

**THE INFLUENCE OF POOR COMMUNICATION ON DOMESTIC
VIOLENCE AMONG COUPLES OF THE PRESBYTERIAN CHURCH,
UMOJA PARISH, NAIROBI, KENYA**

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Declaration

This thesis is my original work and has not been presented for a degree in any other university or for any other award.

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This thesis has been submitted for examination with my approval as the University supervisor.

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Dedication

I dedicate this thesis to my cherished family. Their unwavering encouragement, love, and support has been a constant source of strength in both my happy and challenging moments. May God bless you.

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Abstract

Domestic violence has been a concern for the government, community, professionals, the church, and marriage and family therapists. Empirical studies have linked poor communication to domestic violence. The study aimed to investigate the influence of poor communication on domestic violence among couples, with a specific focus on Presbyterian Church East Africa (PCEA) Umoja Parish in Nairobi, Kenya. The research examined how aggressive communication influenced domestic violence among couples, established the influence of manipulative communication on domestic violence, evaluated the influence of passive communication on domestic violence among couples, and assessed intervention measures that could mitigate the influence of poor communication on domestic violence among couples. The research was grounded on Gottman's Theory and the Social Exchange Theory, providing a comprehensive framework to understand the dynamics between communication and domestic violence. To achieve a holistic understanding, the study adopted a convergent-parallel mixed-method design. The sample size comprised 212 married couples of PCEA Umoja Parish, selected through a simple random sampling technique. Informed consent was obtained from the respondents prior to data collection. Data was collected using both five-scale Likert questionnaires and in-depth informant interviews. Quantitative data was analysed using correlation and regression techniques while qualitative data was analysed using thematic analysis technique. Aggressive communication was found to have significant correlations with emotional violence ($r=.619, p<.01$), physical violence ($r=.481, p<.01$), and sexual violence ($r=.176, p<.05$), while showing no significant correlation with economic violence. Additionally, aggressive communication predicted physical violence ($\beta=.504, p < .05$), emotional violence ($\beta=.574, p < .05$), sexual violence ($\beta=.237, p<.05$), and economic violence ($\beta=.228, p < .05$). Manipulative communication correlated significantly with physical violence ($r = .310, p < .01$) and emotional violence ($r = .388, p < .01$), but not sexual or economic violence. Passive communication was significantly correlated with physical violence ($r=.340, p<.01$), emotional violence ($r=.647, p<.01$), sexual violence ($r=.321, p<.01$), and economic violence ($r=.289, p<.01$), with regression analyses indicating it significantly predicted all forms of violence. The interaction between poor communication and mitigation measures moderated the effect of poor communication on domestic violence ($\beta = -1.211, p < .01$), highlighting the importance of sustainable intervention measures, while qualitative data underscored the detrimental effects of conflict avoidance and emphasized the importance of addressing issues directly and openly to maintain emotional closeness. Effective communication and conflict resolution skills are essential for preventing and mitigating domestic violence, emphasizing the need for interventions targeting communication dynamics within couples to foster relational well-being and reduce instances of violence. This study has significance for the academia, marriage and family therapists, policymakers, educators, Christian community in Kenya, clergy, church counselors, and Christian leaders.

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List of Abbreviations and Acronyms

APIM	Analysis Process Model
CBT	Cognitive-Behavioral Therapy
FAAR	Family Adjustment and Adaptation Response
KNBS	Kenya National Bureau of Statistics
NACOSTI	National Commission for Science, Technology, and Innovation
PCEA	Presbyterian Church of East Africa
PTSD	Post-Traumatic Stress Disorder
SPSS	Statistical Package for the Social Sciences
USA	United States of America

Operational Definition of Terms

Aggressive communication: Aggressive communication is a style of communication in which individuals express their thoughts, needs, and feelings in a forceful and hostile manner. It involves the use of verbal and non-verbal behaviors that are intended to intimidate, control, or dominate others (Chu et al., 2021). In this study aggressive communication means the extent to which the research participants feel they are intimidated, or controlled.

Domestic violence. This refers to a pattern of abusive behavior within an intimate relationship, typically between spouses or partners (Carlisle et al., 2022). In this study, domestic violence refers to the extent to which the research participants are subjected to physical, emotional, and sexual violence in their marital relationship.

Ineffective communication. This is when couples are unable to exchange information, ideas, or feelings due to ineffective, unclear, or unproductive communication. It involves a breakdown in the process of conveying messages, leading to misunderstandings, misinterpretations, or a lack of proper connection between the parties involved (Choi et al., 2021). In this study, ineffective communication means the extent to which couples fail to communicate in clear and understandable language to their marital partner.

Manipulative communication. Manipulative communication is a form of interaction in which individuals use deceptive or cunning tactics to influence or control others for their personal gain or benefit. The manipulator aims to achieve their goals by exploiting the emotions, vulnerabilities, or trust of the target, often without their knowledge or consent (Kelley et al., 2018). In this study, manipulative communication means the extent to which research participants are feeling communication is used as a tool to manipulate them by their marital partner.

Passive communication. Passive communication is a style of interaction in which individuals tend to avoid expressing their thoughts, needs, or feelings openly. Instead of asserting themselves, passive communicators may hold back their opinions, acquiesce to the demands of others, and avoid conflict or confrontation (Shaari et al., 2019). In this study, passive communication refers to the extent to which research partners are feeling passive communication is being used by their marital partner to suppress them.

Poor communication. This phenomenon arises when there is a disparity between the message conveyed by one individual and the interpretation made by another, resulting in a lack of shared comprehension (Gamil and Rahman, 2023). In the context of this study, poor communication is defined as the incapacity of one spouse to convey information clearly, hindering the ability of the other marital partner to provide a meaningful response.

Chapter 1: Introduction and Background to the Study

Introduction

This introductory chapter provides an overview of poor communication and its implications for domestic violence. The chapter begins with an exploration of the background to the study, providing context and setting the stage for the research. It then proceeds to articulate the statement of the problem, identifying the central issue that the study aimed to address. The purpose of the study is outlined next, along with specific objectives that delineated the intended outcomes or goals. Research questions are posed to guide the inquiry and provide a framework for investigation. Assumptions underlying the study are acknowledged, followed by justification for the research. The significance of the study is then discussed, highlighting its potential contributions to knowledge. The scope of the study is delineated to clarify the boundaries and parameters within which the research was conducted. Finally, the chapter acknowledges limitations of the study.

Background to the Study

The study's overarching goal was to examine the influence of poor communication on domestic violence among couples who congregate at PCEA Umoja Parish in Nairobi, Kenya. There are many forms of poor communication, but this study specifically looked at the influence of aggressive, manipulative, and passive communication on domestic violence. The study also investigated the long-term intervention strategies employed by research respondents to address poor communication among research respondents at PCEA Umoja Parish.

Poor communication is defined by Choi et al. (2021) as the inability of two or more people to properly express ideas or information. Poor communication in cases of domestic violence can be caused by several factors, such as unclear or conflicting signals, language

barriers, contradictory nonverbal cues and body language, lack of listening skills, and cultural differences (Reboul, 2021). It becomes difficult for both the victim and the abuser to express their needs and concerns because of poor communication, which generates tension that frequently result in domestic violence in marriages (Choi et al., 2021). This makes it difficult for both parties to understand the effects of their actions.

Aggressive communication occurs when people communicate with each other in a bullying-like style, ignoring the recipient's demands, or directly criticizing them (Choi et al., 2021). This research concentrated on four aggressive communication constructs: criticism, sarcasm, threats, and blame game. Criticism is a type of negative feedback that focuses on the personality or character of a partner rather than specific actions or deeds (Hammett et al., 2021). This can be especially detrimental in marital communication, weakening the spouse's self-esteem and instilling a sense of worthlessness in the relationship. Sarcasm is a type of aggressive communication in which one says one thing but means another, often with the goal of demeaning or disparaging a marital partner (Rahman et al., 2021). This can be a subtle manner of abusing the spouse, causing hurt and embarrassment.

Through words or actions, threats are used to frighten, control, or harm a marital partner (Choi et al., 2021). Threats of physical assault, mental abuse, or financial pressure are examples of this. Threats can instill dread and confusion in victims, making it difficult for them to seek aid or support. The blame game is a behavior pattern in which the abuser attempts to shift guilt for their acts onto their spouse (Rahman et al., 2021). This can cause the victim to become confused and doubtful, as they may begin to distrust their own views and believe they are to blame for the violence they are experiencing. Aggressive communication can have a significant impact on marital relationships, including feelings of betrayal, shame, and dread.

Manipulative communication is another form of poor communication and is a strategy that convinces the recipient to act in ways they would not usually act (Reboul, 2021). In the context of domestic violence, poor communication structures, such as guilt trips, ultimatums, flattery, and denial of conjugal rights, are frequently utilized. Guilt trips aim to make the victim feel responsible for the abuser's actions, often achieved through emotional blackmail or exaggeration, preying on the victim's insecurities (Karimyan et al., 2022). Ultimatums are warnings that a particular action will be taken if a request or demand is not met (Ryabtseval & Chukhno, 2021). Flattery involves excessive compliments or praise to manipulate or control another person (Ermer et al., 2021). Denial of conjugal rights occurs when a person withholds or denies sexual intimacy from their spouse without valid reason (Reboul, 2021). Manipulative communication can therefore be psychologically damaging to the victim.

According to Sikstrom et al. (2021), passive communication refers to a style of communication where an individual is unable to express their feelings, thoughts, and desires appropriately, which results in a lack of assertiveness in interpersonal relationships. The study focused on four constructs of passive communication, namely conflict avoidance, excessive apology, making excuses, and silent treatment. Conflict avoidance involves individuals avoiding or ignoring issues that may lead to disagreement or conflict with their partner (Shaari et al., 2019). Making excessive apologies is a behavior where the abuser repeatedly apologizes for their actions without making any effort to change or improve their behavior (Shaari, et al. 2019). Silent treatment is a poor communication strategy in which an individual deliberately ignores or avoids communication with their partner without giving any explanation for their behavior (Agarwal & Prakash, 2022). On the other hand, making excuses involves offering justifications for not fulfilling obligations or responsibilities in relationships (Sarak and Sanberk, 2022).

Extant literature suggests that factors such as professional counseling, pastoral counseling, community intervention, and mentoring can contribute to mitigating domestic violence (Chikwanha et al., 2019; Latham & Thompson, 2019; Mwape et al., 2018). These interventions aim to address the underlying poor communication that causes domestic violence and provide support to victims and perpetrators. Professional counseling involves the use of therapeutic techniques to help individuals communicate better and overcome the psychological, emotional, and behavioral aspects of domestic violence (Ngololo & Matlala, 2019). Pastoral counseling is like professional counseling, but it incorporates religious or spiritual beliefs into the therapeutic process. Community interventions involve community-based programs that address the social and cultural communication factors that contribute to domestic violence (Gray & Montgomery, 2019). Mentoring involves the use of a trusted, supportive, and experienced mentor to guide individuals towards positive communication and behavior change.

Domestic violence refers to a pattern of abusive behavior in a marriage where a partner seeks to gain power and control over the other through physical, emotional, psychological, or sexual means (Kivisalu et al., 2022). Domestic violence can have serious and long-lasting effects on victims, including physical injuries, emotional trauma, and in extreme cases, death (Campbell et al., 2022). There are many forms of domestic violence but this study focused on physical violence, emotional violence, sexual violence, and economic violence (Naeem et al., 2022). Physical violence is a type of domestic violence that involves the use of physical force to cause harm or injury to a spouse (Johnson, 2021). It can range from mild physical contact, such as pushing or slapping, to severe acts of violence such as hitting, punching, kicking, or using weapons (Spangaro & Adogu, 2021). Physical violence can result in bruises, cuts, broken bones, and other physical injuries, and can also lead to long-term health problems or even death (Willoughby et al., 2021).

Emotional violence, also known as psychological abuse, is a type of domestic violence that involves the use of verbal or nonverbal communication to manipulate, control, or harm another person (Gauthier et al., 2021). It can take many forms, such as humiliation, intimidation, isolation, threats, and degradation (Kuroki & Ellis, 2021). Emotional violence can lead to significant psychological harm, including anxiety, depression, post-traumatic stress disorder (PTSD), and other mental health issues (Narayan et al., 2021). It is a type of abuse that can be difficult to identify, as it may not involve physical violence or leave visible scars. However, it is as damaging as physical violence and can have long-lasting effects on the victim's mental and emotional well-being (Straus, 2021).

Sexual violence is a type of domestic violence that can occur in a marriage and is defined as any sexual act or behavior that is forced upon a spouse without their consent (Shand et al., 2020). Sexual violence can take many forms, including rape, sexual assault, sexual coercion, and unwanted sexual contact (Turchik et al., 2021). It is a serious form of abuse that can have long-lasting physical, emotional, and psychological effects on the victim (Meston et al., 2021). Sexual violence can be difficult to identify, as it may not leave visible marks, but it can be as damaging as physical violence (Loxton et al., 2020). Sexual violence in a marriage is a violation of a spouse's fundamental human rights and can have significant impacts on their mental and physical health (Peterson et al., 2020).

Economic violence is a type of domestic violence that can occur in a marriage, and it is defined as the use of financial resources or economic means to control or abuse a spouse (Krishan et al., 2018). Economic violence can take many forms, including controlling a partner's access to money, withholding financial resources, or preventing a spouse from earning their own income or pursuing education or career opportunities (Asfour & Renner, 2021). It is a serious form of abuse that can have long-lasting consequences, including poverty, homelessness, and dependence on an abusive partner (Stark et al., 2021). Economic

violence can be difficult to identify, as it may not leave visible marks, but it can be as damaging as physical violence (Babcock et al., 2018).

Research on the role of communication patterns in the association between psychological aggression and physical violence in marital relationships has been undertaken in the United States (Evans et al., 2020). The study by Evans et al. (2020) sampled 303 heterosexual couples who completed measures of psychological aggression, physical violence, and communication patterns. The study found that poor communication patterns partially mediated the relationship between psychological aggression and physical violence among couples. The results suggested that psychological aggression was associated with poor communication patterns, which in turn were associated with physical violence.

The study did not articulate the poor communication patterns that led to domestic violence. Hence, the current study focused on aggressive, passive, and manipulative communication and how it relates to domestic violence among married couples. Another study in the United States was conducted by Gonzales et al. (2018) who undertook a randomized controlled trial of a culturally adapted cognitive-behavioral therapy (CBT) intervention for domestic violence among Latino couples in a church setting. The study included 96 couples, who were randomly assigned to either the CBT intervention or a control group. The results showed that the CBT intervention was effective in reducing domestic violence perpetration and victimization among the couples. The study concluded that culturally adapted CBT interventions can be effective in reducing domestic violence in church communities. The study focused on CBT, using Gottman's Theory of communication.

Brinson et al. (2019) explored the experiences of African American couples who participated in a church-based marriage enrichment program that included professional counseling. The researchers conducted in-depth interviews with 21 couples and found that the program helped the couples to communicate better, resolve conflicts more effectively, and

improve their relationships. The study concluded that church-based marriage enrichment programs that include professional counseling can be beneficial for African American couples. Similarly, Latham and Thompson (2019) studied the effect of mentoring on domestic violence using a randomized controlled trial design with 96 African American couples. The couples were randomly assigned to either the treatment group, where they received ten mentoring sessions, or the control group, where they received a self-help book. The mentoring sessions focused on improving relationship skills and addressing negative patterns of behavior. Data was collected at pre-treatment, post-treatment, and six-month follow-up. The study found that the couples who received mentoring reported significant improvements in relationship satisfaction, communication, and conflict resolution skills, as well as significant reductions in physical violence and psychological aggression.

The study utilized a purely quantitative methodology, but the present study applied mixed methods design to establish the role of mentoring in reducing domestic violence accruing from passive communication, aggressive communication, and manipulative communication. Another study by Sanders et al. (2020) evaluated the effectiveness of the Prepare/Enrich program, a mentoring program for couples, in reducing domestic violence in Christian couples in the United States. The study found that the program was effective in reducing various forms of domestic violence, including psychological aggression, physical assault, and sexual coercion. The effects were strongest for couples who reported higher levels of relationship satisfaction at the beginning of the program. The study was conducted in the United States, but the present study was done in Kenya.

Charak et al. (2019) conducted a cross-sectional study in India to investigate the relationship between communication difficulties and domestic violence perpetration among men in Canada. They recruited a sample of 1,227 men and collected data using self-report questionnaires. They found that communication difficulties were significantly associated with

domestic violence perpetration, even after controlling for other risk factors. The study was based on a sample drawn from men, but the present study utilized a sample of both married men and married women. On their part, Khan et al. (2020) conducted a cross-sectional study in Pakistan to investigate the relationship between poor communication and domestic violence. They recruited a sample of 150 married women and collected data using structured interviews. They found that poor communication was significantly associated with domestic violence, and that husbands who communicated poorly were more likely to perpetrate violence against their wives. Another study in Pakistan was conducted by Qayyum et al. (2020). This was a cross-sectional study investigating the relationship between communication skills and domestic violence. They recruited a sample of 400 married women and collected data using a self-report questionnaire. They found that poor communication skills were significantly associated with domestic violence perpetration by husbands, and that communication skills training could potentially reduce domestic violence in Pakistan. Both studies dwelled on poor communication of husbands, but the current study investigated poor communication for both married men and women.

Ivanov et al. (2019) conducted a longitudinal study in Russia to investigate the relationship between communication patterns and domestic violence perpetration among men. They recruited a sample of 370 men and collected data using self-report questionnaires at three time points over the course of six months. They found that men who reported more negative communication patterns were more likely to perpetrate intimate partner violence, and that the relationship between negative communication and violence perpetration was mediated by negative emotions. The study focused on negative communication without classifying the negative communication archetypes, but the present study delved into aggressive communication, passive communication, and manipulative communication and how each relates to domestic violence among marital partners.

Oluwagbemiga and Onasoga (2020) studied the relationship between communication and domestic violence using a sample of 384 married women in Ondo State, Nigeria. Data was collected using a questionnaire that included measures of communication patterns, domestic violence, and socio-demographic factors. Data was analyzed using descriptive statistics, chi-square tests, and binary logistic regression. The study found that poor communication between spouses was significantly associated with domestic violence among married women in Ondo State, Nigeria. Specifically, the odds of experiencing domestic violence were higher among women who reported poor communication with their spouses compared to those who reported good communication. The research collected data from married women only hence potentially generating biased results, but this study gathered data from both married men and married women.

Olson and Schrader (2021) undertook a qualitative study to explore the experiences of Christian survivors of domestic violence who received pastoral counseling in South Africa. The study used a qualitative design with a sample of 10 participants who were interviewed about their experiences with pastoral counseling. The findings indicated that pastoral counseling was helpful in providing emotional support and spiritual guidance to survivors, but also highlighted the need for pastoral counselors to receive training in recognizing and responding to domestic violence. The study focused on pastoral counselling in helping domestic violence victims, but the present study investigated pastoral counselling at the intersection between poor communication and domestic violence within a Christian community in Kenya.

In West Africa, Chikwanh et al. (2019) explored the role of pastors in preventing and managing domestic violence in Zimbabwe. The study used a qualitative design with a sample of 12 pastors who were interviewed about their experiences in dealing with domestic violence in their congregations. The findings showed that pastors played a significant role in providing

pastoral care and counseling to survivors of domestic violence, but also highlighted the need for more training and resources to support pastors in this work. The study demonstrated the positive role of pastoral counselling but did not explain how pastoral counselling intervened in poor communication. The current study specifically focused on how pastoral counselling mitigates the effects of poor communication domestic violence.

In East Africa, Nalugya-Sserunjogi and Jjuuko (2021) studied the role of communication in domestic violence in selected communities in Uganda. The study used a qualitative case study design and collected data from three communities in Uganda through in-depth interviews, focus group discussions, and observations. Participants included survivors of domestic violence, perpetrators of domestic violence, and community leaders. Data was analyzed using thematic analysis. The study found that poor communication was a significant factor in domestic violence in the studied communities in Uganda. Specifically, poor communication led to misunderstandings, lack of trust, and conflicts, which in turn increased the likelihood of domestic violence. The study thus focused on explaining the path from poor communication to domestic violence, but the present study centered on passive, aggressive, and manipulative communication styles in relation to domestic violence.

Kilonzo et al. (2018) used a mixed-methods approach to evaluate community-based intervention in Kenya aimed at preventing domestic violence. The intervention included training of community health workers, education campaigns, and community dialogue sessions. The study involved 395 participants who were selected using purposive sampling technique. The participants comprised 315 women who were victims of domestic violence and 80 men who were either victims or perpetrators of domestic violence. The women were selected from four health facilities located in different parts of the country, while the men were selected from two men's organizations that provide counseling and support to men who are victims or perpetrators of domestic violence. The study found that the intervention was

effective in reducing the prevalence of domestic violence. While the study looked at the contribution of community interventions on reduction of domestic violence, it did not bring out its role on mitigating poor communication, hence the need for the present study that focused on aggressive, manipulative and passive communication.

The church can play a critical role in promoting healthy communication towards mitigating domestic violence. However, research on the relationship between poor communication and domestic violence, and the mitigating factors within the church context is sparse. It is against this backdrop that the present study examined the influence of poor communication on domestic violence and the mitigating factors within a Presbyterian Church community in Nairobi, Kenya. Research by the Kenya National Bureau of Statistics (KNBS, 2023) estimated that 34% of women aged 15 years and above experienced some form of domestic violence in their lifetime compared to 27% of men in the same period. The same survey estimated that 16% of women had experienced violence within 12 months before the study compared to 10% of men within the same period. Moreover, the study confirmed domestic violence against women increased with age, with 20% of women aged 15-19 having experienced violence compared to 40% of women aged between 45-49 years. On the brighter side, the study confirmed domestic violence against women was declining from 20% in 2014 to 16% in 2022. This is the same for men within the same period, with the cases of domestic violence declining from 12% to 10% (KNBS, 2023). Notwithstanding these compelling statistics, there is inadequate literature exploring poor communication as a potential factor contributing to domestic violence in Kenya.

Statement of the Problem

Kenya has a high prevalence rate of domestic violence (Meyer et al., 2021). Moreover, incidences of domestic violence in Kenya are on the rise, with statistical estimates projecting that approximately seven (7) in every 10 marriages in Kenya currently experience one or more forms of marital conflict (Njeri et al., 2021). According to Owiti (2019), domestic violence is most prevalent in Nairobi, with 59.6 % of ever-married women reporting either experiencing physical, sexual, or emotional violence. A recent study by Njeri et al. (2021) further documented that Protestant Christians take the lead in the vice, whereby nearly one in every two (49.1 %) married women who identified themselves as Protestants have been subjected to a form of domestic violence in their marriages. The cited statistics unquestionably serve as compelling evidence of domestic violence in Kenya. However, they underscore the imperative to persist in researching the potential causes of domestic violence. Begin the sentence on a new page instead of breaking the words.

A study on domestic violence in Kenya by Memiah et al. (2018) investigated domestic violence and the associated risk factors. The study, which relied on data from the 2014 Kenya Demographic and Health Survey identified a portfolio of socioeconomic, and demographic issues as the course of domestic violence. However, the primary focus of the study was on assessing the prevalence of domestic violence, leading to an oversight of critical factors such as poor communication. Notably, the research exclusively targeted married women, excluding the perspectives of men. As a result, a significant knowledge gap persists regarding the relationship between domestic violence and communication among married people in Kenya. Consequently, the present study sought to address this knowledge gap by investigating the influence of poor communication dimensions such as aggressive

communication, manipulative communication, and passive communication, on domestic violence, among couples in Presbyterian Church Umoja Parish in Nairobi County, Kenya.

Purpose of the Study

The main purpose of the study was to examine the influence of poor communication on domestic violence among married couples in Presbyterian Church Umoja Parish in Nairobi County, Kenya.

Specific Objectives

The study was guided by the following specific objectives:

- i) To examine the influence of aggressive communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya.
- ii) To establish the influence of manipulative communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya
- iii) To evaluate the influence of passive communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya.
- iv) To assess intervention measures that will mitigate the influence of poor communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya.

Research Questions

The following research questions guided the study:

- i) What is the influence of aggressive communication on domestic violence among couples in PCEA Parish Umoja in Nairobi County, Kenya?

- ii) In what ways do manipulative communication influence domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya?
- iii) How do passive communication influence domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya?
- iv) What are some of the sustainable intervention strategies that should be put in place to mitigate the influence of poor communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya? Is there another pronoun that you can use to break the monotony of using “what” for all the questions?

Assumptions of Study

Several assumptions were made regarding the causes and nature of domestic violence among couples. It was assumed that poor communication is a primary factor contributing to domestic violence in this community. Additionally, it was presumed that aggressive communication enhances the likelihood and intensity of domestic violence, as it creates a confrontational atmosphere. The research also posited that manipulative communication promotes domestic violence by fostering a climate of control and mistrust. Furthermore, it was assumed that passive communication encourages domestic violence by allowing issues to go unaddressed and unresolved. The study also assumed that respondents would provide honest and accurate responses to the questions raised in the research instruments.

Justification of the Study

The negative impact of domestic violence on the social fabric as well as the societal stability of the current generation is huge (Sunmola et al., 2020). The effect of this ranges from the killing of women due to physical violence, poor physical health, and a cycle of domestic violence (Willie, et al., 2018). Domestic violence also affects the physical, mental, and psychological development of children, making it hard for society to break off from the

vicious cycle of domestic violence (Sunmola, et al., 2020). Again, the stability of nations depends on the stability of the family unit (Okeyo, et al., 2020). This calls for a concerted effort to interrogate the causes of domestic violence to inform policy.

According to Njeri et al. (2021), studies on domestic violence are far and wide in Kenya. The complexity of the issue is heightened by the secretive and stigmatized nature of domestic violence. The emotional aspect adds another layer, and the potential for legal repercussions from public confession makes data collection challenging (Njeri et al., 2021). Furthermore, Kenya, like other African countries is a patriarchal society, so people shy away from confronting established societal values and norms by revealing the occurrence of violence within marriage (Kago, 2022). This contrasts with the Western world where social liberation is much more advanced. The present study therefore yielded empirical output that can facilitate comparison and contextualization of the cycle of domestic violence as a social phenomenon.

The study filled a crucial gap by providing empirical insights into the specific role of communication in domestic violence among married couples in PCEA Umoja Parish, Nairobi County. By examining aggressive, manipulative, and passive communication patterns, the study offers actionable knowledge to help break the cycle of violence, contributing to more stable family units and, consequently, societal stability. This understanding is essential for informing policies and interventions tailored to the unique cultural and social dynamics of the region. By examining aggressive, manipulative, and passive communication patterns, the study offers actionable knowledge to help break the cycle of violence, contributing to more stable family units and societal stability.

Significance of the Study

The current study has demonstrated significant implications for various stakeholders, particularly within academia. By delving into the dynamics of domestic violence within the Kenyan context, the research has provided valuable insights for scholars in the field. Subsequent researchers can leverage these findings to expand their investigations and pinpoint areas necessitating further exploration. Furthermore, the study can offer tangible guidance for marriage and family therapists, offering practical strategies for couples to navigate domestic violence through effective communication. Moreover, policymakers can draw upon the evidence-based conclusions of the study to formulate sustainable solutions addressing the escalating issue of family violence in Kenya. Additionally, educators, including college lecturers, can utilize the study as a pedagogical tool to illustrate theoretical frameworks like Social Learning Theory within the realm of domestic violence. Notably, the study's outcomes are pertinent not only to PCEA Umoja Parish but also to the broader Christian community in Kenya.

