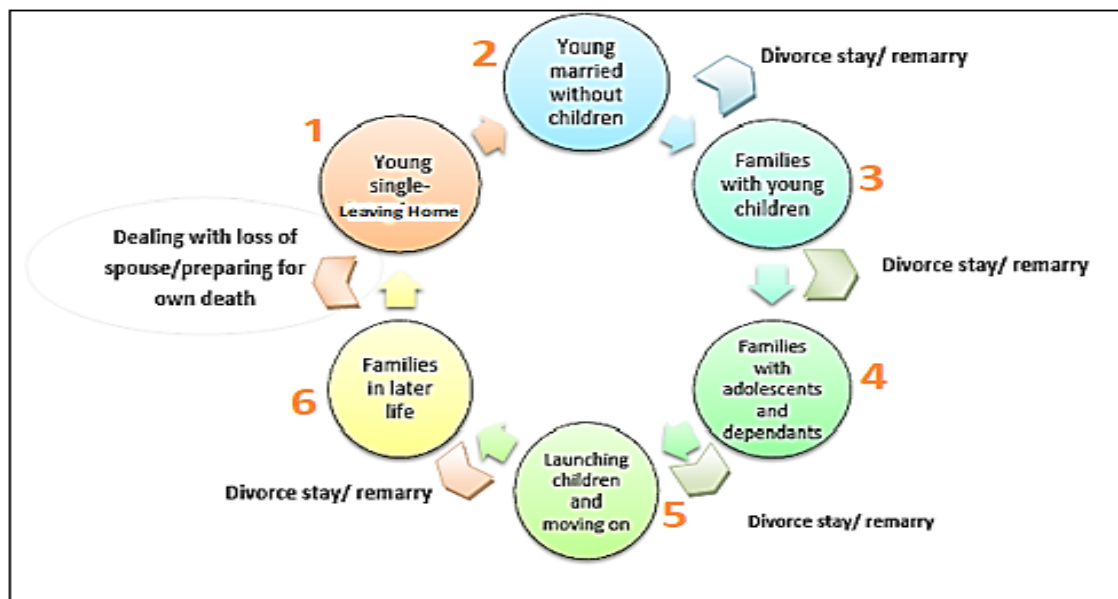


Figure 2.2: Family Cycle

Source: An Introduction to the Profession of Counselling Nugent A., modified author (2016)

Well-functioning family units can move from one stage to another, even in times of difficulty, however such family units are rare and in each of these stages couples encounter difficulties and chronic stressors that require counselling to move on and overcome stresses and crises encountered in the various stages. This is in line with the three themes in the Vulnerability-Stress-Adaptation model theoretical framework developed by Karnery & Bradbury (1995). This study uses this model to explain the changes in marital quality and stability across time and across couples.

2.10 Conceptual Framework

In this study, the dependent variable is spousal violence, while the independent variable is marital duration as shown in Figure 2.3 below

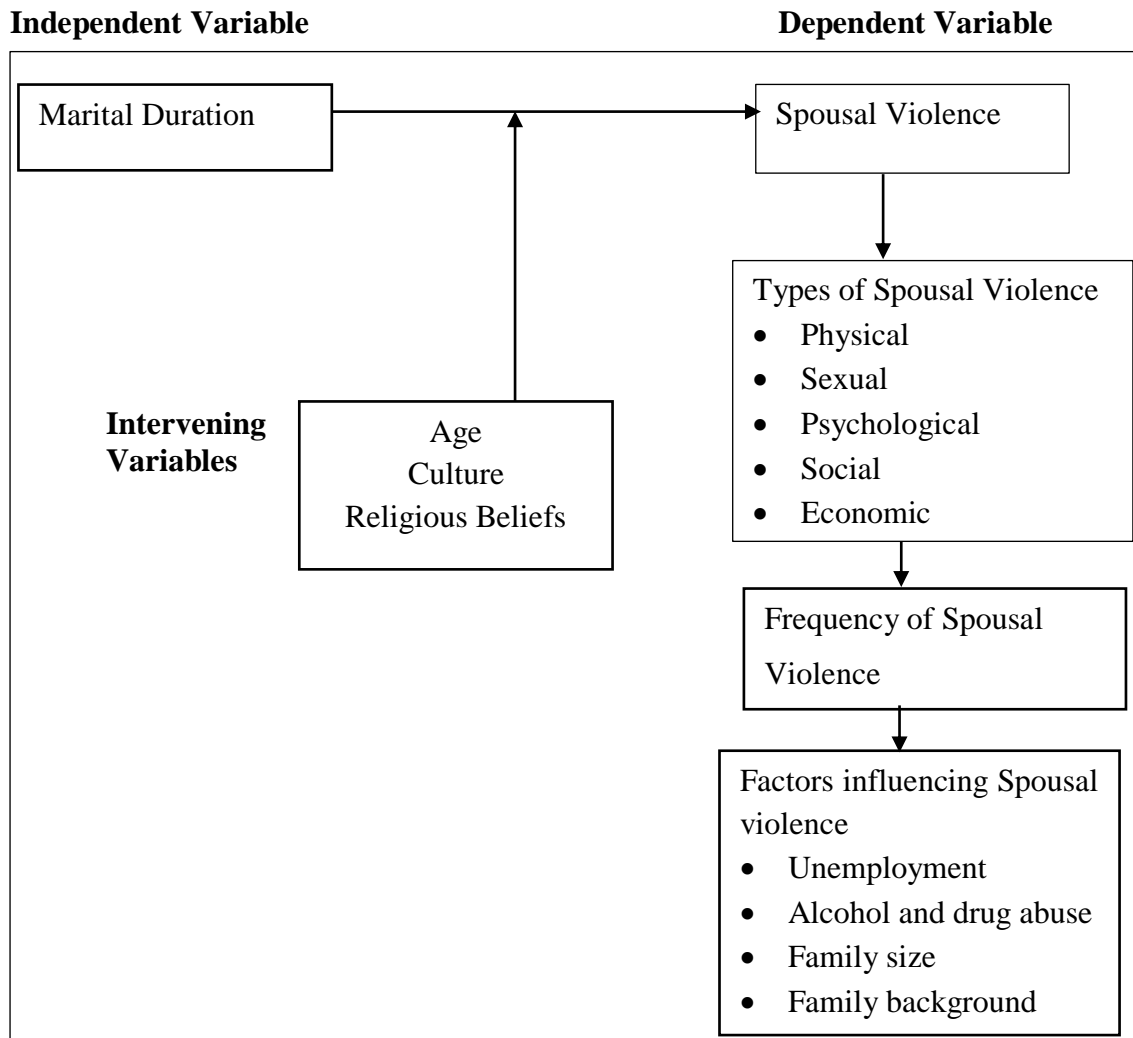


Figure 2.3: Conceptual Framework (Source: Author 2016)

This framework depicts the relationship between the variables being studied. It is hypothesized that the duration that a couple has been married, referred to as marital duration (independent variable), influences spousal violence (dependent variable). Further, it is hypothesized that spousal violence is of various types, and the intensity of these types may depend on the particular type of violence. In addition, it is hypothesized that, alcohol and drug abuse, family size, unemployment and family background are factors that may increase spousal violence in the relationships. The intervening variables like age at which one is married, if too young they may not know their responsibilities or meet the expectations of their partner, which might bring violence in the relationship;

culture, if what one believes is culturally right is not what the partner believes, then there will also be problems in the relationship, which might lead to violence. If one is religious, they might, out of fear of God, respect their partner which may reduce violence in the relationship. (Author: 2016).

2.11 Knowledge Gap

Although research has been done in family violence, a review of related literature indicates that there is still a knowledge gap on influence of marital duration on spousal violence. In particular, little information on spousal violence is available in Kenya and specifically in Eldoret town. This is the gap that this study sought to fill. This study had the objective of finding out whether marital duration influences spousal violence that is whether spousal violence increases with the age of marriage.

CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

This chapter gives a background of the study area and outlines the guiding principles in choosing the specific study locations. A description of the research design that was used which includes the target population, and the determination of sample size; including the sampling methods, data collection methods and data analysis procedures. The chapter also outlines the ethical considerations that were applicable to the study; and the methods used to achieve each objective of the study.

3.1 Background of the Study Area

This study was carried out in Eldoret Town, Uasin Gishu County; which is one of the forty-seven counties of Kenya. Eldoret town is in the Rift Valley region, which is situated 320 kilometers North-West of Nairobi, the capital city of Kenya. Eldoret town is one of the major urban centers in Kenya, and is the capital administrative and commercial center of Uasin Gishu County of Rift Valley region. The town is part of the county government, which is responsible for the planning and management of the town, its infrastructure and other social services. The county is divided into 6 sub-counties namely: Ainabkoi, Kesses, Turbo, Soy, Kapsaret and Moiben. Several medical facilities exist; among them Moi Teaching and Referral Hospital, Uasin Gishu, Eldoret Hospital, Mediheal, and St. Luke's hospitals. According to the 2009 population census Eldoret Municipality had a population of 289,380.

3.1.1 Location of Eldoret Municipality Kenya

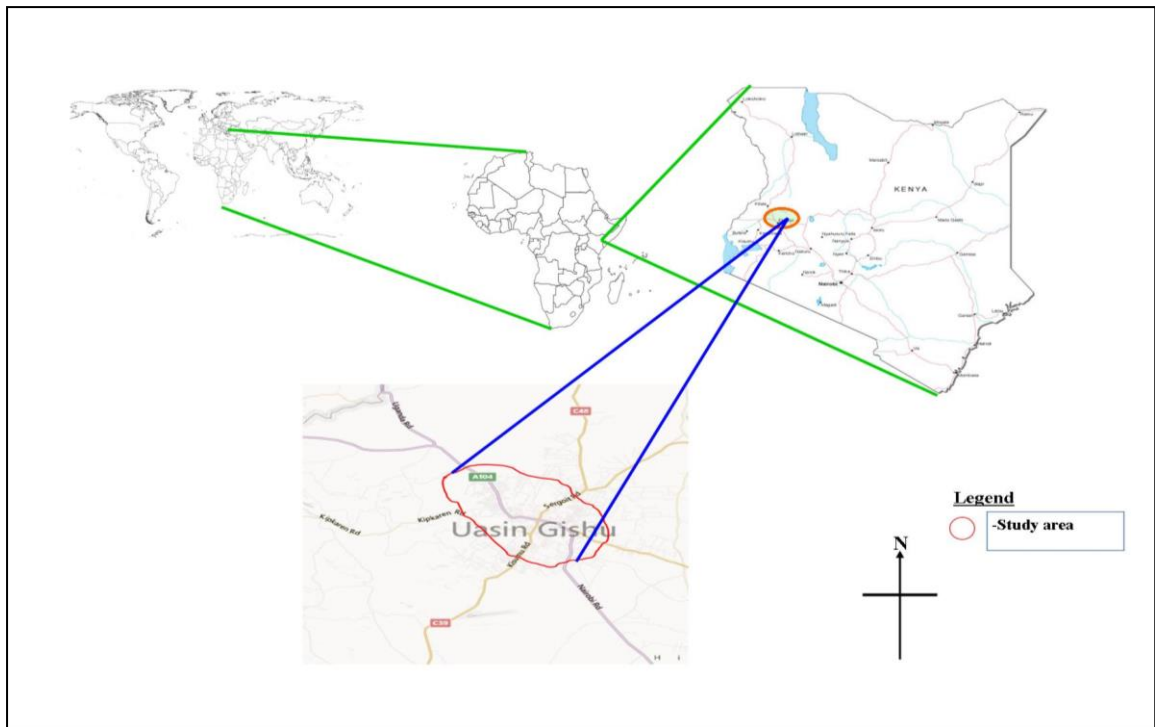


Figure 3.1: Map of the Study Area/

Eldoret town is located in western part of Kenya, 320 km from Nairobi and lies 65 km north of the Equator. It is ranked the 5th largest city in Kenya, and is the county headquarters of Uasin Gishu County. It is an agricultural area covering a total area of 2,955 sq.km (Kenya National Bureau of Statistics). It has a total population of 289,380 people as per 2009 census. The town was started in 1910 with a post office which was named 64, due to its 64-mile location from the then Kenya-Uganda Railway. In 1912 it was declared a township and by 1928 the town had piped water supply, installed from Sosiani River. By 1933, Eldoret had an electricity generator plant, a small airport and low rental housing. (EMC Website).

3.1.2 Settlement Patterns

Most of the densely populated areas in Eldoret include; **Huruma, Kamukunji, Langas, Kapsoya & Munyaka** estates. There are upcoming new densely populated areas like

Kimumu, Action, Sinai and Jerusalem Estates. Most of the houses in Kamukunji, Munyaka, Kambi Turkana and parts of Langas are made up of mud and assorted low-level building materials. Sinai, Kapsoya, West Indies, Maili Nne, Kahoya, some sections of Langas and Huruma are occupied by the middle class.

3.2 Research Design

A research design can be defined as the arrangement of conditions for collection and analyzing of data in a manner that aims to combine relevance to the research purpose with economy in procedure. It is the conceptual framework within which research is conducted (Kothari, 2004). This study employed an ex- post- facto research design also known as after-the-effect research design; with both quantitative and qualitative approaches. An ex- post- facto research design is a category of research design in which the investigation starts after the incidence has occurred, without interference from the researcher. This research design does not in any way involve the manipulation of any of the variables. The researcher's concern is to investigate what is already there. An ex-post-facto design examines how an independent variable, (which in our case is marital duration), present prior to the study in the participants, affects a dependent variable; (spousal violence) (Kothari, 2004). The design was thought to be most effective, for investigating whether marital duration influences spousal violence, since both variables were present before the investigation started and they were not manipulated by the researcher.

3.3 Target Population

The target population or universe for this study were all married or previously married women living in 82,716 households in the six sub-counties of Eldoret Municipality, Uasin Gishu County. The sub-counties are: Kapsaret, Kesses, Ainabkoi, Turbo, Soy and

Moiben. The households, according to Kenya National Bureau of Statistics (KNBS, 2010) were 82,716; with a total population of 258,193, with the male gender being 146,006 and female gender 112,187. The criteria for inclusion in the sample was being a married woman or having previously been married for at least a year preceding the period of this study, and experiencing or having experienced spousal violence. The selected study subjects were aged 15 years and above, with their marital durations ranging between 1 and more than 28 years.

Table 3.1: Table Reflecting Populations and Households in Sampled Locations

LOCATION	MALES	FEMALES	HOUSEHOLDS
Kapyeimit	34,403	2,735	19,612
Kapsoya	16,121	17,317	8,497
Pioneer	47,684	45,752	28,252
TOTALS	98,208	65,804	56,361

The locations were purposively chosen as they thought to form a good representative sample due to their proximities from Eldoret town and diverse populations. For example, Kapyeimit is moderately populated, having 19,612 households, Kapsoya less populated with 8,497 households, and Pioneer densely populated with 28,252 households. The population reflected the characteristics that were studied since the families had diverse backgrounds in education, income, marital duration and occupation. Likewise, a representation of high, middle and low-class communities was expected in these locations. Moreover, distance wise from Eldoret town, they are evenly distributed with Pioneer being nearest, followed by Kapsoya and Kapyeimit at the furthest end, thus the town and its environs were adequately and evenly represented. It was envisaged that

from such a diverse population, it was possible to obtain a representative sample that would be used to study spousal violence.

