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Major Factors That Cause Marital Conflict With Reference To Jimma Town, Ginjo
Kebele

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RESEARCH PAPER SUBMITTED TO DEPARTMENT OF PSYCHOLOGY IN PARTIAL FULFILLMENT FOR THE
REQUIREMENT FOR BACHELOR OF ART IN PSYCHOLOGY MAY, 2010 JIMMA, ETHIOPIA

ACKNOWLEDGEMENT

Above all I would like to praise Almighty God for his favor to me in completing this study and his endless help through out my life my sincere gratitude and thanks also goes to my Advisor Ato Fisum Bethanu for his unreserved advices which helped me to finish the study success fully. Finally, my sincere thanks goes to w/ro Genet T/Hymanot for her untried work and support in writing and printing this research paper.

Abstract

Marriage tends to regulate sexual behavior to help maintain the family live .According to Olson and Defrain 2000; married marriage promises regular companionship sexual gratification a loving and enduring involvement ,and parenting options ,all with in the security of legitimized social institution .And on the whole ,married people are generally happier and healthier, both physically and psychologically than unmarried. The main objective of the study was to investigate the major cause of marital conflict. The findings of the study were most couples are not happy in their marital relationship, not satisfied in their relationship and are un willing to continue their relationship. The couples had successfully managed the challenge of psychological tasks that create the foundation and frame work of a happy marriage marriage is the most important, challenging and rewarding relationship we ever undertake.

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1 INTRODUCTION 1.1. Background of the study Marriage is an institution found in virtually every society. It has traditionally served study function both personal and social. It typically provides societies with stable family units that sensual the primary conveyers of social norms. Most children require knowledge

about their societies rules and more through the teaching of their married parents or kinship group. Marriage also structural an economic partnership that integrates child rearing performance of holding flasks and earning in to one family unit (Olson and Detrain, 2000: P 8 crook and Baur, 2002: P 400). Marriage tends to regulate sexual behavior to help maintain the family live . many also hope that it will reason most primary source emotional and social support, the main reason most people marry. According to Here with cited by Olson and Defrain 2000. 518 married marriage promises regular companionship, sexual gratification allowing promises regular companionship, sexual grattification a loving and enduring involvement, and parenting options, all with in the security of legitimized social institution. Marriage is full of paradoxes. It is much easier to enter than it is live. It is also a risky venture, with roughly a 50% chance of divorce yet most people want to get married assuming their marriage will least a life time . But very few couples prepare themselves in any meaning way for marriage. Should it be surprise, then that millions of un happy people and up pulling their marriage. (Olson and Defrain: 2002 P:62). Next to parenthood, marriages is the most important, challenging and rewarding relationship we ever under take . But what happens in this most private of all relationship can have powerful effect on others and 2 society as a whole. Guttman and sever (2000) found that both men and women say that the quality of the friendship with their spouse is the most important factors in marital satisfaction. But most of time this friend ship is distributed by many psychological and environmental factors. Before marriage the engaged couple tend to agree on all or most of the aspects of their life and get along very well with time, the living together will reveal the differences in opinions, in ways of doing things and in looking at problems. This may bring disagreements and even heated arguments culminating in quarrel (kiura, 1987:48). Every marriage has its bums, and they can pop up at any time. What is important that you learn to navigate them smoothly before they send your relationship in to a ditch (readers digest, 2007: 97) proper handling of disagreements (conflicts) will deepen then love or relationship No matter how far along the marriage high way you have gone , there are some simple, fundamental rules of the road. Putting them in to practice is not always easy, but it is critical (Reader’s digest, 2007). If you do play by the rules, you will make your marriage stronger, and the good stuff – fun, sex trust, affection will be better than ever. Thus, the concern of this study was to investigate the major causes of marital disagreements (conflicts) and to suggest possible solution to handle them properly. 3 1.2 STATEMENT OF THE PROBLEM During the daily normal living, the spouses are likely to behave naturally and reveal themselves gradually, unlike the court ship and honey moon period when they are always at their best. Many aspects of the individual spouse personality show up clearly and unconsciously. It is than that the spouse start to notice some unpleasant or even annoying aspect in each other (kiura, 1987 P,47). There are many divorced couples in Jimma town many couples living together are also most of time in disagreement. One can easily observe that one or two couples conflicting, insulting each other. It is really to listen voices of spouses to get help every day. There are events outside and between married couples affecting their relationship. Identifying these events is the main concern of the study. Hence the study addressed the following leading questions • Are many married couples happy in their marriage? • What are the major factors that cause conflict in marriage or marital relationship? • Do each couples tend to be volative or conflict avoidant in relationship? 1.3. Objectives • The study have the following general and specific objectives • 1.3.1. General objectives • The main objective of the study was to investigate the major cause of marital conflict. 1.3.2. Specific

