

THE INFLUENCE OF FAMILY OF ORIGIN SEXUAL VALUES ON SEXUAL
SATISFACTION AMONG MARRIED WOMEN: A STUDY OF ACK ST.
ANDREW'S CATHEDRAL CHURCH OF THIKA DIOCESE, KIAMBU COUNTY
IN KENYA.

By

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DECLARATION

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

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TABLE OF CONTENTS

DECLARATION	ii
TABLE OF CONTENTS.....	iii
DEDICATION.....	vii
ACKNOWLEDGEMENTS.....	viii
ABSTRACT.....	ix
LIST OF TABLES.....	x
LIST OF FIGURES	xi
ABBREVIATIONS AND ACRONOMYS	xii
OPERATIONAL DEFINITIONS OF TERMS	xiii
CHAPTER ONE	1
INTRODUCTION AND BACKGROUND TO THE STUDY	1
Introduction.....	1
Background of the study	2
Statement of the Problem	5
Purpose of the Study	6
Objectives of the study.....	7
Research questions	7
Assumptions of the study	7
Justification of the study	8
Significance of the study	8

Scope of the study	9
Limitations and delimitations of the Study	9
Summary of Chapter	10
CHAPTER TWO	11
LITERATURE REVIEW	11
Introduction.....	11
General Literature Review	11
Empirical Literature.....	15
Theoretical Framework.....	21
Conceptual Framework	26
Summary of Chapter	27
CHAPTER THREE	28
RESEARCH METHODOLOGY.....	28
Introduction.....	28
Research Design.....	28
Population Size	29
Sampling and Sample Size	30
Types of Data... ..	31
Methods of Data Collection	31
Instrument Pre-testing	32
Data Analysis... ..	32

Ethical Considerations.....	33
Summary of Chapter	34
CHAPTER FOUR.....	35
RESULTS AND DISCUSSION	35
Introduction.....	35
Demographic characteristics of the sample.....	35
Age of the respondents	35
Level of education	36
Years in marriage.....	37
Age at marriage	38
Focus group discussions data presentation.....	39
Objective number one: Transmission of sexual values.....	41
Objective number two: FOO sexual values held by the sampled women.....	44
Objective number three: Levels of sexual satisfaction.....	46
Objective number four: The impact of FOO sexual values on sexual satisfaction ..	55
Other findings:.....	57
Summary of the findings	58
Summary of chapter	59
CHAPTER FIVE	60
DISCUSSION OF KEY FINDINGS, CONCLUSIONS, RECOMMENDATIONS, AND AREAS FOR FURTHER RESEARCH.....	60

Introduction.....	60
Discussions of key findings.....	60
Transmission of family of origin sexual values.....	60
Family of origin sexual values among married women	62
The levels of sexual satisfaction	63
Impact of FOO sexual values on sexual satisfaction among married women.....	65
Implications of findings.....	66
Recommendations	68
Opportunities for Further Research.....	69
Summary of the chapter	69
REFERENCES	70
APPENDICES	73
APPENDIX I: Questionnaire	73
APPENDIX II: Focus Group Discussions Questions	76
APPENDIX III: Informed Consent	77
APPENDIX IV: Research Permit	79
APPENDIX V: Certificate of Correction.....	80
APPENDIX VI: PAC Introduction Letter.....	81

DEDICATION

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ABSTRACT

Sexual satisfaction in marriage is an integral component of a marital relationship. Despite the numerous sensitization programs and seminars carried out in churches and other forums on improving marital relationships, very little has been done to address the influence of family of origin sexual values on sexual satisfaction among married women. The purpose of this study was to establish the influence of family of origin sexual values on sexual satisfaction among married women. The study was conducted at ACK St. Andrew's Cathedral Church of Thika Diocese in Kiambu County, Kenya. This was done by sampling 48 married women aged between 20 to 40 years. The objectives of the study were to find out if there was transmission of sexual values in the family of origin, to establish the sexual values held by the sampled women, to establish the levels of sexual satisfaction of the sampled women and to establish if the sexual values from the family of origin had any impact on sexual satisfaction among the sampled women. A descriptive survey design with both qualitative and quantitative approaches were used that aimed at collecting in-depth information from sampled respondents through the use of focus group discussions as well as the questionnaires. The findings of this study established two major agents of transmission of sexual values. One of the agents of transmission of sexual values was found to be the family of origin that included the respondent immediate biological nuclear family and the extended family of origin that included grandparents, aunts, uncles and cousins. The study established that the extended family of origin played an almost equal role as the nuclear family because most of the respondents were brought up in the rural areas where families lived together as one big family. The other major agent of transmission of sexual values was found to be schools and friends of the respondents. Very few respondents mentioned media as an agent of transmission of sexual values. Fear of intimacy and inhibition of sexual feelings were established to be the most held sexual values among the sampled married women. Most of the sampled women reported low levels of sexual satisfaction in marriage. The findings of this study indicated that family of origin sexual values had a negative impact on sexual satisfaction among the sampled married women and especially to those with lower levels of differentiation of self. Based on the findings of this study, it is recommended that therapists working with couples or individuals in marriage should consider exploring the multigenerational transmission patterns that occurs in families which fuel the transmission of sexual values from one generation to the other. It was also suggested that the Ministry of Education consider incorporating professional therapists in developing curriculums on sex education especially for the students in the formative years of development.

LIST OF TABLES

Table 3.1: Sampling frame	31
Table 4.1: Age of the Respondents.....	36
Table 4.2: Highest Level of Education.....	37
Table 4.3: Years in Marriage.....	38
Table 4.4: Age at the time of Marriage.....	38
Table 4.5: Objective number one: Nodes representation	41
Table 4.6: Objective number two: Nodes representation	44
Table 4.7: Objective number three: Levels of sexual satisfaction	46
Table 4.8: Descriptive Statistics.....	54
Table 4.9: Objective number four: Nodes representation	55
Table 4.10: Other findings: Nodes representation	57

LIST OF FIGURES

Figure 2.1: Conceptual Framework.....	26
Figure 4.1: Nvivo Data Presentation.....	40
Figure 4.2: Levels of Sexual Satisfaction for all the respondents.....	47
Figure 4.3: Levels of Sexual Satisfaction of group one.....	48
Figure 4.4: Levels of Sexual Satisfaction of group two.....	49
Figure 4.5: Levels of Sexual Satisfaction of group three.....	50
Figure 4.6: Levels of Sexual Satisfaction of group four.....	51
Figure 4.7: Levels of Sexual Satisfaction of group five.....	52
Figure 4.8: Levels of Sexual Satisfaction of group six.....	53

ABBREVIATIONS AND ACRONOMYS

ABC	-	Activating event, Beliefs and Consequences
ACK	-	Anglican Church of Kenya
CBFT	-	Cognitive Behavioural Family Therapy
FGDs	-	Focus Group Discussions
FGM	-	Female Genital Mutilation
FOO	-	Family of Origin
MAMFT	-	Masters of Arts in Marriage and Family Therapy
MFT	-	Marriage and Family Therapy
NACOSTI	-	National Commission for Science, Technology and Innovation
PAC	—	Pan Africa Christian University

OPERATIONAL DEFINITIONS OF TERMS

Sexual satisfaction according to Pereira, Pascoal and Narciso (2014) can be defined as the emotional experience of frequent mutual sexual pleasure. Sexual satisfaction according to this study is the presence of pleasure that is associated with positive outcomes and experiences from sex in marriage.

Sexual values: Values represent a set of structuring principles of a person's life and social organization (Rohan 2000). Sexual values according to this study are the moral guidelines for making sexual choices in a marital relationship that can be transmitted from one generation to the other.

Family of origin: According to Nugent (2013) family of origin refers to the family, or parents an individual was either raised or born into, this may not be the same family as those who have been adopted or where their parents have separated and now live with new parents. Family of origin in this study refers to the family that an individual grew up with till the age of marriage.

Multigenerational Transmission process according to Gehart (2010) is based on the premise that emotional processes from prior generations are present and "alive" in the current family emotional system.

Differentiation of self: Burri *et al.* (2014) define differentiation of self as one's ability to be close to others while maintaining a sense of self in close relationships.

Individuation: Bowen (as cited in Lawson and Brossart, 2001) describes individuation as the ability to function in an autonomous fashion in significant relationships without being controlled or experiencing an inordinate amount of responsibility for intimate others.

CHAPTER ONE

INTRODUCTION AND BACKGROUND TO THE STUDY

This chapter presents the general introduction of the study followed by the background of the study as well as statement of the problem. The purpose, objectives, research questions, assumptions and justification of the study, significance, scope and limitations and delimitations of the study will also be discussed in this chapter.

Introduction

Marital, emotional and sexual satisfactions are some of the expectations of most people who enter into marriage relationships. Stefanou and McCabe (2012) indicate that sexuality is an integral feature of most romantic relationships, yet it can be a source of relationship instability and a cause of separation. With marital relationships, there are many factors that lead to relationship satisfaction. They vary from factors such as shared interests to genetic compatibility. Some of these factors that have been strongly and consistently shown as contributing factors to relationship satisfaction through research are; sexual satisfaction and sexual frequency (Christopher & Sprecher, 2000).

Bridges, Lease and Ellison (2004) indicate that with the arrival of reliable contraception came the possibility of increased sexual activity without risk of pregnancy. The increase in frequency, however, did not necessarily lead to an improvement in the quality of sexual interactions or the sexual satisfaction women experienced (Bridges *et al.*, 2004). Burri, Schweitzer and MCLinPsy (2014) indicate that the most common female dysfunctions described in the literature primarily relate to desire, arousal, orgasm, and sexual pain.

According to Burri *et al.* (2014), current research suggests that the etiology of female sexual dysfunction to be multifactorial ranging from interpersonal factors,

psychological factors and medical factors. There are therefore myriad of factors that might lead to lack of sexual satisfaction among women. Kerr & Bowen (as cited in Martinson, Holman, Carson and Jackson, 2010) indicate that a common theoretical explanation for marital difficulty lies within the experiences of one's family of origin. Stefanou and McCabe (2012) note that early interactions with significant others instill expectations and beliefs subsequently shaping cognitions and behaviours with romantic partners in adulthood. Gehart (2010) indicates that families with severe emotional problems result from a multigenerational process in which the level of differentiation has become lower and lower with each generation.