3.4 The Sample and the Sample Size

The importance of determining a sample size is that if the size is too small, it may not achieve the objectives of the study, while on the other hand if too large, it may incur a huge cost and wastage of resources, Slovin (2013). The sample for this study was drawn from 82,716 households, within the six sub-counties of Eldoret Municipality. Three locations were purposively selected for convenience, formed into strata and the households proportionately allocated as per the size of each location.

According to MaCorr Research Solutions (2014), when determining the sample size needed for a given level of accuracy, one must use the worst-case percentage, which is 50%. To determine the sample size for this study, the researcher used the online calculator (MaCorr Research Solutions, 2014). A confidence level of 95% and a confidence interval of 8% was used to get the number of households which formed the sample. A population of 82,716 households gave a sample size of 150 as shown below in figure 3.1

Determine Sample Size

Confidence Level: 95% ▾

Confidence Interval: 8 (%)

Population: 82716

Calculate Clear

Sample Size: 150

Figure 3.2: Determination of Sample Size

A confidence interval of 8% was also arrived at by use of MaCorr online solutions calculator using a confidence level of 95% and a total population of 82,716 households as shown below:

The image shows a web-based calculator titled "Find Confidence Interval". It has the following inputs and outputs:

Field	Value	Unit
Confidence Level:	95%	
Sample Size:	150	
Population:	82716	
Percentage:	50	(%)
Confidence Interval:	8	(%)

Buttons for "Calculate" and "Clear" are also visible.

Figure 3.3: Determination of Confidence Interval

Therefore, a confidence level of 95% is an indication that our results are 95% correct and confidence interval of 8% using 50% for correct choices gives us confidence that between 42% on the lower limit and 58% on the upper limit of our respondents have reported spousal violence.

3.5 Sampling Procedure

Three locations from the six sub-counties were purposively chosen to represent each of the regions in Eldoret Municipality. These are Kapyemit which lies within Eldoret North West (Turbo sub-county), Kapsoya in Eldoret East (Ainabkoi sub-county), and Pioneer, which is in South West region (Kapsaret sub-county). As they all have their bases in Eldoret town, they were thought to form a good basis for generalization

The 150 households were proportionately distributed among the three locations (strata) as shown below:

For: Kapyemit - $19,612 = 19,612/56,361 \times 150 = 52$ households

Kapsoya - $8,497 = 8,497/56,361 \times 150 = 23$ households

Pioneer - $28,252 = 28,252/56,361 \times 150 = 75$ households

(Sample size) **Total** **= 150 households**

Randomness was ensured through use of systematic sampling in picking the number of respondents from each location, whereby formula $K = N/n$ was used to arrive at the k^{th} household. Where N = total population in that location and n is the sample size, in our case 150; for example: for Kapyemit the k^{th} item was arrived at by $19,612/150 = 131$, so subjects from every 131st household were drawn into the sample when they met the requirements. This procedure was repeated until the required number of 52 respondents to be drawn into the sample was realized. For Kapsoya – $8,497/150 = 57^{\text{th}}$ household until 23 respondents were drawn into the sample and for Pioneer it was $28,252/150 = 188^{\text{th}}$ household until 75 respondents were drawn into the sample.

3.6 Sampling Techniques

Ogula (1998) points out that researchers should take into consideration the populations or phenomena that are relevant to the research to ensure relevant information about the research is being obtained. To be able to accomplish this, the researcher typically defines a set of criteria or attributes that the people to be studied must possess and uses these criteria to distinguish the people of potential interest from those who should be excluded from consideration. Once these inclusion boundaries are set, the researcher knows whom to study and then attempts to locate and obtain the sample. This overall sampling strategy in qualitative research is called criterion-based selection or purposeful sampling technique, that is individuals or cases are selected that provide the information needed to address the research issues.

In our case, victims of gender based violence, who were women, married or previously married for a period of not less than one year preceding the study period, of ages 15 years and above and not older than 50 years; and who fit into the marital ages of between 1 and less than 50 years were interviewed and the information recorded in an interview schedule or given questionnaires to fill. Stratified sampling was used to group the data into 5 marital age groups or strata. The data was then fitted into the 5 sets or strata; by using purposive sampling, which is a non-random sampling method that allows a researcher to use cases that have the required information/characteristics with respect to the objectives of the study. The criteria for qualifying into a stratum was the years one has been in marriage, as shown in table 3.2 below. Analysis was done to ascertain if marital duration influences spousal violence (Henry. 1990).

Table 3. 2: Table Reflecting Proportionate Allocation of Respondents

Age Category	Locations			Total
	Pioneer	Kapyeimit	Kapsoya	
1-6 years	15	10	5	30
7-13 years	15	11	4	30
14-21 years	15	10	5	30
22-28 years	15	11	4	30
>28 years	15	10	5	30
TOTAL	75	52	23	150

Table 3.2 above shows proportionate allocation of respondents into the five marital age groups, formed into strata, which ensured equal distribution of respondents in each marital age group. For example, for Pioneer we needed to draw up 75 respondents, so for each of the five marital age groups we allocated 15 respondents, that is $75/5 = 15$;

Kapyeimit 52 respondents, so each marital age group was allocated 10 or 11 that is $52/5 = 10.4$ and for Kapsoya for the 23 respondents, $23/5 = 4.6$ so, 5 or 4 were allocated into each marital age group. All these totaled to 30 respondents per each age group and the whole sample of 150 respondents was proportionately allocated.

3.7 Data Collection Instruments

A questionnaire with both closed and open-ended questions, which was also used as an interview schedule was used for collection of data for this study. The questionnaire tool, which was designed by the researcher, was divided into sections that addressed specific research objectives. The closed and open-ended questions were designed to cater for both short and elaborative answers where there was need.

According to Locke and Silverman (2007), interviews present a face to face encounter, they offer advantage over other methods of data collection in that, it is possible to get in-depth information, and questions are clarified where there is need, which reduces confusion. It is possible for the interviewer to adapt to the situation and get as much information as possible; it is also possible to extract sensitive and personal information by convincing respondents about the importance of the research; which helps in giving more and honest information. Probing questions can be used, genuine interaction and conversation used to get the negative side of respondents and this yields high response rates as the respondents find it difficult to ignore or refuse to answer the interviewer. The researcher administered interviews by use of the questionnaire, therefore complimented the other answers given by respondents. Most of the items that sought information on spousal violence were borrowed from Conflict Tactics Scale (CTS), which is a modified and greatly shortened scale which has been found to be effective in measuring domestic violence (Strauss, 1990). The CTS scale, which can be easily adapted for use in different

cultural situations, can be used to determine whether there has been violence and whether such violence has been physical, psychological or emotional violence. The CTS scale was used in the 2003 Kenya Demographic and Health Survey (KDHS), the first time in the history of Kenya questions on domestic violence were asked and has been found to be effective in measuring domestic violence (KNBS, 2010).

3.8 Validity & Reliability of the Research Instruments

3.8.1 Validity

Validity is defined as the degree to which results obtained from the analysis of the data represent the phenomenon under study. It implies how accurately the data obtained in the study represents the variables of the study. Simply put, validity of a research instrument refers to the extent to which it measures what it claims to measure (Oso & Onen, 2008). According to (Mugenda & Mugenda, 1999), face validity is established when an individual and/or a researcher who is an expert on the research subject reviews the instrument (questionnaire) and concludes that it measures the characteristics or the traits of interest. For the sake of this study, the validity of the research instrument was measured by submitting the first draft to my supervisors to ascertain, using their expertise in research, if it will yield relevant and free from systematic errors information. A pilot study was then conducted to ascertain if the instrument will yield data which will lead to valid conclusions, by administering the questionnaire to 10 respondents outside the study sites, making sure that those who participated in the pilot study would not participate in the main study. The results from the pilot study together with the opinions and suggestions from the supervisors did not indicate any adjustments of the study instrument.

3.8.2 Reliability

Reliability is a measure of the degree to which a research instrument yields consistent results after repeated trials. A research instrument is reliable if it provides consistent results upon repeated applications (Patton, 2002). To make the instrument more reliable, we minimized random errors by use of systematic sampling technique, which ensured high accuracy and control in picking the variables.

3.9 Data Collection Procedures

Data collection procedure, which refers to the steps used in the study while collecting the data from the respondents, is a step by step process that guides the study while field work is being undertaken (Kothari, 2008). Before embarking on data collection for this study, an introduction letter from the Institutional Ethics Committee (IREC), Moi University, was used to obtain a research permit from the National Commission for Science, Technology and Innovation (NACOSTI). The authorization letters were presented to the County Commissioner and County Director of Education, Uasin Gishu, to grant permission to conduct research in the designated area. The researcher visited the chief's offices in the selected locations to notify them of her intended interaction with the respondents.

The researcher administered the interviews personally but sometimes would ask for help (a person who understood the language of the locals mostly from the chief's office) to assist those who encountered problems in answering the questions accurately. The identified respondents were interviewed and their responses filled in and read back to them for confirmation where there was need. Questionnaires were distributed to those who could read and understand, to fill for themselves (Best and Khan, (1986).

Questionnaires were collected the same day, or where respondents needed more time, an appropriate time and day were agreed upon.

For qualitative data, the questionnaires contained open-ended parts in each section covering each objective; which respondents filled as additional information to supplement the quantitative data.

3.10 Data Analysis

Once the raw data was received from the respondents, it was checked for completeness. The complete data set was cleaned before being coded and then converted into computer usable form using Statistical Package for Social Sciences (SPSS). The data was then analyzed using descriptive and inferential statistics such as frequency distribution tables, bar charts, line graphs, binary logistic regression models and factor analysis; with spousal violence as the dependent variable of interest. Five percent (5%) level of significance was used in making statistical inference.

Information given in the open-ended parts of the questionnaires, which formed themes, were tallied, presented and illustrated to support the quantitative data, where applicable.

3.10.1. Establishing Influence of Marital Duration on Levels of Spousal Violence

To establish if there was any influence of marital duration on the levels of spousal violence among married women in Eldoret town, we used the questionnaire to get information from the respondents. The questions in the questionnaire required the respondents to rate the levels of violence in their marriages across time against some specified periods of marital duration. This information was coded and entered into the computer using the Statistical Package for Social Sciences (SPSS). Analysis by use logistic regression was conducted to establish the relationship between marital duration and levels of spousal violence. The results are discussed in the next chapter.

3.10.2 Determination of Influence of Marital Duration on Types of Spousal Violence

To determine if there was any influence of marital duration on the types of spousal violence experienced by married women in Eldoret town, five types of violence were identified; these were physical, sexual, psychological/emotional, economic/financial and social violence. In each type, there were statements set out in the questionnaire indicating the existence of the specific type of violence, which respondents were supposed to indicate whether they were committed/experienced during their specific marital durations. These were to be supported by statements about other actions presumed by the respondents as that type of violence and not indicated by the statements. After receiving the filled questionnaires and coding and entering the information in the computer, logistic regression analyses were conducted to indicate if there was influence of marital duration on each type of violence.

To support this information, and in order to establish the intensity of each type of violence, questions seeking to establish the quality and frequency of violence in the past one year preceding the period of this study were included, the results are discussed in chapter four.

3.10.3 Determination of Major Factors Associated with Spousal Violence

To establish if there were any major factors associated with spousal violence, we used the part of the questionnaire requiring respondents to indicate by ticking 'yes' or 'no' the likely factor(s) that contributed to the disharmony in their marriages during their specific marital durations. The same information was coded and entered into the computer using the SPSS package. Factor analysis was performed to determine the major factors that are associated with spousal violence. Results are discussed in the next chapter.

3.10.4 Establishing Various Coping Mechanisms used by Families to Combat Violence across Time

To establish coping mechanisms used by families experiencing violence across time, the questionnaire had a section 'E' requiring spouses to indicate where they normally sought help in times of disharmony in their families. There were six options given in the questionnaire: My church pastor, the Police, Relatives, Friends, the Community and 'do not know' where to seek help from. Bar chart comparisons were made to establish the coping mechanisms used and results were interpreted descriptively and displayed. This was supported by other suggestions which were not in the questionnaire, indicated by respondents, some of which had very high percentages. These results are also illustrated and discussed in the next chapter.

3.11 Ethical Considerations

According to Punch, (2005), research involves collecting data about people and from people and therefore, researchers need to protect their research participants, develop trust with them and promote integrity of research by guarding against misconduct and impropriety that might reflect badly on the researcher or the institution. To achieve this, the researcher sought approval from the University to apply for a research permit from the National Commission for Science, Technology and Innovation, copied to both the County Commissioner and the Director of Education, Uasin Gishu County. All ethical guidelines for undertaking research were observed; which included ensuring that the research subjects freely and willingly took part in this research, that their willingness was based on informed consent and that the rights of their privacy were protected. The researcher guarded against any manipulation of the respondents, which could lead to falsification of the research results. The respondents were not coerced to give information and were assured of confidentiality of the information they shared. Besides, the

respondents were asked to fill informed consent forms, before being allowed to participate in the study. Anonymity of responses was ensured by not having names or anything on the questionnaire that could connect the respondents with the information they gave. The researcher protected her integrity by guarding herself against the crimes of plagiarism and fraud. The information after the research report is written will be kept in safe custody for at least 5 years in case reference needs to be made (Robinson, 1993); after which it will be destroyed using appropriate methods. Electronic data is protected by password.

CHAPTER FOUR

RESULTS AND DISCUSSIONS

4.0 Introduction

This chapter gives details of the results and the logical inferences of the meaning of the results and findings of the study based on the study objectives, through use of both descriptive and inferential statistics. The chapter outlines how data was analyzed and interpreted. Results are presented in form of tables, graphs with frequencies and percentages incorporated; discussions and a summary of the research findings are given.

4.1 Demographic Characteristics of Respondents

Information on married women's social demographic characteristics, which included age bracket for both self and spouse, marital status, marital duration, level of education for both self and partner and one's perception of existence of violence was sought by use of questionnaires and interviews administered to respondents of varying marital durations; within the identified three locations of Eldoret town, Uasin Gishu county, Kenya.