Given the church's central role in tackling societal issues such as domestic violence, the findings of this study hold particular relevance. Congregants often seek solace and guidance from their church, perceiving it as a safe haven for resolving conflicts. Consequently, clergy, church counselors, and Christian leaders can utilize the study as a foundational resource for crafting intervention programs aimed at addressing domestic violence within their congregations. More so, married members of PCEA Umoja Parish could benefit from the study by gaining insights into the importance of effective communication in preventing domestic violence. The study's findings highlight how aggressive, manipulative, and passive communication patterns can contribute to conflict, prompting couples to adopt healthier communication and conflict resolution strategies. This awareness can lead to

stronger marital relationships, enhanced support systems within the church, and the development of targeted prevention programs.

This research enriched the existing knowledge base by providing specific insights into the dynamics of domestic violence within the context of PCEA Umoja Parish, Nairobi County. It contributes by focusing on the role of communication styles—aggressive, manipulative, and passive—in exacerbating domestic violence, which is particularly relevant in a community where societal norms and patriarchal values may influence interpersonal interactions within marriages. The study offers tailored insights that can inform targeted interventions and support strategies within the parish. This understanding not only deepens scholarly understanding of domestic violence but also provides practical guidance for addressing similar issues in other faith communities facing comparable challenges.

The Scope of the Study

The present study was confined to a single church within PCEA Umoja Parish, thus excluding investigations into domestic violence occurrences linked to communication issues in other PCEA churches outside Umoja Parish. The decision to conduct the research within the church setting was informed by the recognition of churches as vital support systems for individuals in abusive relationships. The study's primary conceptual focus centered on distinct communication styles, specifically aggressive, manipulative, and passive communication. The research explored the relationship between these communication patterns and the prevalence of domestic violence. Consequently, factors contributing to domestic violence beyond the predefined scope of the study's conceptual model were not examined.

Limitations of the Study

Several anticipated constraints were identified and addressed. Firstly, there was a concern that some respondents might feel uncomfortable discussing the topic of domestic violence, potentially leading to reluctance to participate. To mitigate this limitation, assurances of confidentiality were provided to prospective married church members, and the presence of a professional counselor was ensured to offer support and debriefing if necessary. Furthermore, to accommodate respondents who were not proficient in English, which was the language used in designing the research instruments, the researcher conducted face-to-face interviews. During these sessions, questions and questionnaire items were explained in Kiswahili, ensuring comprehension and participation. Lastly, it was acknowledged that the study's urban setting might limit the generalizability of findings to rural Christian populations. However, this constraint was deemed necessary to maintain manageable scope. Consequently, it was identified as a potential area for future research exploration using a bigger sample size and a much more diverse population. In addition, the study relied on self-reported data, which was susceptible to social-desirability bias. This was mitigated by taking confidentiality and anonymity measures.

Delimitations of the Study

The study was confined to Nairobi County, excluding data from areas outside the county. It employed a cross-sectional design, collecting data at a specific moment in time, which limited the inclusion of views from potential interviewees who were not present during data collection. Furthermore, the research was conducted exclusively within PCEA Umoja Parish, thus excluding individuals from other faiths or Christian denominations from representation in the study. Additionally, data collection was restricted to married couples within PCEA Umoja Parish as declared in the membership records. This led to the exclusion

of single members from the study cohort. The rationale behind these exclusions is because other faith-based organizations may use a different criteria for identification of married couples, hence generalization of the study to all faith communities should be done with care.

Chapter Summary

The chapter has provided a comprehensive overview of the study, including its background, statement of the problem, purpose, specific objectives, and research questions. Additionally, it has discussed the justification and significance of the study, as well as the assumptions, scope, limitations, and delimitations. Chapter two will delve into an extensive review of existing literature, conducting critical analysis to identify gaps in the literature. It will also explore the theoretical and conceptual framework of the study, providing a foundation for the research.

Chapter 2: Literature Review

Introduction

This chapter reviews literature according to the objectives of the study. It discusses both conceptual literature review and empirical literature. The empirical literature review section is presented according to the objectives of the study. Additionally, the chapter explains relevant theories the study is anchored on while the last part explains the conceptual framework and a summary of the chapter is provided.

General Literature Review

Domestic Violence

Domestic violence refers to acts of violence that occur within a household, involving individuals who are married or residing together (Carlisle, et al., 2022). Carlisle et al. (2022) contends that the perpetration of such violence, often by male individuals, can have severe negative impact on the psychological and physical well-being of the victims. Previous studies conducted by Aseka et al. (2021), Awino and Ngutu (2022), and Gitonga (2021) have examined domestic violence in Kenya, identifying four distinct categories of violence: physical violence, emotional violence, sexual violence, and economic violence. These categories provided a framework that the present study adopted.

Physical violence within the realm of domestic relationships occurs when marital partners engage in acts of violence with the intent to cause physical harm to one another (Carlisle et al., 2022). Such violence often stems from deep emotional wounds that the perpetrator may have experienced in the past (Carlisle et al., 2022). On the other hand, emotional violence involves the use of abusive language or behavior by partners with the aim of subduing their victims, resulting in significant negative psychological effects (Adekoya et al., 2019).

Unlike physical violence, which is visibly apparent, the impact of emotional violence can linger for generations (Adekoya et al. 2019). Sexual violence is closely intertwined with emotional and physical violence (Asfour, et al., 2021). It occurs when perpetrators engage in non-consensual sexual acts with their partners, disregarding their consent and boundaries (Aseka et al., 2021). This can also manifest when a partner uses the denial of sex as a means of exerting control or subduing their victim, turning sex into a transactional arrangement (Aseka et al., 2021). Economic violence, on the other hand, occurs when marital partners withhold financial support from one another as a method of control (Asfour, et al., 2021). This form of violence aims to manipulate and assert power over the victim through economic means. This study discussed domestic violence (physical, emotional, sexual, and economic violence) and explained how it is influenced by poor communication among married members of PCEA Umoja Presbytery.

Poor Communication

Poor communication within marital relationships has been identified as a key factor leading to a diminished problem-solving ability, ultimately exerting a negative impact on the overall quality of the marital bond (Nguyen et al., 2020). The study introduced stress as a moderating variable in the relationship between communication among marital dyads and the quality of marital life. Conducted in the USA with newlywed couples, the research spanned three years and involved the use of video recording alongside written questionnaires for data collection. The findings highlighted the significant role of communication in fostering a satisfying marital life. However, the study also revealed that stress moderated the relationship between communication and marital satisfaction. While the study was designed to explore the extent to which communication quality affects marital satisfaction, with stress acting as a moderating factor, it introduces conceptual gap in that the study did not focus on aggressive communication, manipulative communication, and passive communication as distinct

communication styles with implications on domestic violence. This study sought to close the conceptual gap by investigating the contribution strength of each dimension of poor communication to domestic violence.

Communication stands as the primary tool for marital couples to navigate conflicts, as outlined in a study by Kenneth et al. (2022) in the USA, which aimed to demonstrate the link between marital satisfaction and its role in aiding couples in managing challenges. Furthermore, the study delved into the moderating impact of communication on anhedonia among couples. This longitudinal study unfolded across three waves over three years, commencing in 2011. The participants comprised newlywed couples, married for less than a year, with the study separating husband from wife during data collection to enhance objectivity and confidentiality. While the findings pointed to a correlation between poor communication and anhedonia, leading to marital dysfunction, the study sought to explore the intricate interplay between poor communication, anhedonia, and marital dysfunction, thereby introducing conceptual gap in that the study did not examine the nexus between poor communication and domestic violence. The present study sought to address the issue by using domestic violence as the dependent variable.

Effective communication stands as the fundamental pillar supporting healthy marital relationships, as emphasized by a study conducted in Indonesia (Arumugam et al., 2021). The researcher, in the pursuit of insights, relied on journals to derive the study's findings. The research validates the crucial role of good communication skills in both enhancing and stabilizing marital relationships. However, the study primarily offers an overview of the significance of effective communication skills in marital relationships, highlighting a conceptual gap. Additionally, the reliance on journals for data collection raises a methodological gap in the research. This study sought to close the methodological gap by collecting primary data as opposed to reliance on secondary data.

Effective communication not only fosters marital well-being but also contributes to creating a healthy home environment for psychologically well-adjusted children. Pramono (2020) employed a mixed study method in a survey conducted in Indonesia. The research demonstrated that poor communication was a contributing factor to issues like separation and divorce among couples. Conversely, positive, and healthy communication correlated with family harmony and emotional and mental satisfaction. While the study aimed to explore the role communication plays in shaping marital satisfaction, it brings attention to a conceptual gap in understanding the intricacies of this relationship. The durability of a lasting and healthy marital relationship hinges on the quality of marital communication. A study conducted in Nigeria utilized a systematic review to extract data from academic journals. Rooted in the solution-focused theory, the research disclosed that poor communication played a pivotal role in negatively affecting marital relationships. The methodological approach of relying on journals for drawing conclusions introduces a noteworthy methodological gap that the present study sought to fill by undertaking primary research.

Poor communication is a factor driving couples towards drug and substance abuse (Githae, 2021). This implies that, to some extent, couples turn to substance abuse as a coping mechanism when faced with poor communication in their marital relationships. The correlation study recruited participants from rehabilitation centers and involved them in focus group discussions. The findings showed that poor communication acted as a catalyst for relapses into drug and substance abuse, intensifying marital challenges and, in certain cases, leading to separation and divorce. While the study concentrated on elucidating the intricate link between poor communication and substance abuse within couples, it underscores a conceptual gap as it did not specifically focus on domestic violence. This gap was filled by investigating how poor communication is linked to domestic violence.

Mitigating Poor Communication

Mitigating poor communication within marriages involves the implementation of specific skills and strategies. These skills are employed by marital partners to enhance their communication abilities but can also be utilized when faced with partners who struggle with poor communication (Haryani, 2018). This study focused on various approaches, including professional counseling, shared responsibilities, community intervention, and resilience, all aimed at addressing and improving issues stemming from poor communication.

Professional counseling plays a significant role in enhancing and improving positive communication between couples (Kalet et al., 2021). By providing a safe and supportive environment, counseling assists in exploring and addressing the underlying issues that contribute to communication difficulties (Olso et al., 2019). Furthermore, it enables couples to discover new methods for interacting successfully and respectfully (Olso et al., 2019). Through the practice of active listening, couples can enhance empathy and comprehension (Kalet et al., 2021). Moreover, counseling helps individuals develop the skills required to resolve disagreements and establish excellent communication patterns that support successful relationships (Kalet et al. 2021). Lastly, it facilitates the exploration of underlying factors, including unresolved conflicts, trust concerns, or past traumas, that contribute to poor communication (Olso et al., 2019). This study intended to establish if professional counseling plays a role in mitigating the role of poor communication in escalating domestic violence.

According to Segrin (2020), household chore sharing can significantly reduce poor communication within marriages. Oh et al. (2021) further assert that sharing household chores promotes a more balanced and equitable division of responsibilities, leading to improved communication. This arrangement not only reduces fatigue but also fosters better communication (Segrin, 2020). Additionally, the involvement in household chores encourages teamwork, enhances understanding and empathy, and establishes clear

expectations, all of which contribute to alleviating negative feelings that hinder effective communication between couples (Oh et al., 2021). In this study, the role of professional counselling in navigating communication issues surrounding division of responsibilities towards averting domestic violence was explored.

Community involvement can be highly beneficial in reducing poor communication within marriages (Haryani, 2021). By engaging with neighbors and other community members, couples can find support, relieve tension, and gain alternative perspectives, ultimately fostering better communication within the marriage. Furthermore, observing positive communication patterns and interactions in other couples can serve as inspiration for improving communication in one's own relationship. In this study, the interaction between community involvement and poor communication in predicting domestic violence was examined as a knowledge gap. Community workshops, seminars, and support groups dedicated to enhancing interpersonal communication provide couples with valuable tools, tactics, and advice to enhance their communication skills (Haryani, 2018). Additionally, participating in shared events and activities allows couples to practice effective communication beyond their daily routines, further strengthening their communication abilities (Haryani, 2021).

Marriage resilience plays an important role in minimizing poor communication and enhancing the partnership (Abreu-Afonso, et al., 2020). Firstly, resilient couples have acquired the skills to regulate their emotions and respond thoughtfully rather than react impulsively or defensively (Abreu-Afonso, et al., 2020). This emotional regulation creates a conducive environment for effective communication, as partners can approach issues with calmness, empathy, and an open mind (Lavner et al., 2020). Moreover, instead of fixating on faults, resilient couples adopt a positive outlook, focusing on the strengths and positive qualities of their relationship (Aghamiri & Vaziri, 2019). This perspective fosters open and

hopeful communication, as they view challenges as opportunities for growth and problem-solving rather than sources of conflict (Levner et al., 2020). What is not known is whether marital resilience is a factor in the equation of the relationship between poor communication and domestic violence, a gap that the current study sought to fill.

Furthermore, resilient couples demonstrate excellent problem-solving abilities and take a proactive approach to finding solutions (Abreu-Afonso, et al., 2020). They approach conversations with the intention of finding common ground and achieving mutually beneficial outcomes. This skill enables them to navigate disagreements and conflicts more effectively, reaching resolutions that cater to the needs of both spouses and fostering open and constructive communication. The gap in knowledge that the present study sought to close was whether resilience of marital partners is an important factor in the prevalence of domestic violence.

Additionally, resilient couples display adaptability and flexibility in their problem-solving approach (Lavner et al., 2020). They acknowledge that change is inevitable and are willing to adjust their communication techniques to adapt to evolving circumstances (Lavner et al., 2020). This adaptability allows them to discover new ways to communicate effectively and maintain a strong connection, even in challenging situations (Abreu-Afonso et al., 2020). Moreover, resilient couples embrace a growth mindset, viewing challenges as opportunities for learning and growth (Abreu-Afonso et al., 2020). They are committed to continuously improving their communication skills, fostering curiosity, openness to new techniques and strategies, and a willingness to learn (Lavner et al., 2020). As a knowledge gap, the present study investigated whether resilience of respondents mitigates domestic violence resulting from poor communication among married members of PCEA Umoja Parish.

Empirical Literature Review

Influence of Aggressive Communication on Domestic Violence

Several studies have found that poor communication leads to physical aggression. For instance, Hammett et al. (2019) investigated the relationship between communication and physical aggression. The study, which was conducted in Los Angeles, California, USA involved couples who were examined to ensure that they met the researchers' requirements. The research found that communication style was a predictor of domestic violence. The study also noted that the dominant aggressive communication used among couples was blame game. Another study conducted in Kenya by Mongare et al. (2018), which intended to establish the causes of physical violence inflicted on men at home in Kiamba, Kiambu County, related physical violence on men to poor communication. While research revealed that poor communication led to physical violence at home, the studies did not precisely investigate the relationship between poor communication and domestic violence. The current investigation established how poor communication influences domestic violence.

Hammett et al. (2021) conducted a study on the impact of aggressive communication, specifically criticism, on domestic violence among heterogeneous married couples. Grounded in social theory advanced by Harrington and behavioral theories by J.B. Watson and B.F. Skinner, the longitudinal study recruited 431 low-income and newly married couples in Los Angeles County, USA. Results revealed that communication is not a determinant of the nature of relationships and cannot be blamed for married couples' violent behavior. The study was conceptualized to interrogate the impact of aggressive communication therefore leaving other elements of aggressive communication. The present study helped in filling this gap by investigating the role of criticism as a form of communication in contributing to domestic violence.

Rahman et al. (2021) conducted a study on communication between married working-class couples in Peshawar, Pakistan. The study was commissioned in response to the difficulties that career couples face since they must divide their time between caring for their marriage and their employment. The research subjects were chosen using a practical selection technique from Peshawar, Pakistan, and public universities and hospitals that were specifically chosen for the study. The primary variable of the study was domestic violence, and the independent variables were marital communication, marriage fulfillment, and marital friendship. The study found that career couples were more likely to experience communication breakdowns because of the stress brought on by their demanding work. As tension increased, the dominant spouse turned to sarcasm and threats to distance themselves physically and emotionally from the other partner. The study also established that sarcasm was the most dominant communication style. However, this study was done in Pakistan thus raising a conceptual gap. Consequently, the current study sought to fill the gap by investigating how sarcasm contributes to domestic violence between spouses without discrimination on their occupations.

Jones et al. (2018) conducted research on the effect of poor communication on sexual violence in couples. The study was conducted on couples in the United States. According to the study, poor communication contributed to sexual aggression in couples, but excellent communication increased sexual relationships and sexual satisfaction. Airaoje et al. (2022) conducted another study in Nigeria to evaluate the association between poor communication and sexual violence. The study found that communication predicts sexual intimacy directly and considerably. The study also established that couples deployed threats in their communication. The findings are congruent with those of Stevens et al. (2022), who investigated the relationship between communication and sexual violence in couples in Kenya. Poor communication has a clear and significant impact on sexual violence among

women. Regardless of the findings, the studies were not conducted in churches to determine whether couples experienced poor communication that influenced their sexual lives, thus raising a contextual gap. The current study sought to fill the contextual gap by investigating the influence of poor communication on domestic violence in Umoja PCEA parish, Nairobi.

Ndoromo and Banyanga (2018) did a study on the role of culture in aggressive communication and emotional violence. The comparative study focused on marital wellness in post-war Rwanda and during the post-independence South Sudan. The study involved Rwandese refugees who were married and residing in Finland and Belgium while the rest of the participants were drawn from South Sudanese residing in their country. The study also utilized secondary sources such as documents and existing literature. The findings revealed that the use of threats and sarcasm in communication among couples was linked to domestic violence. Moreover, the study highlighted the impact of the patriarchal culture on the communication patterns of African couples, which often leads to women being demeaned and a breakdown in communication within marital dyads. The study used secondary data thus raising the methodological gap. The current study sought to use primary data to examine the effect of poor communication on domestic violence, so the conclusions can be generalized within the surrounding PCEA churches that fall within the neighborhood of PCEA Umoja church since they have similar demographics.

Stern et al. (2019) did a comparative study between Rwanda and South Africa on the effect of aggressive communication and its impact on domestic violence. The two African countries were compared as they had made significant progress by coming up with laws and policies to protect their citizens from domestic violence. The study involved the intentional recruitment of 15 women from South Africa and 57 individuals from Rwanda, including both genders. The Rwandan participants were selected from both rural and urban areas. Data collection was conducted through in-depth interviews, with three data collection points for

the Rwandan participants. The researcher utilized cross-comparative analysis to compare the collected data from both countries and draw conclusions. The study by Stern et al. (2019) established aggressive communication represented by such words as stupid, foolish, and idiot undermined the peaceful coexistence of couples and their children.

To avoid legal punishment, couples, especially men avoided physical violence and used criticism and sarcasm, which is hard to prosecute in a court of law, to instill fear in their partners and children. The comparative study confirmed the African patriarchal culture in both countries though the problem was more acute in Rwanda. Though the robust study comparing the effect of violent communication in South Africa and Rwanda came up with useful findings, the researcher did not recruit men in South Africa for effective comparison. The present study recruited both married men and married women for the study meant to establish the influence of poor communication on domestic violence. Having critically discussed the influence of aggressive communication on domestic violence, attention now turns to manipulative communication and its relation to domestic violence.

Influence of Manipulative Communication on Domestic Violence

Ermer et al. (2017) sought to establish the attitude of married couples toward manipulative communication in the United States of America (USA) and how this impacted sexual violence. The study was grounded in the Feminist Theory and was motivated by the need to promote gender equality by focusing on the rights of the female gender which was disadvantaged in many dimensions. Specifically, the study noted that couples who practiced manipulative communication were generally poor communicators and resorted to, among other things, physical violence to compensate for their low self-esteem. In retaliation, the female gender denied their male counterparts conjugal rights. The study's foundation in feminist philosophy, which was slanted toward advancing the rights of affluent women, limited the study's ability to generalize its findings to the typical woman. The current study

was based on Social Exchange Theory and Gottman's Theory, which both contend that the success of a marriage depends on the amount of investment that both partners are prepared to make in their union. This is done in recognition of the potential biases of Feminist Theory.

Kelley et al. (2018) did a study to establish the moderating impact of marital communication on the nexus between financial difficulties and domestic wellbeing. The study was done in the US and was anchored on family adjustment and adaptation response (FAAR). The study established that financial difficulties in marital relationships predicted financial violence. The study also showed that effective communication, helped to alleviate financial difficulties, and hence normalized domestic wellbeing. This is consistent with the findings of Mburu (2018) who sought to establish the factors which leads to domestic violence, marital separation and divorce in Kiambu County, Kenya. The study also sought to establish whether communication would help in mitigating the impact of domestic violence caused by financial violence. The study established financial misappropriation led to domestic violence among couples. The study also demonstrated that financial communication, availed through pastoral counseling and premarital counseling helped to bridge the communication among couples. The study filled a contextual gap because the current study was conducted in Nairobi, Kenya. A contextual gap was identified which the present study sought to fill.

Adekoya et al. (2019) did a study on the effect of manipulative communication on emotional violence among married couples in Lagos, Nigeria. This was an experimental research design in which the study used a proportionate sampling method to apportion the local area, then subsequently the researcher selected the participating married couples using a purposive sampling method. The study was based on the spread of spiritual messages and emotional abuse between couples in Lagos City. The social media platforms used to collect data for this study were WhatsApp and Facebook. The study established that the most

common mode of manipulative communication among married couples through social media was guilt-trips and flattery. Though the study, like the present study investigating the influence of poor communication on domestic violence in Nairobi, was done in a metropolitan Lagos in Nigeria, it was not done in a church setup. The current study sought to fill in this contextual gap, by carrying out the study in in PCEA church, Umoja parish, Nairobi.

Tasew and Getahun (2021) explored manipulative communication and its impact on domestic violence among married dyads. The study took place among heterogeneous married couples living in Durbete town of Ethiopia. The study used a mixed study approach while the participating couples were recruited using a stratified sampling method and proportional sampling technique. The study applied both descriptive statistics and inferential statistics to analyze quantitative data while thematic analysis was used to distill qualitative data. The findings established inappropriate and manipulative communication through social media played a huge role in dismantling traditional family values, leading to domestic violence. The study also showed that particularly when marital infidelity was present, couples-imposed shame on their partners. The study established Ethiopian couples used ultimatums and flattering to communicate with each other. The study was conducted in Ethiopia, thus opening a contextual gap. The current study, which examined how poor communication contributes to domestic violence, was contextually pertinent to the situation in Kenya.

Mutiso (2020) studied manipulative communication among couples in Embakasi Sub County, Nairobi. The study was anchored on the Expectancy Violation Theory and Social Exchange Theory and was done among middle class adults who were either in a major conflict, divorced, separated, or in the process of reuniting after separation. This was a qualitative study in which the participants were recruited through purposive sampling from Mavuno Church Embakasi and Donholm Catholic Church. The study established that couples

went through marital problems because of poor communication. The study also revealed that couples employed non-productive communication strategies such as flattery and denial of conjugal rights. While these findings can contribute to improving communication between couples, it is important to note that the study primarily relied on qualitative methods to obtain its results. To further enhance understanding in this area, the present study aimed to bridge the knowledge gap by incorporating both qualitative and quantitative data. By utilizing a mixed-methods approach, this study sought to provide a more comprehensive and robust analysis of communication dynamics among couples. After thoroughly examining the influence of manipulative communication on domestic violence, the focus now shifts to exploring how passive communication relates to domestic violence.

Influence of Passive Communication on Domestic Violence

Shaari et al. (2019) investigated the impact of poor communication on emotional aggression. The research was conducted in Malaysia among married women, with data gathered through in-depth interviews. The study found that poor communication was a precursor to emotional abuse among Malaysian marriage spouses. The study further established that couples practicing conflict avoidance were predominant among research participants. Dunkle et al. (2020) conducted another study in Rwanda on the impact of healthy communication on mainstreaming emotional violence and found that established communication training helped reduce incidents of emotional violence. Another study conducted in Luanda, Vihiga County, Kenya by Awino et al. (2022) examined the link between poor communication and emotional aggression among women. The study found that poor communication led to emotional aggression towards women. As a result, the study found that poor communication leads to emotional maltreatment. The research, however, did not directly address the link between poor communication and emotional violence, which the

current study proposed to investigate thus raised a conceptual gap. The current study filled the gap by studying the relationship between poor communication and emotional violence.

Communication goes beyond verbal expressions but also includes body language, therefore, communication is only effective if the receiver has been able to reconcile the verbal and body language (Sikström et al., 2021). With respect to this, Sikström et al. (2021) explored the importance of passive communication on domestic violence between couples. The researcher obtained data from experienced psychologist therapists, who were purposely selected from an online research database. The study established that married couples excessively apologized and avoided conflict as a way of solving their conflict. It is important to acknowledge that the previous study relied on data from psychologists, highlighting a methodological gap in terms of perspective. To address this gap, the present study aimed to fill this void by gathering data directly from married members of PCEA Umoja Parish. By incorporating the insights and experiences of the couples themselves, this study sought to provide a more comprehensive understanding of the subject matter.

Sánchez-Hernández et al. (2020) investigated the impact of passive communication among married undergraduate students at the University of Grenada, Spain. Using the factorial research design, the researchers collected data from the successful participants through Facebook and WhatsApp. The study revealed marital partners engaged in giving silent treatment as a way of avoiding conflict. While the study yielded significant findings, it is important to note that the research focused on young couples, primarily those in the early stages of their marriage. This limitation opens a methodological gap in terms of capturing a broader range married individuals. To address this methodological gap, the current study investigated poor communication in relation to domestic violence among all age groups of married members of PCEA Umoja Parish in Nairobi.

Shaari et al. (2019) explored the link between communication, emotional abuse, and marital violence. This was a qualitative study design in which the researcher obtained data from the respondents using in-depth interviews. The study summarized the collected data into three themes including verbal, and non-verbal cues, the emotional impact of the communication, and the clarification of the reaction. The study findings established that victims of poor communication lacked knowledge on how to address verbal abuse, which occasionally escalated to physical violence. Many of these victims did not report the incidents to authorities due to their unawareness of available legal aid. However, the study was conducted in Indonesia, thus creating a contextual gap. To address this gap, the present study investigated the influence of poor communication among couples in Nairobi, Kenya. By conducting research in this specific context, the study sought to provide insights that are relevant and applicable to the local community. Following an in-depth analysis of the effects of passive communication on domestic violence, the attention now moves to identifying interventions that address ineffective communication among couples.

Interventions for Ineffective Communication among Couples

Carlson et al. (2020) explored the impact of house chores on heterogeneous couples' marital fulfillment with communication as a mediator and a confounder of household chores.. The study used a cross-sectional probability method to select studies from dyadic couples in marital and cohabiting relationships. The research participants comprised heterosexual couples in the poor and middle-income brackets. The used secondary data was analyzed using Analysis Process Model (APIM). The study established that communication between couples, especially if the man is the initiator of couple communication, enhanced the sharing of household chores hence resulting in marital satisfaction. Similarly, the study also established that communication quality of women did impact the men's sharing of household chores. In the same vein, the study found that married men's communication quality was a

predictor of their wives' marital satisfaction. Although the study provided valuable findings, the study focused primarily on low and middle-income earning heterosexual couples. This raises a contextual limitation in terms of income diversity. To address this contextual gap, the current study included respondents from a wider range of income brackets, allowing for a more comprehensive understanding of the relationship being investigated.