objectives • To find out the main cause of marital conflict • To identify how many couples are happy in the in marital relationship. • To assess the roles couple play . 4 1.4. SIGNIFICANCE The finding of have some practical utility for the following bodies: ∞ It help the married couples to know the cause of conflict in their marriage ∞ It develops marital problem solving skill among couples ∞ It creates awareness among an un married couples about the difficulties and the way to solve them. ∞ It gives some information for family help organizations, marital counselors and NGOs working on the area. ∞ It can serve as a source of data for future researcher intervention programs. 1.5. Delimitation The study was focused on factors that cause marital conflicts.It mainly focused on sexual problems, communication problems and happiness of marriage. The other one is the study was conducted only in Jimma town and the number of study population size is very small. Limitation The researcher encountered the following limitation The data was not analyzed by using other , methods. The limitation of instrument to questionnaire and interview. The respondents are not volunteer to response the questions. Unavailability of the previously made studies in the specific area. 5 1.6. OPERATIONAL DEFINITION 1 Marriage; An emotional and legal commitment between two people to share emotional and physical intimacy, various tasks and economic resources 2. Conflict:- Disagreement between the marries couples 3. Sex; - either of the two reproductive categories male or females 4. Marital status fact of some body's being unmarried and marries. 5. Couple: two people who are seen together especially if they are married or in aromatic or sexual relationship 6. Age; The length of time that some body or some ting has excited usually expressed in years. 6 CHAPTER TWO REVIEW OF LITERATURE 2.1. Good marriage Guttman and silver, (2000, p:225) found that the quality of friendship with their spouses is the most important factor in marital satisfaction. Their work reinforced that finding of an earlier study of satisfying and long lasting marriage. To put some work as an example wallersteind Blatsle cited in crooks and Bour (20002, p:406)found that happiness in marriage occurred when couple liked and respected one another. Respect was based on the integhty of partners honest, compassion, decency, fairness and loyalty to the family. According to crooks and Baur, (2002, P:407) happy couples found pleasure comfort in each other company and treated their marriage as needing continued attention. They understood that a good marriage is a process of ongoing change, dealing with each individuals need and wishes pertaining to work, sex, parenting, friends of health as they evolve during the life cycle. They believed that their marriages enhanced them as individuals and that the fit between their own needs and their partners responce was unique and irreplaceable. They felt lucky to be with their spouse and did not take each other for granted. These couples had successfully managed the challenges of the psychological took that create the foundation and frame work of a happy marriage. The researchers identified each of these tasks (Crooks Baur, 2002, P:407) • Committing to the relationship and detaching emotionally) from the families of the childhood while building now connection with the extended families. • Building intimacy and unify while maintaining room for autonomy. 7 Expanding the relationship to include children balancing, parenthood while nurturing the couple relationship. Managing the unpredictable adversities of life illness, death; natural disasters in ways that enhanced the relationship. Finding ways to resolve differences, anger and confrict with out expliting each other or giving a way one's own interst. Establishing an imaginative and pleasurable sex life. Wallerstein and Blakslee cited crooks and Baur (2002, p:407) stated that individuals in happy marriage demonstrated a capacity to be sensitive to their partners inner state of mind and a willingness to reshape the marriage in