4.1.1 Comparative Respondents and Partners Age Category

The following distribution of respondent's and their partners comparative age categories was obtained

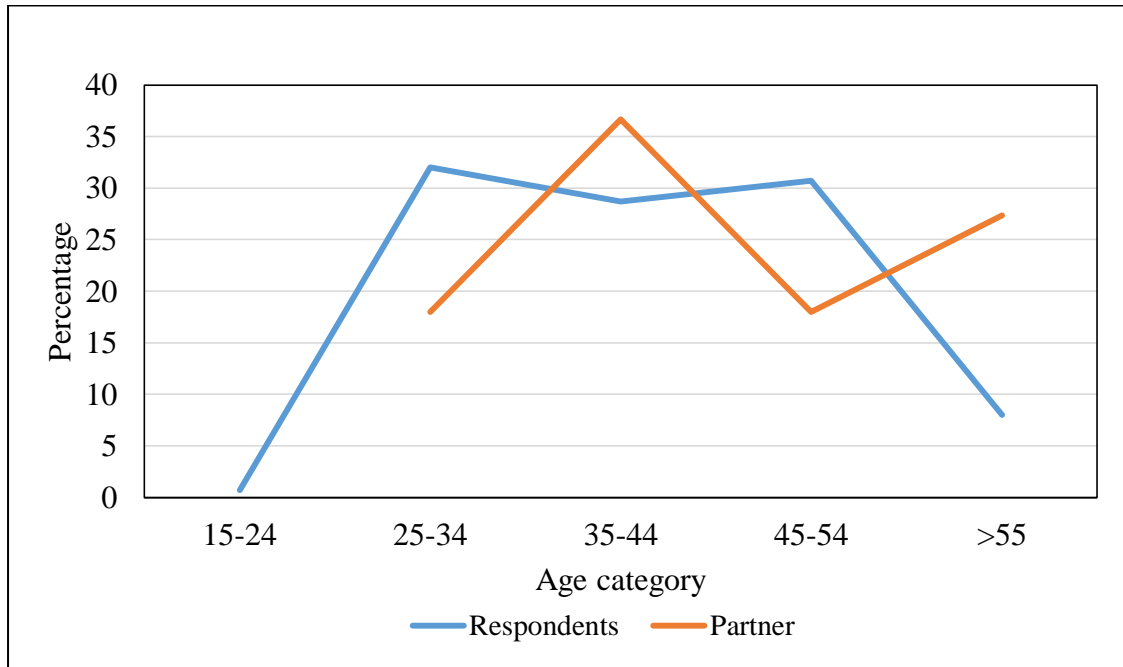


Figure 4.1: Comparative Respondents and Partners Age Categories

Information given by the respondents on their age and that of their partners revealed that most of the respondents were aged between 25-34 years (49) 33% while for the spouses, majority were aged between 35-44 years (56) making 37%, as shown in Figure 4.1 above.

It was important to establish the ages of the respondents and their partners to rule out underage marriages, as has been pointed out in other studies (McKenry & Gavazzi, 1995). If a woman is too young, she may lack assertiveness, may not know her responsibilities, or expectations of her partner, which may result in violence. Moreover, Yount, (2004) also indicated that a woman's higher age could be associated with lower odds/rates of spousal abuse

Table 4.1: Distribution of Age Category of Respondents and their Partners

Age Category	Respondents	Spouses	Total
15- 24	1	0	1
25-34	49	27	76
35-44	44	56	100
45-54	45	26	71
55-60	11	41	52
Total	150	150	300

Table 4.1 above gives a general overview of the respondent's age category versus their partners. There was a big gap between the respondents in category 25-34, who were 49 against 27 of the partners; in the 35-44 category we had the majority for both categories as the respondents were 44 and the spouses 56 totaling 100 in that category, thus 35-44 years was the dominant age category. However, for those aged >55, we only had 11 respondents against 41 partners, which implies that most of the respondents were married by partners older than them, which is a normal situation in most cultures, (Author, 2016). This also explains why we had no partners aged 15-24 years.

Table 4.2 : Age Category of Respondents and Their Marital Status

Age category	Marital status	
	Married	Separated
15-24	1 (0.7)	0 (0.0)
25-34	47 (32.4)	1 (20.0)
35-44	41 (28.3)	2 (40.0)
45-54	46 (31.7)	0 (0.0)
>55	10 (6.9)	2 (40.0)
Total	145(100.0)	5 (100.0)

Table 4.2 above shows age distribution of the study respondents and their marital status. Results indicate that majority of the respondents were married 96.7% (145) while a small proportion 3.3% (5) were separated. A higher proportion of the married study subjects 32.4% (47) were in the age category of between 25-34 years, while for those that were separated, the leading age categories were between (35-44) and (>55) years, each of which had 2 separated, accounting for a proportion of 40%. Knowing the marital status of the respondents was an assurance that we had the correct information at our disposal.

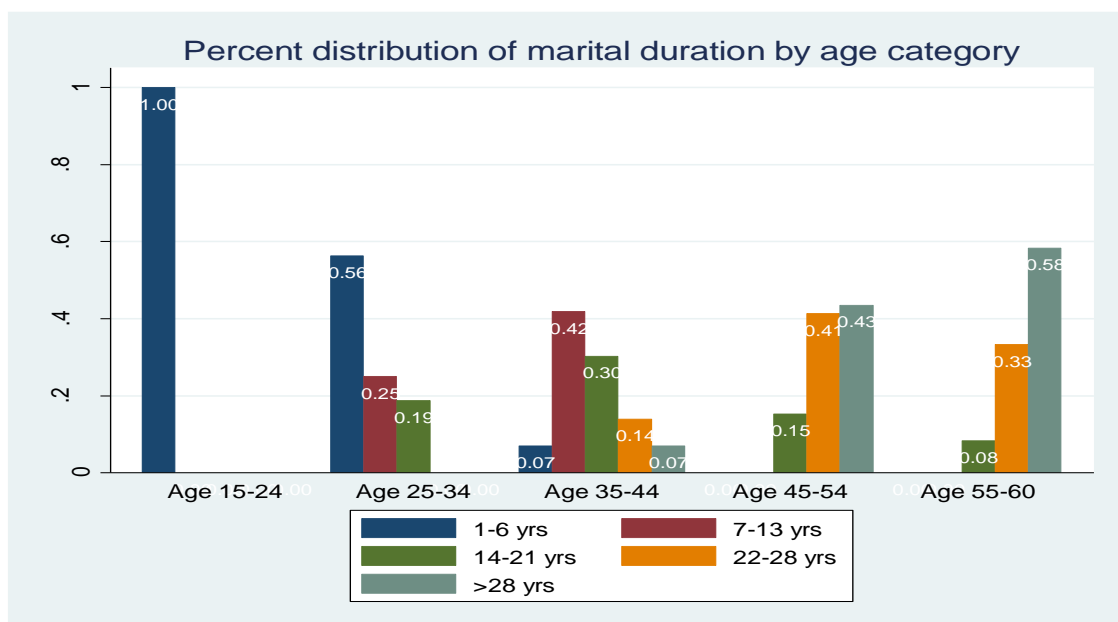


Figure 4.2: Percentage Distribution of Marital Duration versus Age Category of the Study Respondents

Results displayed in figure 4.2 indicate that 100% of the respondents in the marital duration 1-6 years in age category (15-24) years were still in marriage. However, for respondents in the age group (25-34) years, a higher percent (56%) had also been in marriage for a period of (1-6) years, while (42%) had been in marriage for a period between (7-13) years respectively. It is clear that a higher proportion of the study respondents in the age category (55-60) years had been in marriage for a longer period that is >28 years, as is shown.

4.1.2 Respondents' Level of Education

The following distribution of the respondents and their partners' level of education was obtained.

Table 4.3: Respondents and Partners Education Levels

	Respondent Frequency	Respondents %	Spouse Frequency	Spouse %
No education	6	4.0	0	0
Primary level	15	10.0	6	4.0
High school	22	14.7	35	23.3
Tertiary	50	33.3	37	24.7
University	57	38.0	72	48.0
Total	150	100.0	150.0	100.0

For the study respondents (self), very few 4% (6) had no education level while for the spouses; all had education at various levels. Close to half of the spouses had university level of education 48% (72) when compared to self (the study respondents) who had a proportion of 57 (38%). However, on the other hand, the study respondents (self) had a higher tertiary level of education 50 (33.3%) when compared to their partners in the same education category 37 (24.7%), the results are shown in Table 4.3. above. Although cases of spousal violence were reported by victims of varying education levels, it was important to rule out ignorance hence exploitation. The study ruled out this as shown in table 4.3 above

4.2 Respondents Response to Abuse Experience

Participants were asked to indicate “yes” or “no” responses if after going through the various sections outlining what constitutes abuse as per the study instruments, whether

they had experienced any violence from their partners, and the results are as shown in table 4.4 below

Table 4.4: Respondents Response to Spousal Violence Experience

Experienced abuse	Frequency	Percent
Yes	149	99.3
No	1	0.7
Total	150	100

The respondents indicated that they had experienced abuses with 99.3%, (149) of the respondents (table 4.4 above), citing that they had been abused at some point in their relationships. There was only 0.7% who had not experienced any abuse, the 0.7% was represented by a University level respondent with husband having a Tertiary education and they had been in the relationship for 1-6 years. This implied those more educated, knew her rights, had some income of their own and did not entirely depended on the spouses, had better coping skills; thus, avoiding violence. This concurs with reviewed literature on research studies done on DVAW in Turkey, by Kocacik et al., 2007; which indicated wife's high education as a factor which reduces the probability of marriage disruption during the early years of marriage. Dong (2013) in her study about a woman's tolerance of violent behavior concluded that the rate of tolerance decreases with the level of education, that is the more educated, the less the tolerance. This is more likely to be so because educated spouses have a source of income and can afford to be independent instead of remaining in a conflictual relationship, which means marriages of more educated women are more likely to be dissolved and thus end conflictual relationships.

4.3 Influence of Marital Duration on Levels of Spousal Violence

The study sought to establish if there was any influence of marital duration on the levels of spousal violence on married women in Eldoret town. The results are illustrated in table 4.5: below.

Table 4.5: Marital Duration and Distribution of Spousal Violence among the Study Respondents

Duration in marriage	Levels of spousal violence					Mean spousal violence	Percent distribution of spousal violence
	None	Low	Average	High	Very high		
1-6 years	24.7%	54.0%	14.0%	6.7%	0.7%	2.05	14.7%
7-13 years	9.2%	16.7%	59.2%	13.3%	1.7%	2.82	20.3%
14-21 years	9.9%	11.0%	30.8%	37.4%	11.0%	3.29	24.8%
22-28 years	15.5%	10.3%	32.8%	41.4%	0.0%	3.00	21.6%
>28 years	23.7%	31.6%	10.5%	13.2%	21.1%	2.76	19.8%
Total						13.92	100.00

Table 4.5 displays results which indicate that the trend of violence levels increases with the duration in marriage. For example, at marital duration 1-6 years it is at 14.7%, increases at 7-13 years to 20.3% and it is at its highest at 14-21 years and decreases slightly towards longer marital durations but still higher at >28 years than at 1-6 years; the baseline marital duration, which is the trend all through. This finding concurs with literature reviewed from earlier researchers on domestic violence and the duration of marriage, that newlywed's high levels of marital satisfaction tend to decline over time, (Karney & Bradbury, 1995); that the relationship between marital termination and domestic violence changes over the duration of marriage (Gallegos, 2012); that all forms of domestic violence appear to be lowest in the first 4 years of marriage and tend to

decrease after 30 years of marriage. This is because at this point couples have learnt better coping mechanisms and are either settled for better or for worse.

4.3.1 Marital Duration and Levels of Spousal Violence

A logistic regression test, which is a statistical test for categorical data, and which was found to be appropriate for analyzing data in this study, was performed to determine if there was any association between levels of violence and marital duration. The following distribution was obtained:

Table 4.6: Logistic Regression Model Showing Association between Level of Spousal Violence and Duration in Marriage.

Spousal violence	Estimate	Error	Chi-Square	P-value	OR	95% CI
Intercept	-0.0645	0.3594	0.0322	0.857	0.94	
7-13 years	1.4508	0.5809	6.2368	0.0125*	4.27	1.366 -13.323
14-21 years	2.2616	0.7068	10.2402	0.0014*	9.60	2.402 -38.354
22-28 years	1.8971	0.6474	8.5862	0.0034*	6.67	1.874 -23.714
>28 years	2.2616	0.7068	10.2402	0.0014*	9.60	2.402 -38.354

**Spousal violence=dependent variable, marriage duration=independent variable
*significant at P-value<0.05**

Table 4.6 above summarizes the output from a logistic regression model. It was clear that respondents who had been in marriage for 7-13 years were four times more likely to experience spousal violence when compared to their counterparts who had been in marriage for a period of 1-6 years (OR=4.27, 95% CI=1.366-13.323). However, married

women in the marital duration 14-21 years were almost ten times more likely to experience spousal violence when compared to those in the marital duration 1-6 years (OR=9.60,95% CI=2.402-38.354).

Likewise, married women who had been in marriage for at least 28 years were also tenfold times more likely to experience spousal violence than their counterparts in the marital duration of 1-6 years (OR=9.60, 95% CI=2.402-38.354) respectively. Based on these results, we reject the null hypothesis H_{01} = (there is no significant relationship between marital duration and levels of spousal violence), and accept the alternative, meaning there is a significant relationship between marital duration and levels of spousal

4.4 Marital Duration and Types of Spousal Violence

The second objective of this study was to find out whether marital duration influences the types of spousal violence on married women in Eldoret town. The types of spousal violence included physical, sexual, emotional/psychological, social, and economic/Financial violence. Assessment to determine the influence of marital duration on these types of spousal violence was done using the study instruments and results obtained as shown below:

4.4.1 Physical Violence Form and Intensity

To assess the extent of each form of physical violence, respondents filled the part of the questionnaire requiring them to indicate the extent to which they agreed with the statements indicating the presence of physical violence according to their specific marital durations. The following distribution as displayed in table 4.7 below was obtained:

Table 4.7: Forms of Physical Violence among Married Women in Eldoret Town of Uasin Gishu County Kenya

	Never	Less often	Often	Very often	Mean physical violence	Percent distribution of physical violence
Slapped	50.3%	30.2%	14.1%	5.4%	1.74	20.2
My arm(s) were twisted	71.1%	22.2%	2.7%	4.0%	1.40	16.3
My possessions were damaged	66%	22.7%	7.3%	4.0%	1.49	17.3
I was attacked with a weapon	93.3%	6.0%	0.7%	0.0%	1.07	12.4
Kicked, dragged	51.0%	23.5%	12.1%	13.4%	1.88	21.8
Chocked or burnt	97.3%	1.3%	0.7%	0.0%	1.03	12.0
Total					8.61	100.00

Table 4.7 above shows the descriptive summaries of spousal physical violence among the study respondents. It came out clearly that being kicked, dragged 21.8%, (mean=1.88) and being slapped 20%, (mean=1.74), had the highest means on physical violence among the study respondents when compared to other forms of spousal physical violence. However, the least form of physical violence was being chocked or burnt by the partners with a mean of 1.03 and a percent distribution of 12.0%. This means that, although physical violence was high at 1-6 years as shown in table 4.8 below, it reduced or was not reported as at around 7-13 years of marriage it was not high but picked up at 14-21 years and was even highest during 22-28 years of marriage. This confirms what most respondents reported, that is, they at first, did not take it seriously and an assumption that it will reduce as time goes by was wrong, as it even increased and was highest at around 22-28 years. This means that women who experience physical violence tend to think it will go away until it gets out of control and is exposed to the public in serious actions like

“hands being chopped off”, and so on. This is what we witness, when it is too late, a warning that it should be taken seriously and reported earlier.