Pagani et al. (2019) explored counseling among couples as a stress management tool for marital dyads. Furthermore, the study sought to explain how counseling helped marital satisfaction. The study was done in Italy while the participating heterogeneous dyads were recruited through snowball sampling and convenience sampling methods. The study revealed that counseling played a significant role in reducing stress among couples, with the presence of caring and supportive behaviors contributing to improved relationship satisfaction. However, the study was conducted in Italy, highlighting a contextual limitation in terms of geographical relevance. To address this gap, the current study was conducted in PCEA Umoja Parish, located in Nairobi, Kenya, with the objective of investigating the influence of poor communication on domestic violence among married members. This provided a more relevant and localized perspective on the topic.

Marang'a (2021) examined the impact of counseling young people just before they get married on their marital relationships. The study used a systematic sampling method to select married people from both sexes while the purposive sampling method was used to identify marital counselors working with heterogeneous married couples. The study established that communication skill is a major determinant of marital success, with communication moderating the effect of other variables, including financial responsibility and sex life. Though there is a contextual similarity between the study and the present study which is seeking to establish the influence of poor communication on domestic violence, the study was not done in a church setup thus raising a contextual gap. The present study filled

the gap by undertaking the study on the influence of poor communication on domestic violence in Umoja Parish in Nairobi.

Kiara et al. (2019) explored the impact of infective communication among couples aged over 55 years in the Westlands Sub-County, Nairobi, Kenya. The study employed descriptive and exploratory research methodology to arrive at conclusions and used quota sampling and snowball sampling method to select research participants. The findings revealed that effective communication was crucial for building strong marriages among senior couples in the Westlands Sub-County of Nairobi County. However, it is important to acknowledge that the study's participants were aged over 55 years, which may present a contextual gap considering the potential differences in challenges faced by younger, technology-savvy couples. To address this gap, the current study, which aimed to investigate the influence of poor communication on domestic violence, recruited participating members regardless of their age. This inclusive approach helped mitigate the contextual gap and provide insights applicable to a broader range of couples. Having critically reviewed empirical literature, focus now shifts to a discussion of the theoretical framework that was utilized.

Theoretical framework

The study was underpinned on two theories, Gottman Theory, and Social Exchange Theory.

Gottman's Theory

The study was explained using Gottman's Theory. The Gottman Theory is based on the premise that relationships evolve via safe and healthy emotional connections, respect for one another, and constructive interactions (Tarkeshdoozb et al., 2021). Gottman's 1970 theory is built on five pillars: The Four Horsemen, the Magic Ratio, the Love Maps, Turning Towards, and the Four Seasons of Relationships (Bafandegan, 2020). These adverse

tendencies point to the possibility of divorce and marital separation. Kirchner-Häusler et al. (2022) hypothesized that each marriage corresponds to one of the five recommended components of the Gottman Theory. Marriage dyads use numerous relationship-management skills, including conflict resolution and emotional intelligence, according to Tarkeshdoozb et al. (2021). As a result, the Four Horsemen were utilized to measure the extent to which effective communication produces an environment in which partners can enjoy peace and harmony.

Gottman's Theory and research provide valuable insights into various aspects of marital dynamics. According to the theory, criticism is considered one of the Four Horsemen of the Apocalypse, which refers to destructive communication patterns that can significantly harm a relationship (Deylami, 2019). Furthermore, Gottman emphasizes that criticism, especially when it becomes pervasive and attacking the person's character, erodes the foundation of a healthy relationship (Deylami, 2019). In addition to criticism, Gottman's research highlights that sarcasm is a form of contempt, another destructive behavior that can predict relationship dissatisfaction and instability (Rajaei et al., 2021). Contemptuous communication, including sarcastic remarks, belittles and dismisses a partner, breeding resentment and distance in the relationship (Rajaei et al., 2021). Moreover, Gottman's Theory emphasizes the importance of emotional safety and trust in a relationship (Corbitt, 2023). It underscores the detrimental effects of threats, whether explicit or implicit, which create an environment of fear, intimidation, and coercion, ultimately undermining the foundation of a healthy and secure partnership (Corbitt, 2023).

Blaming and holding the other person solely accountable for problems, mistakes, or negative outcomes creates a toxic atmosphere of defensiveness and resentment (Hashemi et al., 2020). In line with Gottman's research, the presence of blame and constant finger-pointing undermines the ability to work collaboratively and find constructive solutions to

relationship issues (Hashemi et al., 2020). Additionally, manipulative tactics like guilt tripping, wherein one partner uses guilt as a means of influencing the other's behavior, can have detrimental effects on trust and authenticity within the relationship (Fishbane, 2019). It is important, as emphasized by Gottman's Theory, to prioritize open and honest communication, where partners express their needs and concerns directly without resorting to manipulative strategies (Fishbane, 2019).

Moreover, the use of ultimatums, involving threats or imposing conditions to achieve compliance, erodes trust and can create a power imbalance within the partnership (Lorenzo-Echeverri, 2020). While flattery may initially appear positive, Gottman's Theory stresses the significance of genuine and authentic communication (Lorenzo-Echeverri, 2020). Excessive or insincere flattery can undermine the sense of authenticity and manipulation, hindering genuine emotional connection. In understanding the importance of intimacy and physical connection in a marital relationship, as highlighted by Gottman's research, couples can prioritize these aspects to foster a deeper emotional bond (Lorenzo-Echeverri, 2020).

Denying conjugal rights as a means of punishment or control can lead to emotional and physical disconnection, causing resentment and dissatisfaction within the relationship (Hosseinpour et al., 2022). Gottman's Theory acknowledges the role of shared responsibilities and support in a healthy partnership (Hosseinpour et al., 2022). Financial support and shared decision-making regarding finances are crucial for building trust, mutual respect, and a sense of teamwork within the relationship (Findley, 2020). Gottman's research identifies conflict avoidance as an unhelpful pattern that can lead to unresolved issues and emotional distancing (Irvine, 2022). Gottman emphasizes the importance of healthy conflict resolution strategies and open communication to foster growth and connection (Irvine, 2022). Gottman's Theory emphasizes that genuine apologies, when warranted, can be important for repairing

relationship ruptures (Hanna, 2021). However, excessive, or unnecessary apologizing may indicate underlying issues such as low self-esteem or a fear of conflict (Hanna, 2021).

In this study, Gottman's Theory is justified by the fact that it is specifically designed to analyze and understand communication patterns in relationships. Given that the study was interested in the influence of poor communication on domestic violence, Gottman's framework provides a comprehensive understanding of how various communication behaviors contribute to relationship dynamics. The Four Horsemen of the Apocalypse in Gottman's Theory (criticism, contempt, defensiveness, and stonewalling) are directly relevant to the study's focus on poor communication. These destructive patterns can be linked to the escalation of conflicts and potentially contribute to domestic violence within marital relationships. Gottman's emphasis on healthy conflict resolution strategies aligns with the study's goal of exploring how poor communication may contribute to domestic violence. Understanding how couples navigate conflicts and whether they utilize constructive or destructive methods can provide valuable insights. However, since the elements of Gottman theory focused on poor communication, they were not adequate for explaining domestic violence which was the dependent variable of the study.

Social Exchange Theory

Social Exchange Theory was developed by sociologist George C. Homans in the late 1950s and early 1960s (Ranganathan et al., 2021). When examining domestic violence through the lens of Social Exchange Theory, it helps shed light on why some individuals remain in abusive relationships despite the presence of violence (Zychlinski et al., 2021). This theory highlights that the perceived costs of leaving, such as financial instability, psychological problems, or disrupted family dynamics, may outweigh the benefits of ending the relationship (Ranganathan et al., 2021). Consequently, understanding the complex

interplay between power dynamics, perceived alternatives, and socio-economic factors becomes crucial in addressing domestic violence and providing support to victims as they seek safety and independence (Zychlinski et al., 2021). Social exchange theory can be used to explain emotional violence. Perpetrators of domestic violence often employ tactics of emotional abuse to undermine the victim's self-esteem, confidence, and decision-making abilities. This can create a power imbalance in the relationship, leaving the victim feeling dependent and vulnerable (Cortez et al., 2020). Accordingly, contents emotional is used to distill fear through constant criticism, humiliation, threats, or belittlement, all of which can erode the victim's sense of self-worth and agency.

The dynamics and underlying factors contributing to physical violence in intimate relationships can be better comprehended through the lens of Social Exchange Theory (Cortez et al., 2020). The theory suggests that individuals engage in rational assessments of the advantages and disadvantages of their interactions, aiming to maximize benefits and minimize costs (Ranganathan et al., 2021). In the context of the current study, married couples tend to feel content and comfortable in their marriages as long as the benefits they gain from staying together outweigh the potential disadvantages they might face if they were to separate or divorce. This suggests that partners might endure challenging or abusive marriages if their level of tolerance has not been exceeded.

The theory was used by Gergen (2021) to explain sexual violence. Sexual violence encompasses non-consensual sexual acts or coerced sexual activities within a relationship. Consequently, perpetrators may use sexual violence as a means of asserting power and control over their partner, disregarding their boundaries and consent. Moreover, victims of sexual violence may face numerous barriers to leaving the relationship, including fear of retaliation, social stigma, or financial dependence (Gervais et al., 2020). Similarly, economic abuse involves the control or exploitation of financial resources within a relationship

(Ranganathan et al., 2021). Perpetrators often employ economic abuse tactics to limit the victim's financial independence, restrict access to funds, or sabotage their employment or education opportunities (Ranganathan et al., 2021). Similarly, economic abuse involves the control or exploitation of financial resources within a relationship (Ranganathan et al., 2021). Perpetrators employ economic abuse tactics to limit the victim's financial independence, restrict access to funds, or sabotage their employment or education opportunities (Ranganathan et al., 2021).

In this study, Social Exchange Theory's emphasis on power dynamics and interdependence is relevant to understanding how poor communication may contribute to domestic violence. The theory suggests that individuals remain in relationships as long as the benefits outweigh the costs. In the presence of poor communication, power imbalances may arise, leaving one partner feeling dependent and vulnerable, potentially contributing to the persistence of abusive situations. Its weaknesses lie in its narrow focus on economic-like exchanges, and inadequate consideration of emotional and contextual factors influencing human behavior in intimate relationships (Gergen, 2021).

In the present study, Social exchange theory offered a lens through which to understand power dynamics in marriages, crucial for identifying communication patterns and risks of violence. By recognizing when one partner perceives inequity in resource exchanges such as love, support, and tangible goods, the theory highlights potential triggers for conflict or aggression. Interventions grounded in social exchange principles can promote equitable exchanges through education, couples counseling to explore and rebalance dynamics, teaching negotiation skills, and empowering the partner with less power. These strategies aim to improve communication, reduce feelings of powerlessness, and foster mutual respect, thereby mitigating the likelihood of violence by addressing underlying relationship dynamics effectively.

Conceptual Framework

A conceptual framework is a set of interrelated concepts or ideas that are used to explain a phenomenon or guide research. The conceptual framework used in this study was depicted graphically as a diagram as shown in Figure 1.

Figure 1: *Conceptual Framework*

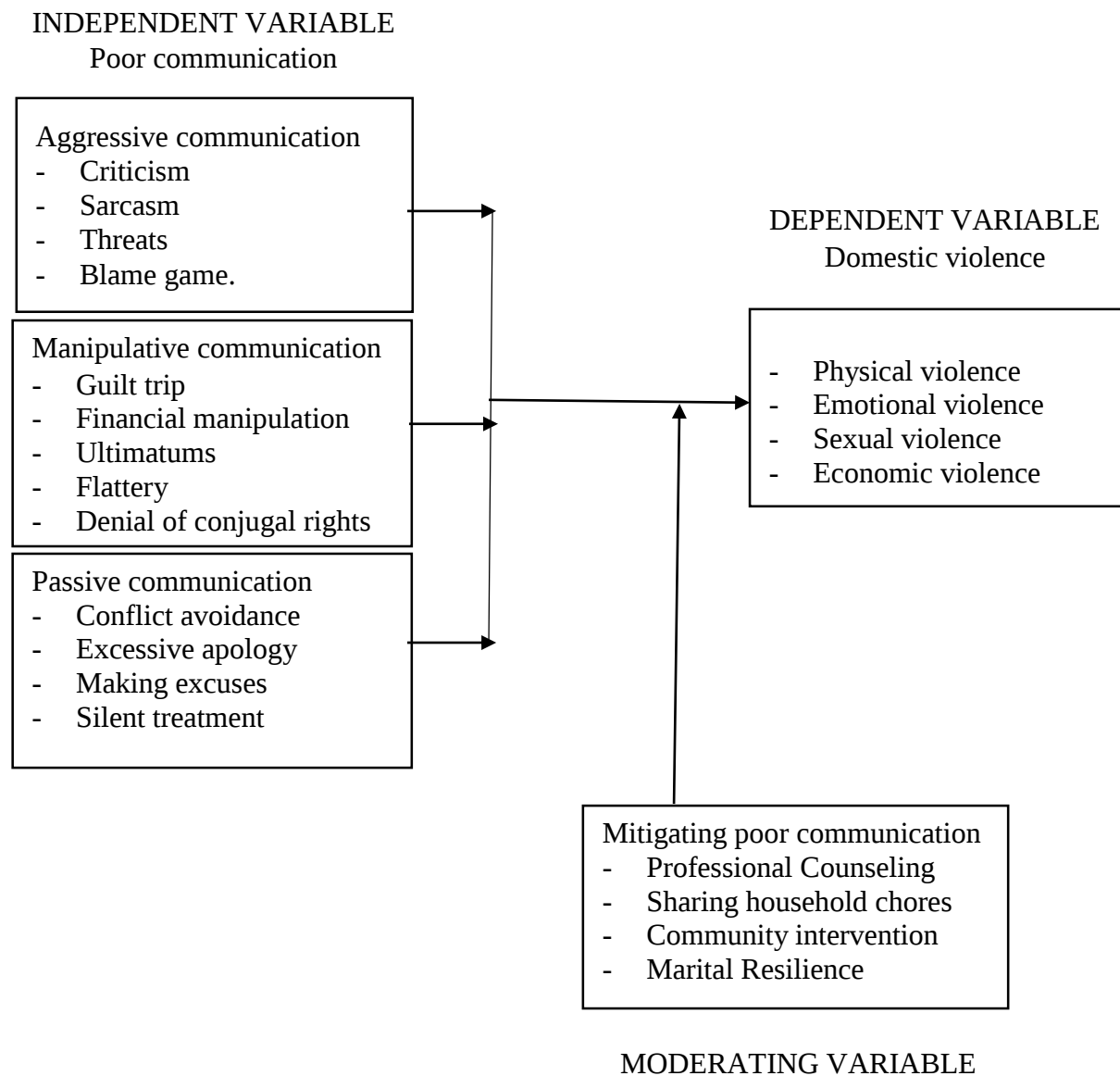


Figure 1 illustrates the relationship between poor communication, domestic violence, and the moderating factors of mitigation. As independent variables, aggressive, passive, and manipulative communication are identified, while domestic violence is the dependent variable. To examine aggressive communication, constructs such as criticism, sarcasm, threats, and blame games were analyzed. Similarly, manipulative communication was explored through the examination of guilt trips, financial manipulation, ultimatums, flattery, and denial of conjugal rights. In contrast, passive communication was studied by investigating behaviors such as conflict avoidance, excessive apologies, making excuses, and silent treatment.

Mitigating poor communication, which acts as the moderating variable, was investigated using professional counseling, the sharing of household chores, community intervention, and resilience. These factors are aimed at improving communication within relationships and reducing the likelihood of domestic violence. Moreover, by incorporating these strategies, couples can develop healthier and more effective ways of interacting. The study focuses on various forms of domestic violence as the dependent variables, including physical violence, emotional violence, sexual violence, and economic violence. By examining the relationship between poor communication and domestic violence, as well as the influence of mitigation factors, the study aims to gain a deeper understanding of the dynamics at play and identify strategies for promoting healthier and safer relationships. Consequently, these findings can contribute to the development of interventions and support systems that address communication challenges and work towards preventing domestic violence.

Chapter Summary

The chapter reviewed the conceptual literature review followed by empirical literature guided by the four objectives of the study. The chapter also discussed the theories on which the study was underpinned. The conceptual framework that guided the research is presented and explained. The next chapter, presents the methodology of the study.

Chapter 3: Research Methodology

Introduction

The chapter discusses research methodology. It comprises research design, target population, sampling procedure, sample size and types of data collection tools employed. Also, research instruments, data analysis, validity and reliability, pilot study, ethical considerations are explained. Lastly, a chapter summary has been provided.

Research Design

Research design serves as a comprehensive plan that outlines the execution of a study (Siedlecki, 2020). It provides a framework that enables an objective evaluation of the study by offering critical information on research design (Aggarwal & Ranganathan, 2019). This study applied mixed-method design anchored on the pragmatic research philosophy which value flexibility in methods and approaches, adapting them as necessary to achieve meaningful outcomes (Asenahabi, 2019). According to Şahin and Öztürk (2019), a mixed-method study involves the use of both quantitative and qualitative data to arrive at findings. The mixed-method approach allows researchers to utilize quantitative data to examine the relationship between independent and dependent variables (Şahin & Öztürk, 2019). Additionally, qualitative data enriches the findings by incorporating verbatim reports from the participants, adding depth and context to the study (Asenahabi, 2019).

In the realm of mixed methods design, various approaches cater to different research needs (Pramono, 2020). The exploratory sequential research design involves conducting qualitative research before quantitative data collection while the explanatory research design starts with qualitative data collection followed by quantitative analysis (Schoonenboom & Johnson, 2017). On the other hand, the convergent parallel mixed method research involves the simultaneous collection of both qualitative and quantitative data (Dawati, 2020). For this study, a convergent parallel mixed method research design was employed due to its time

efficiency. This approach allows the researcher to collect both types of data concurrently, offering a practical advantage. While data collection occurs simultaneously, the analysis is carried out separately for each set of data (Pramono, 2020). This ensures a comprehensive understanding of both qualitative and quantitative data individually.

The distinct advantage of this design lies in the validation process. The quantitative findings can be corroborated and enriched by insights from the qualitative data (Dawati et al., 2020). Should there be discrepancies between the two, the researcher has the flexibility to reevaluate both sets of data, fostering a more nuanced and robust interpretation of the research findings. This convergent approach enhances the study's depth and validity, making it a strategic choice for this research endeavor (Pramono, 2020).

Target population

The target population, as described by Asenahabi (2019), is the specific group of individuals or subjects that researchers intend to study. It represents a larger population from which the research sample is drawn and to which the research findings are applicable. Each target population has unique characteristics that distinguish it from other populations.

According to the PCEA Umoja Church register (2023), there are 455 married members of PCEA Umoja Parish (PCEA Umoja Parish Church register 2023).

Sampling Method

There are two main sampling methods: probability sampling and non-probability sampling. Probability sampling employs scientific techniques to ensure that all members of the population have an equal chance of being chosen (Benova et al., 2019). Non-probability sampling, on the other hand, does not adhere to the scientific method (Etikan & Babatope, 2019). This study employed simple random sampling as the chosen sampling method. Simple random sampling ensures that every individual within the population has an equal and independent opportunity of being selected for the study (Etikan & Babatope, 2019). In this

study, a simple random sample of married couples was drawn from the membership list of the church using random number generation function in Excel. For informant interviewees, the study utilized the convenience sampling method. Convenience sampling was selected because it offers the researcher the flexibility to choose interviewees based on convenience and availability (Benova, et al. 2019). The respondents were selected through convenient sampling, based on their availability for the interviews.

The informant interviews comprised 24 married members of PCEA Umoja Parish, with each sex contributing 50% of the total. Vasileiou et al. (2018) did not prescribe a specific sample size for a qualitative study but rather emphasized the importance of researchers determining what they consider adequate for their study. The researcher suggested that the determination of sample size in qualitative research should be guided by the concept of data adequacy. Creswell and Poth (2018) discuss data adequacy in terms of data saturation and proposes that in a qualitative study such as this, five (5) to 25 participants is an adequate sample size. In this study, the choice to include a 50% representation from each sex was driven by the researcher's desire to achieve a balanced representation of both genders. This decision reflects a deliberate effort to ensure a comprehensive and inclusive view, acknowledging the potential influence of gender-related factors on the research topic. Therefore, the researcher prioritized the quality and richness of the data over a predetermined numerical sample size, recognizing the importance of context and the specific goals of the qualitative study.

Sample Size

Etikan and Babatope (2019) defined samples as subsets or parts of the larger population. To obtain an appropriate sample, a sampling process was applied to the population. Sampling involves the selection of individuals, items, or objectives from the population that possess homogeneous characteristics (Etikan & Babatope, 2019). In

determining the appropriate sample size, the researcher utilized the Slovin Formula, as recommended by Ismail et al. (2022), as shown below:

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

Where n is the sample size

N is the population size=455

e is the estimated error =.05

$$n = \{455 / (1 + 455(.05)^2)\}$$

$$=212$$

For the informant interviews, the study enlisted 24 interviewees from among the participating married members of PCEA based on their availability for interview. These members were selected based on their willingness to share their experiences and insights, as well as their relevance to the research objectives. Priority was accorded to those who had been married for at least 10 years.

Types of Data

The study made use of primary data, which refers to original data collected directly by researchers for their specific research purposes (Taherdoost, 2021a). Primary data is obtained directly from the source or participants through various data collection methods such as surveys, interviews, observations, and experiments (Asenahabi, 2019). By employing primary data collection methods, the study ensured that the data collected is tailored precisely to address the research objectives and questions (Taherdoost, 2021a). Researchers design data collection instruments and methods that enabled them to gather precise and targeted information relevant to the study. This approach enhanced the overall validity and reliability of the findings by ensuring that the data aligned closely with the research goals (Taherdoost, 2021a).

Data Collection Methods and Procedures

Questionnaire

In this study, the quantitative data was assessed using a five-point Likert scale. As emphasized by Taherdoost (2019b), Likert scales capture the diversity responses by offering a spectrum of options spanning agreement and disagreement. This approach empowers participants to express their opinions and attitudes with greater precision, thereby facilitating a comprehensive comprehension of the construct under examination (Taherdoost, 2019b). Except for the demographic section, the study employed a 5-point Likert scale to measure the constructs. The Likert scale questionnaire was formulated by the researcher according to the studies' specific objectives. The initial section gathered demographic information from the respondents. This section included questions pertaining to the respondents' gender, duration of their marriage, and educational attainment.

The study aimed to examine the influence of aggressive communication on domestic violence. Constructs such as criticism, sarcasm, threats, and blame games were used to measure aggressive communication. Participants rated their responses on a 5-point Likert scale to indicate the frequency or extent of experiencing these communication behaviors. In terms of criticism, the study interrogated how frequently participants' partners criticize their actions, behaviors, or decisions during conflicts, the extent to which such criticism contributes to escalated conflicts or violence, and whether physical violence has been used in response to criticism. In relation to sarcasm, the study explored the frequency of partners using sarcasm or making mocking remarks during conflicts, the impact of sarcasm on participants' emotional well-being, and the contribution of sarcasm to the likelihood of physical violence.

Additionally, the study investigated participants' experiences of threats of physical harm or violence from their partners during conflicts, the influence of these threats on their

feelings of safety and security within the relationship, and participants' perceptions of how threats in communication contribute to physical violence. Furthermore, the study examined the frequency of partners blaming participants for issues or conflicts in the relationship, the effect of shifting blame on conflict resolution, and the extent to which the blame game in communication contributes to the occurrence of physical violence.

The second objective of the study established the influence of manipulative communication on domestic violence. The constructs used to measure manipulative communication include guilt trips, financial manipulation, ultimatums, flattery, and denial of conjugal rights. Participants rated their responses on a five-point Likert scale, indicating the frequency or extent of experiencing these communication behaviors. Regarding guilt trips, the study inquired whether participants' partners use guilt-inducing statements or behaviors to manipulate their actions or decisions. It explored how these guilt trip tactics affected participants' emotional well-being and self-esteem, as well as the extent to which the use of guilt trips in communication contributes to the occurrence of physical violence.

In terms of financial manipulation, participants were asked if their partners have ever controlled or manipulated their access to financial resources or decision-making regarding finances. The study examined how financial manipulation impacts participants' sense of independence and autonomy within the relationship. Additionally, participants provided their opinions on the extent to which financial manipulation in communication contributes to the occurrence of physical violence. The study also investigated the frequency of partners using ultimatums to exert control or influence over participants' actions or decisions. It assessed how ultimatums affect participants' ability to express their own needs and opinions within the relationship. Participants were asked to provide their beliefs regarding the contribution of ultimatums in communication to the occurrence of physical violence. Regarding flattery,

participants were asked about the frequency of their partners using excessive compliments or praise to manipulate their emotions or actions.

The study explored how flattery employed by partners impacts participants' ability to assess the authenticity of their intentions or actions. Participants also provided their beliefs on the extent to which the use of flattery in communication contributes to the occurrence of physical violence. Lastly, participants were asked if their partners have ever denied them the right to engage in consensual sexual activities within the relationship. The study examined how the denial of conjugal rights by partners impacts participants' emotional well-being and sense of intimacy. Participants provided their opinions on the extent to which the denial of conjugal rights in communication contributes to the occurrence of physical violence.

The third objective of the study aimed to evaluate the influence of passive communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya. The constructs include conflict avoidance, excessive apology, making excuses, silent treatment, and passive communication. Participants rated their responses on a five-point Likert scale, indicating the frequency or extent of experiencing these communication behaviors. In relation to conflict avoidance, the study explored how often participants avoid discussing sensitive topics with their partners. It investigated how their tendency to avoid conflicts affects the resolution of issues within the relationship. Furthermore, participants provided their beliefs on the extent to which conflict avoidance in communication contributes to the occurrence of physical violence. Regarding excessive apology, participants were asked if they frequently find themselves apologizing for things that are not their fault during conflicts with their partners. The study examined how their tendency to excessively apologize impacts their self-esteem and personal boundaries within the relationship.

Participants also provided their opinions on the extent to which excessive apologizing in communication contributes to the occurrence of physical violence. In making excuses, participants were asked how often they make excuses for their partner's inappropriate or harmful behaviors during conflicts. The study explored how the tendency to make excuses for their partner's actions impacts participants' ability to address and resolve issues within the relationship. Participants provided their beliefs on the extent to which making excuses in communication contributes to the occurrence of physical violence. Regarding the silent treatment, participants were asked how often they intentionally give their partner the silent treatment during conflicts or disagreements. The study investigated how the use of silent treatment impacts communication and the resolution of conflicts within the relationship. Participants provided their opinions on the extent to which silent treatment in communication contributes to the occurrence of physical violence.

The fourth objective was to assess sustainable intervention measures that will mitigate the influence of poor communication on domestic violence among couples. The constructs for this objective include counseling, sharing household chores, community intervention, and resilience. Participants rated their responses on a five-point Likert scale, indicating the frequency. In relations to counseling, participants were asked to evaluate how effective they perceive couples counseling or therapy to be, in improving communication. They also provided their opinions on the extent to which couples counseling or therapy has improved their communication with their partners. Additionally, participants rated how likely they are to recommend couples counseling or therapy to other couples experiencing communication difficulties.