response to new circumstance. Over the course of the marriage, they changed and developed personally and had a sense that they had experienced many different “Marriages” with in the evolution of their marriage. These happy couples exemplify how “neither the legal nor the religious ceremony makes the marriage. 2.2. Challenges of marriage There are many elements in our social env’t today that pose difficult challenges for married couples. A man of women expect certain things of each other even before they many. After marriage, some husband and wives can not satisfy their partners expectation. According to Olson and Defrain (2000, p;8) a couple may argue about almost any thing, such as how to spend their money or how to treat their children. If they do not work out their differences, they may find it difficult to be friends, romantic partners or good parents. 8 The most common challenges causing marital conflicts are stress, change and materialism. Lack of time for one self and significant other instability of couple and family reaction, sexual problems and lack of good communication 2.2.1. Stress, change and materialism Stress is directly related to change the greater the change, the higher the level of stress. There are so many next development that add stress to our lives (Olson and Defrain(, 200, p:27(. As society, we also have greater appetite for material possession s for stuff.Comibined, technology and materialism increase our level of stress in all area of life. We feel pressured to do more and run faster while w’re doing it. The first causality in Olson and Defrain, 200, p:27 and 28) 2.2.2. Lack of time for oneself and significant others According to family researchers, one of the most difficult qualities to develop in many families is the ability to spend enjoyable time together. Not only do we find out side the home, but once we return home, we need time to unwind from a hectic day before reconnecting with others. (Stinnet, Stinnet, Defrain, 1997: 425). 2.2.3. Instability of couple and family relationship Our fast moving and competitive social environment is directly responsible for the high rate of marital dissolution and the increase in single parent families and step families. Although personality conflict and troubles with is mange clearly contribute to martal breakdown, societal factors and values also influence our intimate behavior (Olson and Defan, 200, p:28). According to Hurlock (1980, p: 324) and Cherlin (2002, p: 426-29). The following condition are affecting stability of marriage. 9 1. Number of children:- There are more divorces among childless couples and those with few children than among couples with big families, mainly because the former can mange better after divorce than the later. 2. Similarity of Background:- Divorce is much more common among couple’ who have different cultural, racial, religious or socioeconomic backgrounds than among those whole background are more similar. This especially true of couple with different religious background. 3. Social class:- desertion is more common among the lower social classes, and divorce among the upper middle and upper classes. 4. Time of marriage: - The divorce rate is very high among couples who marry early before they are vocationally and economically established. 5. Reason for marriage:- Those who are forced to marry because of pregnancy have a higher than average divorces. 6. Economic status:- The lower economic status of the family and the higher the rate of desertion and divorce. This true of couples of all ages. 2.2.4. Sexual problems 2.2.4.1. Lack of sexual satisfaction in marriage A lack of sexual activity is the most frequent problem that brings people to seek sex therapy. Although some data indicated greater sexual satisfaction for married people than single, a number of factors may interfere with marital sexual enjoyment. When people marry, their relationship often changes. They suddenly find themselves confronted with a new set of role expectation. Lack of pleasure during sex and instability to achieve orgasm were reported by women about three times more often than men. 10 2.2.4.5. Lack of communication Communication is fundamental to continuing a health sexual relationship. Counselors

who work with couples find that flows in communication are one of the most common roots of sexual problems. There are many things that must be communicated between couples thought ideas feeling, values, opinions, needs and desires (Kiura, 1987, p:46).

11 3. RESEARCH METHODOLOGY

3.1. Research study area

The study was conducted in Jimma town, Ginjo kebele which is found south west of the capital city of Ethiopia and it for from Addis Ababa 346km, and it far from Jimma university 1 km in North direction.

3.2. Research design

Cross-sectional type of research design was employed for this study .Because other type of research designs are needed to much time as well as resource and materials .So the researcher was conducted to determine the major factors that cause marital conflict by cross-sectional method.

3.3. Participants

The participants of the study were married couples and divorced in Jimma town in Ginjo kebele. Half of the participants are males and half are females. There are sixty participants at all. Twenty of them are objective of the study were investigated marital conflicts, may (i.e forty) couples living together was selected and divorced couples are for additional information.