Table 4.8: Logistic Regression Model Showing the Relationship between Physical Violence and Marital Duration

Physical violence	Estimate	Std. Error	Chi-Square	P-value	Odds Ratio	95% CI	
Intercept	0.3254	0.3640	0.7994	0.3713	1.39		
7-13 years	-0.1919	0.5161	0.1382	0.7101	0.83	0.300	2.270
14-21 years	1.2840	0.6103	4.4263	0.0354*	3.61	1.092	11.944
22-28 years	1.5071	0.6500	5.3764	0.0204*	4.51	1.263	16.136
28 years	0.8642	0.5646	2.3424	0.1259	2.37	0.785	7.177

Reference category (1-6) years in marriage duration

*Level of significance, P-value<0.05

Results displayed in table 4.8 above show that physical violence was strongly associated with marriage duration. The study respondents who were in marriage for a period of between (14-21) years were 3.61 times more likely to experience this form of spousal violence when compared to those who were still younger in marriage (1-6) years. Likewise, those who were in marriage for a period of between (22-28) years were 4.51 times more likely to experience spousal violence when compared to their counterparts in the marriage duration of (1-6) years. Based on these facts, the null hypothesis H_0_3 , “that there is no significant relationship between marital duration and physical violence” is

rejected, and the alternative hypothesis accepted, implying that “there is significant relationship between marital duration and occurrence of physical violence”.

However, the reduction in physical violence experienced overtime ($m=1.81$) (pp.83) and contributing 14.6% on spousal violence could be explained by the dominance of psychological or emotional violence on families ($m=3.33$) 26.9%, and education gained by the communities and the availability of FIDA to champion women rights. This is supported by literature reviewed on marital duration and levels of spousal violence, a study done in Edirne, Turkey by Barcu, Galip and Serap of Trakya University which revealed that 34% of physical violence and 93% of psychological violence on married women had occurred one year prior to the study. Other studies elsewhere have also shown that most women who are targets of physical aggression generally experience multiple acts of aggression over time. In the Leo'n study, for instance, 60% of women abused during the previous year had been attacked more than once, and 20% had experienced severe violence more than six times. Among women reporting physical aggression, 70% reported severe abuse (Ellsberg et al, 1999).

The results displayed above also concur with literature reviewed in a study carried here in Eldoret by Dong, (2013), which revealed that 78.3% of married women were being physically abused, a community-based study by Koeng, et al. (2003), in the U.S. on factors influencing domestic violence indicated that 88.9% of women did not seek help. Studies on domestic violence in the African continent revealed that a lot of the violence perpetrated is kept secret, (Jewkes & Abrahams, 2002). From a survey conducted by Kenya National Bureau of Statistics in 2003, 60% of those abused did not report to anyone. When interviewing, most respondents revealed that being slapped was a ‘light touch’ and in some cultural beliefs was an indication of love. This explains why physical

violence which is generally high at 1-6 years marital duration when compared to other types, is not high at 7-13 years, as at this time victims still think it will go away, but increases at 22-28 years, which explains why we normally see it when it is out of control and can no longer be kept secret. Thereafter, it reduces towards long marital durations, as is the trend for all other types of violence.

4.4.2 Sexual violence Among Married Women

Sexual violence had eleven parameters which were linked with violence. Assessment based on the study instruments gave the results shown in table 4.9 below.

Table 4.9: Percent Distribution of Factors Known to Indicate Sexual Violence among Married Women

Sexual violence	Never	Less often	Often	Very often	Mean Sexual violence	Standard deviation (SD)	Percent distribution of Sexual violence
Forced to have sex when I did not want	34.0%	48.0%	15.3%	2.7%	1.87	0.76	10.7%
Forced to perform sexual acts when I did not want	57.3%	24.7%	15.3%	2.7%	1.63	0.84	9.3%
Forced to have Anal sex	97.3%	2.0%	0.0%	0.7%	1.04	0.28	6.0%
Forced to watch phonography	87.9%	10.7%	1.3%	0.0%	1.13	0.38	6.5%
Forced to have genital mutilation	99.3%	0.7%	0.0%	0.0%	1.07	0.08	6.1%
Comply with sexual demands or force to divorce	52.0%	18.2%	22.3%	7.4%	1.85	1.01	10.6%
Comply with sexual demands or look for a prostitute	52.7%	21.3%	17.3%	8.7%	1.82	1.01	10.4%
Threatened with harm to self or children	70.0%	12.0%	4.7%	13.3%	1.66	1.30	9.5%
Told spiritually the bible says my body is not mine, so have no right to say no	57.3%	24.0%	16.7%	2.0%	1.63	0.83	9.3%
He grabs me inappropriately and even though I resist, he does it anyway	51.7%	24.2%	19.5%	4.7%	1.77	0.92	10.1%
Wants sex 3 days a week, 7 days a week, I am worn out, but this does not matter to him	40.9%	32.9%	11.4%	14.8%	2.00	1.06	11.4%
Total					17.47		100.00

The major form of sexual violence that was dominant was being worn out from forced sex (mean=2.0, Sd=1.06), forced to have sex when I did not want (mean=1.87, Sd=0.76) and being forced to comply with sexual demands or have divorce had (mean=1.85, Sd=1.01) as shown in table 4.9 above.

Table 4.10: Logistic Regression Model Showing the Relationship between Sexual Violence and Marital Duration

Sexual violence	Estimate	Std. Error	Chi-Square	P-value	Odds Ratio	95% CI	
Intercept	0.460	0.369	0.2127	0.2127	1.58		
7-13 years	1.412	0.652	4.6993	0.030*	4.11	1.145	14.719
14-21 years	2.180	0.820	7.0723	0.008*	8.84	1.774	44.072
22-28 years	0.884	0.588	2.2589	0.133	2.42	0.764	7.670
28 years	0.730	0.568	1.6537	0.199	2.08	0.682	6.314

Reference category (1-6) years in marriage duration

*Level of significance, P-value <0.05

Table 4.10 above shows regression model results indicating duration in marriage had a major statistical significance in sexual violence on married women. It is observed that married women who had been in marriage for a period of between (7-13) years were 4.11 times more likely to experience sexual violence than those with less than 7 years in marriage (O. R=4.11, 95% CI=1.15-14.72). Similar trend was also seen among those who had been in marriage for a length of (14-21) years when compared to their counterparts in the marriage span of (1-6) years (O. R=8.84, 95% CI=1.77-44.07); meaning they were 9 times experiencing violence more than those in marital duration 1-6 years. Based on these facts, null hypothesis H_{04} that is, “marital duration has no significant influence on sexual violence” is rejected, implying that marital

duration has significant influence on sexual violence. This could be due to the fact that at this marital age duration, the children are probably in primary level of education and at this stage there are many demands which include lack of finances, which lead to disharmony and unwillingness to engage in sex, which may contribute greatly to sexual violence in the households. This also indicates that the more you age in a marriage, where there is sexual violence, the more sexual violence increases. However, factors that increase a woman's vulnerability to sexual violence vary from place to place. One study reports alcohol or drugs use before sex, high number of sexual partners and poverty as potential risk factors for sexual violence (Jewkes et al., 2002) and the same may be true in the current study. Similarly, in Monterrey, Mexico, 52% of physically assaulted women had also been sexually abused by their partners (Leibrich et al, 1995).

4.4.3 Emotional/Psychological violence

Emotional/psychological violence was the most dominant type of violence among respondents as presented in Table 4.11 below, and as was revealed by the study.

Table 4.11: Percent Distribution of Forms of Emotional/Psychological Violence among Married Women.

Item questions	Never	Less often	Often	Very often	Mean of emotional/psychological violence	Overall percent of emotional/psychological violence
Humiliated me in front of others	30.7%	37.3%	22.7%	9.3%	2.11	10.6%
Insulted you to make you feel bad about yourself	27.5%	42.3%	19.5%	10.7%	2.13	10.7%
Threatened to hurt or harm you	65.3%	19.3%	10.0%	5.3%	1.55	7.8%
Called you names	42.0%	24.0%	20.0%	14.0%	2.06	10.3%
Yelling at you to embarrass, harass	34.0%	36.7%	16.0%	13.3%	2.09	10.4%
Criticizing or demeaning your decisions	12.0%	41.3%	22.7%	24.0%	2.59	13.0%
Showed excessive possessiveness	30.7%	36.0%	21.3%	12.0%	2.14	10.7%
Isolation from family and/or friends	41.3%	34.0%	19.3%	5.3%	1.89	9.5%
Excessive checking-up to make sure you are at home	41.3%	34.0%	14.7%	10.0%	1.93	9.6%
Forcing you to stay after a fight	70.0%	11.3%	16.0%	2.7%	1.51	7.6%
Total					20.0	100%

As seen in table 4.11 above, emotional/psychological violence had ten sub-domains of violent modes. Criticizing and demeaning of the respondent's decisions had the highest percentage of occurrence, 13%, followed by possessiveness and insulting of the respondents by their partners 11% each. Being forced to stay after a fight was the least form of psychological/emotional violence, accounting for only 8%. The study revealed that there was an inverse relationship between marital duration and criticizing and demeaning and also possessiveness, which was indicated to be higher in earlier years of the marriage and went on decreasing on longer marital durations. This was confirmed by respondents saying that as years went by, their partners trusted them and could let go than in earlier marital durations.

Table 4.12: Association between Overall Emotional/Psychological Violence and Marital Duration

Variable	Presence of emotional/psychological violence		
	Yes, (%)	No, (%)	P-value (fisher)
Duration in marriage			
1-6 years	31 (21.2)	0 (0.0)	
7-13 years	29 (19.9)	1 (25.0)	
14-21 years	30 (20.6)	0 (0.0)	0.0442
22-28 years	28 (19.2)	1 (25.0)	
>28 years	28 (19.2)	2 (50.0)	
Total	146 (100.0%)	4 (100.0%)	150

*Level of significance, P-value <0.05

Results from fisher's exact value test shown above indicate that study respondents who had been in marriage for a period 1-6 years had the leading form of

emotional/psychological violence 21% when compared to women in other marital spans and the results are shown in Table 4.12 above. The main reason is that at this stage, the couples are still young in marriage and the emotional/psychological violence may be as a result of them trying to understand each other and also trying to cope with marriage traits. This finding confirmed what other researchers elsewhere have found where married women who had been in marriage for a short period of time were identified to have experienced increased form of emotional/psychological violence than physical violence (Cabaraban & Morales, 1998; Crowell, 1996). Also, at this stage spouses still respect one another too much to engage in other forms of violence, thus emotional violence is assumed to be a lesser form of violence.

4.4.4. Social violence Among Married Women

Based on the study instruments, the following distribution on factors associated with social violence among married women in Eldoret town was obtained as shown in table 4.13 below:

Table 4. 13: Summary of Statements Indicating Presence of Social Violence among Married Women

Item questions for social violence	Never	Less often	Often	Very often	Mean social violence	Overall percent of social violence
Not free to express ideas in front of my husband	49.3%	24.7%	17.3%	8.7%	1.85	13.6%
I am not respected by my partner	46.0%	30.7%	12.7%	10.7%	1.88	13.8%
Not allowed by my husband to choose what I want to do with my free time	34.7%	30.0%	27.3%	8.0%	2.09	15.3%
My husband does not allow me to interact freely	38.0%	40.0%	13.3%	8.7%	1.93	14.2%
I cannot access services without restrictions	55.3%	28.7%	10.7%	5.3%	1.66	12.2%
I am not able to leave and come to my home at will	33.6%	33.6%	24.8%	7.4%	2.07	17.2%
I am not in control of my privacy	38.0%	43.3%	12.0%	6.7%	1.87	13.7%
Total					13.62	

The results of social violence items are summarized in table 4.13 above. The leading item question that describes social violence was married women not being allowed to leave and come home at their own will (17.2%) and being restricted by their husbands in choosing what they wanted to do with their free time (15.3%) as pointed out by the study respondents, and had the individual means of 2.07 and 2.09 respectively. Figure 4.5 below illustrates these results further.

Figure 4.3 below shows forms of Social Violence and their impact on marital duration as obtained from the study instruments.

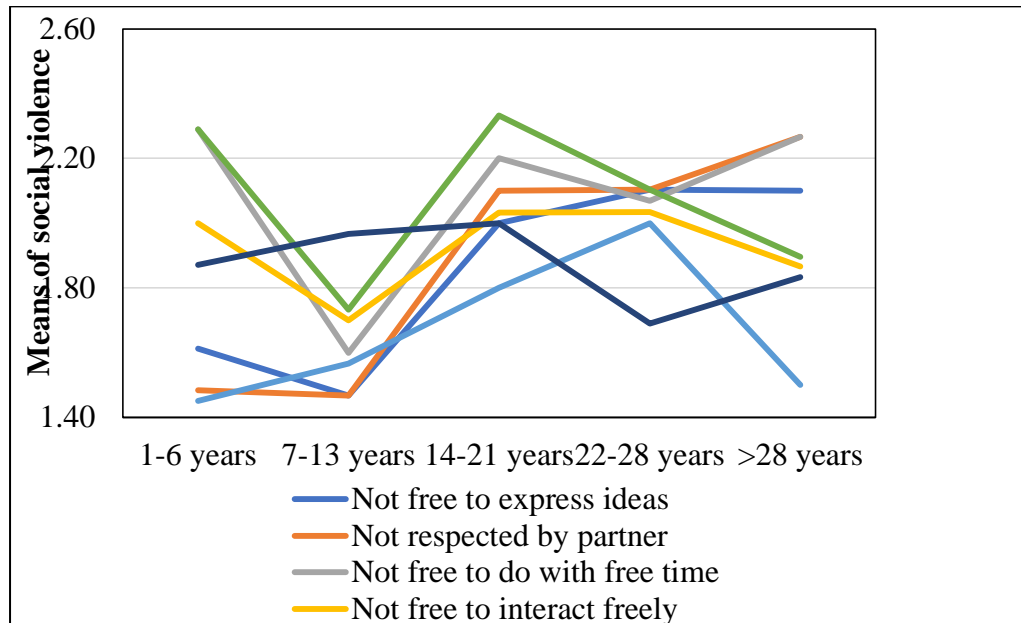


Figure 4. 3: Social Violence and Duration in Marriage

The study determined the various forms of social violence and their impact on marriage duration and it was observed that freedom of expression of ideas was curtailed with longer duration in marriage. Those who had stayed longer in marriages were less free to express their ideas compared to those of between 7-13 years of marriage. Moreover, not being respected by partners was less or never occurred between 1-6 years of marriage. Disrespecting of female partners occurs much often after 13 years and above in marriage. Freedom at free time was curtailed much between newly married partners, which conforms well with possessiveness of partners. Restriction to services was much higher between ages 22-28 (mean=2.00) (figure 4.3) and less at all other ages of marriage duration.

4.4.5. Economic/Financial Abuse

Economic abuse in this study constitutes behaviors that negatively affect a person's finances and undermines the person's efforts to become economically independent.