Schnarch (as cited in Gehart 2010) views sexual and emotional intimacy as inherently intertwined in the process of differentiation. Who we bring into our life, our major life decisions, how we embrace important people, and the amount of closeness or distance we need emotionally are all shaped by the degree of unfinished business we carry into our adult life from our family of origin. Framo, Kerr & Bowen (as cited in Martinson *et al.*, 2010) indicate that family of origin plays a great role in shaping how individuals react to sexuality in their adult romantic relationships.

Background of the study

The studies cited above are an indication that our families of origin influence how we act in our romantic relationships and for us to be able to enjoy our romantic relationships, there is need to resolve and come to terms with our family of origin unfinished business. Framo and Holman (as cited in Martinson *et al.*, 2010) assert that addressing early family-of-origin experiences is important because the way clients make sense (or not) of these experiences and come to terms (or not) with them may influence the quality of their adult relationships.

Bowen (as cited in Lawson and Brossart, 2001) believed that the perceptions adult offspring maintain about their families of origin greatly influence future relationships with the family of origin. Bowlby (as cited in Turnbull, 2012) suggests that attachments with parents influence children's cognitions, which not only shape their behaviour, but also their friendships and romantic relationships in the future.

Through practicum group supervision held by the MAMFT 2017 class at PAC University in the months of January, February and March 2017, it emerged from the cases presented in therapy that sexual satisfaction among married women is an area of concern for many. Although sex and sexuality have become popular topics both in the media and as they relate to concerns frequently discussed in counselling seminars and sessions, there is little empirical literature that directly studies variables from family of origin related to sexual satisfaction for women. Majority of the students cited that men constantly accused women for the sexual dissatisfaction in marriage.

According to Hertlein, Weeks and Sendak, (2009), through the use of genograms, a technique in Bowen theory, it is evident that people bring a lot of learned attitudes and values from their family of origin into their marital relationships affecting how they respond to each other sexually. Hence some of the reasons many married women are struggling sexually today could be traced to the learned beliefs and attitudes on sexual values and satisfaction from the family of origin. Many African communities for example, had their own ways of regulating sexual expression among different genders and age groups.

Pines & Friedman (as cited in Ashdown, Hackathorn, and Clark, 2011), indicate that in most socio-cultural theories in psychology, each gender is taught and then reinforced to follow traditional gender scripts and roles. Ashdown *et al.*, (2011) assert that sexual permissiveness is often reinforced in men, and many societies

exploit and degrade a man for any emotional weaknesses or outbursts. According to Pines & Friedman (as cited in Ashdown *et al.*, 2011), women are rewarded for being sexually restrictive, thus allowing them to become more emotionally invested in the relationship. Ashdown *et al.*, (2011) assert that men are supposed and allowed to be sexual beings and women are expected to be reserved and often chaste (which does not mean that women are not sexual beings, but instead are expected to show more sexual restraint than men).

Couples therefore, have been shown to base their sexual expectations around what they think they should be doing and what they are actually doing sexually, Hummel (as cited by Christlieb, 2016). Other couples experience greater sexual satisfaction and frequency from complying with traditional gender roles in their family structure Kornrich *et al.* (as cited in Christlieb, 2016).

This study sheds light on the fact that sexual satisfaction among married women is pegged on learnt traditional gender roles and expectations. Santilla *et al.*, study (as cited in Ashdown *et al.*, 2011) indicate that marital sexual relationship has been identified as one of the most important components of marital relationships that increase stability in marriage.

Given the high rates of divorce and separation and the sexual dissatisfaction experienced by many women who do not divorce as indicated by Ashdown *et al.*, (2011), a study to identify the influence of family of origin sexual values on sexual satisfaction among married women would be important. Christlieb (2016) argues that sexual satisfaction among married couples is important to understand because it usually correlates with the overall relationship satisfaction.

Stefanou and McCabe (2012) assert that it is important to better understand the factors related to sexual functioning in romantic relationships. According to Young *et*

al., (2000) a number of researchers have sought to identify factors that influence sexual satisfaction both from physical aspects of sexual performance, religiosity and psychological factors. Despite changes in societal attitudes and openness over sexuality, very little is known about how learnt sexual beliefs and values from the family of origin affect sexual satisfaction among married women. Multigenerational therapies deriving from family therapy theories imply that one can come to terms with family issues from the past, and thereby function better in present adult romantic relationships (Framo, 1992; Kerr & Bowen, 1988). Based on Bowen's family theory, this study aimed at establishing how sexual values developed in the family of origin influence sexual satisfaction among married women.

Young *et al.*, (2000) indicate that one's degree of religious commitment and one's perception of how religion (or God) views sexuality may also impact sexual satisfaction. The choice of ACK St. Andrew's Cathedral Church in this study was to help establish if religiosity impacted on sexual satisfaction among the sampled women.

Statement of the Problem

One of the goals of any marriage is to find overall satisfaction and especially in the area of sexuality. Young *et al.*, (2000) note that many married women are not able to achieve the sexual satisfaction they would want due to a myriad of factors which include, among others, sexual values learnt in the family of origin. Hertlein *et al.*, (2009) assert that one place where people learn about relationships and sexuality is in their families of origin where messages distributed about sexuality within one's family can be covert, overt, internalized, and/or expressed in one's relationship. In a study conducted by Martinson, Holman, Carson and Jackson (2010) for example, it was found that 76% of males and 87% of females believed that the dysfunctionality of

their families of origin still affected their ability to form satisfying romantic relationships and marriages. This indicates therefore that the family of origin plays a major role in the development of healthy sexual relationships among married women.

Despite several studies like sexual satisfaction among married women by Young *et al.*, (2000), predicting sexual satisfaction in women by Bridges, Lease and Ellison (2004) among others, having been carried out to establish the factors causing sexual dissatisfaction in women, very little is known about the impact FOO sexual values has on women sexual satisfaction. Very few studies have investigated the influence of family of origin sexual values on sexual satisfaction among married women. Most of the studies that have been carried out, they have used attachment theory investigating adult attachment and sexual satisfaction. This study used Bowen family theory to investigate how family of origin sexual values impact on sexual satisfaction among married women. Similarly, from the counseling practicum case presentations of the MAMFT class that happened in January to April semester of 2017, it was noted that women seeking professional help have greatly increased in number with most of them citing sexual dissatisfaction as a major concern. If this sexual dissatisfaction is not properly addressed it may lead to more separations and marriage break-ups. The study was aimed at investigating if there was transmission of sexual values from the family of origin and the impact these values have on sexual satisfaction among married women.

Purpose of the Study

The purpose of this study was to examine the influence that family-of-origin sexual values have on sexual satisfaction among married women.

Objectives of the study

The overall objective of the study was to determine the influence family of origin sexual values has on sexual satisfaction among married women aged between 20 to 40 years. The specific objectives of the study were:

- a) To determine the transmission of family of origin sexual values.
- b) To establish the family of origin sexual values held by married women between 20 to 40 years of age.
- c) To determine the levels of sexual satisfaction of married women between 20 to 40 years of age.
- d) To evaluate the impact of family of origin sexual values on sexual satisfaction among married women between 20 to 40 years of age.

Research questions

- a) How were sexual values transmitted in the family of origin?
- b) What family of origin sexual values do the sampled married women hold?
- c) What are the levels of sexual satisfaction among the sampled married women?
- d) To what extent does family of origin sexual values impact sexual satisfaction among married women?

Assumptions of the study

Several assumptions were made when carrying out the study, as follows:

1. The respondents were willing to respond to the questions that were put to them by the researcher and her assistants honestly.
2. The study also assumed that the selected church was representative enough so as to bring out the intended outcomes.
3. The married women were capable of evaluating their own sexual experiences.
4. Respondents will be honest in their responses.
5. Respondents will not feel pressured into taking part in the study.

6. Respondents have the reading skills required to understand the questions in the instruments.

Justification of the study

Given the absence of research in a Kenyan context on the effects of family of origin sexual values on sexual satisfaction among married women, this type of research was important. The findings of this study may benefit therapists offering marital counseling in addressing the impact FOO sexual values has on sexual satisfaction among married women. Parents will also benefit in understanding that consciously or unconsciously they transmit sexual values to their children and these values later impact on how they relate in their future romantic relationships. The Ministry of Education will also benefit in addressing the role of family of origin in sex education among students.

Marcia and Josselson (2013) in their study indicated that a successful transition of Erikson's stage of intimacy vs. isolation ensures that an individual will be able to pursue intimacy in romantic relationships. The findings of this study will be used to help the women in this developmental stage achieve the most needed sexual intimacy in marriage.

Significance of the study

The importance of studying the influence of family of origin sexual values on sexual satisfaction among married women was informed by the need to understand causes of sexual dissatisfaction among married women. So far there is no Kenyan study that has been done in this area hence the concluded study will help fill in the gap that exists in addressing how family of origin sexual values influence sexual satisfaction among married women in a Kenyan context. Through the use of a sexual genogram (which is a Bowenian tool that seeks to understand family sexual history),

therapists working with married women will check for dysfunctional sexual values learnt from the family of origin that affects women's sexual satisfaction. The study also established that family of origin sexual values negatively influences sexual satisfaction among married women. This should therefore be considered relevant while treating marital sexual dysfunction and dissatisfaction and if well explored, it will lead to increased high levels of sexual satisfaction among married women. With the results of this study, therapists will be helped to assist clients in becoming more aware of how attitudes, values, and behaviours are passed from one generation to the next and empower them to become more determined to do things differently in their adult romantic relationships and their relationships with their own children in matters of sexuality.

The study results will also be used to help in challenging dysfunctional values, beliefs and attitudes about sexual satisfaction learned from family-of-origin experiences and help individuals adopt more realistic values increasing the likelihood of sexual satisfaction in marriage.

Scope of the study

The study was carried out at ACK St. Andrew's Cathedral Church of Thika Diocese in Kiambu County and focused on married women who are between the ages 20 to 40 years.