3.4. Sample size and sampling technique

The sample subject to be include in the study was selected from all male and female who come to the kebele for prosecution and for different problem .The total population number of the kebele is 12578 among this the males are 6340 and the females are 6238. From this the married couple are 4123. The investigator was employed purposive sampling technique to select sixty participant at all. Twenty of them are divorced and forty are living together.

3.5 Instrument

After reviewing related literature questionnaires was prepared and distributed to selected participants. The questionnaire contains close ended and open ended item. Close ended items are prepared as check list form. There values are disagrees strongly agree, can not say, strongly disagree. After preparing the questionnaire, the researcher give them to his advisor to check validity after the advisor checked the validity they will be distributed to the samples. The second instrument was interview volunteer couples living together and divorced was interviewed to gain (9 other) additional valuable data.

3.6. Data collection

In order to collect the necessary data the following procedures were gone through: — For Questionnaire Developing the items. Refining the qualities and validity of the item through inter professional discussion. Administering the questionnaire. Collecting the data. — Interview

- Developing the item
- Setting place and time to conduct the interview
- Conducting the interview
- Recording he necessary information

3.7 Data Analysis

After gather data from the participants of the study through above tools, the following procedures were under taken to analyze and interpret collected data.

- Organizing similar response together .
- Tabulating the data.
- Drawing the raw score.
- Drawing the percentage.
- Making interpretation.

14 4. MAJOR FINDINGS AND INTERPRETATION

4.1. Demographic Data of participants

Table1. Characteristics of married couples living together

Age	Sex	Total	%
20-25	M	6	2
20-25	F	8	20
26-30	M	7	5
26-30	F	12	30
31-35	M	4	6
31-35	F	10	25
36-40	M	3	7
36-40	F	10	25
Total		20	20
Total		40	100

As data presented in table 1, show more respondents (30%) were concentrated in the age range of 20-30 years. 25% o respondent were in the age range of 31-35 and 36-40, while 20% were in the range of 20-25.

Table 2: Characteristics of divorced couples

Age	Sex	Total	%
20-25	M	2	4
20-25	F	6	30
26-30	M	2	6
26-30	F	8	40
31-35	M	3	1
31-35	F	1	4
36-40	M	1	2
36-40	F	10	20
Total		8	12
Total		20	100

As indicated in table 2, most of the surveyed respondents (40%) were between the age range of 26-30 years and only two (10%) were between 36-40 years. Most of the divorced respondents (60%) were female and 40% were males.

4.2. Happiness of couples

Table3. Responses about happiness of couples in their marriage

Item	Alternative	No	%
Are you happy in your marital relationship	Yes	48	80
	No	12	20

As indicated in table3, most respondents (80%) were un happy

in their marriage and search for intimate relationship and experiences through out their lives. Although some of them are able to establish some type of intimate relationship, it is not un common for them to have difficulty either maintaining and or increasing their level of intimacy over time. As direct result, many were unhappy in their marriage and experience marital problems, and from which 50% ends in divorce.

16 4.3. Communication Table 4: Response about their communication

No	Item	Alternatives
Strongly agree	Agree	Can not say
Disagree	Strongly disagree	No %
No %	No %	No %
No %	No %	No %

1. My spouse listen me carefully 5 8.3 10 16.6 - - 20 33.3 25 41.66 2. I accept what may spouse told me 15 25 15 25 - - 25 41.66 5 8.33 3. My spouse accept what I told him 4 6.7 6 10 - - 35 58.33 15 25 4. We communicate with my spouse to resolve conflicts 20 33.3 20 33.3 - - 15 25 5 8.33

Table 4 reveals that most of respondents (74.99%) replied that their spouses did not listen them carefully and 83.334% of the respondent responds that their spouse did not accept what they told to them. Most of respondents [66.668%] communicate with their spouse to solve conflicts but they did not agree as they respond to interview because they did not listen each other carefully. They communicate using some verbs which make them disappointed, angry. They end their communication with out common agreement because each of them wants to decide according to their own view they did not use smooth words to arrive on agreement.