Regarding sharing household chores, participants were asked about their beliefs on the contribution of equally sharing household chores to better communication between partners. The study explored the effectiveness of the practice of sharing household chores in

reducing conflicts related to communication within their relationships. Participants also rated their satisfaction with the division of household chores in terms of its impact on communication. For community intervention, participants were asked to assess the benefits of community-based interventions or support groups in improving communication among couples. They provided their opinions on the extent to which community-based interventions or support groups have helped address communication issues within their relationships. Additionally, participants rated their likelihood of engaging in community-based interventions or seeking support from support groups in the future to enhance communication. Regarding resilience, participants were asked the importance of resilience in overcoming communication challenges within a relationship. They evaluated how effectively resilience helps them and their partners navigate communication difficulties and conflicts. Furthermore, participants rated their confidence in their ability, along with their partners, to bounce back and improve communication after experiencing challenges or conflicts.

In relation to domestic violence, which is the dependent variable of the study, the constructs considered are physical violence, emotional violence, sexual violence, and economic violence. Participants rated their responses on a five-point Likert scale, indicating the frequency or extent of experiencing these communication behaviors. Regarding physical violence, participants were asked if they have ever experienced physical violence from their partners within the context of their relationships. They provided their beliefs on the extent to which poor communication contributes to physical violence within their relationships. Additionally, participants rated how often conflicts or disagreements escalate into physical violence due to poor communication between them and their partners. For emotional violence, participants were asked if they have ever experienced emotional abuse or violence from their partners within the context of their relationships. They evaluated the extent to which poor communication contributes to emotional violence in their relationships.

Participants also rated how often poor communication leads to emotional abuse or manipulation from their partners.

Regarding sexual violence, married members of PCEA Umoja Parish were asked if they have ever experienced sexual violence or coercion from their partners in their relationships. They provided their beliefs on the extent to which poor communication contributes to sexual violence within their relationships. Additionally, married members of PCEA Umoja Parish rated how often poor communication leads to sexual abuse or non-consensual acts within their relationships. For economic violence, the married members were asked if they have ever experienced economic abuse or control from their partners within the context of their relationships. They evaluated the extent to which poor communication contributes to economic violence in their relationships. The married members also rated how often poor communication leads to financial control or manipulation from their partners.

Interview Schedule

The study administered informative interview instrument through in-depth interview. The study complemented its findings with a series of interview guides, providing additional depth and richness to the research. Furthermore, they were asked about their perspectives on the underlying causes or triggers that lead to such instances of physical violence in their relationship. The married members were asked to reflect on whether they believe emotional violence plays a role in influencing the level of trust and emotional intimacy shared with their partners. The married members were also prompted to consider whether they are aware of the potential consequences and long-term effects of experiencing emotional violence within a relationship.

Moreover, married members were asked to contemplate how sexual violence might affect the power dynamics and mutual respect within their sexual interactions as a couple. Subsequently, married members were encouraged to clarify whether they and their partners

have ever sought counseling or therapy to address relationship issues, and whether this has contributed to improved communication and conflict resolution. Furthermore, married members were encouraged to express their opinions on whether the division of household chores and responsibilities impacts the overall satisfaction and equilibrium within their relationship. Lastly, they were prompted to ponder how avoiding conflict within their relationship influences the resolution of issues and the overall emotional closeness shared with their partners. Their responses were recorded through note-taking.

Pilot Testing

According to the definition provided by Malmqvist et al. (2019), a pilot study refers to a preliminary, small-scale investigation conducted prior to the main study. In this research, a pilot study was conducted within a locality that shares similar characteristics with the intended target population (Taherdoost, 2021a). Specifically, the pilot study took place in a church situated in the Umoja estate. The primary aim of this pilot study was twofold: firstly, to evaluate the suitability of the research instrument based on predefined criteria, and secondly, to identify any underlying issues that may have implications on aspects such as budget and personnel, among other factors.

This study commenced with a pilot study conducted in PCEA Unity. The data collected from the pilot study was analyzed using SPSS version 28 to assess if the results align with the predetermined criteria. The insights gained from the pilot study data were utilized to refine the study instruments (Taherdoost, 2021a). Additionally, the challenges encountered during the pilot study contributed to the understanding of the local context and characteristics of the target population. This experience informed the training of research assistants and the allocation of resources within the budget. By analyzing the data, adjustments were made to ensure the instruments met the minimum standards for reliability

and validity, with a target reliability score of at least 0.7 out of 10 (Taherdoost, 2021a). These adjustments are crucial prior to proceeding with the main study.

In accordance with the recommendation proposed by Malmqvist et al. (2019), it is suggested that utilizing 10% of the overall sample size would be sufficient for this study. Following this guidance, the research involved 19 married members of PCEA Unity, a PCEA Church situated near PCEA Umoja Parish. The choice of 19 married members was based on the proportionate 10% sample size deemed appropriate for the pilot study. By conducting data collection in Umoja, the pilot study aimed to replicate the actual study in terms of outcomes and challenges, providing valuable insights into the feasibility and potential adjustments needed for the main study in the area. The results of the pilot test was used to recast some statements that were found to be ambiguous or technical.

Validity of the Instrument

According to Sürücü and Maslakçı (2020), validity refers to the ability of an instrument to accurately measure the intended behavior or quality. For the purposes of this study, both content validity and construct validity were measured to ensure the accuracy of the instrument. Content validity, as explained by Taherdoost (2021a), ensures that the items used to measure the instrument serve the same purpose. To assess content validity, expert opinion of the thesis supervisor was used. Construct validity, on the other hand, focuses on how well the instrument measures the concept, behaviors, ideas, or qualities under investigation Taherdoost (2021a). It examines the degree to which the instrument aligns with the intended constructs. In addition to validity, reliability is also crucial.

Reliability Test

Sürücü and Maslakçı (2020) posit that reliability measures the stability of an instrument over time. It ensures consistent results when the instrument is used repeatedly over a period. They help researchers evaluate the extent to which the items in the instrument

are measuring the same underlying construct or attribute consistently (Taherdoost, 2021a). A higher reliability coefficient indicates greater consistency and reliability of the measurement instrument. In this study, the assessment of internal consistency reliability was conducted through the calculation of Cronbach's alpha. The statistical analysis was performed using SPSS version 28 to verify the Cronbach alpha coefficient. Consistent with the recommendation put forth by Taherdoost (2021a), a minimum agreement score of 0.7 out of 1 was deemed satisfactory to meet the established criteria. Table 1 presents the reliability report while the item-total statistics for each of the construct is presented in appendix G.

Table 1 *Reliability Analysis*

Variable	Cronbach's alpha	N of items
Aggressive communication	.893	12
Manipulative communication	.805	15
Avoidance communication	.804	12
Mitigation communication	.622	12
Physical violence	.903	10
Emotional violence	.577	11
Sexual violence	.894	11
Economic violence	.889	10

The data in Table 1 revealed that measures such as aggressive communication, manipulative communication, avoidance communication, physical violence, sexual violence, and economic violence exhibited high levels of internal consistency, with Cronbach's alpha values ranging from 0.805 to 0.903. These scores indicate strong reliability, suggesting that the items within each instrument are closely related and effectively measure the intended

constructs. However, two measures, mitigation communication and emotional violence, showed slightly lower Cronbach's alpha values of 0.622 and 0.577, respectively. These lower scores indicated some inconsistency among the items within these measures, suggesting the need for refinement of the items to enhance reliability.

Accordingly, the items whose Cronbach's Alpha if item is deleted (Appendix G) were identified and excluded from the final tool. In addition, the length of the questionnaire was identified as a potential barrier to data collection as it was considered too long. For this reason, the researcher was guided by the reliability report to reduce the number of items per construct so as to keep the questionnaire short and concise. As such, the researcher retained five (5) to six (6) items per construct based on each item's internal consistency.

Data Analysis Plan

The data obtained from the field underwent a series of steps for analysis using the Statistical Package for the Social Sciences (SPSS version 23). These steps included data cleaning and organization to ensure that the dataset is accurate and ready for analysis. This involved checking for missing values, outliers, and inconsistencies in the data. After data cleaning, the study conducted descriptive analysis to examine the characteristics of the variables. Descriptive statistics such as means, standard deviations, frequencies, and percentages were calculated to summarize the data and provide an overview of the sample.

Following descriptive analysis, the study employed inferential analysis techniques. Correlational analysis was conducted to explore the relationships between variables (Makowski, et al., 2020), specifically examining the associations between poor communication and domestic violence constructs. This analysis generated correlation coefficients and tested their significance. Regression analysis was also performed to assess the predictive power of poor communication behaviors on domestic violence outcomes.

(Shrestha, 2020). The results obtained from these analyses were presented in tables and figures to visual presentation. Tables included means, standard deviations, correlations, regression coefficients, and statistical significance values.

The regression formula was represented as follows:

$$DV = \beta_0 + \beta_1AC + \beta_2MC + \beta_3PC + \beta_5Mod + \varepsilon$$

Where:

DV stands for Domestic Violence which represents the dependent variable, indicating the occurrence or severity of domestic violence.

AC represents the influence of aggressive communication.

MC represents the influence of manipulative communication.

PC represents the influence of passive communication.

Mod represents the moderating variable, a factor that enhances or mitigates the relationship between communication and domestic violence.

β_0 represents the intercept or constant term.

$\beta_1, \beta_2, \beta_3, \beta_4, \beta_5$ represent the regression coefficients associated with each independent variable.

ε represents the error term or residual.

The qualitative data collected in this study were subjected to thematic data analysis. Thematic data analysis is a qualitative method that involves carefully identifying, analyzing, and reporting patterns inherent in the data (Makowski, et al. 2020). Through a systematic approach, it allowed for the exploration and interpretation of significant themes or patterns that arise from the participants' responses. This method provided a comprehensive and

insightful understanding of the data, enabling the researcher to draw meaningful conclusions from the qualitative findings.

Ethical Considerations

Ethical considerations encompass the guidelines and boundaries implemented in a study to ensure compliance with ethical standards established by relevant institutions (Henrickson et al., 2020). These considerations play a vital role in safeguarding the integrity of the researcher and protecting the rights and well-being of research participants (Henrickson et al., 2020). Consequently, it is crucial to uphold an ethical plan throughout the research project, from its inception to the completion of the final report. In this regard, the present study adhered to the ethical requirements outlined by the Pan Africa Christian University and the National Commission of Science, Technology, and Innovation (NACOSTI) guidelines. To conduct the study, ethical clearance was sought from Pan Africa Christian University. After obtaining ethical clearance from the university, the study then proceeded to apply for the NACOSTI permit. The researcher then utilized the NACOSTI permit and the university ethics clearance letter to formally approach PCEA Umoja Parish, seeking permission to conduct the study within the church. On accepting the request for the study, PCEA Umoja Parish was requested to write formal a letter indicating its acceptance of the request.

Ethical considerations in research entail adherence to guidelines and boundaries established to ensure compliance with ethical standards set by relevant institutions (Henrickson et al., 2020). These considerations are integral in preserving the integrity of the research and safeguarding the rights and well-being of research participants (Henrickson et al., 2020). Thus, maintaining an ethical framework throughout the research project, from its initiation to the final report, is paramount.

The study prioritized the protection of married members' integrity by implementing a consent form that married members were asked to sign. This form provided a clear explanation of the study's objectives and outline the rights of prospective married members including the right to withdraw from the study at any point. The study also ensured participant anonymity and maintain a commitment to confidentiality. To safeguard the collected data, strict measures were taken to secure the raw data in a controlled-access, secure room. During the data analysis, processing, and reporting stages, utmost care was taken to accurately represent participating married members' voices. To maintain confidentiality, pseudonyms were assigned to participating married members. The study maintained objectivity and truthfulness throughout the reporting process, while ensuring transparency through the maintenance of an audit trail. All electronic data were password-protected and physical data securely stored in a locked cabinet and properly shredded after a period of three years (Lüscher, 2019).

Chapter Summary

The chapter has provided a comprehensive overview of the research methodology that was employed in the study. It has commenced by presenting a detailed account of the chosen research methodology, followed by a thorough description of the location where the study was conducted. Subsequently, it has delved into the population to be investigated, and how the sample was selected. The chapter also outlines the types of data collection and research instruments that were utilized in the study. It has further expounded how the validity and reliability of the instrument, as well as the pilot study procedures were undertaken. The data analysis plan has been elucidated, followed by a comprehensive exposition of the ethical considerations and guidelines that were used for the study.

Chapter 4: Results and Discussions

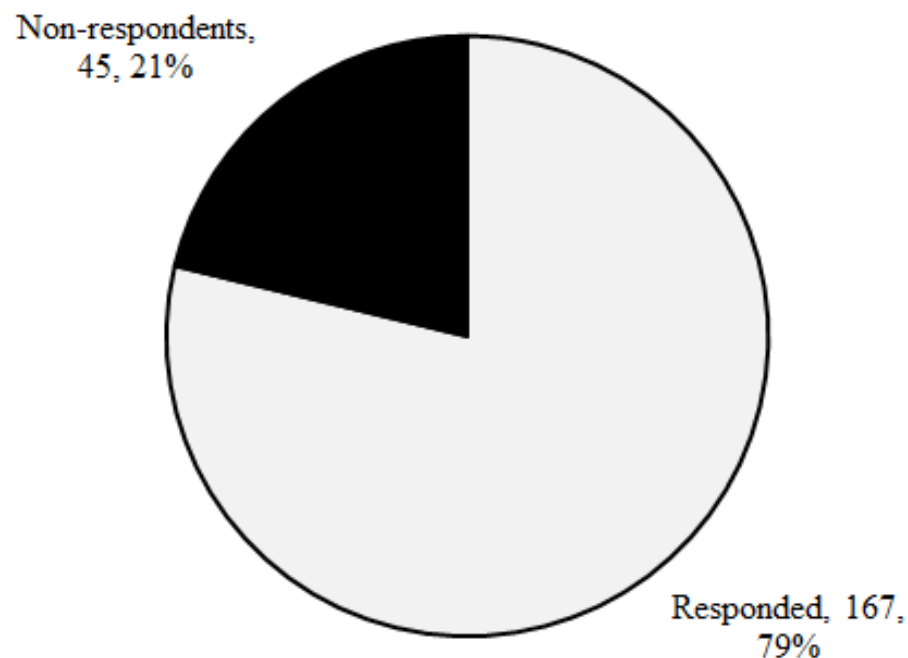
Introduction

This chapter presents the results and discussion of the findings for the four specific objectives. These were: examining how aggressive communication influenced domestic violence among couples, establishing the influence of manipulative communication on domestic violence, evaluating the influence of passive communication on domestic violence among couples, and assessing intervention measures that could mitigate the influence of poor communication on domestic violence among couples. The chapter commences by presenting the response rate. This is followed by presentation and discussion of descriptive results, before finally presenting the inferential analysis and integration with qualitative findings.

Response Rate

Out of the 212 questionnaires administered, a total 167 were successfully filled and returned. The response rate is presented in Figure 2.

Figure 2 *Response Rate*



A response rate of 79% was realized as shown in Figure 2. This indicates a relatively high level of engagement from the participants. This response rate suggests that the study gathered a substantial amount of data from the target population, providing a solid basis for analysis and drawing conclusions about the relationship between poor communication and domestic violence within this specific context. This is in line with Holton et al. (2022) who found that response rates above 50% were the norm of acceptability in most surveys.

Demographic Analysis

This section presents the analysis and interpretation of demographic characteristics of the respondents such as gender, level of education, and length of marriage.

Gender Distribution of Respondents

The study sought to establish how respondents were distributed by gender. Table 2 presents the frequency and percentage distribution.

Table 2 *Gender Distribution of Respondents*

Sex	Frequency	Percent
Male	68	40.7
Female	99	59.3
Total	167	100.0

Female respondents accounted for 59.3% of the respondents while male respondents were 40.7%. This was due to marginal differences in response rate between male and female respondents. However, the distribution suggests that there was adequate gender representation in the study, although female respondents accounted for the majority. This may be explained by the fact that there are often more women in church than men as suggested in a study by Li et al. (2020) which queried why women were more religious.

Distribution of Respondents by Level of Education

Respondents were asked to indicate their highest level of education. Table 3 displays the frequency and percentage distribution.

Table 3 *Distribution of Respondents by Level of Education*

Level of education	Frequency	Percent
Primary	11	6.8
Secondary	36	21.6
College	69	40.7
University	51	30.9
Total	167	100.0

The majority of respondents, at 40.7%, reported having a college-level education, followed closely by those with university-level education at 30.9%. This suggests that a significant portion of the participants have attained higher education, potentially indicating a relatively educated sample population. Secondary education level respondents make up 21.6% of the sample, indicating a notable presence of individuals with high school education. Meanwhile, informants with primary education represent the smallest proportion at 6.8%. This distribution suggests that the study encompasses perspectives from individuals with varying levels of educational attainment, thus capturing a diverse range of experiences and insights related to communication and domestic violence within the church community. Given the focus on communication and domestic violence, the diverse educational backgrounds of respondents potentially offered valuable insights into how different educational levels intersect with communication patterns and experiences of domestic violence within this context. That majority of the respondents had post-secondary levels of

education suggest a high level of literacy, signifying capability of understanding complex survey questions.

Descriptive Analysis of Years in Marriage

Respondents were asked to indicate how long they had been married. Table 4 presents the output of descriptive statistics, which summarizes the central tendency and dispersion of years in marriage.

Table 4 *Descriptive Statistics for Respondents' Years in Marriage*

			Statistic	Std. Error
How long have you been married	Mean		21.45	.953
	95% Confidence Interval for Mean	Lower Bound	19.57	
		Upper Bound	23.33	
	5% Trimmed Mean		21.11	
	Median		20.00	
	Variance		140.704	
	Std. Deviation		11.862	
	Minimum		1	
	Maximum		51	
	Range		50	
	Interquartile Range		19	
	Skewness		.358	.195
	Kurtosis		-.604	.387

The mean length of marriage stood at 21.45 years, indicating an average duration of over two decades among the participants. This means that most of the respondents had stable marriages and have significant experience in navigating marital dynamics. The variance of 140.704 reflects a considerable spread or dispersion of marriage lengths from the mean, with a standard deviation of 11.862 further highlighting the degree of variability or dispersion in

these durations. The range spans from a minimum of one year to a maximum of 51 years, illustrating the breadth of marriage lengths covered by the respondents. Additionally, the interquartile range of 19 indicates that the middle 50% of marriages fall between approximately 12 and 31 years. The skewness of 0.358 suggests a slight right skew in the distribution, indicating potentially more respondents with shorter marriage durations. The distribution suggests that while many couples have maintained long-term marriages, there are also instances of shorter unions. Understanding the factors contributing to both the stability and potential challenges within these relationships, particularly in terms of communication patterns and their impact on domestic violence, is crucial for developing targeted interventions to support healthy and harmonious marriages.

Influence of Aggressive Communication on Domestic Violence

The first objective of the study was to examine the influence of aggressive communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya. A descriptive analysis of aggressive communication rating is first presented and discussed along with scores on different manifestations of domestic violence. This is subsequently followed by inferential analysis and integration of the findings with qualitative results.

Descriptive Analysis of Aggressive Communication

Respondents were asked to rate the frequency of aggressive communication items on a 5-point scale ranging from never to very often. Table 5 shows the item statistics in terms of mean and standard deviation scores. These item statistics offer valuable information regarding the frequency of aggressive communication behaviors reported by respondents. The mean score indicates the average rating of the frequency of aggressive communication behaviors across all respondents. A higher mean score suggests a higher frequency of aggressive communication, while a lower mean score indicates a lower frequency. In like

manner, a higher standard deviation indicates greater variability in responses, suggesting that opinions or experiences regarding aggressive communication vary widely among respondents. Conversely, a lower standard deviation implies that responses are more clustered around the mean, indicating greater agreement among respondents.

Table 5 *Mean and Standard Deviation Scores for Aggressive Communication Items*

Item	Mean	Std. Deviation
How frequently does your partner blame you for the issues or conflicts in your relationship?	3.94	1.155
How frequently does your partner criticize your actions, behaviors, or decisions during conflicts?	3.60	1.070
How frequently does your partner use sarcasm or make mocking remarks during disagreements?	3.54	1.324
In your opinion, to what extent do threats in communication contribute to the occurrence of physical violence in your relationship?	3.34	1.374
Have you ever resorted to physical violence as a response to criticism from your partner?	2.84	1.428
Aggressive communication aggregate score	3.45	1.0485

The results revealed significant patterns regarding the prevalence of aggressive communication within these relationships. Specifically, respondents reported frequent occurrences of behaviors such as being blamed for issues or conflicts (mean = 3.94, standard deviation = 1.155), being criticized for their actions or decisions during conflicts (mean = 3.60, standard deviation = 1.070), and using sarcasm or making mocking remarks during disagreements (mean = 3.54, standard deviation = 1.324). Additionally, threats in communication were perceived to contribute substantially to the occurrence of physical violence in relationships (mean = 3.34, standard deviation = 1.374). Despite this, the study

also found that resorting to physical violence as a response to partner criticism was slightly less prevalent compared to other forms of aggressive communication (mean = 2.84, standard deviation = 1.428).

The findings underscore prevalent patterns of aggressive communication within marital relationships. Notably, respondents reported frequent instances of being blamed for issues or conflicts, criticized for their actions or decisions, and subjected to sarcasm or mocking remarks during disagreements. These behaviors signify a toxic communication environment that fosters tension and conflict. Moreover, the study highlighted the significant contribution of communication threats to the occurrence of physical violence, indicating a concerning escalation from verbal to physical abuse. However, it is worth noting that resorting to physical violence as a response to partner criticism was marginally less common compared to other forms of aggressive communication, suggesting varying degrees of severity in how communication breakdowns manifest in domestic violence scenarios.

The reported prevalence of behaviors such as blaming for issues or conflicts, criticism for actions or decisions, and the use of sarcasm or mocking remarks during disagreements reflects the presence of criticism and contemptuous behaviors, which are highlighted by Gottman as detrimental to relationship health (Deylami, 2019; Rajaei et al., 2021).

Additionally, the perception that threats contribute substantially to the occurrence of physical violence in relationships resonates with Gottman's emphasis on the harmful impact of threats and intimidation within relationships (Corbitt, 2023). Furthermore, the finding that resorting to physical violence as a response to partner criticism is slightly less prevalent compared to other forms of aggressive communication is consistent with Gottman's acknowledgment of a hierarchy of destructive behaviors within relationships (Deylami, 2019).

The aggregate score for aggressive communication was 3.45 with a standard deviation of 1.0485, suggesting a prevalent trend of poor aggressive communication behaviors among couples. Figure 3 compares respondents' experience of aggressive communication by gender.

Figure 3 *Experience of Aggressive Communication by Gender*

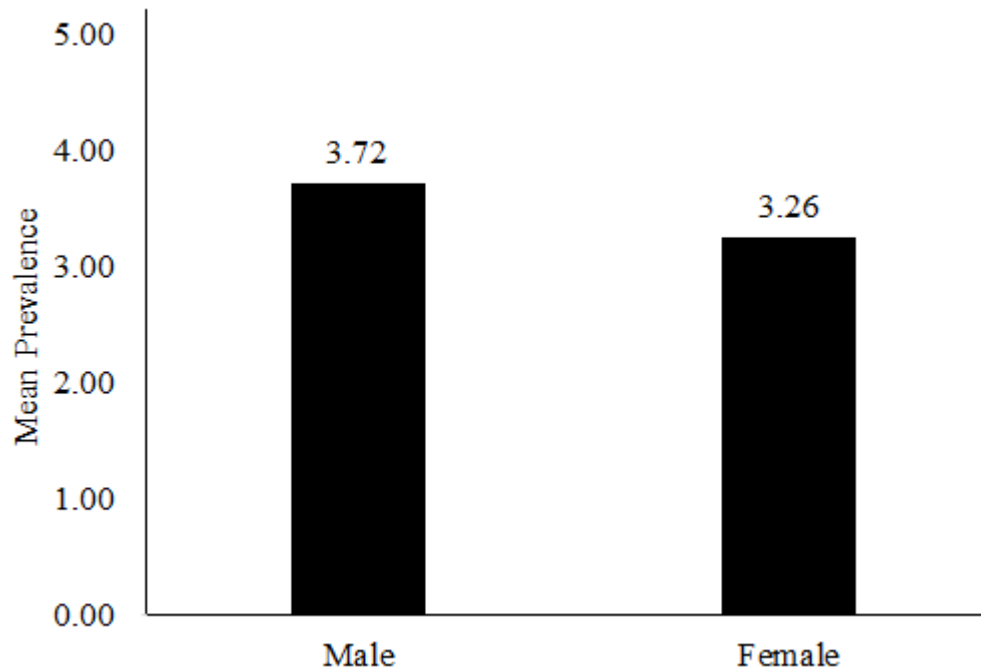


Figure 3 indicates that male experience of aggressive communication (mean=3.72) was higher than the experience of female respondents (female=3.26). This may be explained by a possible desire to remain in abusive relationships if the perceived benefits of staying outweigh the perceived costs of leaving in line with Social Exchange Theory (Cortez et al., 2020; Ranganathan et al., 2021). While the theory provides insights into why individuals may remain in abusive relationships, it does not fully explain the gender disparity in the experience of aggressive communication. In the present study, societal norms and cultural expectations may be at play, given that the research was conducted within the church context where teachings of Christian doctrines about behavior in marriage could play a factor. While Social Exchange Theory offers valuable insights into why individuals may choose to remain in abusive relationships based on perceived benefits versus costs, it falls short in fully

elucidating the observed gender difference. In the context of the study, societal norms and cultural expectations, particularly within the church environment, likely play a significant role. Christian doctrines and teachings about marriage and gender roles may shape individuals' perceptions and responses to aggressive communication within relationships.

Analysis of Prevalence of Domestic Violence

This sub-section of the chapter presents a descriptive analysis of domestic violence as the dependent variable. Scores for following forms of violence are analyzed and discussed in turn: physical violence, emotional violence, sexual violence, and economic violence.

Physical violence. Respondents rated physical violence items on a 5-point scale ranging from (1) strongly disagree, (2) disagree (3) neutral (4) agree (5) strongly agree. Table 6 presents the mean and standard deviation scores as well as the aggregate prevalence score.

Table 6 *Mean and Standard Deviation Scores for Physical Violence Items*

Physical violence items	Mean	Std. Deviation
My partner often threatens me with physical harm or uses intimidation tactics during conflicts.	2.34	1.165
I frequently experience physical harm or injuries because of my partner's aggressive behaviors.	2.18	1.189
My partner often resorts to physical aggression (such as hitting, slapping, or pushing) during conflicts.	2.11	1.172
I frequently feel fearful or unsafe due to my partner's physical threats or aggressive gestures.	2.10	1.162
I frequently experience being physically restrained or held against my will by my partner.	1.90	.864
My partner often uses physical force or restraint to restrict my movement or freedom during conflicts.	1.84	.901
Physical violence aggregate prevalence	2.08	.933

The mean and standard deviation scores for each item suggest a general trend of disagreement among respondents regarding physical violence. On average, respondents disagreed with statements such as their partner frequently threatening them with physical harm (mean = 2.34, SD = 1.165), resorting to physical aggression during conflicts (mean = 2.11, SD = 1.172), or causing them to feel fearful or unsafe due to aggressive gestures (mean = 2.10, SD = 1.162). Despite some variability in the extent of disagreement among respondents, the overall trend indicates a lack of alignment with the presence of physical harm or aggression within relationships. Even when considering the aggregate prevalence of physical violence (mean = 2.08, SD = 0.933), the average score suggests a general disagreement among respondents, suggesting that physical violence was less prevalent among the couples. The findings imply that while aggressive communication may be relatively common, physical violence seems to be less prevalent among the couples surveyed. This could imply that while communication breakdowns and conflicts may occur frequently, they do not necessarily escalate to physical violence in the majority of cases. It is possible that couples have developed coping mechanisms or conflict resolution strategies to manage disagreements without resorting to physical violence. Additionally, given that the study was conducted within a Christian community, Christian norms and legal consequences may serve as deterrents against engaging in physical aggression within relationships.