Limitations and delimitations of the Study

One key limitation of this study was the selected sample. All participants in the study were required to be in a marital relationship at the time of the study. The consequence of this was that those who could be in other forms of relationships like cohabitation were excluded from the sample. Another limitation of this study was that sexual satisfaction in marriage is a sensitive topic to discuss for many married women and this could have resulted to respondent bias. To remedy this limitation, the

researcher used questions that would not make the respondent uncomfortable and also assured the respondents of confidentiality. Sexual satisfaction can be affected by other relational factors other than values learnt from the family of origin and this could have been a limitation. This was remedied in the type of questions that were asked that only focused on the influence of learnt sexual values from the family of origin.

The researcher was only interested in establishing how sexual relationships in marriage were affected by the FOO sexual values hence the researcher did not investigate other sexual relationships or other factors apart from the FOO sexual values. The researcher worked with the population that is seeking intimacy as a developmental task. This is because pursuing intimacy in ages between 20 and 40 years is a key and important developmental task. Other developmental stages may seek intimacy but it may not be a priority. The use of focused group discussions was to help gather in-depth information on how the FOO sexual values have impacted on the sexual satisfaction among the respondents as well to help the respondents become comfortable in discussing sexual matters so that they may in turn discuss it with their children. Other tools would have provided limited information and hindered a variety of responses.

Summary of Chapter

The chapter has presented the introduction to the study, background of the study, statement of the problem and purpose of the study. It has also provided the objectives of the study, research questions, and assumptions of the study. The chapter has also addressed the justification of the study, significance of the study, scope of the study and limitations and delimitations of the study.

CHAPTER TWO

LITERATURE REVIEW

Introduction

This chapter presents the general and empirical literature review of the study. Theories that help explain the influence of family of origin on sexual values and satisfaction among married women are discussed in this chapter. The general literature review focuses on the different theories of family of origin influence, review on sexual values and sexual satisfaction. The chapter also covers empirical literature review which covers previous related studies on the influence of family of origin on sexual values. Theoretical framework discusses Bowen Family theory and Cognitive-behavioral Family Therapy. Conceptual framework is also included in this chapter.

General Literature Review

Several studies have clearly shown that how we act in our committed relationships is largely the result of how we experienced relationships in our families-of-origin. Jensen, Willoughby, Holman , Busby and Shafer (2015) state that it is clear that both family and interpersonal processes matter in terms of how marital or relationship attitudes are influenced. Jensen *et al.*, (2015) indicate that one potential mechanism between family/interpersonal processes and marital attitudes is the attachment orientation of the individual while in emerging adulthood.

Attachment theory indicates that early secure attachment relationships with parents provide the foundation for the development of psychosocial adjustment throughout adolescence and into adulthood (Dinero, Larsen-Rife, Conger, and Shaver, 2008). This is true because according to Bowlby (as cited in Bogaert & Sadava, 2002) through positive interactions with a significant other the infant will form a secure base where he/she can explore the world with safety.

According to Dinero *et al.*, (2008), attachment security or attachment style derives from social experiences that begin early in life and continue into the adult years. Starting in infancy, individuals are believed to begin forming cognitive and affective representations of the self and others (known as an internal working model), such that relationships with attachment figures/caregivers are formatively seen as either an emotional secure base and safe haven, emotionally untrustworthy and unsafe, or an ambiguous mix of the two Ainsworth *et al.* (as cited in Jensen *et al.*, 2015).

Mikulincer and Shaver (2007) argue that attachment working models established in infancy and childhood, mostly in relationships with parents and other key caregivers, should form the foundation for attachment representations throughout life. One's internal working model influences how individuals view themselves and others, especially with regard to romantic relationships (Jensen *et al.*, 2015).

Other studies have explored behavioral consistencies between parent-child relationships and later romantic relationships. Dinero *et al.*, (2008) found out that behavioral observations of interactions between parents and their early adolescent child predicted important features of the child's interactions with his or her romantic relationship partner during early adulthood.

Family of origin (FOO)

Nugent (2013) states that family of origin refers to the family or parents an individual was either raised or born into, this may not be the same family as those who have been adopted or where their parents have separated and now live with new parents. Bowlby (as cited in Bogaert and Sadava, 2002) indicate that early parental care experiences give rise to working mental models of the self and others, which

form a basis for generating expectations about relationships and provide a context for interpreting what happens in those relationships.

From the family of origin a person learns how to communicate, process emotions, and get needs met. People also learn many of their values and beliefs from their families. Whether they intend to or not, most people carry their family of origin with them throughout life. Issues in one's adult life with friendships and relationships may reflect family of origin issues.

Willoughby *et al.* (2012) discovered that attitudes about marriage are heavily influenced by Family of origin (FOO) experiences and help determine behavior in future dating situations and romantic relationships. Some parents are overt in their condemnation of sexual behaviour, resulting in internal struggles for their children as they grow into adulthood and develop intimate relationships (Hertlein *et al.*, 2009). Although FOO experiences cannot be altered, the effects they have on married women can be changed through a shift in perception hence the importance of this study. This can be achieved through the use of CBFT where a therapist will help challenge irrational thinking and beliefs.

Sexual Values

Sexual values in this study are defined as moral guidelines for making sexual choices in a marital relationship and they can be transmitted from one generation to the other. A person's sexual attitudes and values are impacted by dynamics within the system of a family and inversely, the system is affected by individual family members' sexuality. Transmission of values from one generation of the family to the next one should not always be taken for granted since family as primary socialization agent serves as a mediator between these cultural values and the individual in the transmission process. According to Bowen (1993), transmission occurs on several

interconnected levels ranging from the conscious teaching and learning of information to the automatic and unconscious programming of emotional reactions and behaviors.

Several studies have been carried out on how family-of-origin experiences impact marital quality. In their study Martinson *et al.*, (2010) they found out that the family of origin influences how people reacted in their adult relationships. This emphasizes the point which this study aims at investigating on the influence of sexual values on sexual satisfaction among married women. Similarly, researchers have investigated the relationship between marital quality and sexuality in marriage Holman & Birch; Larson, Anderson, Holman, & Niemann (as cited in Strait, Sandberg, Larson and Harper, 2015). However, few studies have focused on the relationship between family-of-origin experience and subsequent sexual experience in marriage. These studies dwelt on general family of origin experiences leaving a gap on the influence of family-of-origin sexual values on sexual satisfaction among married women.

Sexual satisfaction

Sexual satisfaction according to Pereira *et al.*, (2014) can be defined as the emotional experience of frequent mutual sexual pleasure. Aspects of one's sexual behaviors, such as expectations, frequency, and types of behaviors affect one's sexual satisfaction. Sexuality obviously plays a central role in most romantic and marital relationships and is often a reason for seeking couple therapy (Gurman & Jacobson, 2002).

Sexual expectations for women and sexual frequency for men seem to be related to satisfaction for newly married couples (McNulty & Fisher, 2008). Lawrence and Byers; Haavio-Mannila and Kontula (as cited in Strait *et al.*, 2015) indicate that sexual satisfaction in marriage during mid-life to late stages of life has been linked to

many factors, including attitudes to sex, sexual activity, age, culture and couple dynamics. This can be explained by different theoretical approaches. Christlieb (2016) in his study noted that studies on attachment theory have explored at length the link between attachment styles and sexual satisfaction and sexual attitudes. It was found out from the studies that there were clear correlations for both sexual satisfaction and sexual attitudes with various attachment styles (Christlieb, 2016). Christlieb (2016) asserts that romantic love is a bio-social process of attachment like the attachments we make with our mothers as infants.

Empirical Literature

This section covers a review of the previous studies on the influence of family of origin values on sexual satisfaction among women. The review will focus on strengths and weaknesses of the studies and address the identifiable gaps. The review will also check on how the previous study deviates or resembles the conducted study. The Development of Sexual Attitudes in the Family of Origin and Sexual Satisfaction Later in Life

Christlieb (2016) in his study investigated whether family of origin attitudes and rules around sex can be used to predict later attitudes toward sex and sexual satisfaction in committed relationships. In his study Christlieb (2016) wanted to find out if these predictive abilities could be used to develop more effective sex education in the home.

Christlieb (2016) did his study by recruiting 250 respondents through undergraduate courses at the University of Nevada-Las Vegas. The researcher used an enter-method multiple regression model and Kendall's Tau for non-parametric data. In his study Christlieb (2016) used a convenience sample to collect data for the research. All participation was voluntary. Participants in Christlieb (2016) survey

lived in the United States of America and were over the age of 18; they also were in a committed relationship for at least one year with their current partner. Christlieb (2016) used a web-based survey to distribute the survey to a broader population base throughout the country to ease data collection. Participants were recruited for the survey through the use of Mechanical Turk, a subsidiary of Amazon.com that pays users a remedial amount to complete tasks and surveys for companies and researchers.

According to Christlieb (2016), the results of this study showed that sexual satisfaction and sexual instrumentality cannot be predicted by the variables used; however variance in sexual permissiveness, sexual communion and birth control attitudes could be predicted to varying degrees by the independent variables. The study also found out that the higher a woman's self-esteem, the more confident she is likely to be about getting what she wants or needs sexually.

One of the weaknesses of this study was that it did not address the effects of sexual abuse within the family. In order to address sexual attitude development within the family, there needs to be a clear understanding that not all sexual behaviors within a family system will be positive interactions.

Christlieb (2016) study is relevant to this study because it investigated the development of sexual attitudes in the family of origin and sexual satisfaction later in life which resembles the conducted study of the influence family of origin has on sexual values and satisfaction among married women. The resemblance of these two studies is based on the influence of family of origin experiences on sexual relationships later in life. Christlieb (2016) study deviates from the carried out study because his study focused on sexual satisfaction with individuals who were in committed relationship for at least one year irrespective of whether they are married

or not. This study was focused on sexual satisfaction among married women in heterosexual relationships.

The relationship between family-of-origin experiences and sexual satisfaction in married couples.

Strait, Sandberg, Larson and Harper (2015) did a study that examined the relationship between perceptions of family-of-origin experiences, sexual satisfaction and marital quality. The purpose of their study was to contribute to the understanding of the relationship between family-of-origin experiences and sexual satisfaction and the role of marital quality as a mediator.