17 4.4. Passing time with spouses Table 5 responses on being together

No	Item	Alternatives
Strongly agree	Agree	Can not say
Disagree	Strongly disagree	No %
No %	No %	No %
No %	No %	No %

1. I feel happy when I was with my spouse 20 33.33 25 41.667 1 1.667 10 16.66 4 6.667 2. I prefer enjoying with my spouse 20 20 33.33 30 50 - - 5 8.334 5 8.334

As shown from table 3, most of respondent [75%] want to pass time with their spouses and be come very happy when they are with their spouses. Most respondents 83.334% prefer enjoying (recreanting) with their spouses. But data obtained through interview revealed that most husbands demands long hours at work and focus investigating less in the home.

18 4.5. Sexual satisfaction Table 6 response about their sexual satisfaction

No	Item	Alternatives
Strongly agree	Agree	Can not say
Disagree	Strongly disagree	No %
No %	No %	No %
No %	No %	No %

1. My sex life in very exciting 7 11.66 12 20 1 1.66 22 36.66 18 30 2. My partner is very sensitive to my sexual to may sexual needs and desire 6 10 12 20 2 3.33 22 36.66 18 30 3. My partner enjoy our sex life 20 33.33 15 25 - - 15 25 10 16.66 4. My partner does not want sex when I do 22 36.66 18 30 - - 12 20 8 13.33

As shown in the above table 6, most respondents (66.667%) were unhappy or not satisfied by their sexual life.(66.667%) of respondent replied that their partners are not sensitive to their sexual desires however, they enjoy the sex life and also most respondents (66.667%) respond that their partner do not want sex when they do.

4.6. Other factors that lead to marital conflict There are many factors that lead to marital conflict. For the open ended questionnaire and interview most respondent 85% replied that they face many challenge together, including disagreements over money, difficulties in communication, questions regarding past relationships with members of other sex, the complexities of bending two family systems together and dealing with in laws, 15% said that the use of Alcohol, lack of time to help household activities, the amount of love 19 given are also factors to cause conflict in their marriage/They also responded that unfaith fullness (infidelity). Doing things secretly. Lack of kind action to each of them as factors.

4.7. Couples who are validating. Volatile or conflict avoidant Table 7: Response about avoiding conflicts

No	Item	Alternative	No %
1	I give focus attention for the conflict between us	Always	35 58.37
2	I try to solve conflicts peacefully	Strongly agree	15 25
3	Do you prevent factors which cause conflict	Yes	20 33.334
4		No	40 66.667

The above table 7 reveals that 58.334% always give attention and tried to solve conflicts peacefully. As they

responded. To interview the main problem is they are not effective. This is because there is no balanced agreement. They try to solve conflict with out good communication. They do their best to solve the conflict with out considering the view and need of their partners. 66.667% responded that they did not prevent or avoid issues factors that lead them to conflict in their relationship. While 33.334% of respondents avoid factors that cause conflict by communicating about them. Keeping themselves from doing what the in spouses do not want, treating their spouse when they become disappointed and etc.

20 4.8. Discussion In the review of literature we have seen that there are factors (like lack of good communication. Lack of sexual satisfaction, economic problems. Lack of enough time to be with one's spouse (partner) that affect marital relationship.

4.8.1. Happiness of couples Good marriage is full of happiness, trust and good games. The study shows that most couples (80%) were unhappy in their marriage. Their unhappiness depends on many factors and by sex therapists. Some of main factors are doted on the above paragraph.

4.8.2. Communication Good communication is essential for maintaining an intimate relationship (Olson, 1992). Some people ar more comfortable talking about their feeling than others especially their feeling about their relationship. However sharing even the most mundane thoughts or feelings can be a difficult experience for some people. Developing a satisfactory pattern of communication is critical to the development of an intimate relation ship. The finding of this research similarly reveal that most couples have difficulty in developing satisfactory pattern of communication.