Emotional violence. Respondents also rated emotional violence items on a 5-point scale ranging from (1) strongly disagree, (2) disagree (3) neutral (4) agree (5) strongly agree. Table 6 displays the mean and standard deviation scores as well as the aggregate score for emotional violence prevalence. These scores help in gauging the extent to which emotional violence occurs within relationships and the variability in responses among respondents. A higher mean score indicates a greater agreement with statements indicative of emotional

abuse, while a lower mean score suggests a lower prevalence of such behaviors within the sample.

Table 7 *Mean and Standard Deviation Scores for Emotional Violence Items*

Emotional violence items	Mean	Std. Deviation
The presence of emotional withholding hinders open and genuine emotional connection in our relationship.	4.53	1.031
My partner frequently withholds affection, attention, or emotional support as a means of punishment or control.	4.08	1.012
Emotional withholding is a recurring pattern in our communication dynamics.	4.04	1.119
My partner often manipulates or distorts the truth to gain control or power in our relationship.	3.84	1.053
I often feel isolated or emotionally neglected due to my partner's emotional withholding behavior.	3.66	1.136
I frequently feel fearful or anxious due to my partner's intimidating behavior or threats.	3.61	1.431
Emotional violence aggregate prevalence score	3.96	.960

The presence of emotional withholding hindering genuine emotional connection received particularly strong agreement, with respondents indicating a high level of consensus on this issue (mean = 4.53, SD = 1.031). Similarly, participants expressed agreement that partners frequently use emotional withholding as a means of control or punishment (mean = 4.08, SD = 1.012) and that it is a recurring pattern in communication dynamics (mean = 4.04, SD = 1.119). Additionally, respondents agreed that partners often manipulate or distort the truth to gain power within the relationship (mean = 3.84, SD = 1.053), leading to feelings of isolation or neglect among respondents (mean = 3.66, SD = 1.136). Feelings of fear or anxiety due to partner's intimidating behavior or threats also garnered agreement, although with slightly higher variability in responses (mean = 3.61, SD = 1.431). The aggregate

prevalence score for emotional violence further reflects this general agreement among respondents (mean = 3.96, SD = 0.960). Overall, these findings underscore the widespread acknowledgment of emotional violence within respondents' marital relationships. The strong consensus that emotional withholding hinders genuine emotional connection aligns with Gottman's emphasis on emotional safety and trust as observed by (Corbitt, 2023). Similarly, the agreement that emotional withholding is used as control or punishment and is a recurring communication pattern supports the idea by Hosseinpour et al. (2022) that such behaviors predict relationship dissatisfaction. The acknowledgment of manipulation to gain power and its resulting feelings of isolation aligns with Gottman's identification of the harmful effects of manipulative tactics as discussed by Fishbane (2019). Furthermore, the recognition of fear and anxiety from partner's intimidating behavior and the overall prevalence of emotional violence are consistent with the Lorenzo-Echeverri's (2020) emphasis on the detrimental impact of emotional abuse and destructive communication patterns on relationship health.

The overarching theme that emerged from qualitative data was the profound and pervasive impact of emotional violence on various aspects of individuals' lives and marriages. Emotional violence does not just affect one facet of life but permeates multiple dimensions, including mental health, self-esteem, relationship dynamics, physical health, social connections, and overall well-being. According to Respondent 1, "Mental health conditions, loneliness, shame, and confusion" are direct outcomes of emotional violence, indicating the deeply damaging effects on individuals' psychological well-being. This finding corroborates Rahman et al.'s (2021) recognition of its damaging effects on psychological well-being. This sentiment is echoed by Respondent 2, who emphasized how emotional violence results in "loneliness, separation, and low self-esteem," illustrating the isolation and erosion of self-worth experienced within the marital context. The finding reinforces the literature's Choi et al.'s (2021) understanding of emotional violence's isolating and self-worth eroding impact

within marital contexts. Furthermore, Respondent 3 highlighted the potential outcomes of emotional violence, including "divorce, and separation, low self-esteem, and lack of trust." This aligns with Hammett et al. (2021) who indicated these as common consequences of emotional violence. These consequences not only affect the individuals directly involved but also have broader implications for family dynamics and stability, as articulated by Respondent 6, who noted how emotional violence "hinders creation of wealth (family development)," impacting the financial and emotional security of the family unit. The finding underscores the broader implications on family dynamics and stability, as noted by Rahman et al. (2021) regarding how emotional violence impedes wealth creation and impacts the financial and emotional security of the family unit, which is consistent with literature on its systemic effects.

The cyclical nature of emotional violence is evident in the responses of Respondents 11 and 17, who described how it leads to a breakdown in togetherness, trust, and intimacy within the marriage. Respondent 11 asserted that, "There is no togetherness and anything small triggers more violence," while Respondent 17 stated, "Mistrust, no sexual interaction and always feeling moodiness," illustrating how emotional violence perpetuates negativity and withdrawal, exacerbating the emotional and relational toll on individuals and hindering their ability to cultivate healthy and fulfilling relationships. The overarching theme of rcommunication breakdown affirms Gottman's Four Horsemen of the Apocalypse as discussed in extant literature (Deylami, 2019; Rajaei et al., 2021; Lorenzo-Echeverri, 2020). Emotional abuse, including criticism, contempt, manipulation, and intimidation, leads to a breakdown in trust, intimacy, and togetherness. This perpetuates a cycle of negativity and withdrawal, exacerbating the emotional toll on individuals and hindering their ability to maintain healthy and fulfilling relationships.

Sexual violence. Respondents similarly rated sexual violence items on a 5-point scale ranging from (1) strongly disagree, (2) disagree (3) neutral (4) agree (5) strongly agree. Table 8 provides the mean and standard deviation scores as well as the aggregate score each item as well as the composite score for sexual violence.

Table 8 *Mean and Standard Deviation Scores for Sexual Violence Items*

Sexual violence items	Mean	Std. Deviation
My partner has forced or attempted to force sexual acts on me against my will.	3.08	1.523
My partner often engages in sexual activities without obtaining my consent.	3.07	1.442
I often feel obligated to engage in sexual activities to avoid negative consequences or conflicts.	2.99	1.450
I frequently feel pressured or coerced into engaging in sexual activities against my will.	2.96	1.359
My partner often manipulates or exploits my vulnerabilities to satisfy their sexual desires.	2.91	1.683
Sexual violence aggregate prevalence	3.00	1.344

Table 8 shows that respondents indicated a moderate level of agreement on average with statements such as partners attempting or forcing sexual acts against their will (mean = 3.08, SD = 1.523), engaging in sexual activities without obtaining consent (mean = 3.07, SD = 1.442), and feeling pressured or coerced into sexual activities (mean = 2.96, SD = 1.359). Additionally, respondents reported to a moderate extent, feelings of obligation to engage in sexual activities to avoid negative consequences or conflicts (mean = 2.99, SD = 1.450). This agreement was accompanied by considerable variability in responses, suggesting diverse experiences within the sample. Similarly, respondents expressed agreement with the statement that partners often manipulate or exploit vulnerabilities to satisfy sexual desires (mean = 2.91, SD = 1.683), albeit with notable variability in responses. The aggregate

prevalence score further reflects a moderate level of agreement across all sexual violence-related statements (mean = 3.00, SD = 1.344), indicating a prevailing acknowledgment of the presence of sexual violence within the marriage.

Qualitative analysis from the study illuminated the profound and multifaceted detrimental impact of sexual violence on intimate relationships, particularly regarding power dynamics, mutual respect, and emotional well-being. Respondents consistently underscored how sexual violence disrupts the balance of power, enabling the abuser to wield control through fear and coercion while forcing the victim into a submissive role, as noted by Respondent 3, who highlighted how it "destroys mutual respect" and fosters "suppressed and dependent characters." This imbalance corrodes mutual respect and fosters a dynamic of dominance and submission, characterized by suppressed behaviors. This finding is in line with Jones et al. (2018) whose research on the effect of poor communication on sexual violence in couples reported that poor communication contributed to sexual aggression in couples.

Moreover, sexual violence is recognized as part of a broader spectrum of abuse, including physical, emotional, and financial forms, emphasizing its embeddedness within coercive and controlling relationship dynamics. Respondent 10 elucidated the emotional and psychological toll of sexual violence, describing feelings of unworthiness, pain, emotional numbness, and detachment. Similarly, Respondent 15 highlighted the association of sexual violence with discomfort, hatred towards sex, and emotional pain, perpetuating a cycle of negative emotions. This emotional and psychological distress not only undermines the victim's well-being but also erodes trust and communication essential for healthy relationships. Respondent 17 emphasized how sexual violence may breed feelings of disrespect, contempt, and misunderstanding within the relationship, exacerbating existing tensions. The profound impact of sexual violence on power dynamics and mutual respect

within relationships as demonstrated in the qualitative analysis aligns with Gottman's notion of the "Four Horsemen of the Apocalypse," namely criticism, contempt, defensiveness, and stonewalling, which are corrosive to relationships as articulated by Bafandegan (2020).

Sexual violence disrupts the balance of power by instilling fear and coercion, leading to a dynamic where one partner dominates while the other feels forced into submission. This imbalance erodes mutual respect fosters behaviors characteristic of Gottman's Four Horsemen, such as contemptuous and defensive attitudes.

Economic violence. Respondents further rated economic violence items on a 5-point scale ranging from (1) strongly disagree, (2) disagree (3) neutral (4) agree (5) strongly agree.

Table 9 summarizes the scores in terms of mean and standard deviation.

Table 9 *Mean and Standard Deviation Scores for Economic Violence Items*

Economic violence items	Mean	Std. Deviation
Financial decisions are predominantly made by my partner, disregarding my input or preferences.	3.14	1.184
My partner often exercises complete control over financial decisions without involving me.	3.13	1.386
My partner frequently exploits my financial resources or assets for their own personal gain.	3.10	1.176
My partner often threatens to withhold financial support or resources as a means of control or punishment.	2.94	1.242
I frequently feel anxious or fearful about the potential loss of financial security due to my partner's threats.	2.38	1.270
Economic violence aggregate prevalence rating	2.94	1.103

On average, respondents indicated a moderate level of agreement with statements such as financial decisions being predominantly made by one partner without considering the other's input or preferences (mean = 3.14, SD = 1.184), and partners exerting complete

control over financial decisions without involving the other partner (mean = 3.13, SD = 1.386). This suggests that these experiences were commonly reported within the sample, although there was notable variability in responses. Similarly, respondents expressed moderate agreement with statements indicating instances where partners exploit the financial resources or assets of the other for personal gain (mean = 3.10, SD = 1.176), and threats to withhold financial support or resources for control or punishment purposes (mean = 2.94, SD = 1.242). Additionally, respondents reported frequent feelings of anxiety or fear about potential loss of financial security due to partner's threats (mean = 2.38, SD = 1.270), though with notable variability in responses. The aggregate prevalence rating further reflects a moderate level of agreement across all economic violence-related statements (mean = 2.94, SD = 1.103), indicating a moderate acknowledgment of economic violence within relationships among respondents.

The findings shed light on the prevalence and impact of economic violence within intimate relationships, highlighting patterns of control, exploitation, and manipulation of financial resources. This agrees with the description of economic violence as characterized by withhold financial support from one another as a method of control (Asfour, et al., 2021). Respondents reported a moderate level of agreement with statements indicating that financial decisions are predominantly made by one partner without considering the other's input or preferences, as well as partners exerting complete control over financial decisions. Verbatim responses from interviewees cited “money”, “mismatch in finances”, and “financial instability” as the underlying factors or triggers that contribute to the occurrence violence in their relationships. This suggests that experiences of financial control and domination were commonly reported within the sample, reflecting power imbalances that can undermine the autonomy and well-being of the affected individuals.

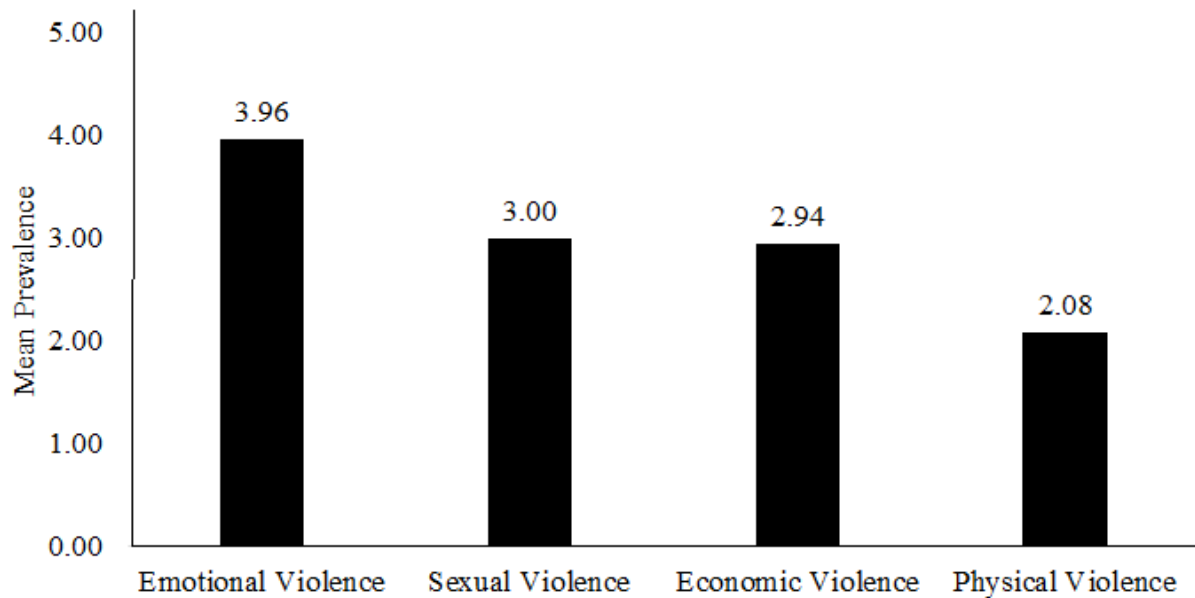
Additionally, respondents expressed moderate agreement with statements indicating instances where partners exploit financial resources or assets for personal gain and threats to withhold financial support or resources for control or punishment purposes. With regards to the statement, “My partner frequently exploits my financial resources or assets for their own personal gain” a moderate mean score was obtained on a 5-point scale (Mean=3.10, Standard deviation=1.176). This was corroborated by findings from in-depth interviews where respondents cited “Unequal contribution of finances” as an underlying factor. These findings underscore the coercive and manipulative tactics employed by some partners to maintain control and dominance within the relationship. This finding aligns with Ranganathan et al.’s (2021) discussion on economic abuse within the context of Social Exchange Theory, which highlights how perpetrators use financial control and exploitation as tactics to limit the victim's financial independence and maintain power and dominance in the relationship.

Respondents however reported infrequent feelings of anxiety or fear about the potential loss of financial security due to partner threats. A moderately low mean score was obtained on a 5-point scale for the statement, “I frequently feel anxious or fearful about the potential loss of financial security due to my partner's threats” (Mean=2.38, Standard deviation=1.270). This aggregate prevalence rating reflects a moderate low acknowledgment of economic violence within relationships among respondents. A possible explanation for this is that, in line with Ranganathan et al.’s (2021) discussion of Social Exchange Theory, respondents probably weighed the costs and benefits of remaining in a relationship, including potential economic consequences such as threats to financial security and found that the perceived costs (such as fear of financial insecurity) did not outweigh the benefits.

Domestic violence prevalence ranking. Comparing the aggregate prevalence scores of emotional violence, sexual violence, economic violence, and physical violence provides

valuable insights into the perceived prevalence and severity of different forms of violence within relationships. Figure 4 ranks the prevalence of different forms of domestic violence.

Figure 4 *Domestic violence prevalence ranking*

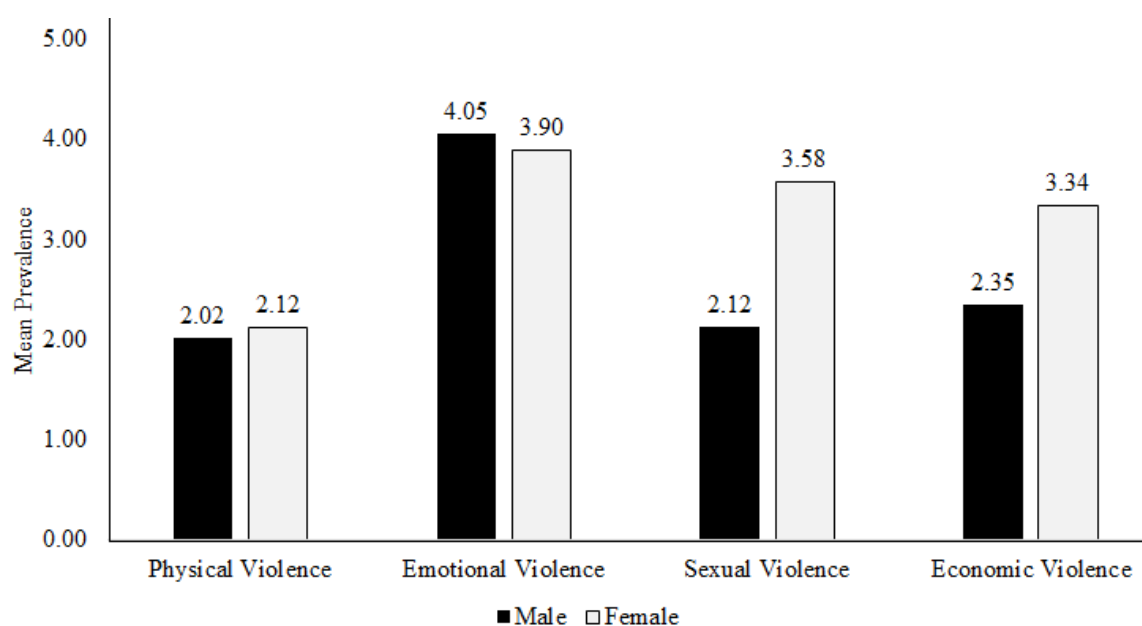


As revealed in Figure 4, emotional violence received the highest aggregate prevalence score of 3.96, indicating a higher level of perceived prevalence among respondents. This suggests that emotional violence, encompassing behaviors like emotional withholding, manipulation, and intimidation, was more commonly reported or acknowledged within relationships. Findings from in-depth interviews corroborated this result, with verbatim responses entailed statements such as “disagreement or talking too much”, “verbal insults”, “disrespect”, and “engaging in unhealthy arguments.” Sexual violence obtained a mean prevalence score of 3.00, indicating moderate level of perceived prevalence. While still significant, sexual violence was reported to a somewhat lesser extent compared to emotional violence. From the verbatim comments, respondents mentioned “no sexual interaction and always feeling moodiness”, that “it can make you hate sex and feel shame and so you cannot enjoy”, “feeling misused, abused useless and sex becomes meaningless”. Economic violence garnered a mean prevalence score of 2.94, slightly lower than sexual violence, suggesting that

it was perceived as occurring with slightly less frequency. Nonetheless, respondents acknowledged economic violence, such as financial control, exploitation, and threats, as notable issues within relationships. Finally, physical violence received the lowest aggregate prevalence score of 2.08, indicating a lower perceived prevalence compared to other forms of domestic violence. The findings of this study agree with the literature on domestic violence in Kenya, which indicates a high prevalence of domestic violence, particularly in urban areas like Nairobi. For example, Owiti (2019) reported a high prevalence of domestic violence among ever-married women in Nairobi, with nearly 60% reporting experiencing physical, sexual, or emotional violence. Similarly, Njeri et al. (2021) highlighted the high prevalence of domestic violence among Protestant Christians in Kenya. It means that domestic violence is prevalent in society and the church is not an exception, especially with respect to emotional violence.

Gender difference in experience of domestic violence. A comparison of the experiences of domestic violence between male and female respondents across various categories reveals is presented in Figure 5.

Figure 5 *Experience of Domestic Violence by Gender*



Male respondents reported experiencing less physical violence with a mean score of 2.02, while female respondents reported a slightly higher mean score of 2.12. This suggests that both male and female respondents encountered less physical violence within their relationships, albeit with female respondents reporting slightly higher levels. Regarding emotional violence, male respondents reported experiencing it with a mean score of 4.05, slightly higher than the mean score of 3.90 reported by female respondents. This indicates that male respondents reported experiencing emotional violence to a slightly greater extent than their female counterparts, although the difference is minimal. In terms of sexual violence, male respondents reported a mean score of 2.12, whereas female respondents reported a substantially higher mean score of 3.58. This significant gender difference suggests that female respondents experienced a markedly higher level of sexual violence compared to male respondents. Similarly, in economic violence, male respondents reported a mean score of 2.35, while female respondents reported a higher mean score of 3.34. This indicates that, akin to physical violence, female respondents reported experiencing economic violence to a slightly greater extent compared to male respondents.

These statistics suggest that women may be disproportionately affected by physical and sexual aggression. The substantial gender difference in reported sexual violence indicate power imbalances within the relationship where male partners exert control over sexual behavior, in line with Social Exchange Theory. Further, female respondents reporting higher levels of economic violence may indicate that they perceive greater costs associated with leaving, such as financial insecurity or dependence on the abusive partner for economic resources. This finding was corroborated by qualitative responses whereby some of the interviewees observed thus: “the abuser gains control of the relationship and the other partner gives in because of fear, and “it creates a dominant and a forced submissive partner with suppressed and dependent characters”. This finding agrees with the study by Njeri et al.

(2021) which noted that domestic violence was prevalent among Protestant Christians, whereby nearly one in every two (49.1 %) married women who identified themselves as Protestants have been subjected to a form of domestic violence in their marriages. However, contrary to traditional stereotypes, male respondents reporting experiencing emotional violence to a slightly greater extent challenges preconceived notions and emphasizes the need to acknowledge and support individuals of all genders who experience emotional abuse.

Correlation between Aggressive Communication and Domestic Violence

Spearman's rank correlation analysis was performed to establish the relationship between aggressive communication and different forms of domestic violence. Table 10 displays the results at $p < .05$.

Table 10 *Correlation between Aggressive Communication and Domestic Violence*

Spearman's rho		1
Aggressive Communication	Correlation Coefficient	1.000
	Sig. (2-tailed)	.
	N	167
Physical Violence	Correlation Coefficient	.481**
	Sig. (2-tailed)	.000
	N	167
Emotional Violence	Correlation Coefficient	.619**
	Sig. (2-tailed)	.000
	N	167
Sexual Violence	Correlation Coefficient	.176*
	Sig. (2-tailed)	.024
	N	167
Economic Violence	Correlation Coefficient	.148
	Sig. (2-tailed)	.059
	N	167

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Table 10 indicates that aggressive communication had the strongest positive and statistically significant correlation with emotional violence ($r=.619$, $p<.01$), followed by physical violence ($r=.481$, $p<.01$). However, the correlation between aggressive communication and sexual violence was weak, though still statistically significant ($r=.176$, $p<.05$). The p-values in these findings suggests that emotional, physical, and sexual violence increased with increased experiences of aggressive communication. However, the relationship between aggressive communication and economic violence was not statistically significant ($r=.148$, $p>.05$).

The results indicate a significant positive correlation between aggressive communication and emotional violence, as well as physical violence, which corroborates previous studies such as those by Hammett et al. (2019), suggesting that poor communication indeed contributes to these forms of violence within relationships. However, the weaker correlation between aggressive communication and sexual violence contrasts with studies like those by Jones et al. (2018), Airaoje et al. (2022), and Stevens et al. (2022), which found a stronger association between communication breakdowns and sexual violence. Additionally, the lack of statistical significance between aggressive communication and economic violence diverges from the findings of Rahman et al. (2021) and Stern et al. (2019), who emphasized the broader impact of communication styles on various forms of domestic violence.

The findings underscore the importance of understanding the nuanced interplay between communication patterns and different forms of violence within intimate relationships. While aggressive communication appears to be strongly linked to emotional and physical violence, its relationship with sexual and economic violence may be influenced by a range of additional factors.

In this study, a simple linear regression analysis was conducted to explore the association between aggressive communication and physical violence. The model incorporated aggressive communication as the independent variable and physical violence as the dependent variable. Results indicated a significant relationship between the variables, as evidenced by the significant regression equation; $F(1) = 56.220$, $R^2 = .254$, $p < .01$. Specifically, aggressive communication emerged as a significant predictor of physical violence ($\beta = .504$, $p < .05$). This suggests that as levels of aggressive communication increase, physical violence is predicted to increase by .504 units, holding all other variables constant. These results underscore the importance of addressing aggressive communication in understanding and potentially mitigating physical violence. The finding reveals a significant association between aggressive communication and physical violence, indicating that as levels of aggressive communication increase, physical violence is predicted to increase as well. This supports the findings of previous research, such as that of Hammett et al. (2019) which also identified poor communication as a predictor of domestic violence.

Qualitative analysis highlighted the pervasive theme of interpersonal conflict and communication breakdown within marital relationships. Respondents consistently mentioned elements such as disagreement, poor communication, disrespect, and unhealthy arguments, underscoring the challenges couples face in navigating conflicts effectively. The prevalence of responses emphasizing disagreement, poor communication, and disrespect underscores the critical role of effective communication and conflict resolution skills in maintaining healthy relationships. As Respondent one aptly expressed, "Disagreement and talking too much" encapsulate the struggle many couples face in finding common ground. Similarly, Respondent 3 highlighted the significance of "Disagreement and lack of communication," pointing to the detrimental effects of communication breakdown on relationship dynamics.

The mention of "Communication breakdown and pride" by Respondent 6 suggests that issues of ego and unwillingness to compromise further exacerbate conflicts.

Additionally, Respondent 8's mention of "Misunderstanding" underscores how communication breakdowns can lead to misconceptions and misinterpretations. Respondent 13's observation regarding "Engaging in unhealthy argument. Lack of respect" highlights the toxic nature of certain communication patterns and their detrimental impact on mutual respect within relationships. Lastly, Respondent 16's mention of "Disagreement with one another" echoes the prevalent theme of conflict and discord. Overall, these excerpts illustrate the importance of addressing communication patterns and promoting mutual respect to prevent conflicts from escalating into violence, emphasizing the need for interventions focused on enhancing communication and conflict resolution skills within marital relationships.

The qualitative analysis emphasizes themes of disagreement, poor communication, and disrespect, highlighting the importance of effective communication and conflict resolution skills in preventing conflicts from escalating into violence, which is consistent with the insights from various studies (Hammett et al., 2021). Disagreement within relationships can serve as a precursor to conflict, particularly when communication breakdowns occur. Poor communication, as indicated by respondents, exacerbates misunderstandings, breeds resentment, and creates fertile ground for conflicts to escalate. Moreover, disrespect within the context of disagreements and arguments can erode the foundation of mutual understanding and compromise, further fueling tensions within relationships.