From their study, data were analyzed from 3953 married couples who participated in the relationship evaluation (RELATE). The mean age for female respondents was 32-years old, ranging from 19 to 83-years old. The mean age for male respondents was 34-years old, ranging from 20 to 79-years old. In terms of education, 3.7 per cent of women had completed high school and 96.3 per cent had some college education or above. For men, 5.4 per cent had completed high school and 94.6 per cent had some college education or above.

Data for Strait *et al.*, (2015) study was collected using the RELATE questionnaire from 2003 to 2009. The questionnaire is a multidimensional measure consisting of more than 250 items. Couples responded to items about perceptions of themselves and their partner in four major contexts: individual, couple, family and social. The assessment was accessed online and couples were referred by therapeutic professionals, professors, researchers and various forms of advertising (Strait *et al.*, 2015). The variables used were overall family of origin, parent's marriage, parent-child relationship, sexual satisfaction, and marital quality.

Strait *et al.*, (2015) found out that there was support on the interrelatedness of family of origin, marital quality and sexual satisfaction and that significant relationship were found between sexual satisfaction and both perceptions of the parent–child relationship and overall family-of-origin experiences. The findings of this study point to marital quality as the conduit for scripts learned from the mother–son and father–daughter relationships into sexual satisfaction in adult romantic relationships (Strait *et al.*, 2015). The finding did not support the commonly held belief that women are more affected sexually by non-sexual aspects of the relationship (Strait *et al.*, 2015).

According to Strait *et al.*, (2015), the finding of marital quality as a strong mediator of family of origin and sexuality suggests that issues from one’s childhood can be overcome and new experiences can define how individuals view their relationship safety. This can be done through including a comprehensive sexual history in the treatment of sexual dissatisfaction or dysfunction as illustrated by Hertlein *et al.*, (2009) which should include a genogram of family history, including sexual and nonsexual aspects.

According to Strait *et al.*, (2015), the biggest limitation of their study was that it was cross- sectional and childhood measures were based on historical report. A better test of the relationship between childhood experiences or attachment would be longitudinal and begin in childhood, following participants into adult romantic relationships while tracking changes in attachment styles across relationships. However, studies of that magnitude are difficult to conduct while maintaining good validity and reliability (Strait *et al.*, 2015).

Strait *et al.*, (2015) indicate that another limitation of their study was that it did not control for violence or abuse in childhood or adulthood. The measure for overall

family-of-origin experience does not specify what family members or events are involved; the questions allow participants freedom to include all family members (including siblings and grandparents) and all events that are relevant to their experience (Strait *et al.*, 2015).

Strait *et al.*, (2015) study is relevant to this study because it was geared towards understanding the role of family of origin experiences in sexual satisfaction and marital quality. This study aimed at finding out how family of origin sexual values impact on sexual satisfaction among married women. This study deviates from Strait *et al.*, (2015) study because in their study, they looked at the overall family of origin experiences while this study focuses on the sexual values gained at family of origin and how they affect sexual satisfaction. Their study also was interested in finding the role of family of origin experiences and marital quality.

Communicating about sexual matters within the family: facilitators and barriers.

Turnbull (2012) carried out a study whose aim was to assess the facilitators and barriers that affect communication regarding sexual matters within families in the North East of England. Her study recruited through purposive sampling 20 families that took part in the study and used semi-structured interviews to explore the facilitators and barriers about sexual matters within families.

A set of interview questions were used to gather qualitative data on the facilitators and barriers for effective communication about sexual matters within families. The study found out that there were various facilitators of communication as well as barriers that prevented communication about sexual matters. Turnbull (2012) noted that families that discussed sexual matters openly had a relationship that was based on trust.

According to Turnbull (2012) parents show the qualities of love, trust, respect, commitment, support and stability from early life of their children. Turnbull (2012) revealed that children who trusted their parents were more likely to talk to them about sexual matters. Turnbull (2012) study found out that, children who regarded their parents as role models, their parents were knowledgeable about sexual matters and their parents spent time with them, were more likely to talk about sexual matters with their parents.

Lack of up-to-date knowledge about sexual matters, controlling and domineering styles of parenting and the presence of younger siblings during discussions were found to be barriers of communicating about sexual matters in families according to Turnbull (2012). Lack of up-to-date knowledge on sexual matters elicited embarrassment in parents as well as in children (Turnbull, 2012). Parents however suggested that the embarrassment stemmed from the way they were taught by their own parents. Turnbull (2012) noted that the embarrassment was transmitted from one generation to the other and had implications on how children would exhibit the same in their families when they become parents themselves.

Turnbull (2012) study is relevant to this study by the fact that one of the independent variables is on the parent-child sexual communication in the family of origin. Turnbull (2012) study investigated only on how families communicate about sexual matters especially during adolescence looking at the facilitators and barriers of such communication. This study focused on investigating the transmission of sexual values in the family of origin which could be overt, covert, internalized and/or expressed as indicated in Hertlein *et al.*, (2009) and how those values influence sexual satisfaction among married women.

Theoretical Framework

The study was based on Bowen Family theory in an attempt to establish the sexual values learnt in the family of origin and how they affect sexual satisfaction among married women aged between 20 to 40 years. Bowen's theory describes how the family as a multigenerational network of relationships shapes the inter-play of individuality and togetherness using inter-locking concepts (Gladding, 1998). The theory uses eight inter-locking concepts with differentiation of self being one of the most important one. Bowen (as cited in Gehart, 2010) describes differentiation of self as the separation of one's intellectual and emotional functioning process from others.

Bowen argued that a lack of differentiation of self could lead to a multigenerational transmission process of symptomatic behaviors within the individual (Bowen, as cited in Gehart, 2010). This study aimed at finding out how the sexual values learnt from the family of origin through multigenerational transmission process affect sexual satisfaction among married women between the ages 20 to 40 years. Most young adults receive their first socialization about sexuality from their family-of-origin and view their parents as important sources of sexual information (Metts & Cupach, 1989).

Yarhouse and Sells (2008) indicates that Bowen family therapy views a family as a 'natural occurring system' in which human beings experienced growth in the emotional, affective and intellectual systems. Among other concepts, Bowen argues that differentiation of self which is the separation of one's intellectual and emotional functioning process from others is demonstrated by the ability of persons to distinguish themselves from their family of origin on an emotional and intellectual level (Gladding, 1998). Gehart (2010) asserts that a person who is more differentiated is better able to handle the ups and downs of life and, more importantly, the

vicissitudes of intimate relationships. Further to the ability to clearly separate thoughts from feelings and self from others allows one to more successfully negotiate the tension and challenges that come with increasing levels of intimacy (Gehart, 2010, p. 284).

Through the multigenerational transmission, patterns of behavior and feelings can be transmitted from one generation to the other. According to Goldenberg & Goldenberg (1996), through multigenerational transmission process, severe dysfunction is conceptualized as the result of the operation of the family's emotional system over several generations.

Christlieb (2016) argues that sexual attitudes, like many other attitudes and beliefs we develop, may begin their roots in expectations and exposures from an early age. Family of origin influence on sexual development has been discussed in the context of sex therapy since Bowenian models of therapy have been used by therapists (Christlieb, 2016). According to Hertlein *et al.*, (2009), sexual dysfunction has been linked to psychological factors resulting from issues within the family-of-origin.

Christlieb (2016) notes that one of the best methods of uncovering implicit sexual attitudes and beliefs through a Bowenian lens is the use of a sexual genogram to determine how sex was discussed in the home by parents, as well as the unspoken rules about sex in the family of origin. It can also be particularly useful when discussing possible sexual abuse or incest within the family of origin (DeMaria, Weeks & Hof, 2013). Through the use of genograms or oral interview, the therapist identifies patterns of the individual's relationship or whatever issues are most salient for the client (s). The therapist then identifies how the current situation fits with these patterns (Gehart, 2010).

Lawson and Brossart (2001) assert that although much has been written about intergenerational family theory and process, little empirical research has been conducted concerning a major tenet of the theory: the transmission of family processes across generations. The idea that patterns of relational functioning are passed from one generation to the next is a major working assumption for many therapists, but with few exceptions, this issue has received little attention in the research literature from an intergenerational family theory perspective (Lawson & Brossart, 2001). Individuation in Bowen's theory, describes the ability to function in an autonomous fashion in significant relationships without being controlled or experiencing an inordinate amount of responsibility for intimate others.

According to Lewis *et al.* (cited at Lawson & Brossart, 2001), intimacy is related to individuation and describes relational closeness with distinct boundaries that can be initiated or terminated voluntarily while maintaining an individuated stance. This therefore indicates that there is so much that we learn about intimacy from our family of origin.

Cognitive Behavioural Family Therapy

Cognitive-behavioral family therapy was used as a macro theory to show how the sampled married women have learnt permissive and restrictive sexual values and how these values have affected their sexual satisfaction in marriage. Cognitive-Behavioral Therapy (CBT) as the name suggests, combines cognitive and behavioral therapies. CBT is based on the belief that thoughts, feelings, and behavior are inter-related and impact each other. Cognitive-behavioral family therapies (CBFT) integrate systemic concepts into standard cognitive-behavioral techniques by examining how two people in a relationship reinforce one another's behaviours to maintain symptoms and relational patterns (Gehart, 2010).

According to Gehart (2010), problem analysis in CBFT focuses on present-day behaviours, emotions, and cognitions. Gehart (2010) says that when clients tell their story about relationship distress or personal disappointments, CBFT therapists listen for the behaviours, emotions, and thoughts that make the situation a problem. The focus of treatment is on reducing these undesirable thoughts, feelings, and behaviours and increasing more desirable ones. Through Albert Ellis A-B-C theory, where A stands for activating event, B stands for beliefs and C stands for emotional and behavioral consequence, irrational thinking is analyzed and the theory applied to working with married women.

Yarhouse and Sells (2008) argue that cognitive-behavioral approaches consider the many ways in which family members are interacting with one another and how such interactions influence cognitions, behaviours and emotions across the various relationships. The other approach to cognitive-behavioral family therapy might be through the work of Aaron Beck on family schemas and core beliefs (Gehart, 2010). This cognitive theory is focused on identifying and changing the schemas or core beliefs that fuel problems in an individual's life (Gehart, 2010).