Percentage distribution of the known causes of economic/financial abuse among married women in Eldoret town was obtained as shown in table 4.14 below:

Table 4. 14: Percent Distribution of Causes of Economic/ Financial Abuse among Married Women

Item questions for Economic/Financial abuse	Yes (%)	No (%)
Does your partner deny/withhold or limit you access to money?	69 (46.0)	81 (54.0)
Does your partner make you account for every cent?	68 (45.3)	82 (54.7)
Does your partner take and use your money without your permission?	52 (34.7)	98 (65.3)
Does your partner force you to sign so that he can withdraw money?	11 (7.3)	139 (92.7)
Does your partner force you to sell things, change your will?	15 (10.0)	135 (90.0)
Does your husband withhold access to e.g food, Clothes, medication, shelter?	33 (22.0)	117 (78.0)
Does your partner prevent you from working or choosing an occupation?	31 (20.7)	119 (79.3)
Does your partner accuse you for not contributing to the family budget and payment of bills, e.g, electricity, fees, water, etc	31 (20.7)	119(79.3)

Table 4.14 above shows that the leading question item on economic/financial abuse was when access to money was limited, denied/withheld to the study respondents by their male spouses (46%) while the second leading reason for both economic/financial abuse was when their male counterparts made them account for every cent (45.3%). The accusation of not contributing to the family budget and their male partners blocking them on career progression were both indicated by 20.7 % of the respondents. Failure to contribute to the family budget could be attributed to lack of

employment, on the part of the respondents and for the partners due to lack of proper management, or misappropriation of family finances misdirected to alcohol and drug abuse as coping mechanisms, while the male partners blocking the respondents from career progression could be as a result of the male counterparts feeling unsafe with their female partners gaining financial independence, hence getting out of control, and could also emanate from cultural beliefs and lack of awareness among the male partners in majority of the households. The attitudes, beliefs, and practices that perpetuate economic violence are often deeply entrenched and closely related to cultural, social, and religious norms of a society. For example, a survey across five Latin American countries showed that more than half of the male respondents considered that women and men should not have equal opportunities (Grown, Gupta, and Kes, 2005). When one is prevented from career progression, they are bound not to be able to contribute to the family budget leading to being blamed on the same. However, the economic/ financial aspects of violence and their impact on marital duration showed a tendency towards a “No” response as shown in table 4.14 above; for example, asked if their male spouses denied/withheld or limited them access to money recorded the highest ‘yes’ percentage of 46%. Generally, 26% of the study respondents confirmed experiencing economic/financial abuse as compared to 74% who had not experienced it.

This shows a trend of respondents who have overtime learnt to empower themselves economically through other means, like social welfare groups, other than depending on their spouses.

4.4.6 Means of Spousal Violence Types

The information displayed below in figure 4.4 shows a distribution of means of marital violence types and marital duration as per the study instruments.

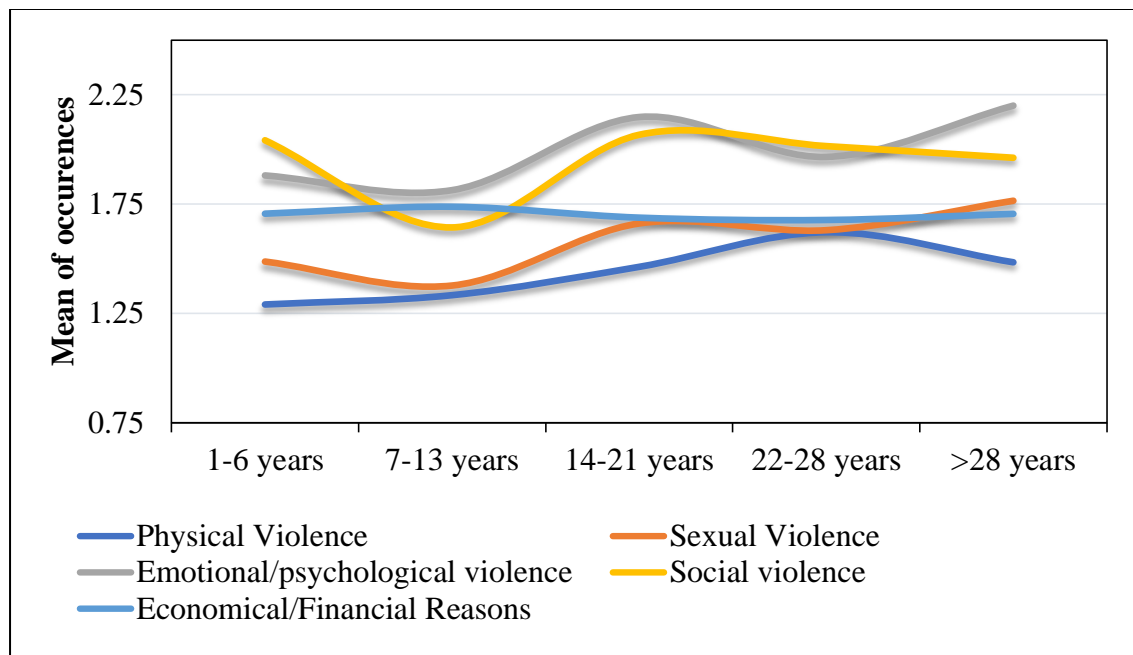


Figure 4. 4: Means of Violence Types and Marital Duration

Results in figure 4.4 above indicate more emotional/psychological, social and sexual violence occur much more often between 14-21 years of being in a marriage. The type of violence in marriage, compared with the years of marriage indicated that psychological/emotional violence was at all-time high, and it was at the peak on relationships greater than 28 years with ($m=2.20$), social violence was also dominant at ages 1-6 years of marriage and it maintained a mean of 2.04 the same as was at 14-21 years marital duration, indicating that it is the form of violence that always exists among families. This can be seen as a controlling behavior and especially during the early stages of marriage where possessiveness, jealousy and lack of trust prevail. This could also be explained by the increasing rate of psychological abuse and reduction of physical harm. These findings agree with the findings of a study carried

by Mutiso et al., (2010) in residential areas of Kisumu City, Kenya, to determine factors contributing to domestic violence in the low-income area, which found that most of the women were verbally abused by their husbands. This was also confirmed during interviewing, as most respondents agreed they did not see the need to report verbal abuse but agreed that it battered their self-esteem and spirit along their bodies. Also, older respondents revealed that after staying for long in marriage, they got used to each other and sometimes, may be due to familiarity, they throw words at each other, which turns to verbal abuse. Thus, although psychological and social abuse are used more, take place alongside one another, they are assumed to be lesser forms of abuse; and this may reduce physical abuse in turn.

4.5 Major factors Associated with Spousal Violence

The third objective of this study was to determine the major factors associated with spousal violence among married women in Eldoret town. This was done using 9 factors which are deemed to contribute to spousal violence in marriage. Respondents were asked to indicate by 'yes' or 'no' if the factor contributed to their experiencing of spousal violence or not respectively. Table 4.16 below shows percent distribution as per the study instruments.

Table 4.15: Percent Distribution of Factors Contributing to Spousal Violence among the Study Respondents

Factors contributing to spousal violence	Yes, (%)	No, (%)
Having many children	105 (70.3)	45 (29.7)
Having only girls	20 (13)	130 (87)
Having no children	0.03(0.02)	149.97(99.98)
Being more educated than my partner	0.05 (-0.7)	149.95 (99.3)
Earning more than my partner	4(3)	146 (97)
Lack of employment leading to poverty	31 (21)	119 (79)
Alcohol and drug abuse	118(78.9)	32 (21.2)
Family background	116 (77.4)	34 (22.6)
Religious affiliations	9 (6)	141(94)

The overall observation of the factors contributing to spousal violence indicated that some factors contribute to spousal violence significantly than others. Descriptive results in table 4.15 above indicated that alcohol and drug abuse (78.9%), family background (77.4%) and having many children (70.3%) had the highest percentages and thus turned out to be the major causes of spousal violence as compared to the other factors, some of which had negative percentages as shown in table 4.15 above.

Table 4. 16: Factors Associated with Spousal Violence

Component	Initial Eigen Values			Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %
1	2.283	25.367	25.367	1.782	19.801	19.801
2	1.768	19.641	45.008	1.731	19.234	39.035
3	1.080	12.000	57.008	1.467	16.305	55.340
4	.981	10.899	67.907	1.025	11.384	66.724
5	.900	10.003	77.910	1.007	11.185	77.910
6	.747	8.304	86.213			
7	.542	6.025	92.239			
8	.362	4.026	96.265			
9	.336	3.735	100.000			

Table 4.16 displays results obtained from a factor analysis test using the nine factors that were assessed to determine if some factors contribute more to spousal violence than others. The results revealed that the nine factors contributed in different capacities. For example, alcohol and drug abuse, family background and having many children contributed to 19.8%, while earning more than my partner, being more educated accounted for 19.2%; lack of employment and religious affiliation accounted for 16% and those without children accounted for 11.38% while having girls only accounted for 11.16%. Thus, the first five factors contributed to 77% of the total variation.

Table 4.17 below displays component analysis of each of the nine factors and its contribution to spousal violence

Table 4. 17: Factor Individual Contribution to Spousal Violence

Factors Contributing to Spousal Violence		Component				
		1	2	3	4	5
1.	Many children	.703	.150	-.427	.131	-.085
2.	No children	-.002	.074	.087	.974	.031
3.	More educated	-.007	.876	.179	.042	.023
4.	Earning more	.024	.884	.137	.047	.073
5.	Lack of employment	.210	.113	.744	.077	-.080
6.	Alcohol and drug abuse	.789	-.171	.356	.123	.081
7.	Religious affiliations	-.058	.321	.729	.041	.126
8.	Only girls	.131	.084	.019	.031	.967
9.	Family background	.774	.043	.122	-.175	.171

Extraction Method: Principal Component Analysis.

Rotation Method: Varimax with Kaiser Normalization.

a. Rotation converged in 6 iterations.

Results displayed in table 4.17 above show contributions of each of the nine factors to spousal violence in order of intensity as follows: alcohol and drug abuse 78.9%, family background 77.4%, having many children 70.3%, lack of employment 21%, having girls only 13%, while the rest had negative percentages. It can, therefore be said that, some factors play a major role in causing spousal violence than others. Specifically, alcohol and drug abuse, many respondents reported that they were

abused by partners under the influence of alcohol and/or drug abuse, used by many as a coping mechanism. Family background implies the environment one has been brought up in and how they saw problems being solved, for example if it was through fights, they learn how to fight and chances of using fights as a coping mechanism are high, personality differences, what they believe in, if different from what their partners believe, then issues will arise which may lead to violence, and so on. Having many children implies more responsibilities, which increase stress. Inability to cope with this stress may lead to anger and in turn violence. These three stood out clearly as the main factors.

Based on these results, the null hypothesis H_{O5} : “There are no factors that play a greater role than others in causing spousal violence” was rejected and the alternative hypothesis H_a : accepted, “that some factors play a significantly greater role than others in the causation of spousal violence”.

The theoretical framework on enduring vulnerabilities, referring to the strengths or weaknesses and attitudes about marriage from one’s family of origin and social background and the use of wrong adaptive processes in dealing with the stressful situations, which in turn lead to violence clearly backs this study’s results.

The fact that alcohol and drug abuse among family members contributed highly to spousal violence agrees with literature reviewed about domestic violence against married women in Cambodia (McKenry, Julian and Gavazzi 1995), that prior abuse of alcohol and/or drugs by one partner or both contributes to domestic violence.

4.5.1 Marriage Quality

Respondents were to indicate how they assessed the quality of their marriages depending on their specific duration in marriage using the Likert scale options, 1-

excellent, 2-good, 3-fair and 4- poor respectively. This information, although marriage quality was not one of the objectives of this study, was necessary to show the trend during the previous year, as we also considered women married for at least a year preceding the study period, and compare with the current trends. Figure 4.5 below shows the trend of spousal violence which is used to determine the quality of marriage, as per the respective marital durations; which means, that is, the lower the violence, the higher the quality of marriage.

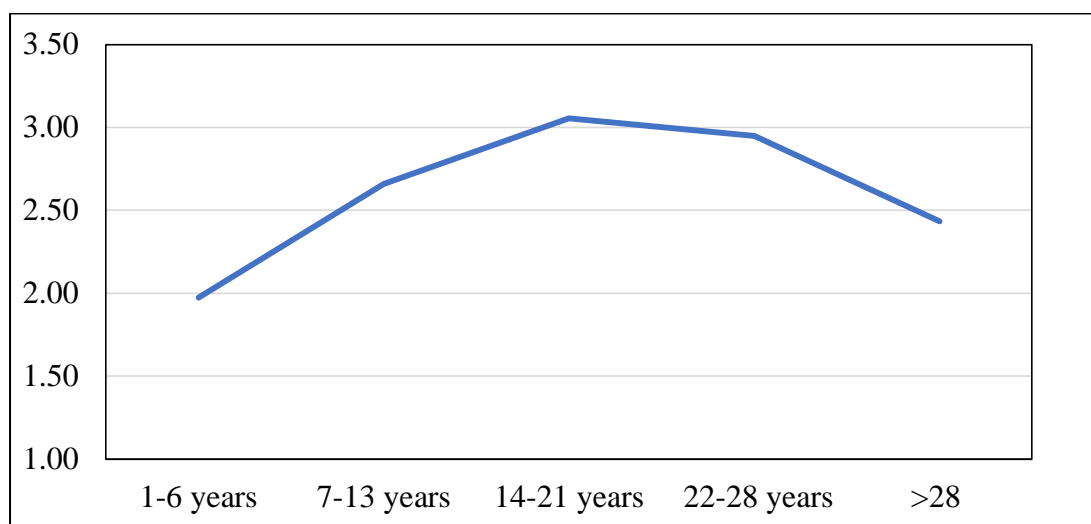


Figure 4. 5: Quantity of Violence/Quality of Marriage and Marital Durations

The outcome of the findings indicated that the quality of marriage as measured by the amount of violence experienced, (the trend line indicates the amount of violence experienced) deteriorates with duration in marriage. Figure 4.5 above indicates a trend that marriages between 1-6 years are of good quality (because the violence is low) at approximately 20%, and at 14-28 years the quality is poor and back to between fair and good at above 28 years after marriage. This could be explained by the fact that, 14-28 years of marriage, family demands are usually high as children are now set to go to high schools requiring more family resources and quarrels may set in, while after 28 years most families are now settled or children have left home and

become independent. This concurs with results of literature reviewed on two researches: Gallegos (2012), of Turkey and Boakye, (2013) of Ghana, that domestic violence changes over the duration of marriage, appears to be lowest in earlier years and after 30 years of marriage as compared to other marriage life spans.