Aggressive communication and emotional violence. Simple linear regression analysis was executed to scrutinize the relationship between aggressive communication and emotional violence. The analysis employed aggressive communication as the independent variable and emotional violence as the dependent variable. Table 12 presents the output.

Table 12 *Regression of Emotional Violence on Aggressive Communication*

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.574 ^a	.330	.326	.78874		
a. Predictors: (Constant), Aggressive Communication						
ANOVA ^a						
Model	Sum of Squares		df	Mean Square	F	Sig.
1	Regression	50.459	1	50.459	81.108	.000 ^b
	Residual	102.650	166	.622		
	Total	153.109	167			
a. Dependent Variable: Emotional Violence						
b. Predictors: (Constant), Aggressive Communication						
Coefficients ^a						
		Unstandardized Coefficients	Standardized Coefficients			
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	2.148	.210		10.211	.000
	Aggressive Communication	.526	.058	.574	9.006	.000
a. Dependent Variable: Emotional Violence						

The findings revealed a significant relationship between the variables, as shown by the regression equation, $F(1) = 81.108$, $R^2 = .330$, $p < .05$. Specifically, aggressive communication emerged as a significant predictor of emotional violence ($\beta = .574$, $p < .05$). This implies that alterations in aggressive communication are linked with corresponding changes in emotional violence, as indicated by the coefficient value, while controlling for other variables. The study confirms previous researches indicating a significant relationship between poor communication and various forms of domestic violence (Hammett et al., 2019). This is evidenced by the association between aggressive communication and emotional violence found in the current investigation, which supports the broader understanding that communication styles can predict violent behavior within relationships.

The most prominent theme arising from the respondents' verbatim statements is the detrimental effect of emotional violence on the trust between partners, primarily due to breakdown in emotional connection. The qualitative insights provided by respondents regarding the breakdown of trust due to emotional violence resonate with existing literature

highlighting the detrimental effects of such dynamics on relationship quality (Rahman et al., 2021). Several participants highlighted how emotional violence undermines trust by impeding the development and maintenance of a strong emotional bond within the marriage. Respondent one succinctly captures this sentiment by remarking, "This is where mistrust comes in," highlighting the direct link between emotional violence and the erosion of trust. Similarly, Respondent 2 emphasizes the indispensable nature of emotional connection for fostering trust, noting, "Once you cannot be emotionally connected, trust cannot happen." This observation underscores the foundational role of emotional intimacy in building and sustaining trust within relationships. Respondent 6 further elaborates on this theme by highlighting how the absence of emotional attachment diminishes the significance of intimacy, thereby fostering feelings of mistrust: "When not emotionally attached, intimacy does not count hence brings out case of mistrust." This insight underscores the intricate interplay between emotional connection, intimacy, and trust within intimate relationships. Moreover, Respondent 12's statement starkly illustrates the direct impact of emotional violence on trust, indicating a loss of trust within their own relationship: "It does not because I no longer trust him." This candid admission underscores the profound damage inflicted by emotional violence on the trust between partners.

Aggressive communication and sexual violence. A simple linear regression analysis was conducted to investigate the relationship between aggressive communication and sexual violence. The analysis utilized aggressive communication as the independent variable and sexual violence as the dependent variable. Table 13 displays the output.

Table 13 *Regression of Sexual Violence on Aggressive Communication*

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.237 ^a	.056	.050	1.31069		
a. Predictors: (Constant), Aggressive Communication						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	16.618	1	16.618	9.674	.002 ^b
	Residual	280.021	166	1.718		
	Total	296.639	167			
a. Dependent Variable: Sexual Violence						
b. Predictors: (Constant), Aggressive Communication						
Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.937	.356		5.440	.000
	Aggressive Communication	.306	.098	.237	3.110	.002
a. Dependent Variable: Sexual Violence						

The results demonstrated a significant relationship between the variables, as indicated by the notable regression equation $F(1) = 9.674$, $R^2 = .056$, $p < .05$. The R-squared value of .056 denotes the proportion of variance in sexual violence explained by aggressive communication and suggested that aggressive communication explained 5.6% of the variance. Specifically, aggressive communication emerged as a significant predictor of sexual violence ($\beta = .237$, $p < .05$). This suggests that changes in aggressive communication are associated with corresponding changes in sexual violence. This finding aligns with Mongare et al. (2018), and Jones et al. (2018) who investigated the link between communication styles and various forms of violence within intimate relationships and found that poor communication contributes to sexual aggression and violence within couples.

Aggressive communication and economic violence. A simple linear regression analysis was conducted to explore the relationship between aggressive communication and

economic violence. Aggressive communication served as the independent variable, while economic violence was the dependent variable. The results are shown in Table 14.

Table 14 *Regression of Economic Violence on Aggressive Communication*

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.228 ^a	.052	.046	1.07776		
a. Predictors: (Constant), Aggressive Communication						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	10.335	1	10.335	8.898	.003 ^b
	Residual	189.335	163	1.162		
	Total	199.670	164			
a. Dependent Variable: Economic Violence						
b. Predictors: (Constant), Aggressive Communication						
Coefficients ^a						
		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	2.117	.288		7.348	.000
	Aggressive Communication	.238	.080	.228	2.983	.003
a. Dependent Variable: Economic Violence						

The results revealed a significant relationship between the variables, supported by the regression equation, $F(1) = 8.898$, $R^2 = .052$, $p < .05$. The R-squared value indicates the proportion of variance in economic violence explained by aggressive communication and suggests that aggressive communication explained 5.2% of the variance. Specifically, aggressive communication emerged as a significant predictor of economic violence ($\beta = .228$, $p < .05$). This implies that changes in aggressive communication are associated with corresponding changes in economic violence.

Influence of Manipulative Communication on Domestic Violence

The second objective of the study was to investigate the influence of manipulative communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya. This section presents both descriptive results and inferential analysis of the data, which is then integrated with the output of qualitative analysis.

Descriptive Analysis of Manipulative Communication

Respondents were asked to rate the frequency of manipulative communication items on a 5-point scale ranging from never to very often. Table 15 shows the item statistics in terms of mean and standard deviation scores.

Table 15 *Mean and Standard Deviation Scores for Manipulative Communication*

Manipulative communication items	Mean	Std. Deviation
How often does your partner use guilt-inducing statements or behaviors to manipulate your actions or decisions?	3.72	1.199
Has your partner ever controlled or manipulated your access to financial resources or decision-making regarding finances?	3.67	1.256
How often does your partner use ultimatums to exert control or influence over your actions or decisions?	3.23	1.175
How often does your partner use excessive compliments or praise to manipulate your emotions or actions?	3.20	1.202
Has your partner ever denied you the right to engage in consensual sexual activities within the relationship?	2.55	1.583
Manipulative communication aggregate score	3.29	.854

The findings revealed that guilt-inducing statements or behaviors were reported with the highest mean score of 3.72 (SD = 1.199), suggesting a moderate level of perceived frequency and relatively low variability among respondents. Similarly, financial control or manipulation received a mean score of 3.67 (SD = 1.256), indicating a comparable frequency. Ultimatums and excessive compliments followed closely with mean scores of 3.23 (SD = 1.175) and 3.20 (SD = 1.202), respectively, demonstrating a moderate perceived frequency. However, the variability in responses varied across these items, with standard deviations ranging from 1.175 to 1.256, suggesting differing degrees of consensus among respondents. Conversely, the item regarding denial of consensual sexual activities within the relationship received a lower mean score of 2.55 (SD = 1.583), indicating a comparatively lower

frequency, albeit with a higher standard deviation of 1.583, signifying more variability in responses.

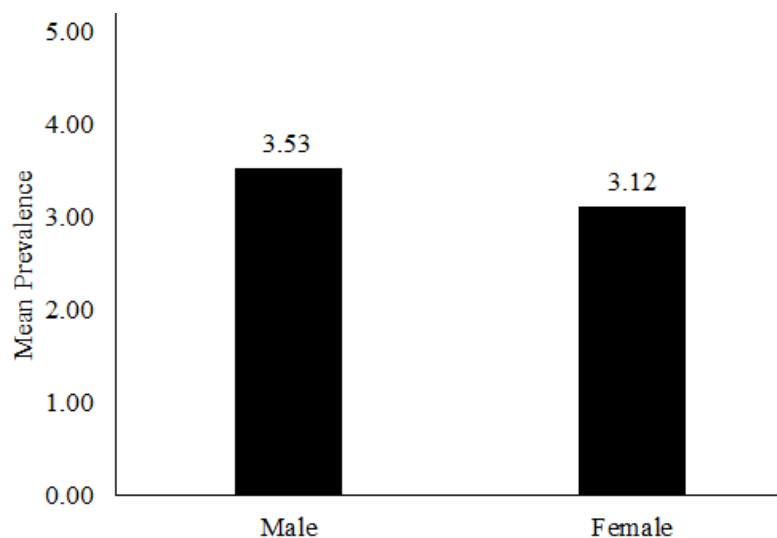
The established scores align with extant studies. For instance, Ermer et al. (2017) highlighted how manipulative communication, rooted in poor communication skills, could lead to physical violence and sexual denial within marital relationships. This parallels the current study's findings regarding the perceived frequency of guilt-inducing statements, financial control, ultimatums, and excessive compliments, all of which are indicative of manipulative communication tactics. Similarly, Adekoya et al. (2019) and Tasew and Getahun (2021) emphasized the prevalence of manipulative communication, such as guilt-trips and ultimatums, among married couples, which correlates with the moderate to high frequencies reported in the current study. Moreover, Mutiso (2020) demonstrated how poor communication, including tactics like flattery and denial of conjugal rights, contributes to marital conflicts, which resonates with the findings presented. The aggregate score for manipulative communication across all items yielded a mean of 3.29 (SD = 0.854) with a standard deviation of 0.854, reflecting a relatively moderate prevalence of manipulative behaviors within their relationships.

The descriptive analysis highlights prevalent manipulative tactics within relationships, including guilt-inducing statements, financial control, ultimatums, excessive compliments, and sexual denial. The results are consistent with a previous study by Mutiso (2020) which explored manipulative communication among couples in Mavuno Church Embakasi and Donholm Catholic Church and observed that couples employed non-productive communication strategies such as flattery and denial of conjugal rights. These behaviors illustrate how communication styles are strategically employed to exert power and influence over partners. Guilt and financial control can restrict autonomy and create dependency, while ultimatums enforce compliance through fear of consequences. Excessive compliments

manipulate emotions by fostering reliance on approval, and sexual denial undermines autonomy and emotional well-being. These findings underscore the complexity of power dynamics in relationships, where manipulation exploits vulnerabilities to maintain control.

Figure 6 shows how experience of manipulative communication was experienced by male and female respondents.

Figure 6 *Experience of Manipulative Communication by Gender*



Comparison of respondents' experience of manipulative communication indicates that the experience was slightly higher among male respondents (mean=3.53) than among female respondents (mean=3.12). While the difference in mean scores is relatively small, it highlights nuanced gender dynamics within intimate relationships and underscores the importance of considering gender-sensitive approaches in addressing issues of manipulative communication and domestic violence.

Correlation between Manipulative Communication and Domestic Violence

Spearman's rank correlation technique was applied to investigate the influence of manipulative communication on domestic violence among couples within the PCEA Umoja

Parish community in Nairobi County, Kenya. Table 16 presents the correlation coefficients for each form of domestic violence at $p < .05$.

Table 16 *Correlation between Manipulative Communication and Domestic Violence*

Spearman's rho		1
Manipulative Communication	Correlation Coefficient	1.000
	Sig. (2-tailed)	.
	N	167
Physical Violence	Correlation Coefficient	.310**
	Sig. (2-tailed)	.000
	N	167
Emotional Violence	Correlation Coefficient	.388**
	Sig. (2-tailed)	.000
	N	167
Sexual Violence	Correlation Coefficient	.068
	Sig. (2-tailed)	.385
	N	165
Economic Violence	Correlation Coefficient	.132
	Sig. (2-tailed)	.092
	N	165

**. Correlation is significant at the 0.01 level (2-tailed).

The results of Spearman's correlation analysis revealed significant associations between manipulative communication and two forms of domestic violence within the studied population. Specifically, manipulative communication was positively and significantly correlated with both physical violence ($r = .310$, $p < .01$) and emotional violence ($r = .388$, $p < .01$). These findings suggest that as manipulative communication behaviors increase, so does the incidence of physical and emotional violence among couples in the PCEA Umoja Parish community. However, the correlation analysis did not yield statistically significant results for the relationship between manipulative communication and sexual violence ($r = .068$, $p > .01$), nor for the association between manipulative communication and economic violence ($r = .132$, $p > .01$). These non-significant correlations indicate that manipulative communication may not have a strong or consistent influence on sexual or economic violence

The results revealed a significant explanatory power of manipulative communication on physical violence, $F(1) = 11.275$, $R^2 = .064$, $p < .05$. The R-squared value indicates the proportion of variance in economic violence explained by manipulative communication and suggests that manipulative communication explained 6.4% of the variance in physical violence. One unit increase in manipulative communication was associated with 25.3% increase in physical violence ($\beta = .253$, $p < .05$). This suggests that changes in manipulative communication are associated with corresponding changes in physical violence.

Manipulative communication and emotional violence. Table 18 displays the results of a simply linear regression between manipulative communication and emotional violence.

Table 18 *Regression of emotional violence on manipulative communication*

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.474 ^a	.225	.220	.84810		
a. Predictors: (Constant), Manipulative Communication						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	34.427	1	34.427	47.863	.000 ^b
	Residual	118.681	166	.719		
	Total	153.109	167			
a. Dependent Variable: Emotional Violence						
b. Predictors: (Constant), Manipulative Communication						
Coefficients ^a						
		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	2.209	.262		8.442	.000
	Manipulative Communication	.533	.077	.474	6.918	.000

a. Dependent Variable: Emotional Violence

The results revealed a significant relationship between the variables, supported by the regression equation, $F(1) = 47.863$, $R^2 = .225$, $p < .05$. The R-squared value indicates the

proportion of variance in economic violence explained by manipulative communication and suggests that manipulative communication explained 22.5% of the variance. Specifically, manipulative communication emerged as a significant predictor of economic violence ($\beta = .474, p < .05$). This implies that changes in manipulative communication are associated with corresponding changes in emotional violence.

Manipulative communication and sexual violence. Table 19 presents the results of regression of sexual violence on manipulative communication.

Table 19 *Regression of Sexual Violence on Manipulative Communication*

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.113 ^a	.013	.007	1.34034		
a. Predictors: (Constant), Manipulative Communication						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	3.809	1	3.809	2.120	.147 ^b
	Residual	292.830	166	1.797		
	Total	296.639	167			
a. Dependent Variable: Sexual Violence						
b. Predictors: (Constant), Manipulative Communication						
Coefficients ^a						
		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	2.397	.425		5.636	.000
	Manipulative Communication	.182	.125	.113	1.456	.147
a. Dependent Variable: Sexual Violence						

The findings show that manipulative communication had statistically significant explanatory power on sexual violence, $F(1) = 2.120$, $R^2 = .013$, $p > .05$. The R-squared value indicates that the proportion of variance in sexual violence accounted for by manipulative violence was only 1.3%. A non-statistically significant beta coefficient was found ($\beta = .113$, $p > .05$). This implies that there was no association between manipulative communication and sexual violence.

Manipulative communication and economic violence. Economic violence was regressed on manipulation as shown in Table 20.

Table 20 *Regression of Manipulative Communication on Economic Violence*

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.207 ^a	.043	.037	1.08290		
a. Predictors: (Constant), Manipulative Communication						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	8.526	1	8.526	7.271	.008 ^b
	Residual	191.144	166	1.173		
	Total	199.670	167			
a. Dependent Variable: Economic Violence						
b. Predictors: (Constant), Manipulative Communication						
Coefficients ^a						
		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	2.067	.334		6.181	.000
	Manipulative Communication	.266	.099	.207	2.696	.008
a. Dependent Variable: Economic Violence						

The results indicate that manipulative communication had a statistically significant explanatory power on economic violence, supported by the regression equation, $F(1) = 7.271$, $R^2 = .043$, $p < .05$. The R-squared value indicates the proportion of variance in economic violence explained by manipulation communication and suggests that manipulation communication explained 4.3% of the variance. Examination of the regression coefficients suggests that a unit change in manipulative communication was associated with 20.7% change in economic violence ($\beta = .207$, $p < .05$). This implies that changes in manipulative communication are associated with corresponding changes in economic violence.

Influence of Passive Communication on Domestic Violence

The third objective of the study was to evaluate the influence of passive communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya. This section begins by presenting the descriptive results of passive

communication items. This is followed by inferential analysis, and integration with qualitative findings.

Descriptive Analysis of Passive Communication

Respondents were asked to rate the frequency of passive communication items on a 5-point scale ranging from never to very often. Table 21 shows the item statistics in terms of mean and standard deviation scores. The mean and standard deviation scores provided offer insights into the respondents' perceptions and behaviors regarding passive communication within their relationships.

Table 21 *Mean and Standard Deviation Scores for Passive Communication*

Passive communication items	Mean	Std. Deviation
How often do you intentionally give your partner the silent treatment during conflicts or disagreements?	4.31	1.034
How does the use of the silent treatment impact the communication and resolution of conflicts within your relationship?	4.23	1.125
How often do you avoid discussing sensitive topics with your partner?	3.70	1.175
How often do you make excuses for your partner's inappropriate or harmful behaviors during conflicts?	3.33	1.112
Do you find yourself frequently apologizing for things that are not your fault during conflicts with your partner?	3.06	1.311
Passive communication aggregate prevalence score	3.60	.929

Participants reported a relatively high tendency to employ the silent treatment during conflicts or disagreements, with an average score of 4.31 and a low standard deviation of 1.034, indicating consistency in responses. Similarly, respondents perceived the impact of the silent treatment on communication and conflict resolution to be significant, as indicated by a

mean score of 4.23, although with slightly more variability (standard deviation of 1.125). Avoiding discussions on sensitive topics and making excuses for partners' inappropriate behaviors during conflicts were also prevalent, with mean scores of 3.70 and 3.33, respectively, and moderate levels of variability. Moreover, participants acknowledged a moderate frequency of apologizing for faults not their own during conflicts, with a mean score of 3.06 and a higher standard deviation of 1.311, suggesting greater diversity in responses.

The findings align with and expand upon existing literature regarding the impact of poor communication on relationships and emotional aggression. Similar to findings by Shaari et al. (2019), Dunkle et al. (2020), and Awino et al. (2022), which suggest a correlation between poor communication and emotional aggression or abuse, the current study reveals a high tendency among participants to employ tactics such as the silent treatment during conflicts. This echoes the notion that conflict avoidance strategies are prevalent in relationships characterized by poor communication, as observed by Shaari et al. (2019) among Malaysian couples and Sánchez-Hernández et al. (2020) among young married individuals in Spain. Furthermore, the acknowledgment of the significant impact of the silent treatment on communication and conflict resolution in the current study supports the idea that ineffective communication strategies contribute to relationship distress, as suggested by previous research.

The aggregate prevalence score for passive communication, with a mean of 3.60 and a standard deviation of 0.929, underscores a moderate overall prevalence of passive communication behaviors within the sampled respondents. Figure 7 reveals how the scores varied by gender.

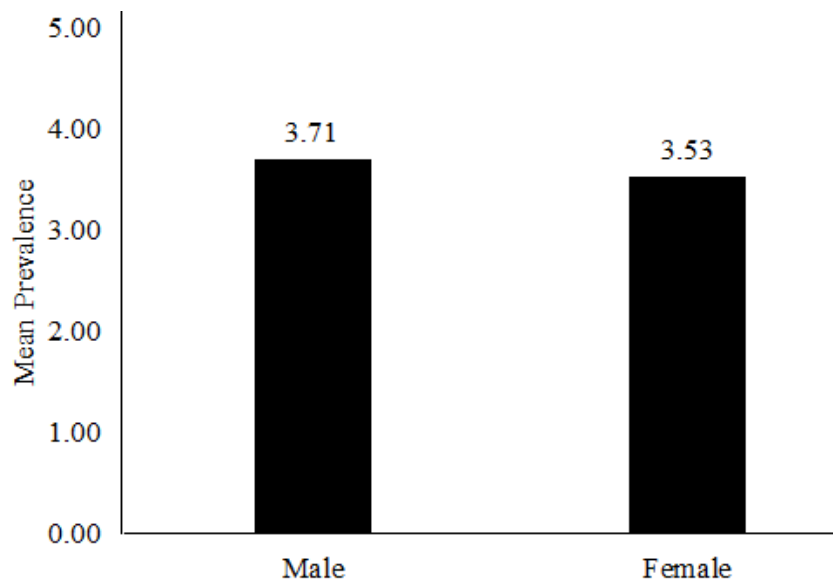
Figure 7 *Prevalence of Passive Communication by Gender*

Figure 4.6 indicates that passive communication in marriage was slightly more experienced by male respondents (mean=3.71) than female respondents (mean=3.53). This suggests that, on average, male participants reported experiencing passive communication behaviors from their partners slightly more frequently than their female counterparts within marital relationships. A common thread ran through qualitative data was the acknowledgment that avoiding conflict often leads to negative outcomes. This theme underscored the importance of addressing issues directly and openly within a relationship. While some respondents initially saw conflict avoidance as a means of maintaining harmony or showing respect, the majority ultimately highlighted the pitfalls of this approach. Respondent 2 aptly expressed this sentiment by stating, "Issues are often swept under the rug and therefore never resolved," highlighting how avoidance perpetuates unresolved conflicts. Respondent 3 further underscored the pitfalls of conflict avoidance, noting that it "brings discontentment," indicating the erosion of satisfaction within the relationship. Additionally, Respondent 10's candid admission that "We live a fake life. Deep in us I think we do not love one another" reflects the profound impact of conflict avoidance on authenticity and emotional connection

within the relationship. Similarly, Respondent 11's statement, "We are not emotionally connected at all; I have no feelings towards him," highlights how conflict avoidance can hinder emotional intimacy and personal growth.

The foregoing finding may be influenced by the Christianity since in many Christian communities, there's often an emphasis on harmony, forgiveness, and avoiding conflict as a way to maintain peace and respect within relationships. This cultural backdrop can shape how individuals perceive and handle communication within marriages. For instance, the slightly higher reported passive communication experienced by male respondents might reflect traditional gender roles or expectations within Christian marriages, where men might feel more pressure to lead or initiate conflict avoidance strategies. Aligned with Gottman's Theory (Bafandegan, 2020), the acknowledgment that avoiding conflict often leads to negative outcomes resonates with the Gottman principle of "negative sentiment override." This concept suggests that consistently avoiding or suppressing conflict can lead to a buildup of negative emotions, eventually overriding positive feelings within the relationship. In line with this, the qualitative data highlighting the pitfalls of conflict avoidance, such as unresolved issues and discontentment, are consistent with Gottman's emphasis on the importance of addressing conflicts openly and constructively. Moreover, the qualitative insights regarding the erosion of trust and emotional connection due to conflict avoidance align with Gottman's focus on the significance of emotional intimacy and trust in healthy relationships. Gottman emphasizes the importance of emotional attunement and responsiveness between partners, suggesting that avoiding conflict can hinder the development of these essential components of relationship quality.

Correlation between Passive Communication and Domestic Violence

Spearman's rank correlation technique was applied to investigate the influence of passive communication on domestic violence among couples within the PCEA Umoja Parish community in Nairobi County, Kenya. Table 22 presents the correlation coefficients for each form of domestic violence at $p < .05$.

Table 22 *Correlation between Passive Communication and Domestic Violence*

Spearman's rho		1
Passive Communication	Correlation Coefficient	1.000
	Sig. (2-tailed)	.
	N	167
Physical Violence	Correlation Coefficient	.340**
	Sig. (2-tailed)	.000
	N	167
Emotional Violence	Correlation Coefficient	.647**
	Sig. (2-tailed)	.000
	N	167
Sexual Violence	Correlation Coefficient	.321**
	Sig. (2-tailed)	.000
	N	167
Economic Violence	Correlation Coefficient	.289**
	Sig. (2-tailed)	.000
	N	167

** . Correlation is significant at the 0.01 level (2-tailed).

There was a moderately positive correlation between passive communication and physical violence ($r = .340$, $p < .01$), suggesting that as passive communication increased, instances of physical violence tended to rise as well. Similarly, a strong positive correlation was observed between passive communication and emotional violence ($r = .647$, $p < .01$), indicating a substantial relationship where increased passive communication coincided with heightened emotional violence within relationships. Moreover, a moderate positive correlation was identified between passive communication and sexual violence ($r = .321$, $p < .01$), as well as economic violence ($r = .289$, $p < .01$). These findings underscore the significance of passive communication in exacerbating various forms of domestic violence among couples within the PCEA Umoja Parish community in Nairobi County, Kenya. The

findings agree with Shaari et al. (2019) and Awino et al. (2022) who both highlighted the link between poor communication and emotional abuse, indicating a similar pattern to the observed strong positive correlation between passive communication and emotional violence in the current study.

Regression of Domestic Violence on Passive Communication

A simple linear regression analysis was run to explore the predictive power of passive communication on the various forms of domestic violence. Passive communication was the independent variable, while the dependent variables comprised of physical violence, emotional violence, sexual violence, and economic violence. This sub-section presents and discusses the findings in turn.

Passive communication and physical violence. Physical violence was regressed on passive communication as per the output in Table 23.

Table 23 *Regression of Physical Violence on Passive Communication*

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.353 ^a	.125	.119	.87558		
a. Predictors: (Constant), Passive Communication						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	17.990	1	17.990	23.466	.000 ^b
	Residual	126.496	166	.767		
	Total	144.486	167			
a. Dependent Variable: Physical Violence						
b. Predictors: (Constant), Passive Communication						
Coefficients ^a						
		Unstandardized Coefficients	Standardized Coefficients			
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	.803	.272		2.952	.004
	Passive Communication	.354	.073	.353	4.844	.000

a. Dependent Variable: Physical Violence

The findings suggest that passive communication significantly contributed to explaining physical violence, as indicated by the statistical analysis ($F(1) = 23.466$, $p < .05$).

The R-squared value of 0.125 reveals that approximately 12.5% of the variability in physical violence can be accounted for by passive communication. Analysis of the regression coefficients indicates that a one-unit increase in passive communication is linked with a 35.3% increase in physical violence ($\beta = .353$, $p < .05$). This implies a direct association between changes in passive communication and corresponding changes in physical violence levels.

Passive communication and emotional violence. The output of regression analysis between passive communication and emotional violence is presented in Table 24.

Table 24 *Regression of Emotional Violence on Passive Communication*

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.619 ^a	.383	.380	.75638		
a. Predictors: (Constant), Passive Communication						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	58.711	1	58.711	102.622	.000 ^b
	Residual	94.398	165	.572		
	Total	153.109	166			
a. Dependent Variable: Emotional Violence						
b. Predictors: (Constant), Passive Communication						
Coefficients ^a						
		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	1.655	.235		7.044	.000
	Passive Communication	.640	.063	.619	10.130	.000
a. Dependent Variable: Emotional Violence						

The results indicate a substantial contribution of passive communication in explaining emotional violence ($F(1) = 102.622$, $p < .01$). The R-squared value of 0.383 demonstrates that approximately 38.3% of the variation in emotional violence can be attributed to passive communication. Examination of the regression coefficients reveals that a one-unit rise in passive communication corresponds to a 61.9% increase in emotional violence ($\beta = .619$, $p < .05$). This suggests a direct relationship between changes in passive communication and

corresponding alterations in levels of emotional violence. These findings underscore the importance of addressing passive communication patterns as a potential risk factor for emotional violence in intimate relationships. Passive communication, characterized by avoidance, withdrawal, or suppression of feelings, may contribute to misunderstandings, resentment, and unaddressed grievances, ultimately escalating into emotional violence. Interventions aimed at promoting assertive communication, emotional expression, and conflict resolution skills can help mitigate the risk of emotional violence by addressing underlying communication patterns and fostering healthier relationship dynamics

Passive communication and sexual violence. Sexual violence was regressed on passive communication as per the results in Table 25.