Family schemas can be functional or dysfunctional and are core cognitive constructs in what is typically referred to as our personality style and are often linked to the individual's self-concept and that of the environment. Datillo (2005) says that schemas are the long-standing beliefs that people hold about others and their relationships. According to Datillo (2005), the family schemas can become dysfunctional and maladaptive, and are often central to distorted thinking and behaviour. Dysfunctional family of origin schemas around sexuality may affect the married women's sexual satisfaction in marriage. Datillo (2005) notes that schemas can be uncovered by probing automatic thoughts through CBFT techniques where

treatment involves challenging these thoughts by weighing alternative explanations that may reinforce change.

Conceptual Framework

A conceptual framework is a research tool that is supposed to assist the researcher to organize his/her thinking and complete the investigation successfully and should explain the relationship among the interlinked concepts (Kombo & Tromp, 2006).

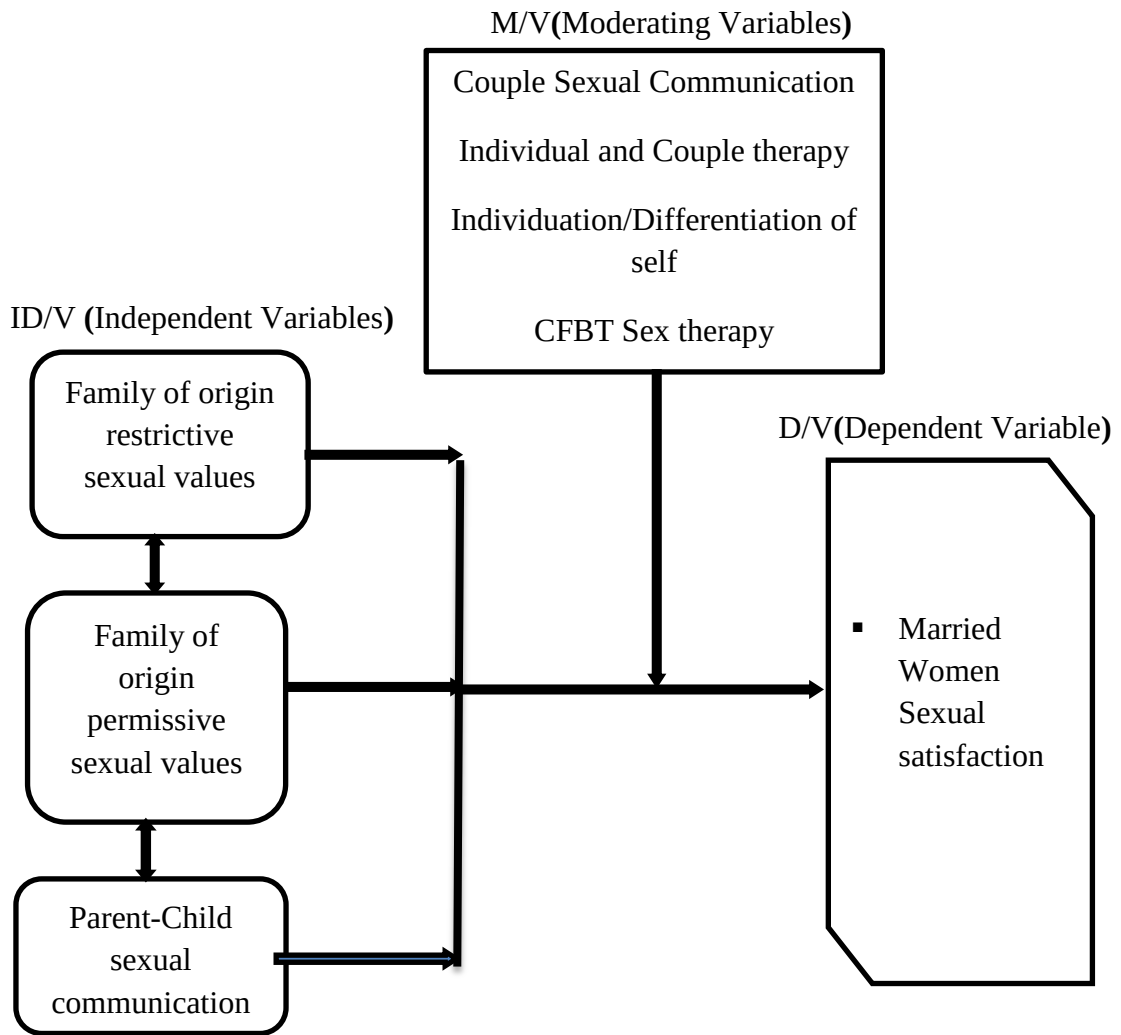


Figure 2.1: Conceptual Framework.

The diagram shows how the independent variable (FOO sexual values) connects to the dependent variable (sexual satisfaction). An individual acquires FOO restrictive or permissive sexual values from the family's interactions or through parent-child sexual communication. Through therapy or couple communication, one can be helped to overcome the negative effects becoming a self-differentiated person. This will lead to sexual satisfaction.

Summary of Chapter

This chapter has presented a review of the general literature on family of origin and adult romantic relationships, general literature on sexual values and sexual satisfaction. The chapter has also reviewed empirical literature. It has also presented on the theoretical and conceptual frameworks.

CHAPTER THREE

RESEARCH METHODOLOGY

Introduction

This chapter describes how research was carried out featuring research design, population size, sampling and sample size, types of data, methods of data collection, instrument pre-testing, and data analysis. Ethical considerations are also discussed in this chapter.

Research Design

This study used a descriptive survey design that was aimed at collecting in-depth information from sampled respondents through focused group discussions as well as a questionnaire. A descriptive survey design's major purpose is to state the affairs as it exists (Kombo and Tromp, 2006). Descriptive survey design was best suited for this study because it helped collect information on the influence of FOO sexual values on sexual satisfaction which may result in the formulation of important principles of knowledge and solution to significant sexual problems.

The study employed a mixed methodology that integrated both quantitative and qualitative methods. According to Creswell, Plano, Gutmann and Hanson (2003), mixed methods research design is defined as the collection or analysis of both quantitative and qualitative data in a single study in which the data are collected concurrently or sequentially, are given a priority, and involve the integration of the data at one or more stages in the process of research. When both quantitative and qualitative data are included in a study, Creswell *et al* (2003) indicates that researchers may enrich their results in ways that one form of data does not allow.

Population Size

According to Ogula (2005), a population refers to any group of institutions, people or objects that have common characteristics. The population of this study was married women in heterosexual marriages aged between 20 to 40 years in ACK St. Andrew's Cathedral Church of Thika Diocese. According to the Church registration records of January 2017, there are 1276 ladies in the Cathedral church which are made up of married, unmarried women, single mothers and widows in the Church. Mother's Union records of January 2017 indicate that among the 1276 ladies, 400 are single ladies, 200 are single mothers, and 50 are widows while the remaining 626 are married women. Out of the 626 married women, the church's records indicated that 209 of the ladies were in the age group of 20 to 40 years.

The target population of this study was 209 married women between the ages 20 to 40 years which made 33.4% of the total married women. This was important because according to the psychosocial developmental stages of Erik Erikson (as cited in Marcia & Josselson, 2013) these women are in the stage commonly known as "Intimacy vs. Isolation" that occurs from 19 to 40 years of age; hence they are said to be sexually active in pursuit of sexual intimacy in marriage.

ACK St. Andrew's Cathedral church is situated at the industrial area of Thika town and it is surrounded by a number of institutions for higher learning among them Mount Kenya University, Gresta University and Thika Technical Institute among other institutions like Joy Town School for physically handicapped, Thika High School, Mary Help for the Sick and many more others. Its proximity to the town of Thika and being the largest church within Thika town made it suitable for this study since it attracted members of different ethnic groups in Kenya some of whom are employees and students in these industries and institutions respectively. As indicated

earlier one of the factors that affect sexual satisfaction is religiosity hence the choice of this religious institution.

Sampling and Sample Size

The study used both probability and non-probability sampling designs to select the study sample. The probability sampling techniques that were used in this study included simple random sampling and stratified random sampling while non-probability techniques were convenience and purposive sampling techniques. Palinkas *et al.* (2015) indicate that purposive sampling is widely used in qualitative research for the identification and selection of information-rich cases related to the phenomenon of interest.

The Church was stratified into the six (6) home cell groups which are used for home fellowships. Through purposive sampling technique, married women of 20 to 40 years of age were sampled from the population of 209. A sample of 23% was derived from the target population of 209 married women of ages 20 to 40 years to answer the questionnaire and join the FGDs arriving at 48 respondents. Using convenience sampling, 8 respondents per cell group were selected to participate in the FGDs as well as the questionnaire on sexual satisfaction. The researcher attended church meetings and cell group fellowships and explained the study to the members. Similarly through the use of telephone numbers provided by the Mother's Union department in the church, text messages were sent to the members where the researcher recruited interested respondents to the study.

The following was a sampling frame indicating the total population of the married women between ages 20 to 40 years. This figure shows how the respondents were sampled from the Cell groups.

Table 3.1 Sampling Frame

Cell groups	Membership	Sample
UTI & Kiboko	31	8
Pilot & YMCA	38	8
Kimathi & Biafra	37	8
Starehe & TUDU	33	8
Majengo, Town & Cathedral Outreach	34	8
Ofafa & Ziwani	36	8
Total	209	48

Types of Data

This study used primary data that was gathered directly from the respondents through the use of questionnaires and the focus group discussions.

Methods of Data Collection

The study worked with six focus groups that consisted of 8 married women per group. The aim of FGDs according to Kvale and Brinkmann (2015) is not to reach consensus about or solutions to the issues discussed, but to bring forth different viewpoints on an issue. The research in this study was about gathering in-depth information about the learnt FOO sexual values and how these affect sexual satisfaction among married women. Using FGD as a qualitative data collection method, an audio tape recorder was also be used to gather discussions and kept the discussion records for later transcriptions in the data analysis.

The researcher with the help of a research assistant also noted down the observed behaviours as the topics were discussed. The researcher is equipped with group therapy skills and will be the interviewer as the two research assistants collect short hand written information and the audio recorded data.