4.5.2 Frequency of Violence in the Past One Year

The occurrence of violence among the respondents during the past one year preceding this study regardless of the duration in marriage was as indicated in the following distribution in table 4.18 below

Table 4. 18: Frequency of Violence in the Past One Year

Type of violence	Number of times in the past one year					Mean number of times	Overall percent
	None	1-2 times	3-4 times	5-6 times	>7 times		
Physical	50.0%	26.0%	17.3%	6.7%	0.0%	1.81	14.6%
Sexual	40.0%	36.7%	17.3%	2.0%	4.0%	1.93	15.6%
Emotional/psycho	5.3%	22.0%	25.3%	28.7%	18.7%	3.33	26.9%
Social	18.7%	34.7%	28.0%	12.0%	6.7%	2.53	20.5%
Economic/financial	23.3%	22.7%	20.0%	21.3%	12.7%	2.77	22.4%
Total						12.37	

The results show that emotional/psychological violence was the most dominant form of violence. This was reported by 26.9% of the study respondents in the current study, while economic/financial violence occurred to 22.4% of the respondents within the one-year duration. However, the least form of violence was physical violence which occurred to 14.6% of the study respondents, further illustration is displayed here below in figure 4.6

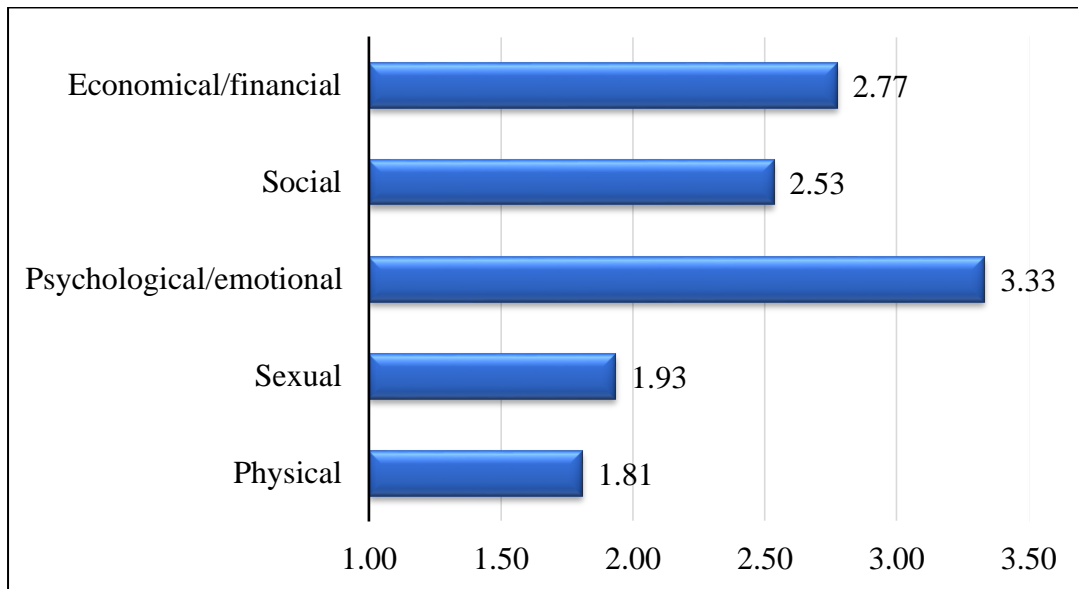


Figure 4. 6: Violence Occurrence in the Past One Year

The study revealed that, during the past one year preceding the study, violence was seen to escalate depending on the duration in marriage, there was less physical violence overall in the last one year. Figure 4.7 below further illustrates violence and marriage duration over the last one year preceding this study.

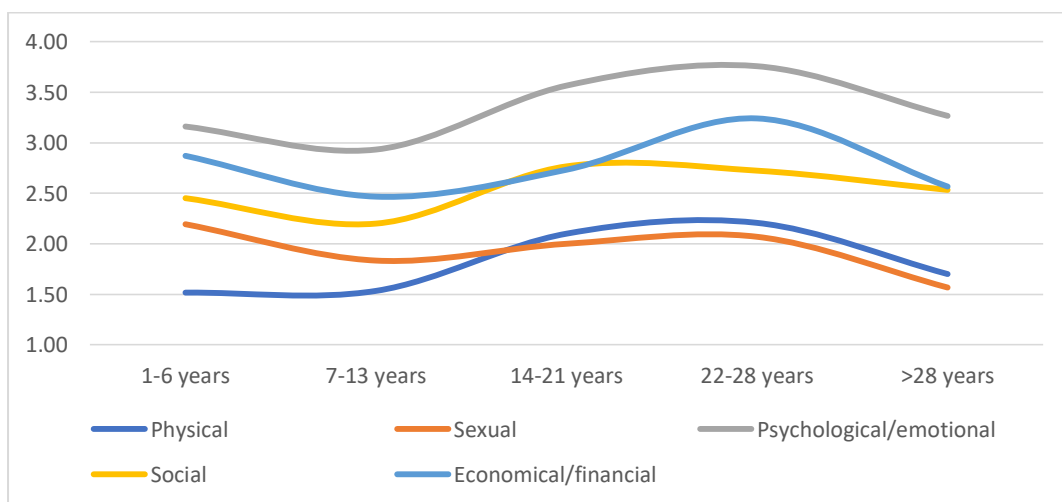


Figure 4. 7: Violence Occurrence and Marital Duration past One Year

Figure 4.7 illustrates that those in the period 7-13 years of marriage duration enjoyed the lowest forms of violence of all types and among all the ages in marriage.

However, Sexual violence was higher among 1-6 years of marriage and lowest on greater than 28 years in marriage.

4.6 Coping Mechanisms for Families and Couples Experiencing Domestic Violence

The fourth and the last objective of this study was to determine various coping mechanisms that can be used to assist couples and families experiencing domestic violence across time. The respondents were asked to indicate various coping mechanisms that they deemed useful in averting domestic violence and where they could seek help when in need of guidance due to marital disharmony. There were six options given in the questionnaire; ‘My Church’, ‘the Police’, ‘Relatives’, ‘Friends’, from the ‘Community’ and ‘Do not know’ where to seek help from as shown in figure 4.8 below:

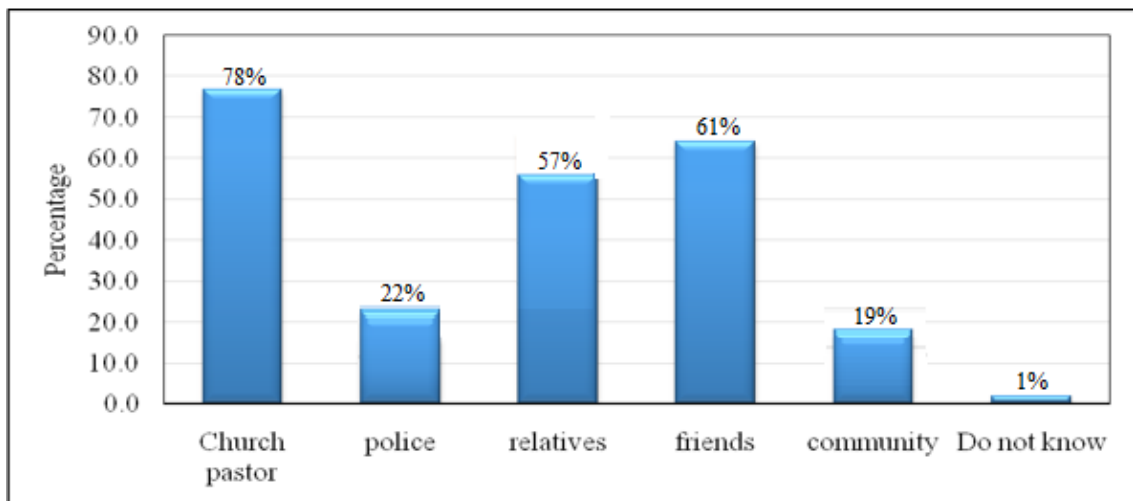


Figure 4. 8: Sources of Help in Times of Conflict

A distribution showing sources of help in times of conflict and marital duration of the study respondents was obtained using the study instruments as shown in table 4.19 below.

Table 4. 19: Distribution of Sources of Help versus Marital Durations of the Study Respondents

Marital Duration	Place Sought Help During Marital Disharmony					
	Church	Police	Relatives	Friends	Community	Do not know
1-6yrs	19	2	23	18	0	0
7-13yrs	29	4	18	18	1	1
14-21yrs	25	7	17	16	6	0
22-28yrs	28	2	19	22	18	1
>28	18	18	8	18	4	0
Total	117(78%)	33 (22%)	85(57%)	92 (61%)	29 (19%)	2 (1%)

Figure 4.8 and table 4.9 above indicate results that reveal that, Church was the major source of help for 78% of the respondents in all marital ages, while relatives and friends were also alternative sources of solving marital disharmony at 57% and 61% respectively. The respondents who sought arbitration from church pastors were mostly those who had stayed in marriage between 7-13 (19%), and 14 through -28 years accounting for 17% and 19% respectively. Only 22% and 19% of the total cases across all marital durations were attended to by police and community respectively; with 1% of the respondents saying they did not know where to seek help. Those who had been in marriage for between 1-6 years, 0% of their cases were arbitrated by the community compared to 3% of those who had been in marriage for >28 years. There was slight preference to friends 61% as compared to relatives 57% in solving conflicts across all marital durations. Most respondents indicated that they feared reporting to police for fear that the situation would be made worse, as police officers would invite and sometimes believe the perpetrators, leading to more violence

and insecurity to the victim at home, hence only 22% of the participants, across all marital durations sought help from police.

There was provision for respondents in the research instrument for suggesting other coping mechanisms in an open- ended part of the questionnaire. It turned out that, pre-marital counselling by skilled helpers was sought for by 43% of the respondents while Guidance and counselling by elderly ladies was voiced by 29% as the best preferred methods of coping up with domestic violence. The other coping mechanisms are provided for in table 4.20 below, as obtained from the study instruments.

Table 4. 20: Other Coping Mechanisms Used by the Study Respondents

Coping Mechanism	Percentage
Establishing proper communication skills	27%
Financial empowerment of women	21%
Support/psycho-education groups	17%
Embracing spiritual values	14%
Severely punishing the perpetrators	12%
Practicing forgiveness	10%

Respondents, that is 27% of those interviewed, suggested that if couples were taught proper communication skills, this could help in reducing marital squabbles. About 21% of the respondents suggested financial empowerment of women, which would make them independent and hence reduce quarrels, which in most cases led to domestic violence. This concurs with literature reviewed, that most of the women

who experienced violence were entirely depended on their husbands for survival, (Mutiso, et al. 2010); while 17% suggested creation of support/psycho-education groups to create awareness, especially on the new developments as marriages age; 14% felt if partners would embrace spiritual values like forgiveness, this would go a long way in reducing marital violence. Twelve (12%) suggested severe punishment to be meted to those who engaged in domestic violence to deter others from engaging in the same vice, while 10% specifically cited forgiveness as an important virtue that can reduce violence if regularly practiced.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction

This chapter provides an overview of the major findings based on the objectives of this study, the theoretical implications, conclusions and recommendations. Additional research areas are suggested as well as future projections based on the study.

5.1 Summary of Major Findings

The main objective of this study was to determine whether marital duration influences spousal violence among married women in Eldoret town, Uasin Gishu County. The specific objectives of the study were to establish whether levels and types of spousal violence experienced by married women in Eldoret town were influenced by the years they had been in marriage (marital duration). The study was also to determine the major factors associated with spousal violence. In addition, the study was to determine various coping mechanisms that spouses use to deal with conflicts which lead to spousal violence.

To assess the objectives of the study, an ex-post-facto study design with both qualitative and quantitative approaches was used. The study involved 150 respondents, all married or previously married women. The respondents were drawn from three purposively selected, out of five locations within Eldoret town, Uasin Gishu County, Kenya. Data was collected by use of questionnaires and interviews, was coded and processed using SPSS and Microsoft Excel packages. Interpretation was done through both descriptive and inferential statistics; displayed in form of

charts, tables, bar charts and line graphs for clear visual impressions. A confidence interval of 8% and a confidence level of 95% were used.

5.1.1 Influence of Marital Duration on Levels of Spousal Violence

The first objective of the study was to establish if there was any influence of marital duration on the levels of spousal violence among married women in Eldoret town, Uasin Gishu County. A logistic regression model gave results indicating p-values <0.05 in all marital durations; meaning that the influence of marital duration on levels of spousal violence is highly significant. For example, those in the marital duration 7-13 years experienced it 4.27 times, 14-21 years 9.60 times, 22-28 years 6.67 times and > 28 years 9.60 times than those in the base line marital duration, 1-6 years. The study revealed that 149 (93.3%) out of the 150 interviewed respondents had experienced spousal violence within at least a period of one year preceding the study period. Therefore, the longer the marital duration, the higher the level of violence experienced. However, the level of violence after 22 years in marriage tends to reduce progressively through to >28 years.

The study, accordingly linked this to the fact that marriages which have high levels of violence in the early years of marriage, and are not ended, tend to continue increasing in violence moderately tending to reach their peak during the marital duration 14-21 years. This could be attributed to the financial constraints, adolescent changes, as most children are in tertiary institutions while others are undergoing their adolescent stages and most couples adopt wrong coping methods. The reduction of spousal violence towards the marital duration of > 28 years is an indication that at this period most couples are settled either for good or for worse and almost used to all nature of

situations, over time, wiser partners have learned the skills of managing and coping with stressful situations.

5.1.2 Influence of Marital Duration on Various Types of Spousal Violence

The second objective of the study was to find out if marital duration influences the types of spousal violence experienced by married women in Eldoret town, Uasin Gishu County. The study conducted a logic regression model to determine the relationship between physical violence and marital duration. A $p\text{-value} < 0.05$ significance level was obtained, implying that physical violence was strongly influenced by marital duration. For example, the study respondents who were in marriage for a period of between (14-21) years were 3.61 times more likely to experience this form of spousal violence when compared to those who were still younger in marriage (1-6) years. Likewise, those who were in marriage for a period of (22-28) years were 4.51 times more likely to experience physical spousal violence when compared to their counterparts in the marriage duration of (1-6) years. The most common forms of physical violence were being kicked, dragged (mean=1.88), being slapped (mean=1.74) which had the highest means of physical violence. The least form of physical violence was being choked or burnt by one's partner with a mean of 1.03 and a percent distribution of 12.0%. Physical violence and especially slapping, which was the most common form in the marital duration 1-6 years is viewed as a less serious violation as some termed it a 'touch' which indicates love and thus accounted only for 20.8%, as, as time went by, and in some tribes, it becomes accepted and was not reported as a violation by many. Slapping is often thought to strengthen authority, increases fear and deters disobedience. This explains why generally physical violence is the lowest experienced, contributing to only 14.6% (mean 1.81) as compared to all other types of violence. This can be linked to the fact

that, couples tend to appreciate and respect one another over time, and other types like psychological violence become dominant.

Sexual violence, which is the second type of violence was assessed using eleven parameters; and the most dominant form was being worn out from sex (mean =2.0, SD=1.06), followed by forced to have sex when one did not want (mean=1.87, SD=0.76), and being forced to comply with sexual demands or have divorce had (mean=1.85, SD=1.01).

Using a logistic regression model, results indicated that duration in marriage had a major statistical significance in sexual violence on married women (P-Value<0.05). It was observed that married women who had been in marriage for a period of between (7-13) years were 4.11 times more likely to experience sexual violence than those with less than 7 years in marriage (O. R=4.11, 95% CI=1.15-14.72). Similar trend was also seen among those who had been in marriage for a length of (14-21) years when compared to their counterparts in the marriage span of (1-6) years (O. R=8.84, 95% CI=1.77-44.07). This could be due to the fact that at this age, the children are probably in primary level of education and there are many demands which include lack of finances which may contribute to less concern in sexual needs, coupled by use of wrong coping mechanisms like alcohol and drugs abuse which may greatly increase sexual violence in the households. Comparatively, sexual violence was generally moderate compared to other types of violence. This was linked to the fact that spouses viewed it as a right to their partners and unless it became very serious, they assumed it was alright. However, as they become more aware of their rights and demanded to be treated well, it translated more into verbal sexual harassment. This was expressed by a majority of the study respondents.

Emotional/psychological violence, the third type, was the most dominant type of violence among the respondents as compared to the other types. It had ten sub-domains of violent modes and criticizing and demeaning the respondents' decisions had the highest percentage of occurrence (13%) followed by possessiveness (10.7%) while being forced to stay after a fight (7.6%), was the least form of psychological/emotional violence. The study revealed that there was an inverse relationship between marital duration and criticizing and demeaning and possessiveness, as a method of control, which were indicated to be higher in earlier years of marriage. This was confirmed by respondents saying that as years went by, their partners could let go than in earlier marital durations when more control was exercised.