Table 25 *Regression of Sexual Violence on Passive Communication*

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.400 ^a	.160	.155	1.23659		
a. Predictors: (Constant), Passive Communication						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	47.386	1	47.386	30.988	.000 ^b
	Residual	249.253	166	1.529		
	Total	296.639	167			
a. Dependent Variable: Sexual Violence						
b. Predictors: (Constant), Passive Communication						
Coefficients ^a						
		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	.926	.384		2.410	.017
	Passive Communication	.576	.103	.400	5.567	.000
a. Dependent Variable: Sexual Violence						

The results underscore the notable impact of passive communication on sexual violence, $F(1) = 30.988$, $p < .01$). With an R-squared value of .160, it becomes apparent that approximately 16.0% of the variability in sexual violence can be ascribed to passive communication. Delving into the regression coefficients, it is revealed that a one-unit

The findings emphasize the significant influence of passive communication on economic violence ($F(1) = 23.167, p < .01$). A closer examination of the data, with an R-squared value of .124, indicates that around 12.4% of the variation in economic violence is attributable to passive communication. Further analysis of the regression coefficients reveals that a one-unit increase in passive communication correlates with a 35.3% increase in economic violence ($\beta = .353, p < .01$). This highlights a direct relationship between changes in passive communication and the subsequent fluctuations in levels of economic violence. The significant influence of passive communication on economic violence underscores the complex interplay between communication patterns and forms of domestic violence within intimate relationships. Passive communication, characterized by avoidance, passivity, or lack of assertiveness, can create an environment where issues related to financial control, exploitation, or manipulation are not adequately addressed.

Intervention Measures for Poor Communication and Domestic Violence

The fourth objective of the study was to establish sustainable intervention measures that will mitigate the influence of poor communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya. This section first presents descriptive analysis of intervention measures items before subsequently discussing the inferential results.

Descriptive Analysis of Intervention Measures

Respondents were asked to rate the effectiveness of intervention measures on a 5-point scale ranging from (1) Not effective, (2) Slightly effective (3) Moderately effective (4) Very effective (5) Extremely effective. Table 27 summarizes the rating in terms of mean and standard deviation.

Table 27 *Mean and Standard Deviation Scores for Intervention Measures*

Intervention measures	Mean	Std. Deviation
To what extent do you believe that sharing household chores equally contributes to better communication between partners?	2.78	1.239
How effective is the practice of sharing household chores in reducing conflicts related to communication within your relationship?	2.66	1.158
How satisfied are you with the division of household chores in your relationship in terms of its impact on communication?	2.53	1.142
How beneficial do you perceive community-based interventions or support groups in improving communication among couples	2.19	1.037
To what extent have community-based interventions or support groups helped address communication issues within your relationship?	1.95	.977
How likely are you to engage in community-based interventions or seek support from support groups in the future to enhance communication in your relationship?	1.84	1.106
Intervention measures aggregate score	2.33	.815

Participants rated the belief that sharing household chores equally contributes to better communication between partners at 2.78 (SD = 1.239), indicating a moderate perception of effectiveness. Similarly, the practice of sharing household chores to reduce communication-related conflicts received a mean score of 2.66 (SD = 1.158), suggesting a slightly effective approach. Participants expressed a satisfaction level with the division of household chores and its impact on communication, yielding a mean score of 2.53 (SD = 1.142), aligning with the perception of slight effectiveness.

The qualitative responses from married individuals shed light on the overarching theme of the profound impact of household chore division on the dynamics and satisfaction within marital relationships. Despite the diversity of viewpoints expressed, a common thread

emerged, emphasizing the pivotal role that chore distribution plays in shaping the overall quality of the relationship. Central to this theme was the notion of partnership and unity, as many respondents stress the importance of a fair division of chores in fostering a sense of collaboration and mutual respect between partners. As expressed by Respondent 2, "When chores are shared, communication happens a lot, leading to understanding of one another," highlighting how equitable distribution facilitates open communication and deeper connection. This sentiment is echoed by Respondent 3, who emphasizes that "Proper division of household chores brings about unity and pride in a spouse," illustrating how chore division fosters mutual respect and collaboration. Moreover, respondents emphasized the practical and emotional benefits of equitable chore distribution. Respondent 5 noted, "The act of equal responsibility and each taking responsibility helps in building a cohesive family," highlighting how shared responsibilities contribute to family cohesion and stability. Respondent 14 further emphasized the emotional significance, stating, "This brings us together as a family," underscoring the role of chore division in fostering a sense of togetherness and belonging.

The qualitative analysis aligns with Gottman's Sound Relationship House Theory. Gottman emphasizes the importance of mutual respect, collaboration, and emotional connection within relationships, all of which are reflected in the themes highlighted by the qualitative responses. The notion of partnership and unity, as emphasized by respondents, resonates with Gottman's emphasis on building a strong friendship and shared meaning within the relationship (Tarkeshdoozb et al., 2021). Additionally, the emphasis on open communication and understanding aligns with Gottman's principle of positive sentiment override, which emphasizes the importance of maintaining positive interactions and understanding each other's perspectives. Furthermore, the practical and emotional benefits of

equitable chore distribution, as noted by respondents, are consistent with Gottman's emphasis on fostering emotional intimacy and shared responsibility within relationships.

Community-based interventions or support groups were seen as moderately effective in enhancing communication, with a mean score of 2.19 ($SD = 1.037$). In evaluating their effectiveness, respondents rated them at 1.95 ($SD = 0.977$), indicating a slight effectiveness. Furthermore, participants displayed a likelihood of future engagement with these interventions, as reflected in a mean score of 1.84 ($SD = 1.106$). The aggregate score for intervention measures stood at 2.33 ($SD = 0.815$), suggesting an overall perception of slight effectiveness in addressing the influence of poor communication on domestic violence among couples.

With respect to community-based interventions, the predominant theme was the lack of engagement in counseling or therapy. Most of respondents either outright declined or indicated that they haven't sought any form of counseling or therapy for their relationship issues. Some respondents engaged in counseling or therapy and reported mixed or varied outcomes over time. Respondent 5 mentioned partial effectiveness, indicating that only 50% of their issues were solved. Respondent 9 highlighted that despite seeking help from reputed counselors, it didn't work for them, suggesting a negative outcome. Respondent 14 acknowledged temporary success, implying that therapy worked for a moment. Respondent 10 initially found therapy effective until recent issues emerged, leading to separation, indicating both positive and negative outcomes. Respondent 11 mentioned ongoing positive progress from recent sessions, suggesting that therapy was proving beneficial. Respondent 17 highlighted that counseling resolved their issues, indicating a more definitive positive impact. These varied outcomes suggest that the effectiveness of counseling depends on factors such as the quality of therapy, the nature of the issues, the commitment of both partners, and the timing of intervention.

The findings concur with Carlson et al. (2020) and Pagani et al. (2019). Carlson et al. emphasized the importance of communication in facilitating the sharing of household chores and ultimately contributing to marital satisfaction. This resonates with the current study's findings, which highlight the perception that equitable chore distribution enhances communication and fosters a sense of partnership and unity within marital relationships. Similarly, Pagani et al. (2019) found that counseling played a significant role in reducing stress among couples and improving relationship satisfaction, which parallels the current study's focus on community-based interventions to address poor communication and domestic violence.

Correlation between Poor Communication, Mitigation Measures, and Domestic Violence

The study sought to establish the correlation between mitigation measures, poor communication, and domestic violence. Table 28 presents Spearman's rank correlation coefficients at $p < .05$.

Table 28 *Inter-correlation between Poor Communication, Mitigation Measures, and Domestic Violence*

Spearman's rho		1	2	3
1. Domestic Violence	Correlation Coefficient	1.000		
	Sig. (2-tailed)	.		
	N	167		
2. Poor Communication	Correlation Coefficient	.460**	1.000	
	Sig. (2-tailed)	.000	.	
	N	167	167	
3. Mitigating Measures	Correlation Coefficient	-.267**	-.440**	1.000
	Sig. (2-tailed)	.000	.000	.
	N	167	167	167

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

The findings revealed a positive and significant correlation between domestic violence and poor communication ($r = 0.46$, $p < 0.01$), indicating that as poor communication increased, so did the occurrence of domestic violence. Conversely, there was a negative and significant correlation between domestic violence and mitigation measures ($r = -0.267$, $p < 0.01$), suggesting that as mitigation measures increased, domestic violence decreased. Additionally, poor communication showed a negative and significant correlation with mitigation measures ($r = -0.440$, $p < 0.01$), indicating that poor communication decreased with increased mitigation measures. These results underscore the importance of addressing poor communication within couples as a key factor in mitigating domestic violence, and highlight the significance of implementing effective intervention measures to reduce its prevalence. The results are consistent with the findings of Carlson et al. (2020), which emphasizes the pivotal role of communication in marital dynamics, particularly in sharing household chores and enhancing marital satisfaction. Moreover, Marang'a (2021) also underscores the significance of communication skills in promoting marital stability, further supporting the notion that addressing communication issues is essential for healthy relationships.

Moderated Regression Analysis of Domestic Violence on Mitigation Measures

A multiple regression analysis was conducted to examine the moderating effect of mitigation measures on the relationship between poor communication and domestic violence among couples in PCEA Umoja Parish, Nairobi County, Kenya. The moderator variable was operationalized as the aggregate score of sustainable mitigation measures. Table 29 presents the output.

Table 29 *Moderated Regression Mitigation Measures*

Model Summary						
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate		
1	.594 ^a	.352	.340	.69964		
a. Predictors: (Constant), Interaction Term, Poor Communication, Mitigating Measures						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	43.140	3	14.380	29.377	.000 ^b
	Residual	79.298	162	.489		
	Total	122.437	165			
a. Dependent Variable: Domestic Violence						
b. Predictors: (Constant), Interaction Term, Poor Communication, Mitigating Measures						
Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-1.573	.946		-1.662	.098
	Poor Communication	1.377	.247	1.272	5.566	.000
	Mitigating Measures	1.154	.362	1.092	3.185	.002
	Interaction Term	-.369	.099	-1.211	-3.735	.000
a. Dependent Variable: Domestic Violence						

Results indicated that the interaction between poor communication and mitigation measures was statistically significant, $F(3) = 29.377$, $p < .01$, $R^2 = .352$. The regression coefficient for the interaction term (mitigation measures * poor communication) was $\beta = -1.211$ ($p < .01$). This suggests that the effect of poor communication on domestic violence was moderated by the level of engagement in sustainable mitigation measures: at higher levels of engagement in mitigation measures, the relationship between poor communication and domestic violence weakened. The findings are in accord with Marang'a (2021) and Kiara et al. (2019), which emphasize the crucial role of communication in marital relationships.

Marang'a (2021) highlights communication skills as a determinant of marital success, suggesting that effective communication moderates the effects of other variables on marital stability. Similarly, Kiara et al. (2019) emphasize the importance of effective communication, especially among senior couples, in building strong marriages.

Chapter Summary

This chapter has presented the results of both quantitative analysis and qualitative results. This comprised the interpretation and discussion of descriptive findings as well as inferential data. The key findings have been discussed in light of literature and established several points of convergence. In the next chapter, the findings are summarized and implications discussed.

Chapter 5: Summary of Findings, Implications, Conclusions, Recommendations, and Areas for Further Research

Introduction

The main purpose of the study was to examine the influence of poor communication on domestic violence among married couples in the Presbyterian Church Umoja Parish in Nairobi County, Kenya. This chapter presents a summary of the key findings, discusses their implications, makes recommendations and draws conclusions. The chapter concludes by suggesting future research areas.

Summary of Key Findings

The first objective of the study was to establish the influence of aggressive communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya. Aggressive communication showed the strongest positive and statistically significant correlation with emotional violence ($r=.619$, $p<.01$) and a moderately strong correlation with physical violence ($r=.481$, $p<.01$), while the correlation with sexual violence was weak but still statistically significant ($r=.176$, $p<.05$). However, the relationship between aggressive communication and economic violence was not statistically significant ($r=.148$, $p>.05$), indicating that emotional, physical, and sexual violence increased with increased experiences of aggressive communication, whereas economic violence did not show a significant association.

Results from the simple linear regression models indicated significant relationships between aggressive communication and each type of violence. Specifically, aggressive communication emerged as a significant predictor of physical violence ($\beta=.504$, $p < .05$), explaining 25.4% of the variance. Similarly, it significantly predicted emotional violence ($\beta=.574$, $p < .05$), explaining 33% of the variance. Furthermore, aggressive communication

was found to be a significant predictor of sexual violence ($\beta=.237$, $p<.05$), explaining 5.6% of the variance, and economic violence ($\beta=.228$, $p < .05$), explaining 5.2% of the variance.

The qualitative analysis revealed a prominent theme of interpersonal conflict and communication breakdown, characterized by frequent mentions of disagreement, poor communication, disrespect, and unhealthy arguments, highlighting the significance of effective communication and conflict resolution skills in marital relationships to prevent conflicts from escalating into violence. The predominant theme identified from respondents' statements underscores the damaging impact of emotional violence on trust between partners, particularly due to a breakdown in emotional connection, as evidenced by various participants' accounts highlighting the erosion of trust and the essential role of emotional attachment in fostering trust within marital relationships.

The second objective of the study was to examine the influence of manipulative communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya. Significant correlations were found between manipulative communication and physical violence ($r = .310$, $p < .01$) as well as emotional violence ($r = .388$, $p < .01$) in the PCEA Umoja Parish community, indicating that an increase in manipulative communication correlates with higher rates of both types of violence among couples. However, no statistically significant relationships were observed between manipulative communication and sexual violence ($r = .068$, $p > .01$) or economic violence ($r = .132$, $p > .01$), suggesting that manipulative communication may not consistently impact these forms of violence within this community.

Results of simple liner regression indicated that manipulative communication significantly explained physical violence, with a significant explanatory power ($F(1) = 11.275$, $R^2 = 0.064$, $p < 0.05$). Each unit increase in manipulative communication was associated with a 25.3% increase in physical violence ($\beta = 0.253$, $p < 0.05$). Similarly,

manipulative communication significantly explained emotional violence ($F(1) = 47.863$, $R^2 = 0.225$, $p < 0.05$), with each unit increase correlating with an increase in emotional violence ($\beta = 0.474$, $p < 0.05$). However, manipulative communication did not show significant explanatory power for sexual violence ($F(1) = 2.120$, $R^2 = 0.013$, $p > 0.05$), suggesting no association between the two ($\beta = 0.113$, $p > 0.05$). Nevertheless, manipulative communication significantly explained economic violence ($F(1) = 7.271$, $R^2 = 0.043$, $p < 0.05$), with each unit change correlating with a 20.7% change in economic violence ($\beta = 0.207$, $p < 0.05$).

The third objective of the study was to evaluate the influence of passive communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya. Passive communication showed significant positive correlations with physical violence ($r = .340$, $p < .01$) and emotional violence ($r = .647$, $p < .01$), suggesting that increased passive communication was associated with higher instances of both forms of violence. Additionally, moderate positive correlations were found between passive communication and sexual violence ($r = .321$, $p < .01$) as well as economic violence ($r = .289$, $p < .01$), underscoring its role in exacerbating multiple types of domestic violence.

Regression analysis showed that passive communication significantly contributed to explaining physical violence, as indicated by the statistical analysis ($F(1) = 23.466$, $p < .05$). The R-squared value of 0.125 reveals that approximately 12.5% of the variability in physical violence can be accounted for by passive communication. Analysis of the regression coefficients indicates that a one-unit increase in passive communication is linked with a 35.3% increase in physical violence ($\beta = .353$, $p < .05$). Passive communication also explains 38.3% of emotional violence ($F(1) = 102.622$, $p < .01$), with a one-unit increase corresponding to a 61.9% rise ($\beta = .619$, $p < .05$). For sexual violence, passive

communication accounts for 16.0% of variability ($F(1) = 30.988, p < .01$), with a 40.0% increase per one-unit escalation ($\beta = .400, p < .01$). Similarly, in economic violence, passive communication explains 12.4% of variation ($F(1) = 23.167, p < .01$), with a 35.3% increase for each one-unit rise ($\beta = .353, p < .01$).

Qualitative data revealed a common thread emphasizing the detrimental effects of conflict avoidance within relationships. While some initially viewed avoiding conflict as a way to maintain harmony or respect, most respondents highlighted its negative outcomes. Themes included unresolved issues, discontentment, and a sense of living in a superficial relationship. The consensus emphasized the importance of addressing issues directly and openly to maintain emotional closeness and foster personal and relational growth.

The fourth objective of the study was to assess sustainable intervention measures that will mitigate the influence of poor communication on domestic violence among couples in PCEA Umoja Parish in Nairobi County, Kenya. The aggregate score for intervention measures stood at 2.33 ($SD = 0.815$), suggesting an overall perception of slight effectiveness in addressing the influence of poor communication on domestic violence among couples. However, there was a strong positive correlation ($r = 0.46, p < 0.01$) between domestic violence and poor communication, indicating that as poor communication increased, so did domestic violence. Conversely, a negative correlation ($r = -0.267, p < 0.01$) was found between domestic violence and mitigation measures, suggesting that as mitigation measures increased, domestic violence decreased. Furthermore, poor communication exhibited a negative correlation ($r = -0.440, p < 0.01$) with mitigation measures, implying that poor communication decreased with increased mitigation measures.

Moderated regression analysis indicated that the interaction between poor communication and mitigation measures was statistically significant, $F(3) = 29.377, p < .01$,

$R^2 = .352$. The regression coefficient for the interaction term (mitigation measures * poor communication) was $\beta = -1.211$ ($p < .01$). This suggests that the effect of poor communication on domestic violence was moderated by the level of engagement in sustainable mitigation measures.

The qualitative responses highlight the profound impact of household chore division on marital dynamics and satisfaction, stressing the importance of fairness and partnership in fostering collaboration and mutual respect. Equitable sharing not only facilitates communication and understanding but also contributes to emotional well-being and stability, emphasizing the multifaceted nature of chore distribution in nurturing a harmonious relationship. Community-based interventions reveal a predominant theme of limited engagement in counseling or therapy, with varied outcomes reported by respondents. While some experienced partial effectiveness or temporary success, others found counseling ineffective or only beneficial for a period, indicating a nuanced relationship between intervention and outcome influenced by factors like therapy quality, issue nature, partner commitment, and timing.

Implications

The prevalence of poor communication, especially of the aggressive and passive nature underscores the potential manifestation of criticism and contempt within marital relationships, contributing to emotional violence and erosion of trust, as highlighted by the damaging impact of emotional violence on trust between partners. Furthermore, the detrimental effects of conflict avoidance align with Gottman's concept of stonewalling, where unresolved issues lead to discontentment and superficial relationships. The emphasis on addressing issues directly and openly reflects the importance of mitigating defensiveness and promoting constructive communication.

Additionally, the role of household chore division in marital dynamics echoes Gottman's emphasis on fairness and partnership, with equitable sharing fostering collaboration and mutual respect, thereby mitigating criticism and contempt. Lastly, the limited engagement in counseling or therapy underscores the need for effective intervention measures to combat the Four Horsemen and promote healthier communication patterns within marital relationships, aligning with Gottman's emphasis on proactive intervention to prevent relationship deterioration.

Descriptive analysis which revealed gender disparities in the experiences of sexual and economic violence, with women reporting significantly higher levels compared to men, are crucial findings when viewed through the lens of Social Exchange Theory. These disparities underscore unequal power dynamics within intimate relationships, where women may face greater vulnerabilities and fewer perceived alternatives due to factors such as financial dependence, societal norms, and fear of retaliation. Despite potential costs such as emotional distress and physical harm, women may remain in abusive relationships due to perceived barriers to leaving, including economic constraints and lack of social support. Thus, Social Exchange Theory highlights the importance of considering gender dynamics and socio-economic factors in understanding the persistence of domestic violence and designing interventions to empower victims and address underlying power imbalances within relationships.

The findings indicating that men reported experiencing slightly higher levels of emotional violence compared to women underscore the complexity of power dynamics and societal expectations within intimate relationships. Despite traditional gender norms often framing women as more vulnerable to emotional abuse, these results suggest that men also experience emotional harm within relationships. Social Exchange Theory posits that

individuals assess the costs and benefits of their interactions, and in the context of emotional violence, men may endure such abuse due to perceived costs of leaving, such as societal stigma or fear of losing familial connections. Moreover, these findings challenge stereotypes and highlight the importance of recognizing and addressing emotional violence regardless of gender, emphasizing the need for interventions that promote healthy communication patterns and emotional well-being within intimate relationships.

The prevalence of aggressive communication behaviors suggests a skewed exchange of positive interactions within relationships, potentially contributing to power imbalances. Notably, emotional violence emerges as the most prevalent form of domestic violence, significantly correlated with aggressive communication, underscoring how communication patterns can exacerbate emotional harm and erode trust between partners. Gender disparities in the experiences of different types of violence highlight unequal power dynamics and differing vulnerabilities. Moreover, the significant predictive power of aggressive communication on physical, emotional, sexual, and economic violence underscores its pivotal role in escalating conflict and perpetuating abuse within intimate relationships. Qualitative analysis emphasizes the critical importance of effective communication and conflict resolution skills in mitigating violence, further highlighting the detrimental impact of emotional violence on trust and emotional connection within marital relationships.

The moderate prevalence of manipulative behaviors within couples in the PCEA Umoja Parish community suggests the existence of power dynamics and relational control within these relationships. The differential experiences of manipulative communication between male and female respondents hint at potential gender disparities in the manifestation of such behaviors. The correlations between manipulative communication and physical as well as emotional violence underscore the link between coercive communication tactics and

abusive behaviors, reinforcing the notion that manipulative strategies can serve as precursors to various forms of violence. However, the lack of significant associations between manipulative communication and sexual or economic violence suggests nuanced mechanisms at play in the interplay between communication patterns and different forms of abuse, potentially highlighting the multifaceted nature of power dynamics within intimate relationships. The significant explanatory power of manipulative communication for physical and emotional violence, albeit not for sexual violence, underscores the importance of recognizing and addressing manipulative behaviors as potential indicators of future violence.

The moderate prevalence of passive communication behaviors among respondents underscores a pattern of avoidance and reluctance to confront issues directly within marital relationships. The gender disparity in passive communication, with males exhibiting slightly higher levels, hints at societal expectations and gender norms shaping communication patterns within intimate partnerships. The significant positive correlations between passive communication and various forms of violence – physical, emotional, sexual, and economic – highlight the detrimental impact of avoidance strategies on relationship dynamics, exacerbating the risk of multiple types of abuse. Regression analysis further elucidates the predictive power of passive communication in explaining the variability in different forms of violence, emphasizing its role as a contributing factor to relational conflict and abuse. Qualitative insights shed light on the underlying mechanisms and consequences of conflict avoidance, emphasizing the need for open communication to address issues and foster relational well-being.

The positive correlation between poor communication and domestic violence aligns with Gottman's emphasis on the detrimental impact of negative communication dynamics on relationship satisfaction and conflict escalation. Conversely, the negative correlation between

mitigation measures and domestic violence suggests that proactive intervention strategies can effectively alleviate the prevalence of violence within the relationship context. Moreover, the significant moderation effect indicates that the efficacy of communication on domestic violence is contingent upon the presence and quality of intervention measures, highlighting the potential for targeted interventions to mitigate harmful relationship dynamics. Qualitative insights further illuminate the role of equitable chore distribution in fostering relational harmony, emphasizing the interconnectedness of practical dynamics with emotional well-being.

In a nutshell, the study has made significant contributions to the existing body of knowledge by clarifying the intricate interplay between communication patterns and domestic violence within marital relationships, particularly within the specific context of the Presbyterian Church Umoja Parish in Nairobi County, Kenya. Through rigorous quantitative and qualitative data analyses, the study has unveiled distinct gender disparities and the prevalence of poor communication behaviors such as aggressive, manipulative, and passive communication, shedding light on their respective associations with various forms of domestic violence. By aligning these findings with established theories such as Social Exchange Theory and Gottman's Couple Theory, the study has not only advanced theoretical understanding but also provided practical insights for intervention development. Moreover, the study has underscored the urgency of targeted interventions aimed at enhancing communication skills and conflict resolution strategies to mitigate the escalation of domestic violence and foster healthier marital dynamics within the community.

Conclusions

The presence of aggressive communication significantly correlates with various forms of domestic violence, predominantly emotional violence. This association extends to

emotional, physical, and sexual violence, underscoring the necessity for effective conflict resolution skills. Gender differences in the experience of domestic violence demonstrate the crucial role of communication dynamics within couples. Effective communication and conflict resolution skills are vital in preventing marital conflicts from escalating into violence.

Manipulative communication is positively linked with physical and emotional violence, though not consistently with sexual or economic violence. Each instance of manipulative communication corresponds with a notable increase in physical and emotional violence, highlighting the damaging effects of manipulative behaviors on relationship dynamics. Community interventions should prioritize addressing manipulative communication patterns to mitigate the risk of physical and emotional violence among couples.

Passive communication significantly correlates with physical, emotional, sexual, and economic violence, exacerbating various forms of domestic violence. Conflict avoidance contributes to dissatisfaction and discontent in relationships, emphasizing the need to address communication patterns for emotional closeness and relational growth. Direct and open communication is essential for resolving conflicts and fostering personal and relational well-being within marital relationships.

The strong positive correlation between poor communication and domestic violence underscores the urgency of effective intervention measures. Mitigation measures are inversely related to domestic violence, suggesting their potential to reduce instances of violence within relationships. Interventions should prioritize equitable distribution of household responsibilities, effective counseling or therapy, and sustainable mitigation

measures to address poor communication dynamics and reduce domestic violence among couples.

Recommendations

In light of the findings and conclusions, practical recommendations are made as follows:

PCEA Umoja Clergy

To effectively support couples in addressing communication challenges and reducing the prevalence of domestic violence within the parish, the clergy of PCEA Umoja can play a pivotal role. Organizing communication skills training workshops would provide couples with practical tools for resolving conflicts and managing emotions, fostering healthier relationships. Conducting awareness workshops specifically focused on identifying and addressing manipulative communication tactics can empower individuals to recognize and confront unhealthy behaviors within their relationships. Furthermore, clergy members can advocate for policies that promote gender equality, protect victims of domestic violence, and hold perpetrators accountable, creating a safer and more supportive environment for couples in need.

Marriage and Family Therapists

Marriage and family therapists play a crucial role in providing professional support to couples facing communication challenges and domestic violence. Encouraging couples to attend counseling sessions can provide a safe space for exploring underlying issues and developing healthier communication habits. Offering specialized couple therapy sessions focused on addressing manipulative dynamics and passive communication within relationships can facilitate deeper understanding and resolution of conflicts. Additionally, providing assertiveness training programs can empower individuals to express their needs

and concerns confidently, fostering greater mutual respect and understanding within relationships.