Through the help of the Mothers' Union department, convenience sampling was done to select the available respondents from the 6 Cell groups as indicated by the sampling frame above.. Convenience sampling was done to select the participants that were available in terms of time to join the study and respond to the questionnaire. The researcher attended the Mother's Union fellowship meetings and through the department the researcher sought for volunteers who joined the study.

Instrument Pre-testing

The two data tools – the questionnaire and focus group discussion topic questions were prepared by the researcher and presented to the appointed supervisor for remarks. Pre-testing of the data collection instruments was done before the actual field research to be carried out. This was done to determine the validity and reliability of the research instruments which was done through a pilot study conducted at Wonders Tabernacle Liberation Ministries in Ruiru. This is one of the biggest Pentecostal churches in Ruiru that is situated along the Thika Super Highway and has a huge number of followers again it was different from the study since the study was done in a Mainstream church.

Data Analysis

This study employed both qualitative and quantitative data analysis approaches to analyze the collected data. Nvivo 11 qualitative data analysis software was used to analyze the FGDs data while Statistical Package for the Social Sciences (SPSS)

Version 23 and Spreadsheets for graphical presentations were used to analyze the questionnaire.

The focus group discussions audio recordings were transcribed verbatim and translated into English by the researcher. The verbatim word transcriptions for the 6 focus groups were exported to Nvivo 11 for data analysis. Framework analysis approach was used to code the data into the prescribed nodes/themes as per the study objectives. As the researcher read through the transcripts, new themes were noted and coded as part of the main coding tree. The themes were then used to present the findings.

The questionnaire was coded and analyzed through graphical representations and descriptive statistics to provide the means and the standard deviations of each item in the questionnaire. The questionnaire responses included strongly disagree, disagree, agree and strongly agree which were coded as 1, 2, 3, and 4 respectively.

Ethical Considerations

Kombo and Tromp (2006) assert that researchers whose subjects are people or animals must consider the conduct of their research and should give attention to the ethical issues associated with carrying out their research. First permission for conducting this study was sought from Pac University after a successful proposal defense. A research permit from the National Council for Science, Technology and Innovation (NACOSTI) was acquired and the relevant authorizations were received from the Kiambu County Commissioner's office and the Kiambu County Director of Education.

The researcher in this study explained to the respondents about the research and that the study was for academic purposes only. It will be made clear that the participation was voluntary and that the respondents were free to decline or withdraw

any time during the research period. The participants gave informed consent on the choice of participating and were assured of confidentiality at all times. The participants were assured that only the researcher and the assistant conducting the survey would know the identity of the participants. The researcher also took time to explain in advance the details of the research and explained to the participants the benefits and risks of participating in the study.

Summary of Chapter

This chapter has presented the research design, the target population size, sampling and sample size. The chapter has also presented the types of data, methods of data collection employed by the study, instrument pre-testing, data analysis and ethical considerations.

CHAPTER FOUR

RESULTS AND DISCUSSION

Introduction

This chapter presents the findings, analysis and interpretation of the findings of the study. The chapter is divided into six sections. The first section analyzes the demographic characteristics of the respondents in the sample. The second section represents the findings of the study as per the use of Nvivo 11 software which comprises objectives one, two and four of the study. The third section presents the findings on the transmission of family of origin sexual values. Section four presents the findings of the family of origin sexual values held by the respondents in the sample. Section five analyzes the levels of sexual satisfaction of the respondents in the sample and section six presents the findings on the impact of the family of origin sexual values on sexual satisfaction among the sampled respondents.

Demographic characteristics of the sample

This section presents a demographic description of the respondents in relation to their ages, levels of education, years in marriage and the age at which they got married.

Age of the respondents

The respondents were asked to indicate their ages in years. Table 4.1 indicates that the highest numbers of the respondents were between the ages 26 and 30 years making 48% of the total respondents while 31% was made up of respondents aged between 31 and 35 years. This was followed by 13% made up of respondents aged 36 and 40 years while those least in terms of representation were those aged between 20 and 25 years making 8%. The average age of the sampled respondents in the study was found to be 31 years of age.

Table 4.1: Age of the respondents

Age	Frequency	Percentage
20 – 25 years	4	8%
26 – 30 years	23	48%
31 - 35 years	15	31%
36 - 40 years	6	13%
Total	48	100%

The study was interested in the respondents who were between the ages of 20 to 40 years. The distribution of the ages indicated that highest numbers of the respondents were in their late 20s which could be explained by the fact that majority of them did not pursue post primary education hence they got married at an early age. The second highest numbers of the respondents were those that were in their early and mid-30s which could also be explained by the age at which they got married.

Level of education

The respondents were asked to state the highest level of education attained at the time of the study which resulted into the following distribution. Table 4.2 indicates that 31% of the respondents had attained primary level of education by the time of the study, 29% of the respondents had secondary level of education, and 27% were diploma holders by the time of the study while 13% were degree holders.

Table 4.2: Highest level of education

Level of education	Frequency	Percentage
Primary	15	31%
Secondary	14	29%
Diploma	13	27%
Degree	6	13%
Total	48	100%

Most of the respondents attained primary and secondary levels of education (31% and 29% respectively). In the Kenyan system of education, an individual is expected to finish primary school education at the age of thirteen years if one has not repeated classes. The distribution supports the fact that majority of them got married between attaining twenty five years because most of them did not pursue secondary education. Those who pursued secondary education got married immediately after completion of the secondary school education while some have attained diplomas and degrees in the course of their marriage.

Years in marriage

The respondents were asked to state the number of years they have been in marriage. Table 4.3 indicates that majority of the respondents had been in marriage between five and nine years making a 52% of the total respondents. 27% reported to have been in marriage between ten and fourteen years. 17% of the respondents reported to have been in marriage less than five years while only 4% reported that they have been in marriage between fifteen and twenty years.

Table 4.3: Years in marriage

Years in marriage	Frequency	Percentage
Between 15 – 20 years	2	4%
Between 10 - 14 years	13	27%
Between 5 - 9 years	25	52%
Less than 5 years	8	17%
Total	48	100%

The distribution of the years in marriage can again be explained by the fact that most of the respondents completed primary education at the age of fifteen and sixteen years and did not pursue secondary education resulting to an early marriage.

Age at marriage

The respondents were asked to state the age at which they were when they got married. Table 4.4 indicates that 25% of the respondents were married between the ages of eighteen and twenty two years. 17% were married when they were between twenty three and twenty seven years of age while 6% got married when they were between twenty eight and thirty two years of age.

Table 4.4: Age at marriage

Age of marriage	Frequency	Percentage
Between 18 and 22 years	25	52%
Between 23 and 27 years	17	35%
Between 28 and 32 years	6	13%
Total	48	100%

Majority of the respondents were married when they were between eighteen and twenty two years old making 52% of the total respondents. Considering again that most of the respondents reported to have achieved primary school of education is a

clear indication that the failure to pursue secondary education resulted into early marriages.

Focus group discussions data presentation

Figure 4.1 represents findings of the study from the focus group discussions as presented by Nvivo 11 – qualitative analysis software. The group discussions were transcribed verbatim and the documents were exported to Nvivo 11 for analysis. A framework analysis approach was used to code the data into prescribed nodes as per the research questions and the conceptual framework independent variables.

The findings of objective one of the study on transmission of sexual values are represented by the area marked 1 in figure 4.1. Area marked 2 represents the findings of objective number two of the study on the sexual values held by the sampled respondents. Area marked 3 indicates the findings of objective four on the impact of the family of origin sexual values on sexual satisfaction among married women. The researcher also incorporated the items of the conceptual framework in the focus group discussions seeking to understand parent-child sexual communication whose findings are represented in the area marked 5 in figure 4.1. Area marked 4 in figure 4.1 represents the findings on the intervening variables as illustrated in the conceptual framework figure 2.1 in chapter two. Having taken the study in a church setting the researcher sought to understand how the respondents' religious views impacted on their sexual satisfaction which is represented by the findings as indicated in the area marked 6 in figure 4.1.