An output from bivariate association using chi-square test showed that study respondents who had been in marriage for a period of between 1-6 years had the leading form of emotional/psychological violence when compared to women in other marital spans $P\text{-Value} < 0.05$. The main reason is that at this stage, the couples are still young in marriage, still respect one another to engage in other types of violence might be an embarrassment, hence the high emotional/psychological violence may be as a result of them trying to understand each other and also trying to cope with marriage traits.

The influence of marital duration on social violence, which was the fourth type, was tested using means and regression models. The most prevalent forms of social violence were married women not being allowed to leave and come home at their own will, accounting for 17.2%, (mean 2.07) and being restricted by their husbands in choosing what they wanted to do with their free time 15.3%, (mean 2.09) as pointed

out by the study respondents. It was also observed that freedom of expression of ideas was curtailed with longer duration in marriage. Moreover, not being respected by partners was less or never occurred between 1-6 years of marriage but occurred later, after 13 years and above in marriage. Freedom to leave and come home at will was curtailed much between newly married partners which conforms well with possessiveness. Generally, wives reported that they were not free to do whatever they wished at their own free time. This form of abuse is used by partners to control their spouses and conceal abuse while entrenching the authority of the spouse in all other aspects.

Economic/financial violence, the fifth and the last of the violence types, was indicated by percentage distribution and showed a tendency towards a 'No' response as compared to 'Yes' responses. Asked if their male spouses denied/withheld or limited them access to money recorded (46%) Yes as compared to (54%) who said 'No'. The second leading reason was when their male counterparts make them account for every cent (45.3%) 'Yes', while (54.7%) said 'No'. This showed a trend of respondents who had learnt to empower themselves economically and having less dependency on their partners. Being prevented from working or being blocked from career progression, which accounted for 20.7% of the study respondents could be attributed to their male partners feeling unsafe with their female counterparts gaining financial independence. The accusation of not contributing to the family budget by their male partners which also accounted for 20.7% could emanate from lack of economic empowerment; cultural, social or religious beliefs; attitudes and practices that perpetuate economic violence.

On the types of violence in marriage compared with the years in marriage, the findings indicated that emotional/psychological violence was at all-time high, and it was at the peak on relationships greater than 28 years with (mean 2.20), social violence was most dominant mode of violence at ages 1-6 years of marriage and it maintained a mean of 2.04 indicating that it is the form of violence that exists among families and it never misses on all families. This can be seen as a controlling behavior and especially during the early stages of marriage where possessiveness, jealousy and lack of trust prevail. There was increase of psychological abuse and reduction of physical harm and older respondents revealed that after staying for long in marriage, they got used to each other and sometimes out of familiarity tended to throw words at each other, which turned to psychological/verbal abuse. This, they confirmed during interviewing, battered their self-esteem and spirit along their bodies.

5.1.3 Major Factors Associated with Spousal Violence

The third objective of this study sought to determine if there any major factors associated with spousal violence. Results showed that some factors contribute significantly to spousal violence. Alcohol and drug abuse, family background, as well as having many children turned out to be the major causes contributing to 78.9% 77.4%, and 70.3% respectively. Other factors had very low percentages, like lack of employment 21% and having girls only 13.1%, with the rest having negative percentages, thus implying very low association with spousal violence. While abuse of alcohol and other drugs may temporarily reduce stress and frustration, abuse of these drugs drains resources, increases frustration and anger which may end up in violence. One's family background is supported by cycle of violence theory; that violence is intergenerational and it not only repeats itself in an abusive relationship but also repeats itself by emerging later in the relationships of people who

experienced and witnessed violence in the home as they grew up. Children who grow up in alcoholic and abusive families are more likely to grow up and to abuse alcohol and to abuse their spouses. While having many children and especially in the African setting could be portrayed as a blessing it could be a factor, especially when it comes to the financial burden of up-keep and educating them.

On quality of marriage versus various marital durations assessed on a Likert scale showed that quality of marriages deteriorates with the duration of marriage. The results indicated that quality of marriage is of good quality at 1-6 years marital duration, deteriorates from marital duration 14-28 years. This can be associated with more stressful events of midlife crisis that create tension, stress and frustration. During this period, family demands are high, spouses experience a pile up of stressful events and challenges ranging from large families with many mouths to feed, clothe, educate and to take care of. These challenges are greater for families with no employment and low incomes and whose spouses are approaching menopause; for which many couples use violence as a way of releasing tension. Thereafter, many families settle or children leave and there is harmony in most families.

Asked to rate the frequency of each type of violence during the past one year preceding the study, the results showed that emotional/psychological violence was the highest 26.9% followed by economic violence 22.4%, while physical violence was the lowest experienced overall. Those in the marital duration 7-13 had the lowest forms of violence of all types and sexual violence was highest in the marital duration 1-6 years and lowest on greater than 28 years in marriage

5.1.4 Various Coping Mechanisms Used by Couples Experiencing Domestic Violence

The fourth objective was to determine the various coping mechanisms that can be used to assist couples and families experiencing domestic violence across time. The five given options, which were places where respondents could seek help were, my church pastor, the police, relatives, friends and the community and an additional “I do not know” to cater for those who might have failed to seek help for not knowing where to seek it. It turned out that church pastors were the major sources of help, accounting for 78%, while friends 61% and relatives 57% were also alternative sources of help. Many of those who sought help from church pastors were those married between 7-13 years (19%), through to 28 years. Only 22% and 19% of the total cases across all marital durations sought help from the police and community respectively. Most respondents feared police for causing more harm and insecurity by inviting the perpetrators and sometimes believing them, making the victim more insecure at home. When dispute arise early in marriage, couples run back to pastors whom they still have confidence in and may fear to seek help elsewhere as they are still familiarizing themselves with the marriage roles and expectations. As they grow older in marriage they turn to their best friends and when such conflicts become more complex they involve relatives who include senior members of the family and it is only during longer marital durations that they involve the community, which could be in law courts, and only very few 3% as was found, reach here. Other suggested interventions were pre-marital counseling 43%, guidance and counselling by elderly ladies 29% and establishing proper communication skills 27%, 21% suggested financial empowerment, 17% support/ psycho-education groups, with 14% suggesting embracing of spiritual values like forgiveness. Only 12% recommended severe

punishment of perpetrators as a deterrent measure among other interventions. This shows that spouses use both modern and traditional methods of resolving conflicts in marriages. There is, therefore, need to strengthen communication skills, the use of counsellors and faith to reduce and manage stress, frustration, anger and conflicts in marriages. In addition, the use of relatives, other family and community members may be important in resolving and managing conflicts among spouses, especially in the mid and later years of their marriages.

5.2 Theoretical Implications

The theoretical framework used in this study is well linked to the issues which, by their commission or omission result into spousal violence. Karney and Bradbury's Vulnerability-Stress Adaptation model (1995) explains changes in marital quality such as lack of respect, proper communication skills, transparency and so on, which have been suggested by respondents to be among the factors leading to spousal violence. Financial stress in marriages across time and across couples predicts marital dissatisfaction and instability. The greater the financial stress the shorter the marriages over time. These variables, which are enduring vulnerabilities, imply that strengths or weaknesses that spouses bring into their marriages determine whether marriages will survive or fail. They include spousal beliefs, personality, attitudes, family and social backgrounds. Indeed, stronger beliefs, personality, attitudes and family background strengthens marriages and vice versa.

In addition, the theory supports this study in that it postulates that stressful events in one's life increases spousal violence; and especially if stress and tension are not supported by proper coping mechanisms. This study found that the highest level of violence occurs in the marital duration 14-21 years, and it was confirmed that this is

the period many children are in tertiary institutions and others going through adolescent stages or even leaving their homes to be independent young adults, bringing stress and financial burden to couples and impinging on their relationships among many other family issues. Greater stress and tension increase violence in marriage.

The theory clearly emphasizes correct adaptive processes in addressing conflicts including adoption of proper communication skills, spouses supporting one another and being positive towards one another. This theoretical framework thus emphasizes integration of these variables with proper coping mechanisms to avoid conflicts which lead to spousal violence; it, therefore, supports the basic assumptions of this study and is helpful in understanding factors associated with conflicts in marriages across time and across couples.

5.3 Conclusions

The following are the researcher's conclusions from this study, derived from the major findings and based on the specific objectives.

- i. That marital duration influences levels of spousal violence among married couples in Eldoret Municipality, Uasin Gishu County, and that the spousal violence increases with the duration of marriage. Indeed, 99.3% of the respondents reported to have had experienced abuse from their spouses within at least a period of one year preceding this study. In fact, the highest level of spousal violence was reported by spouses who had been married between 14 - 21 - 28 years than those who had married for over 28 years. This implies that the more one stayed in an abusive marriage, the greater the spousal stress, frustration, anger and violence.

- ii. The study revealed that there is a significant relationship between marital duration and types of spousal violence; that physical, sexual, psychological and social types of violence increased with marital duration while economic violence had reduced slightly due to the respondents' reduced dependency on their partners. This means with economic empowerment on women, violence can be reduced. It was also realized that, psychological violence is always there and was the highest and although it leaves no visible scars, it has worse effects on the spiritual and mental well-being of the victim, which may never heal thus destroying the marriage forever.
- iii. Alcohol and drug abuse, family background and having many children were the major factors associated with spousal violence according to this study. This implies wrong coping mechanisms were being used; more than not behavior tends to repeat itself and can be learnt from one's family of origin, as is in this study. Although having many children in the African setting is seen as a blessing, if the number is too large to manage, this is bound to increase financial constraints, stress, anger and hence violence. This situation is made worse by couples searching for a certain gender, coupled with blame, which in turn lead to violence. There is, therefore, need for pre-marital counseling to help couples plan in advance and adopt methods of family planning appropriate to them.

It was clear that the qualities of marriages across time deteriorated with marital duration. This is an indication that in the earlier years of marriage issues and family demands are relatively fewer and less severe. However, towards long marital durations, and especially during 14-21 years marital duration, when most have their children in tertiary institutions, dealing with

adolescents, etc, most spouses tend to have higher pile-up of stressful events and circumstances, which increases frustration and anger that leads to violence; with proper planning and communication skills, this can be reduced.

- iv. In dealing with family disharmonies, according to this study, church pastors are the best options for newlyweds. This means at the early stages they still trust their pastors and may not want to expose their problems to relatives and friends, who later are the other alternatives. Other coping mechanisms were pre-marital counselling, guidance and counselling by both professional and elderly ladies and establishing proper communication skills; this implied that both traditional and modern methods of solving conflicts were being used by the respondents and there is, therefore, need of government support to helpers within the communities. Police are the least preferred and therefore, there is need to guide them on how to handle violence as most respondents alluded that they sometimes make the situation worse by inviting the perpetrators.

The study revealed that those who had been married for 28 years and above had learnt how to manage and cope with stressful situations and circumstances, they are more likely to communicate and relate better, know who is more helpful, supportive and when and how to act; solve and manage problems in marriage thus only a small percentage had marital conflicts.

5.4 Recommendations

The study makes the following recommendations

A. To the Government and Policy Makers

(i) Creation of Awareness and Education

There is need for the government to create awareness that violence is on the increase and exists in different forms, it is cyclic and intergenerational. The main aim is to break the silence, deter the perpetrators and discourage “cangaroo” courts, so as to address the issues from the roots. Furthermore, people should be educated on the signs to watch, how they can reduce violence, for example, by use of proper coping mechanisms; like engaging in proper communication, reporting abuses to authorities, when it is time to leave and where to go. Women should be empowered economically to reduce their dependence on men, and finally emphasis should be put on the importance of having stable and orderly homes for a stable society.

(ii) Establishment of Safe Outlets for Family Conflicts

There is need to establish pre-marital counselling centers where risky couples will be introduced to better coping mechanisms and about challenges in life stages. Creation of more government outlets and empowerment of helpers for gender-based violence, and severely punishing the perpetrators as a deterrent measure, are also recommended. The study revealed that couples approach a variety of people to assist them through their marital conflicts, such as counselors, religious pastors, knowledgeable relatives, friends and neighbors. These helpers should be supported and facilitated by the appropriate organs of the government. To provide such help like identifying risk couples, assisting

and counseling them so as to open up on issues associated with stress, tension, frustration and anger that predisposes them to violence are critical. Those who open up are more likely to be assisted to learn the skills and knowledge to reduce and manage these stressful situations and circumstances.

Places like shelter for battered women, men or even children or families for emergency cases like exists in other countries, to add to the few existing ones, should be considered. In such places, free counseling, free legal services and assertive training should be offered to the affected families within the shelters. Furthermore, handling of abuse cases by police needs to be addressed.

(iii) Modeling Behavior by Parents

There is need for parents to model appropriate behavior for their children, as it came out clearly that family background is a major factor that influences spousal violence. As parents indulge in alcohol and drug abuse and batter one another, children are watching and more than not, emulate them at later years, hence a generation such as the one we have now, full of violence; which destroys families and hence the entire nation.

5.5 Contribution to the Body of Knowledge

This study has made great contribution to the existing literature by pointing out the relationship that exists between marital duration and spousal violence. The study observed the various forms of violence that occur during specific marital durations and suggests several coping mechanisms that can be used by families facing violence today. It has also outlined the major causes of spousal violence, and as the study was evidence based, the evidence is part of the knowledge which would guide further research.

5.6 Suggested Areas for Further Research

As no single research can address every issue within a given topic of study, and as every study is limited by scope, this study was not an exemption from this reality. It is therefore, recommended that a similar study on men be done, the current trend of dating relationships turning to battering one another is an area of study. Further, there is need to do study on the family to include children, who are also affected, so that the whole family can be healed hence a productive and healthy nation will be realized.

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APPENDICES**Appendix I: Informed Consent Form**

Date.....

I willingly agree to participate in a research conducted by Priscillah Ngina Mutiso of Moi University. The research seeks to determine the influence of marital duration on spousal violence. I acknowledge that the task involved has been explained to me and I can withdraw my participation any time without penalty. I have also been guaranteed anonymity and confidentiality of the information I will share.

Signature of the Respondent.....