Christian Counsellors

Qualitative data from Christian couples highlighting the negative impacts of conflict avoidance can inform targeted communication skills workshops and couple's therapy programs. These initiatives can emphasize the consequences of unresolved conflicts, such as emotional disconnection and dissatisfaction. Programs should address cultural norms that may contribute to conflict avoidance and promote direct communication strategies like active listening and assertiveness training. Encouraging emotional vulnerability and integrating faith perspectives on forgiveness and reconciliation can enhance the relevance and effectiveness of these interventions. Practical exercises, role-playing, and ongoing practice in applying learned skills to real-life situations can empower couples to address conflicts constructively and strengthen their marital bonds.

Community-based Actors

Establishing and participating in family support groups can create opportunities for couples to share experiences, receive peer support, and access resources for addressing communication challenges. Increasing access to culturally sensitive and affordable counseling services tailored to address communication issues and domestic violence can provide essential support to couples in need. Furthermore, advocating for policies that promote gender equality and protect victims of domestic violence can help create a safer and more equitable community for all couples.

Areas for Further Research

This study has shed new light on the intricate link between poor communication and domestic violence, moving beyond a generalized conceptualization of poor communication. It

has pinpointed specific communication styles - aggressive, manipulative, and passive - that significantly elevate the risk of experiencing emotional, physical, and sexual violence.

Notably, the study has revealed gender disparities, with men reporting higher emotional abuse and women more physical violence. This newfound understanding, coupled with the positive impact identified for mitigation measures, paves the way for the development of more targeted interventions and support services. By tailoring programs to address specific communication styles and considering potential victim demographics, these interventions can become more effective in preventing domestic violence and fostering healthy relationships. However, the study has various limitations that provide opportunity for future research as follows:

- i) The current study focused on one church (PCEA Umoja Parish). Replicating it in churches from different denominations (Catholic, Pentecostal, etc.) would assess if the findings hold true across diverse religious backgrounds. This can reveal if religious teachings or practices influence communication styles and domestic violence risk. Understanding how communication styles and violence risks differ across churches can inform the development of more targeted interventions.
- ii) Urban and rural communities in Kenya likely have distinct social and economic realities. Replicating the study in a rural setting would explore if these factors influence communication styles and domestic violence risk differently. Poverty, limited access to resources, or traditional gender roles could play a role. The study suggests communication skills training as a potential intervention. However, access to such programs might be limited in rural areas. This follow-up study could explore alternative intervention methods better suited for rural contexts.

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Appendix A: Informed Consent Form

Introduction: My name is Mary Njeri Wahome. I am a Master's student at PAC University, Kenya. I am conducting research on Influence of poor communication on domestic violence among couples: A case of the Presbyterian Church, Umoja Parish, Nairobi, Kenya. I am undertaking this study to complete my master's degree in marriage and family therapy.

Activities: By agreeing to participate in this study, you will be required to fill in a questionnaire which may take about 30-45 minutes.

Benefits: If you choose to participate, there are no immediate direct advantages to you. However, by participating, you contribute to the creation of knowledge that has the potential to benefit not only the members of PCEA Umoja Parish but also the broader Christian community.

Confidentiality: The information you provide will be confidential to the extent allowable by law. Some steps I take to ensure that your identity remains confidential are: you will not be asked to write your name or any information that will reveal your identity on the questionnaires, and I will keep your informed consent form separate from your responses. The people who will have access to your information are: myself, my dissertation supervisor, and my data analysis expert. The Ethics Review Committee may also review my research and view your information.

Data security: I will keep completed information secure by storing the data in a locked filling cabinet. I will ensure that both my computer and the data are password protected. I will keep the data and destroy them within three years after the approval of the study. Then, I will permanently delete electronic data and destroy paper data.

Contact Information: If you have questions for me, you can contact me at: mary.njeri.wahome@gmail.com OR write to ethicsreview@pacuniversity.ac.ke

Voluntary Participation: Your participation is voluntary. If you decide not to participate, or if you stop participation after you start, there will be no penalty to you. You will not lose any benefit to which you are otherwise entitled.

Signature: A signature indicates your understanding of this consent form. You will be given a copy of the form for your information.

Participant Signature _____ Date _____

Researcher Signature  _____ Date 12th February 2024

Appendix B: Questionnaire

Section 1: Participants Demographic

1. Please, indicate your sex Male ☐ Female ☐
2. How long have you been married? _____
3. Please, indicate the level of education. Primary ☐ Secondary ☐ College ☐
University ☐

Influence of Aggressive Communication on Domestic Violence

Likert scale questions for each construct, ranging from 1. Never 2 Rarely 3. Sometimes 4. Often 5. Very often:

		1	2	3	4	5
a	How frequently does your partner criticize your actions, behaviors, or decisions during conflicts?					
b	Have you ever resorted to physical violence as a response to criticism from your partner?					
c	How frequently does your partner use sarcasm or make mocking remarks during disagreements?					
d	In your opinion, to what extent do threats in communication contribute to the occurrence of physical violence in your relationship?					
e	How frequently does your partner blame you for the issues or conflicts in your relationship?					

Influence of Manipulative Communication on Domestic Violence

Likert scale questions for each construct, ranging from (1) Not at all (2) Slightly (3) Moderately (4) Significantly (5) Extremely

		1	2	3	4	5
a	How often does your partner use guilt-inducing statements or behaviors to manipulate your actions or decisions?					
b	Has your partner ever controlled or manipulated your access to financial resources or decision-making regarding finances?					
c	How often does your partner use ultimatums to exert control or influence over your actions or decisions?					
d	How often does your partner use excessive compliments or praise to manipulate your emotions or actions?					
e	Has your partner ever denied you the right to engage in consensual sexual activities within the relationship?					

Influence of Passive Communication on Domestic Violence

Likert scale questions for each construct, ranging from (1) Never (2) Rarely (3) Sometimes (4) Often (5) Very often.

		1	2	3	4	5
a	How often do you avoid discussing sensitive topics with your partner?					
b	Do you find yourself frequently apologizing for things that are not your fault during conflicts with your partner?					
c	How often do you make excuses for your partner's inappropriate or harmful behaviors during conflicts?					
d	How often do you intentionally give your partner the silent treatment during conflicts or disagreements?					
e	How does the use of the silent treatment impact the communication and resolution of conflicts within your relationship?					

Mitigating poor communication

Likert scale questions for each construct, ranging from (1) Not effective, (2) Slightly effective (3) Moderately effective (4) Very effective (5) Extremely effective.

		1	2	3	4	5
a	To what extent do you believe that sharing household chores equally contributes to better communication between partners?					
b	How effective is the practice of sharing household chores in reducing conflicts related to communication within your relationship?					
c	How satisfied are you with the division of household chores in your relationship in terms of its impact on communication?					
d	How beneficial do you perceive community-based interventions or support groups in improving communication among couples?					
e	To what extent have community-based interventions or support groups helped address communication issues within your relationship?					
f	How likely are you to engage in community-based interventions or seek support from support groups in the future to enhance communication in your relationship?					

Physical Violence

Likert scale questions for each construct, ranging from (1) Strongly disagree, (2) Disagree (3) Neutral (4) Agree (5) strongly agree.

		1	2	3	4	5
a	My partner often resorts to physical aggression (such as hitting, slapping, or pushing) during conflicts.					
b	I frequently experience physical harm or injuries because of my partner's aggressive behaviors.					
c	My partner often threatens me with physical harm or uses intimidation tactics during conflicts.					
d	I frequently feel fearful or unsafe due to my partner's physical threats or aggressive gestures.					
e	My partner often uses physical force or restraint to restrict my movement or freedom during conflicts.					
f	I frequently experience being physically restrained or held against my will by my partner.					

Emotional violence

Likert scale questions for each construct, ranging from (1) Strongly disagree, (2) Disagree (3) Neutral (4) Agree (5) Strongly agree.

		1	2	3	4	5
a	My partner often manipulates or distorts the truth to gain control or power in our relationship.					
b	My partner frequently withholds affection, attention, or emotional support as a means of punishment or control.					
c	I often feel isolated or emotionally neglected due to my partner's emotional withholding behavior.					
d	Emotional withholding is a recurring pattern in our communication dynamics.					
e	I frequently feel fearful or anxious due to my partner's intimidating behavior or threats.					
f	The presence of emotional withholding hinders open and genuine emotional connection in our relationship.					

Sexual violence

Likert scale questions for each construct, ranging from (1) Strongly disagree, (2) Disagree (3) Neutral (4) Agree (5) Strongly agree

		1	2	3	4	5
a	My partner often engages in sexual activities without obtaining my consent.					
b	I frequently feel pressured or coerced into engaging in sexual activities against my will.					
c	I often feel obligated to engage in sexual activities to avoid negative consequences or conflicts.					
d	My partner has forced or attempted to force sexual acts on me against my will.					
e	My partner often manipulates or exploits my vulnerabilities to satisfy their sexual desires.					

Economic violence

Likert scale questions for each construct, ranging from (1) Strongly disagree, (2) Disagree (3) Neutral (4) Agree (5) strongly agree

		1	2	3	4	5
a	My partner often exercises complete control over financial decisions without involving me.					
b	Financial decisions are predominantly made by my partner, disregarding my input or preferences.					
c	My partner frequently exploits my financial resources or assets for their own personal gain.					
d	My partner often threatens to withhold financial support or resources as a means of control or punishment.					
e	I frequently feel anxious or fearful about the potential loss of financial security due to my partner's threats.					

Appendix C: Interview Guide to Married Members of PCEA

1. In your opinion, what are the underlying factors or triggers that contribute to the occurrence of physical violence in your relationship?

2. How do you believe emotional violence influences the level of trust and emotional intimacy between you and your partner?

3. What are some potential consequences or long-term effects of experiencing emotional violence within a relationship?

4. How do you think sexual violence affects the power dynamics and mutual respect within a couple's sexual interactions?

5. Have you and your partner ever sought counseling or therapy to address relationship issues? How did it contribute to improving communication and resolving conflicts?

6. How does the division of household chores and responsibilities impact the overall satisfaction and balance within your relationship?

7. How does the avoidance of conflict within your relationship impact the resolution of issues and the overall emotional closeness between you and your partner?

Appendix D: Ethics Clearance Certificate

VERDICT: APPROVED WITH COMMENTS

Daystar University Institutional Scientific and Ethics Review Committee (DU-ISERC)

Our Ref: **DU-ISERC/27/03/2024/00102**

Date: 27th March 2024

To: Mary Njeri Mwangi Wahome,

Dear Mary,

INFLUENCE OF POOR COMMUNICATION ON DOMESTIC VIOLENCE AMONG COUPLES: A CASE OF THE PRESBYTERIAN CHURCH, UMOJA PARISH, NAIROBI, KENYA

Reference is made to your ISERC application reference No. **290224-02** dated **29th February 2024** in which you requested for ethical approval of your proposal by Daystar University Institutional Scientific and Ethical Research Committee (DU- ISERC).

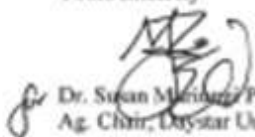
We are pleased to inform you that ethical review has been done and the verdict is **Respond to issues raised by reviewer and then proceed to the next stage**. As guidance, ensure that the attached comments are addressed. Please be advised that it is an offence to proceed to collect data without addressing the concerns of DU- ISERC. Your application approval number is **DU-ISERC-00102**. The approval period for the research is **between 27th March 2024 to 26th March 2025** after which the ethical approval lapses. Should you wish to continue with the research after the lapse you will be required to apply for an extension from DU-ISERC at half the review charges.

This approval is subject to compliance with the following requirements.

- Only approved documents including (informed consents, study instruments, MTA) will be used.
- All changes including (amendments, deviations, and violations) are submitted for review and approval by Daystar University ISERC.
- Death and life-threatening problems and serious adverse events or unexpected adverse events whether related or unrelated to the study must be reported to Daystar University ISERC within 72 hours of notification.
- Any changes anticipated or otherwise that may increase the risks or affect safety or welfare of study participants and others or affect the integrity of the research must be reported to Daystar University ISERC within 72 hours.
- Clearance for export of biological specimens must be obtained from relevant institutions.
- Submission of a request for renewal of approval at least 60 days prior to expiry of the approval period. Attach a comprehensive progress report to support the renewal.
- Submission of a signed one-page executive summary report and a closure report within 90 days upon completion of the study to Daystar University DU- ISERC via email [duiserc@daystar.ac.ke].

Prior to commencing your study, you will be expected to obtain a research license from National Commission for Science, Technology and Innovation (NACOSTI) <https://oris.nacosti.go.ke> and other clearances needed.

Yours sincerely


Dr. Susan Mwangi PhD
Ag. Chair, Daystar University Institutional Scientific and Ethics Review Committee

Encl. Review Report



"...until the day dawn and the
DAYSTAR rises in your hearts"



Appendix E: PAC University Research Authorization



**Pan Africa
Christian University**

Thika Road Campus Valley Road Campus
P.O. BOX 56875 - 00200 +254 730955000 +254 730955501/2
enquiries@pacuniversity.ac.ke www.pacuniversity.ac.ke

4th April 2024

TO WHOM IT MAY CONCERN

Dear Sir/Madam,

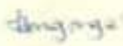
RE: RESEARCH AUTHORIZATION LETTER FOR MARY NJERI MWANGI
WAHOME REG. NO: MMFT/18270/0/20

Greetings! This is an introduction letter for the above named person a final year student at Pan Africa Christian University (PAC University), pursuing a Master of Arts in Marriage and Family Therapy.

She is at the final stage of the programme and she is preparing to collect data to enable her finalize on the thesis. The thesis title is ***"Influence of Poor Communication on Domestic Violence among couples: A case of the Presbyterian church, Umoja Parish, Nairobi, Kenya."***

We kindly request that you allow her obtain a research permit so as to proceed and collect data from Presbyterian church, Umoja Parish, Nairobi, Kenya.

Warm Regards,



Dr. Lilian Vikiru
Registrar Academic Affairs
Pan Africa Christian University
Lumumba Drive, Roysambu, off Kamiti Rd, off Thika Rd
P.O Box 56875-00200, Nairobi, Kenya
Tel: +254 721-932050/726-595863/734-400694
Email: registrar.aa@pacuniversity.ac.ke
Website: www.pacuniversity.ac.ke

PAN AFRICA CHRISTIAN UNIVERSITY
REGISTRAR
P.O. Box 56875 - 00200
TEL: 0721 932050 0734 400694
NAIROBI, KENYA

Appendix F: NACOSTI Permit

 REPUBLIC OF KENYA	 NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION
Ref No: 561273	Date of Issue: 17/April/2024
RESEARCH LICENSE	
	
This is to Certify that Ms. Mary Njeri Mwangi Wahome of Pan Africa Christian University, has been licensed to conduct research as per the provision of the Science, Technology and Innovation Act, 2013 (Rev. 2014) in Nairobi on the topic: Influence of poor communication on domestic violence among couples: A case of Presbyterian Church, Umoja Parish, Nairobi for the period ending : 17/April/2025.	
License No: NACOSTI/P/24/34594	561273
Applicant Identification Number	Director General
NATIONAL COMMISSION FOR SCIENCE, TECHNOLOGY & INNOVATION	
Verification QR Code	
	
NOTE: This is a computer generated License. To verify the authenticity of this document, Scan the QR Code using QR scanner application.	
See overleaf for conditions	

Appendix G: Permission to Conduct Research

	Presbyterian Church of East Africa Umoja Parish	P.O Box 54053-00200 Nairobi - Kenya Tel: 0791-801736 Email: pceaumojaparish@yahoo.com
Ref:.....UP/MFEGG/001/2024/9	Ref:.....	Date.....23/04/2024.....

MARY NJERI WAHOME
 PAN AFRICA CHRISTIAN UNIVERSITY
 P.O. BOX 56875-00200
 NAIROBI

Dear Madam,

PERMISSION TO CONDUCT RESEARCH

Receive Christian greetings.

In reference to your letter dated 18 April 2024, on the above subject matter,
 kindly note that permission has been granted. The church wishes you well in your study and look
 forward to be a beneficiary of the same.

Thank you and God bless you.

Yours in Christ



REV. G. G. SITHINJI
PARISH MINISTER

Appendix H: Item-Total Statistics

Item-Total Statistics for Aggressive Communication					
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How frequency does your partner criticize your actions, behaviors, or decisions during conflicts?	40.40	70.257	.783	.955	.879
To what extent does criticism from your partner contribute to escalated conflict or violence in your relationship?	40.40	68.829	.803	.977	.877
Have you ever resorted to physical violence as a response to criticism from your partner?	41.00	56.571	.846	.953	.871
How frequently does your partner use sarcasm or make mocking remarks during disagreements?	40.20	69.886	.696	.881	.881
How does the use of sarcasm by your partner affect your emotional wellbeing during conflicts?	40.13	71.838	.456	.915	.892
To what extent does the presence of sarcasm in your communication with your partner contribute to the likelihood of physical violence?	41.73	66.924	.773	.959	.876

Item-Total Statistics for Aggressive Communication					
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
Have you ever experienced threats of physical harm or violence from your partner during conflict?	40.87	64.552	.860	.963	.870
How do threats impact your feelings of safety and security within the relationship?	40.67	64.381	.704	.947	.879
In your opinion, to what extent do threats in communication contribute to occurrence of physical violence in your relationship?	41.13	65.267	.561	.915	.891
How frequently does your partner blame you're for the issues or conflicts in your relationship?	39.60	77.686	.319	.708	.896
How does the tendency to shift blame effect the resolution of conflicts in your relationship?	39.67	75.952	.335	.877	.896
To what extent does the blame game in your communication with your partner contribute to the occurrence of physical?	41.87	76.410	.258	.934	.900

Item-Total Statistics for Manipulative Communication					
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How often does your partner use guilt inducing statements or behaviors to manipulate your actions or decisions?	51.47	58.981	.270	.	.803
How does the guilt trip tactics employed by your partner affect your emotional wellbeing and self esteem?	51.47	54.695	.533	.	.787
To what extent does the use of guilt trip in your communication with your partner contribute to occurrence of physical violence?	53.00	52.857	.544	.	.784
Has your partner ever controlled or manipulated your access to financial resources or decision-making regarding finances?	51.80	46.886	.694	.	.767
How does financial manipulation by your partner impact your sense of independence and autonomy within the relationship?	51.47	55.552	.463	.	.791
In your opinion, to what extent does financial manipulation in your communication with your partner contribute to the occurrence of physical violence?	53.00	57.429	.234	.	.807

Item-Total Statistics for Manipulative Communication					
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How often does your partner use ultimatums to exert control or influence over your actions or decisions?	51.47	58.124	.355	.	.798
How does ultimatums affect your ability to express your own needs and opinions within the relationship?	51.13	50.552	.651	.	.774
To what extent do you believe that the use of ultimatums in your communication with your partner contributes to the occurrence of physical violence?	52.73	58.210	.168	.	.813
How often does your partner use excessive compliments or praise to manipulate your emotions or actions?	51.40	56.686	.359	.	.798
How does flattery employ by your partner impact your ability to assess the ethnicity of their intentions or action?	51.60	56.971	.336	.	.799
To what extent do you believe that the use of flattery in your communication with your partner contributes to the occurrence of physical violence?	53.47	51.410	.674	.	.774

Item-Total Statistics for Manipulative Communication					
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
Has your partner denied you the right to engage in consensual sexual activities within the relationship?	51.07	57.495	.284	.	.802
How does the denial of conjugal rights by your partner impact your emotional wellbeing and sense of intimacy within the relationship?	51.33	56.238	.285	.	.804
In your opinion, to what extent does the denial of conjugal rights in your communication with your partner contribute to the occurrence of physical violence?	52.93	52.495	.412	.	.796

Item-Total Statistics for Avoidance Communication					
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How often do you avoid discussing sensitive topics with your partner?	39.59	22.257	.722	.945	.772
How does your tendency to avoid conflict affect the resolution of issues within your relationship?	39.35	22.118	.559	.977	.780
To what extent do you believe that conflict avoidance in your communication with your partner to the occurrence of physical violence?	41.59	23.007	.464	.956	.789

Item-Total Statistics for Avoidance Communication

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
Do you find yourself frequently apologizing for the things that are not your fault during conflict with your partner?	39.41	22.757	.462	.974	.789
How does your tendency to excessively apologize impact your self-esteem and sense of personal boundaries within the relationship?	39.18	23.779	.496	.959	.790
In your opinion, to what extent does your excessive apologizing in your communication with your partner contribute to the occurrence of physical violence?	41.59	23.507	.274	.759	.807
How often do you make excuses for your partner's inappropriate or harmful behaviors during conflicts?	39.76	20.441	.576	.982	.776
How the tendency to make excuses for your partner's actions impact your ability to address and resolve issues within the relationship?	39.59	22.882	.313	.928	.805
To what extent do you believe that making excuses in your communication with your partner contributes to the occurrence of physical violence?	41.35	22.118	.313	.835	.811

Item-Total Statistics for Avoidance Communication

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How often you give intentionally give your partner the silent treatment during conflicts or disagreements?	39.47	21.015	.662	.965	.769
How does the use of silent treatment impact the communication and resolution of conflicts within your relationship?	39.47	22.640	.589	.981	.780
In your opinion, to what extent does the silent treatment in your communication with your partner contribute to the occurrence of physical violence?	41.71	24.471	.265	.964	.804

Item-Total Statistics for Mitigating Poor Communication

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How effective do you perceive couples counselling or therapy to be improving communication between partners?	31.53	12.390	.279	.868	.601
To what extent has couples counseling or therapy improved your communication with your partner?	31.35	13.743	.123	.883	.628

Item-Total Statistics for Mitigating Poor Communication					
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How likely are you to recommend couples counseling or therapy to other couples experiencing communication difficulties?	31.18	15.029	-.136	.929	.689
To what extent do you believe that sharing household chores equally contributes to better communication between partners?	33.00	12.625	.348	.978	.587
How effective is the practice of sharing household chores in reducing conflicts related to communication within your relationship?	33.06	12.309	.461	.993	.568
How satisfied with the division of household chores in your relationship in your relationship in terms of its impact on communication?	33.18	11.404	.515	.987	.547
How beneficial do you perceive community-based interventions or support groups in improving communication among couples?	33.53	11.765	.527	.964	.551
To what extent have community-based interventions or support groups helped address communication issues within your relationships?	33.29	11.971	.432	.986	.568

Item-Total Statistics for Mitigating Poor Communication					
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
How likely are you to engage in community-based interventions or seek support from support groups in the future to enhance communication in your relationship?	33.35	12.493	.381	.994	.581
How important do you consider resilience in overcoming communication challenges within a relationship?	30.47	14.265	.089	.808	.628
How effectively does resilience help you and your partner navigate communication difficulties and conflicts?	30.59	13.632	.188	.705	.615
How confident are you and your partner in your ability to bounce back and improve communication after experiencing challenges or conflicts?	30.47	13.515	.160	.637	.622

Item-Total Statistics for Physical Violence				
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
Have you ever experienced physical violence from your partner within the context of your relationship?	30.00	54.941	.558	.904

Item-Total Statistics for Physical Violence				
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
To what extent do you believe that poor communication contributes to physical violence within your relationship?	29.78	59.830	.556	.900
How often do conflicts or disagreements escalate into physical violence due to poor communication between you and your partner?	30.17	58.500	.485	.905
My partner often resorts to physical aggression (such as hitting, slapping, or pushing) during conflicts	30.28	55.036	.813	.884
I frequently experience physical harm or injuries because of my partner's aggressive behaviors	30.39	53.899	.740	.888
My partner often threatens me with physical harm or uses intimidation tactics during conflicts	30.00	52.471	.839	.881
I frequently feel fearful or unsafe due to my partner's physical threats or aggressive gestures	30.11	52.810	.775	.886
My partner often uses physical force or restraint to restrict my movement or freedom during conflicts	30.50	53.676	.854	.881
I frequently experience being physical restrained or held against my will by my partner	29.11	56.222	.801	.886
A healthy relationship respects each other's physical boundaries and does not involve physical restraint	28.17	69.206	.000	.915

Item-Total Statistics for Economic Violence				
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted

Have you ever experienced emotional abuse or violence from your partner within the context of your relationship?	43.44	11.673	.054	.600
To what extent do you believe that poor communication contributes to emotional violence within your relationship?	43.44	10.144	.431	.510
How often does your communication lead to emotional abuse or manipulation from your partner?	43.56	11.203	.256	.553
I often belittled or demeaned by the words my partners use during conflicts	43.06	13.114	-.247	.617
My partner often manipulates or distorts the truth to gain control or power in the relationship	43.17	11.559	.257	.557
My partner often frequently withholds affection, attention, or emotional support as a means of punishment or control	43.22	11.124	.376	.537
I often feel isolated or emotionally neglected due to my partner's emotional withholding behavior	43.28	11.271	.229	.558
Emotional withholding is a recurring pattern in our communication dynamics	43.72	8.095	.690	.407
I frequent feel fearful or anxious due to my partner's intimidating behavior or threats	44.28	8.683	.419	.498
Intimidation and threats are common occurrences in our communication dynamics	44.56	11.085	.026	.641
The presence of emotional withholding hinders open and genuine emotional connection in our relationship	43.17	11.206	.375	.539

Item-Total Statistics for Sexual Violence				
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
Have you ever experienced sexual violence or coercion from your partner within the context of sexual relationship?	36.82	53.404	.779	.874
To what extent do you believe that poor communication contributes to sexual violence within your relationship?	37.47	57.765	.671	.881
How often does poor communication led to sexual abuse or nonconsensual acts within your relationship?	37.35	63.243	.408	.895
My partner often engages in sexual activities without obtaining my consent	36.94	53.809	.756	.875
I frequently feel pressured or coerced into engaging in sexual activities against my will	36.88	53.985	.822	.871
I often feel obligated to engage in sexual activities to avoid negative consequences	36.59	58.632	.627	.884
Sexual coercion significantly impacts my sense of autonomy and emotional wellbeing	36.82	56.779	.727	.878
My partner has forced or attempted to force sexual acts on me against my will	37.00	48.750	.958	.859
A healthy sexual relationship is built on mutual consent, respect, and shared desires	35.41	69.007	.137	.902
My partner often manipulates or exploits my vulnerabilities to satisfy their sexual desires	36.53	56.265	.578	.889
Sexual manipulation contributes to feelings of powerlessness and emotional distress	35.71	67.971	.100	.906

Item-Total Statistics for Economic Violence				
	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
Have you ever experienced economic abuse or control from your partner within the context of your relationship?	37.59	41.257	.865	.861
To what extent do you believe that poor communication contributes to economic violence within your relationship?	38.12	44.110	.555	.883
How often does poor communication led to financial control or manipulation from your partner?	37.94	44.559	.638	.877
My partner often exercises completely complete control over financial decisions without involving me	38.12	36.110	.911	.853
Financial decisions are predominantly made by my partner, disregarding my input or preferences	37.94	41.934	.631	.879
A healthy relationship includes shared financial decision making and respect for individual autonomy	37.00	49.000	.540	.886
A healthy relationship fosters financial transparency, equality, and mutual support	36.82	54.029	-.146	.903
My partner frequently exploits my financial resources or assets for their own personal gain	37.29	41.721	.832	.863

My partner often threatens to withhold financial support of resources as a means of control	37.59	41.257	.679	.875
I frequently feel anxious or fearful about the potential loss of financial security due to partner's threats	37.47	45.265	.512	.886