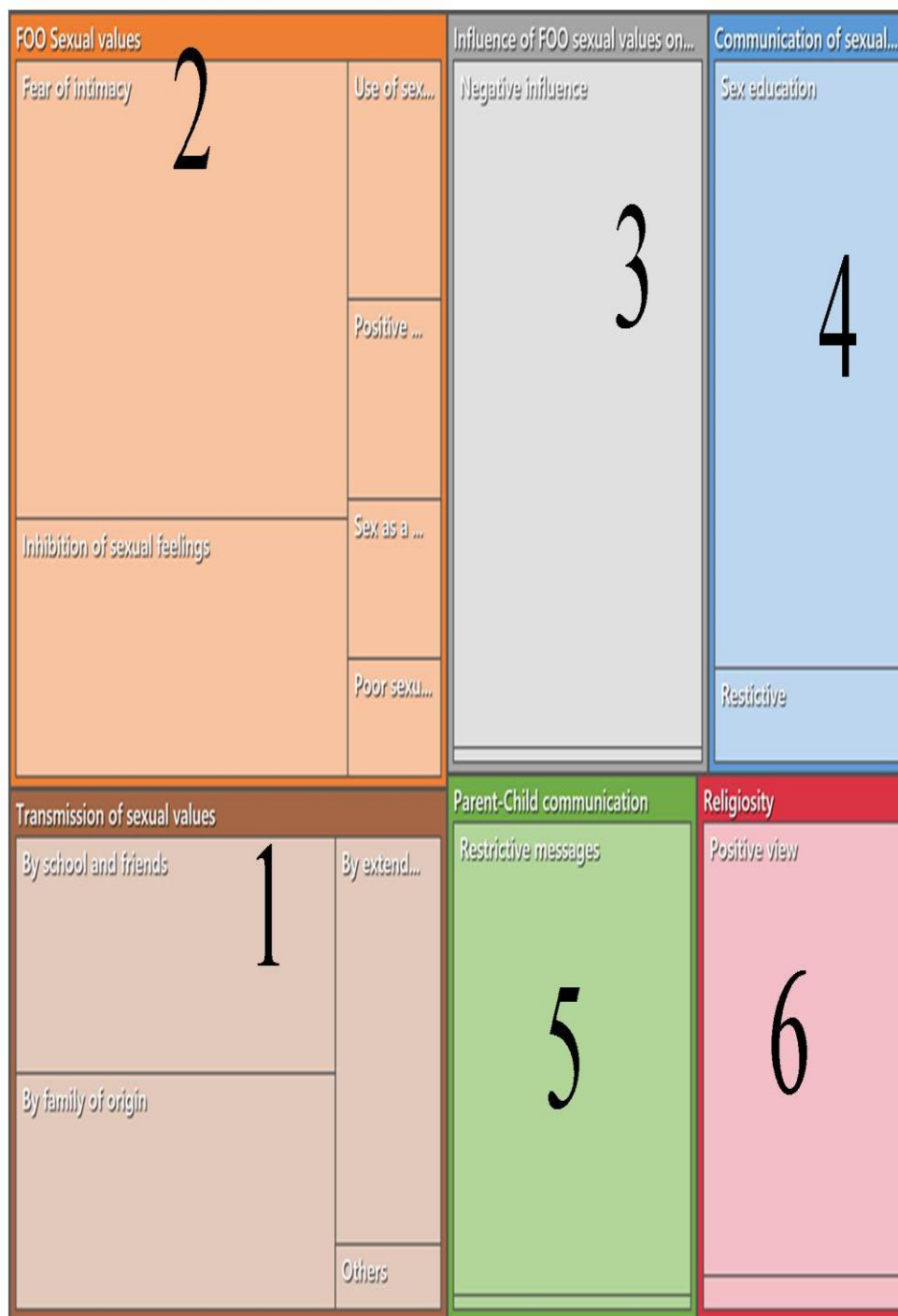


Figure 4.1 Nodes compared by number of coding references

Objective number one: Transmission of sexual values

Table 4.5: Objective Number 1: Transmission of FOO Sexual Values

Nodes	Number of coding references	Aggregate number of coding references	Number of items coded	Aggregate number of items coded
Nodes\\Transmission of sexual values\\By family of origin	16	16	16	16
Nodes\\Transmission of sexual values\\By extended FOO	11	11	11	11
Nodes\\Transmission of sexual values\\By school and friends	20	20	20	20
Nodes\\Transmission of sexual values\\Others	1	1	1	1

Table 4.5 presents the Nvivo findings on objective number one that sought to determine how sexual values were transmitted in the family of origin. This is also supported by Figure 4.1 area marked number 1 which indicates the findings of the study as per the agents of transmission of sexual values. A total of 16 respondents representing 33% of the respondents indicated that sexual values were transmitted to them by members of their nuclear family of origin which included father, mother and siblings. The following are voices from some of the respondents indicate that the nuclear family of origin played a major role in the transmission of sexual values. *“I was told by my sister that if I meet with a boyfriend, I should not exhibit any sexual knowledge even if I know how to go about it. I should inhibit the sexual knowledge and pretend that I know nothing”. I was also told that I should never initiate sex with a man.”* Another respondent said as follows: *“My mother used to tell us that it is wrong for a girl to show interest in sex otherwise one will be labeled a prostitute. She also used to tell us to be very careful with boys and we should even avoid sitting near*

*them otherwise we will get pregnant. She could use an example of my neighbour's girl *****who dropped out of school in class 7 as a result of pregnancy. She also used to warn us to be careful of our male cousins and that we should not be alone with them”*

A number of 11 respondents representing 23% indicated that sexual values were transmitted to them by the extended members of their family of origin which included grandparents, aunties, uncles and cousins as indicated by a sample of following voices. *“I was warned by my cousins that even if I know how to sleep with a man in terms of sex designs and styles, I should not portray my sexual knowledge to my husband because he will interpret it like I have not been a straight woman and have slept a lot with men”.*

“I heard it from my aunt. She brought me up and said that it was bad manners to have sex. She made sure that her stories would make me fear having sex. In fact she said not only is having sex bad but also a touch or a greeting by a man since you would get pregnant from it. This made me fear coming close to men”

This study also found out that 20 respondents representing 42% reported that school and friends played a major role in transmission of sexual values as illustrated by the following sample of voices. *“In school in class 6, when the science teacher taught about adolescence, she emphasized that we should avoid expressing sexual interest and instead we should pray to God to eliminate those feelings from us. She said that it was very wrong for a girl to show sexual interest because people would think that she is a prostitute.”*

*“Personally I first learnt in school in class 6 through a teacher Mr. ***** who was very tough. He taught us about adolescence. I remember our school was on a hilly place and he really insisted that girls and boys should never play together. He*

warned us against going down the valleys with boys because that is where things would happen which would result into pregnancies.”

“I was never told anything about sex at home. Nobody talked about it. The messages I would say I heard, I got them from school. For example we were taught how a nice girl should behave and should not go playing near the toilets. My school’s field was divided into two; the field near the classrooms and another that was far from classes. Girls were supposed to use the field near the staffroom and classrooms while boys were using the field that was a distance from the staffroom. So if a teacher found a girl in the boy’s field, she would be severely punished”.

Only 1 respondent representing 2% reported media to have been an agent of transmission of sexual values as illustrated in the following voice. *“I learnt from the media. I could watch TV and movies and see what they were doing. I have been brought up in a staunch Christian family and that said that talking about sex was bad manners. I knew that was bad manners so I would secretly watch movies. As a result of this, even up to date I still feel that it is bad manners to talk or have sex”.*

As the findings of the study indicate the nuclear and extended family of origin members played a key role in the transmission of sexual values. Most of the respondents reported to have been brought up in the rural areas where members of one family lived together in a homestead as one big family. Most of the respondents reported that parents were shy about talking about sex and sexuality directly with their children and instead used other members of extended family of origin or narratives of people who have been affected by early sexual activities. This was the reason most of the respondents learnt about sexual values from schools and friends. Turnbull (2012) notes that one of the barriers to effective communication of sexual matters in families is lack of knowledge which causes feelings of embarrassment to parents. The

embarrassment Turnbull (2012) notes, is passed on from one generation to another and has implications on children when they themselves becomes parents.

Objective number two: FOO sexual values held by the sampled women

Table 4.6: Objective Number 2: FOO Sexual Values

Nodes	Number of coding references	Aggregate number of coding references	Number of items coded	Aggregate number of items coded
Nodes\\FOO Sexual values\\Fear of intimacy	25	25	25	25
Nodes\\FOO Sexual values\\Inhibition of sexual feelings	18	18	18	18
Nodes\\FOO Sexual values\\Poor sexual communication	2	2	2	2
Nodes\\FOO Sexual values\\Positive Values	1	1	1	1
Nodes\\FOO Sexual values\\Sex as a duty	1	1	1	1
Nodes\\FOO Sexual values\\Use of sex as a tool	1	1	1	1

Table 4.6 represents the nodes on family of origin sexual values held by the sampled women. This is also supported by Area marked 2 in figure 4.1. Majority (52%) of the respondents representing 25 respondents reported that fear of intimacy was a major sexual value that they acquired in the family of origin as indicated by the following voices.

“Because of the kind of advice we were given at home, I carried....I would call it fear but I would say I still wanted to maintain my virginity as old as 24 years and after 24 years, I had a boyfriend whom I dated for three years and couldn’t allow him to touch me, he couldn’t invite me to his place. I feared becoming intimate with him”.

“Mine was about sharing a bed with a man. I was the first born and when I was growing up I was warned against sharing the same bed with boys or undressing in front of them. So I carried this fear of getting intimate with a man into my marriage and it has been affecting my sexual satisfaction very negatively”.

“For me.....it still affects me, I am seven years in marriage but it still affects me. Like if I suspect my husband is seeing somebody else, he can't even touch me because I will get sick. And you know this sickness by the way, up to today, I believe it is real. Because you know and everyone else here knows how it happens...if this man comes to me, of course he will pour those things on me. So if he pours those things on me, the disease is going to get me and I will start walking with my legs wide apart and everyone will know I am sick. So that issue still affects me even today and it is like it follows me”.

Another 18 respondents representing (38%) reported that inhibition of sexual feelings was another major sexual value that they carried from their families of origin as indicated in the findings on figure 4.1 area marked 2. The following sample voices indicate the acquisition of inhibition of sexual feelings as a sexual value by the respondents in the sample.

“I was told by my sister that if I meet with my boyfriend, I should not exhibit any sexual knowledge even if I know something. I should inhibit the sexual knowledge and pretend that I know nothing”.

“I was in class 7 and my small sister was in class 6. So my aunt talked about so many things and told us that a nice girl is one who does not show interest and engage in sex because boys will make fun of her and think that she is a loose girl. She also said that even when we get married, our husbands will test us to see if we know

anything about sex to see if we are good girls. She also warned us against playing with boys or even walking with them”.

Other sexual values that were reported by the respondents included poor sexual communication (1%), the use of sex as a tool (4%), and sex as a duty (2%) while 3% of the respondents reported acquiring positive sexual values.

Objective number three: Levels of sexual satisfaction

The respondents were asked to answer a questionnaire that comprised twenty questions seeking to establish their personal feelings about sexual satisfaction based on their own experiences. The questionnaire had responses such as strongly disagree, disagree, agree and strongly agree. The following table 4.7 represents the tabulation of the findings of all the respondents in the sample.

Table 4.7: Objective number three: Summary of the levels of sexual satisfaction

	Low	Moderate	High	Total
	Satisfaction	Satisfaction	Satisfaction	
	Scores 20-40	41-60	61-80	
Group 1	5	2	1	8
Group 2	1	2	5	8
Group 3	5	3	0	8
Group 4	5	2	1	8
Group 5	2	5	1	8
Group 6	4	3	1	8
Totals	22	17	9	48
Percent	46	35	19	100

Table 4.7 indicates that 46% of the respondents reported low levels of sexual satisfaction, 35% of the respondents reported moderate levels of sexual satisfaction while 19% reported high levels of sexual satisfaction. The 46% of respondents with low levels of sexual satisfaction indicated that the sexual values acquired from the family of origin influenced their sexual satisfaction causing them the low levels of satisfaction. Most of the respondents also blamed the low levels of sexual satisfaction on the gender sexual roles that are set in most Kenyan cultures where women are expected to be sexually reserved and chaste.

The following figures represent findings of the levels of sexual satisfaction among the respondents in the sample. The sample was divided into six groups of eight respondents per group.