Signature of the Researcher

Appendix II: Questionnaire for Married Women

(Please do not write your name)

Dear Participant,

I am a Masters student in the School of Arts and Social Sciences, Department of Sociology and Psychology at Moi University, Eldoret. I am carrying out a study on “Influence of Marital Duration on Spousal Violence in Eldoret Town, Uasin Gishu County. I kindly request for your participation by providing information based on your experiences on this subject. The information you will give will be confidential and purposely for this study. I will appreciate your participation by answering the following questions:

Thank you

Yours sincerely

Mutiso, Priscillah Ngina

SS/MCP/09/2013

Section A: Social – Demographic Information

✓ *Tick, answer ‘yes’ or ‘no’ or fill in the blanks as appropriate in the provided places.*

1. Sex: Male 1 Female 2

2. In which age bracket do you and your partner fall?

	Self	Partner
1. 15- 24	1 <input type="checkbox"/>	1 <input type="checkbox"/>
2. 25- 34	2 <input type="checkbox"/>	2 <input type="checkbox"/>
3. 35- 44	3 <input type="checkbox"/>	3 <input type="checkbox"/>
4. 45- 54	4 <input type="checkbox"/>	4 <input type="checkbox"/>
5. 55- 60	5 <input type="checkbox"/>	5 <input type="checkbox"/>

3. What is your marital status?

- | | | |
|--------------|---|----------------------|
| 1. Married | 1 | <input type="text"/> |
| 2. Divorced | 2 | <input type="text"/> |
| 3. Separated | 3 | <input type="text"/> |
| 4. Widowed | 4 | <input type="text"/> |

4. If you are married or have ever been married, how long have you been married?

- | | | |
|----------|---|----------------------|
| 1. 1- 6 | 1 | <input type="text"/> |
| 2. 7-13 | 2 | <input type="text"/> |
| 3. 14-21 | 3 | <input type="text"/> |
| 4. 22-28 | 4 | <input type="text"/> |
| 5. >28 | 5 | <input type="text"/> |

5. What is the level of your education and that of your spouse?

- | | Self | Spouse |
|------------------|------------------------|------------------------|
| 1. No education | 1 <input type="text"/> | 1 <input type="text"/> |
| 2. Primary level | 2 <input type="text"/> | 2 <input type="text"/> |
| 3. High School | 3 <input type="text"/> | 3 <input type="text"/> |
| 4. Tertiary | 4 <input type="text"/> | 4 <input type="text"/> |
| 5. University | 5 <input type="text"/> | 5 <input type="text"/> |

Section B: Influence of Marital Duration on Levels of Spousal Violence in Eldoret Town

6. Please indicate, by using the scale below, how you would rate the levels of violence in your marriage across time, against the specified items and within the indicated marital durations.

No.	Duration of Marriage in Years	1	2	3	4	5
		None	Low	Average	High	Very High
1	Between 1-6 years of marriage					
2	Between 7-13 years of marriage					
3	Between 14-21 years of marriage					
4	Between 22-28 years of marriage					
5	After 28 years of marriage					

Section C: Influence of Marital Duration on Types of Spousal Violence in Eldoret Town

(i) Physical Violence

7. Below are statements that indicate the presence of physical violence. Please indicate the extent to which you agree with the statements in regard to the violation(s) committed according to your specific marital duration as specified in section A (4) above.

No	Statement	1	2	3	4
		Never	Less often	Often	Very often
1	Slapped				
2	My arm(s) were twisted				
3	My possessions were damaged				
4	I was attacked with a weapon(s)				
5	Kicked, dragged				
6	Chocked or burnt				

8. Indicate any other action(s) you presumed to be a physical violence (if any)

(ii) Sexual Violence

9. Below are statements that indicate the presence of sexual violence. Please indicate by ticking the numbers to the right which best indicate the violation committed during the specific marital duration as in section A (4) above.

No	Statement	1	2	3	4
		Never	Less often	Often	Very often
1	Forced to have sex when I did not want				
2	Unwanted sexual comments, or advances				
3	Forced to comply with anal sex				
4	Forced to watch pornography				
5	Forced to have genital mutilation				
6	Comply with his sexual demands as I am threatened or afraid of the dire consequences if I refuse; such as: Divorce				
7	He will find someone else or even visit a prostitute				
8	Threatened with harm to myself or children				
9	Told spiritually the bible says my body is not mine, so I have no right to say no				
10	My feelings do not matter, for example: He grabs me inappropriately and even though I resist, he does it anyway				
11	Wants sex 3 days a week, 7 days a week, I am worn out, but this does not matter to him				

10. Indicate any other action you presumed to be sexual violence (if any)

(iii) Emotional/Psychological Violence

11. Below are statements that indicate the presence of emotional/psychological violence. Please indicate by ticking the numbers to the right which best indicate the type of violation committed during your specified marital duration.

No	Statement	1	2	3	4
		Never	Less often	Often	Very Often
1	Said or did something to humiliate in front of others				
2	Insulted you to make you feel bad about yourself				
3	Threatened to hurt or harm you or someone close to you				
4	Called you names				
5	Yelling at you to embarrass, harass				
6	Criticizing or diminishing your decisions				
7	Showed excessive possessiveness				
8	Isolation from family and/or friends				
9	Excessive checking-up to make sure you are at home				
10	Forcing you to stay after a fight, etc.				

12. Other? Please indicate

(iv) Social Violence

13. Below are statements that indicate the presence of social violence. Please indicate by ticking the numbers to the right which best indicate the type of violation committed during the specified marital durations.

No.	Statement	1	2	3	4
		Never	Less often	Often	Very often
1.	Not free to express ideas in front of my husband				
2.	I am not respected by my partner				
3.	Not allowed by my husband to choose what I want to do with my free time				
4.	My husband does not allow me to interact freely				
5.	I cannot access services without restrictions				
6.	I am not able to leave and come to my home at will				
7.	I am not in control of my privacy				

14. Any other? Please discuss/indicate

(v) Economic/Financial Abuse

15. Below are statements that indicate the presence of economical/financial abuse. Please indicate by ticking yes or no against the statements you agree or disagree with regarding the type of violation committed during your particular marital duration as specified in A (4) above.

No.	Statement/question	Yes	No
1.	Does your partner deny/withhold or limit you access to money?		
2.	Does your partner make you account for every cent?		
3.	Does your partner take and use your money without your permission?		
4.	Does your partner force you to sign so that he can withdraw money?		
5.	Does your partner force you to sell things, change your will?		
6.	Does your husband withhold access to e.g food, clothes, medication, shelter?		
7.	Does your partner prevent you from working or choosing an occupation?		
8.	Does your partner accuse you for not contributing to the family budget and payment of bills – e.g. electricity, fees, water, etc?		

16. Any other form of economic/financial abuse? Please indicate:

After going through section C (i-v), do you think you have experienced any abuse in your marriage from your partner?

- i) Yes
- ii) No

Section D: Causes/Factors Contributing to Spousal Violence

17. Below are some factors that are assumed most likely to contribute to spousal violence. Indicate by ticking on the numbers on the right against the items you think might have contributed to the violence you have experienced.

No.	Factor	1	2
		Yes	No
1.	Having many children		
2.	Having only girls		
3.	Having no children		
4.	Being more educated than my partner		
5.	Earning more than my partner		
6.	Lack of employment leading to poverty		
7.	Alcohol and drug abuse		
8.	Family background – coming from a family where abuse took place		
9.	Religious affiliations		

18. List other reasons that you think may have contributed to violence in your home

1. -----
2. -----
3. -----
4. -----

20. How do you rate the quality of your marriage in the first: -

	Marital Duration in Years	1	2	3	4
		Excellent	Good	Fair	Poor
1	Between 1 and 6 years of marriage				
2	Between 7 and 13 years of marriage				
3	Between 14 and 21 years of marriage				
4	Between 22 and 28 years of marriage				
5	After 28 years of marriage				

21. In your own estimation, and using the table below, indicate roughly how many times in the past one year you have experienced violence as per each type.

	Type of Violence	Number of Times in the Past One Year					
		1	2	3	4	5	Total
		None	1-2 times	3-4 times	5-6 times	>7 times	
1	Physical						
2	Sexual						
3	Emotional/Psychological						
4	Social						
5	Economical/Financial						

Section E: Various Coping Mechanisms to Assist Couples & Families Experiencing Domestic Violence across Time

22. Below are some areas where spouses are thought likely to seek help when they are in marital disharmony. Please indicate by ticking the number(s) against the places that according to your experience, are appropriate and useful in reducing the abuse for couples and families experiencing domestic violence.


No	Appropriate Place for Help	<i>Tick as appropriate</i>
1	My church pastor	1
2	The police	2
3	From relatives	3
4	From friends	4
5	From the community	5
6	I do not know where to seek help	6

23. Make suggestions on how violence in the family can be reduced.

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----
7. -----
8. -----

Appendix III: Research Permit Letters

i) NACOSTI Research Authorization


**NATIONAL COMMISSION FOR SCIENCE,
TECHNOLOGY AND INNOVATION**

Telephone: +254-20-2213471,
 2241349,33100571,2219420
 Fax: +254-20-318245,318249
 Email: sp@nacosti.go.ke
 Website: www.nacosti.go.ke
 when replying please quote

9th Floor, Uasin House
 Uasin Highway
 P.O. Box 30623-00100
 NAIROBI, KENYA

Ref. No. **NACOSTI/P/16/87101/15051**

Date
8th December, 2016


Priscillah Ngina Mutiso
Moi University
P.O. Box 3900-30100
ELDORET.

RE: RESEARCH AUTHORIZATION

Following your application for authority to carry out research on *“Influence of marital duration on spousal violence in Eldoret Town, Uasin Gishu County, Kenya,”* I am pleased to inform you that you have been authorized to undertake research in **Uasin-Gishu County** for the period ending **7th December, 2017.**

You are advised to report to the **County Commissioner and the County Director of Education, Uasin-Gishu County** before embarking on the research project.


On completion of the research, you are expected to submit **two hard copies and one soft copy in pdf** of the research report/thesis to our office.


BONIFACE WANYAMA
FOR: DIRECTOR-GENERAL/CEO

Copy to:

The County Commissioner
 Uasin-Gishu County.

The County Director of Education
 Uasin-Gishu County.


COUNTY COMMISSIONER
UASIN GISHU COUNTY

COUNTY COMMISSIONER
UASIN GISHU COUNTY

5/11/17

National Commission for Science, Technology and Innovation is ISO 9001:2008 Certified

ii) NACOSTI Certificate

THIS IS TO CERTIFY THAT:
MS. PRISCILLA NGINA MUTISO
of MOI UNIVERSITY , 0-30100 Eldoret
,has been permitted to conduct
research in Uasin-Gishu County

Permit No : NACOSTI/P/16/87101/15051
Date Of Issue : 8th December,2016
Fee Received :Ksh 1000

on the topic: INFLUENCE OF MARITAL
DURATION ON SPOUSAL VIOLENCE IN
ELDORET TOWN, UASIN GISHU COUNTY,
KENYA


for the period ending:
7th December,2017



[Handwritten Signature]
Applicant's
Signature

[Handwritten Signature]
Director General
National Commission for Science,
Technology & Innovation

Appendix IV: County Director's Authorization


REPUBLIC OF KENYA
MINISTRY OF EDUCATION
 (State Department for Basic Education)

Telegrams: "EDUCATION", Eldoret
 Telephone: 053-2063342 or 2031421/2
 Mobile: 0719 12 72 12/0732 260 280
 Email: cdeuasisingishucounty@yahoo.com
 : cdeuasisingishucounty@gmail.com
 When replying please quote:

Office of The County Director of Education,
 Uasin Gishu County,
 P.O. Box 9843-30100,
ELDORET.

Ref: No. MOE/UGC/TRN/9/VOL2/280 Date: 5th January, 2017


Priscillah Ngina Mutiso
 Moi University
 P.O Box 3900-30100
ELDORET

RE: RESEARCH AUTHORIZATION


This office has received your letter requesting for an authority to allow you carry out a research on "Influence of marital duration on spousal violence in Eldoret Town" within Uasin Gishu County.

We wish to inform you that the request has been granted for a period ending 7th December, 2017, the authorities concerned are therefore requested to give you maximum support.

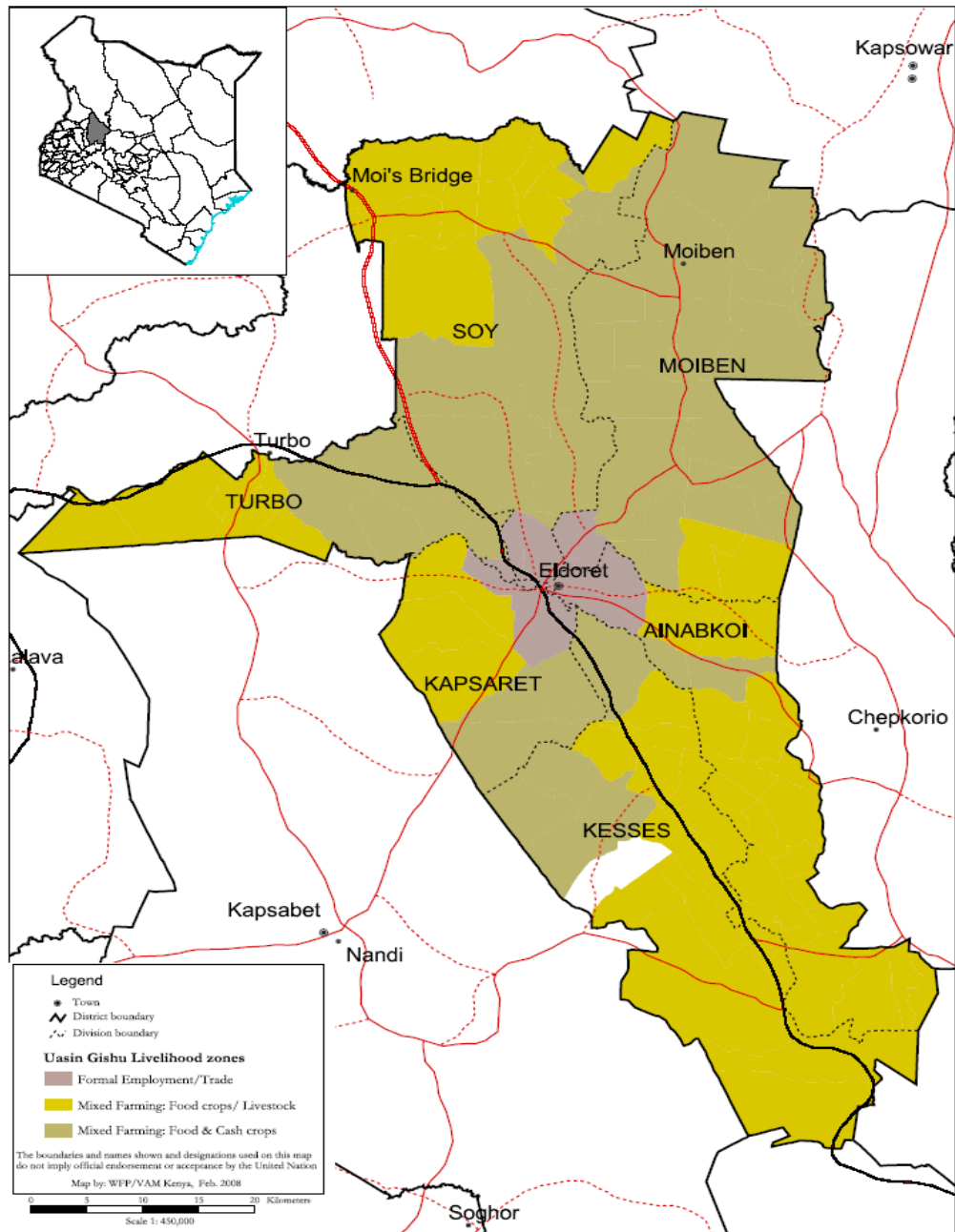
We take this opportunity to wish you well during this research.


 Rep Kiplangat
 For: COUNTY DIRECTOR OF EDUCATION
UASIN GISHU

RK/sc



Appendix V: Map of Study Area



Source: (Uasin Gishu County Integrated Development Plan 2013 – 2018)