4.8.3. Sexual satisfaction According Olson and Defrain (2000) sex is an important part of human life, health and happiness. It is crucial ingredient in individual well being. And intimate relationships, especially marriage. Problems in sexual functioning therefore, need to be addressed if people are to have successful relationships. If is a significant source of stress in a marriage. And divorcing people often talk about their failed sexual relationship couples have a good sexual relationship are able to express their affection freely and openly with each other and respect each others needs and desire. According to this study many couples 66.667% have 21 sexual problem. They are unhappy and not satisfied in their sexual relationship.

4.8.4. Passing time with spouses We all have different ways of spending our leisure time, if one partner wants to back pack but the other prefer ballet. There is a potential for conflict in the relationship (Olson and Defrain, 2000). The coupe must work out workable for both. Sharing leisure activate can enhance relationship intimacy, but the potential for conflict in time area is always present. The finds of this study also show that more couples (75%) want to be with their partners but due to rush for economy they are becoming unable.

4.8.5. Other factors that lead to marital conflict Conflict are normal at any marriage. What is important is handling them. Proper handling of them will deepen their love in their maritalship (Kiura, 1987) people have different attitudes about conflict both acknowledging it and resolving it in a relationship. Some partners are more open than others to recognizing and resolving issue others believe that it is better simply not to talk about problems and to hope they will some how disappear. Couples who do well resolve conflict rather than avoid issues. Olson and Defrain also supported the above idea. Finances are a key issue in any relationship, and intimacy is enhanced when a coupe is in close accord on how to earn and spend money (Olson and Defrain, 2002). Some people tend to be spenders; others are savers. Most are some where in between. Differences of philosophy about spending money can cause considerable conflict. Issues regarding weather to have separate or joint bank accounts or saving mechanisms 22 are important to resolve. The finding of this research similarly shows that coupes are also experiencing this issue. Couples must decide weather to have children and. If so, how many. They need to determine how they want to raise their children.

Individuals have different views on the impact of children on the marriage relationship. They also differ greatly on how they prioritize children, marriage and career (Olson and Defrain, 2000). Discipline technique vary widely, and the values and goals to be imparted to children can be a source of disagreement between spouses. Consensus on these issues can be beneficial to the intimacy. This study's finding show that spouse could not reach on agreement to have children, on the number of children on the parenting style

23 CHAPTER FIVE SUMMAR, CONCLUSION, AND RECOMMENDATION 5.1. Summary The main objective of the study was to investigate the major causes of marital conflict. The participants of the study were twenty divorced couples and forty couples living together. The instruments used to collect data were questionnaire and interview. By organizing similar response tabulating the data, it was interpreted by using percentage. The data obtained by interview was interpreted in statement form. The findings of the study were also discussed with review literature. The main findings of the study was most couples are not happy in their marital relationship, not satisfied in their relationship and are unwilling to continue their relationship. The main reason for this are the conflict or disagreement between the couples.

5.2. Conclusion Based upon the above finding the following conclusions can be reached upon: → Many couples were unhappy, and their intimacy and happiness are becoming to decline because many psychological, physical and social factors. → Lack of good communication is one cause of marital conflict. → Most couples have problem in their sexual relationship. It is the leading cause of marital conflict next to communication. → Extra marital sex is one factor which show the seed of conflict between couples. → Need to be came rich and develop economy made couples to lack time to pass with their parents.

24 5.3. Recommendation Based on the major findings and conclusion of the study, the following recommendation are forwarded. → Both partners should increase positive attitude towards marriage. → Married couples should recognize that conflict is normal in any marriage. → They should recognize that if conflict handled properly it deepens their intimacy and love. → They should develop good communication → They should communicate openly about their sexual relationship. → Government should prepare sex education in schools college, and universities. → Sex therapy should be established to help couples with physical and psychological sexual dysfunctions. → Marital counseling service should be established to equip couples with skills to resolve conflict in their relationship. → Unmarried couples should prepare themselves both psychologically and economically before marriage. → They should have to share experiences from married couples and get premarital counseling service.

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