Levels of sexual satisfaction among the sampled respondents.

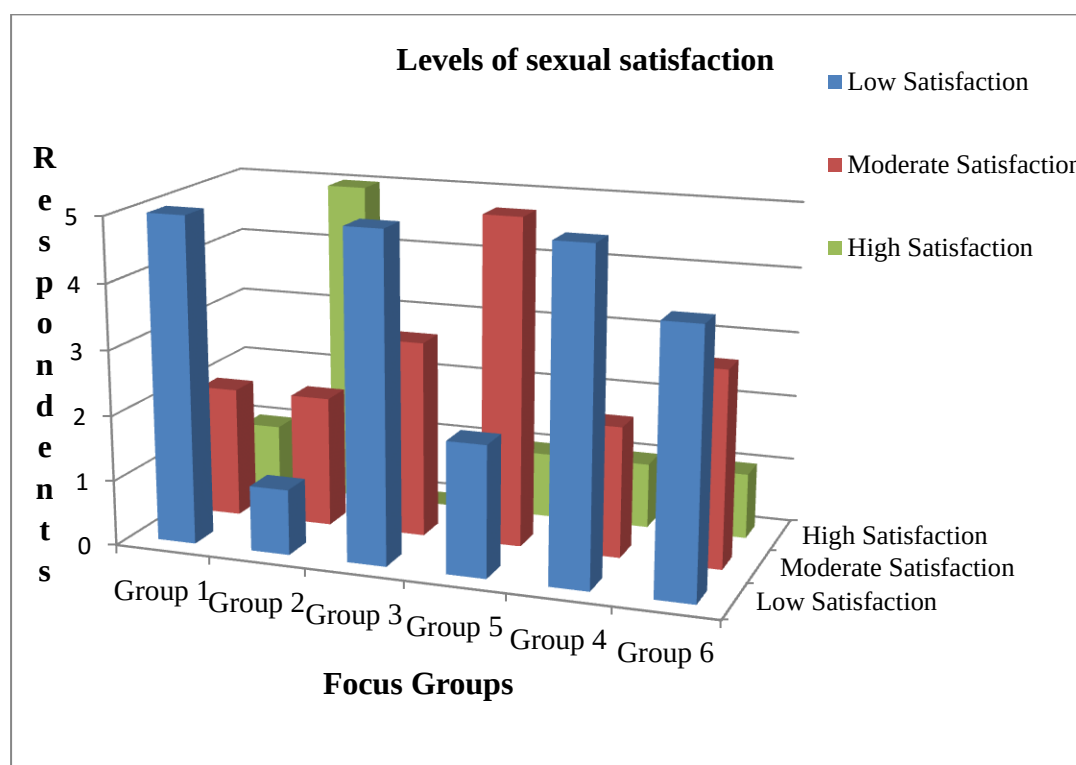


Figure 4.2: Levels of sexual satisfaction for all the focus groups

Figure 4.2 represents the results of the questionnaire on the levels of sexual satisfaction among the sampled women. The respondents were asked to answer to the likert scale questions depending on how they evaluated their own sexual experiences in marriage. 46% reported low levels of sexual satisfaction, 35% reported moderate levels of sexual satisfaction while 19% of the respondents reported high levels of sexual satisfaction.

Group one

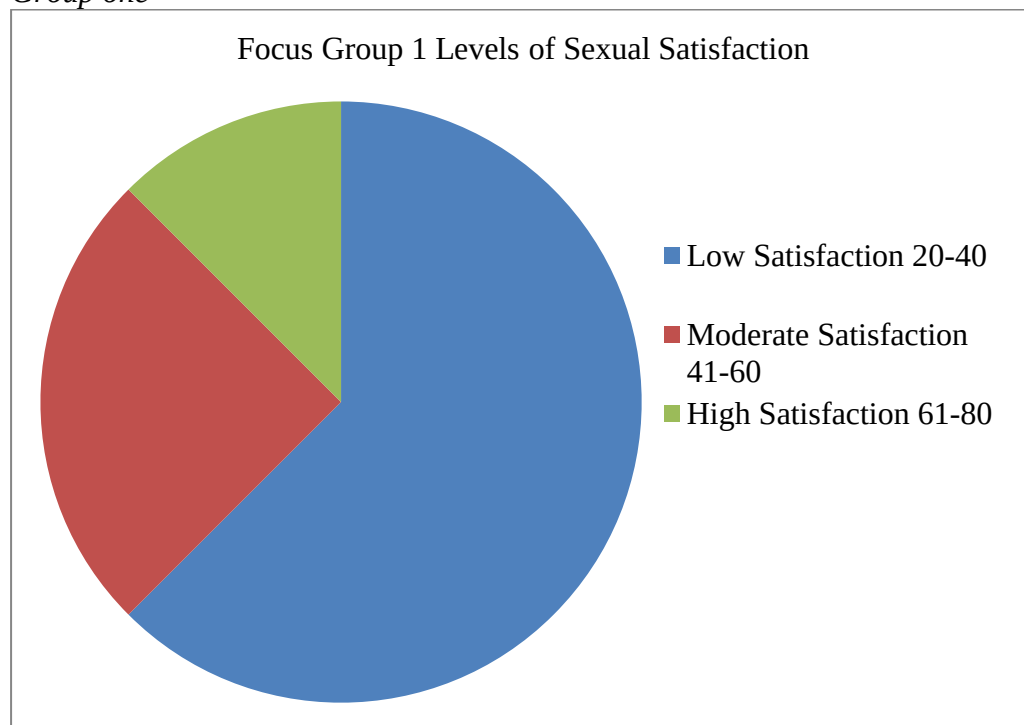


Figure 4.3: Levels of sexual satisfaction of group one

Figure 4.3 represents the respondents' view of their sexual satisfaction as per the questionnaire. This group was comprised of eight individuals. Out of eight respondents, five reported low sexual satisfaction in their marriages, two reported moderate sexual satisfaction while one reported high sexual satisfaction. This indicates that majority in this group experienced low sexual satisfaction in marriage. Most of the respondents reported that they inhibit their sexual feelings and this could be attributed to the low levels of sexual satisfaction.

Group two

Figure 4.4 shows the group two respondents' view on sexual satisfaction. The group was comprised of eight participants where only one was a holder of primary school certificate.

The other seven participants were diploma and degree holders respectively working or carrying out business. Five out of eight respondents reported high levels of sexual satisfaction, two reported moderate levels of sexual satisfaction and one reported low level of sexual satisfaction. The high levels of sexual satisfaction could be attributed to the fact that participants in this group reported that they were members of a group in church that frequently met for marriage enrichment seminars.

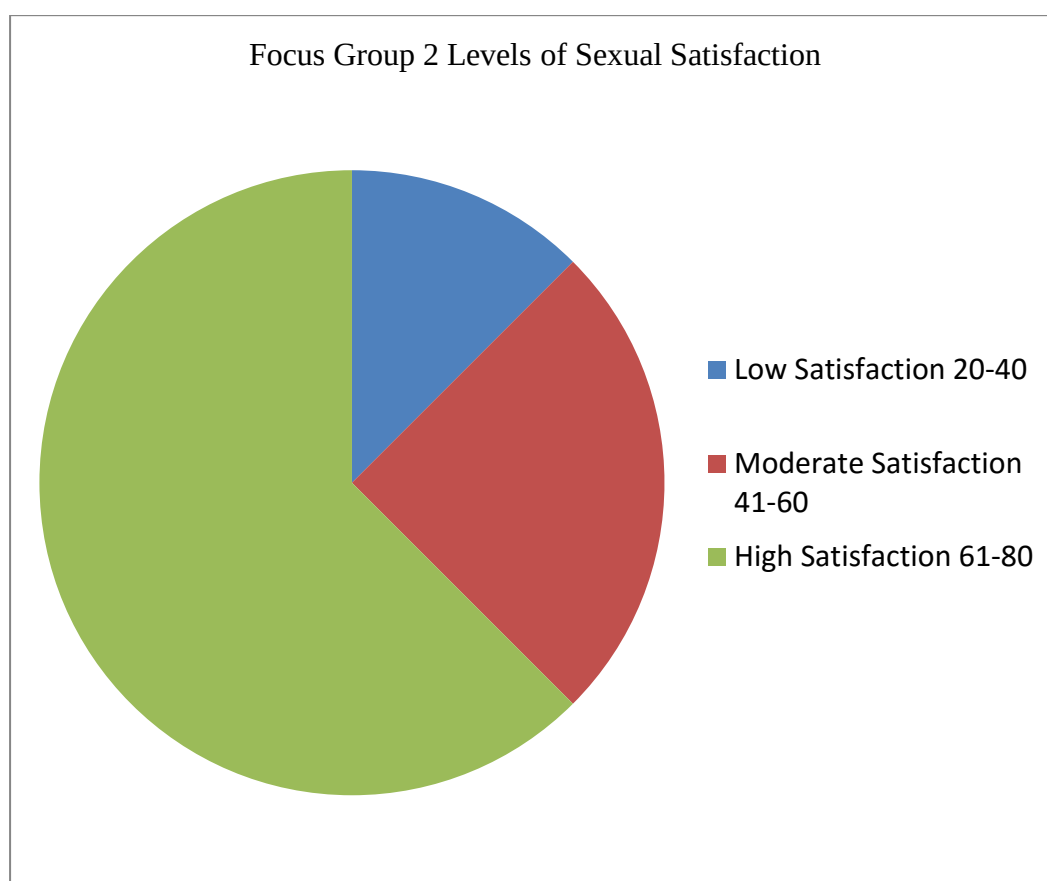


Figure 4.4: Levels of sexual satisfaction of group two

Group three

Figure 4.5 represents the findings on levels of sexual satisfaction among the respondents in group three. The group was comprised of diploma, secondary and primary school certificate holders. Five out of eight respondents reported low levels of sexual satisfaction while three out of eight reported moderate levels of sexual satisfaction. None of the respondent in this group reported high levels of sexual satisfaction. Most of the respondents reported that their sex life was boring and that they inhibited their sexual feelings. The low levels of sexual satisfaction could be explained by the sexual values acquired in their families of origin.

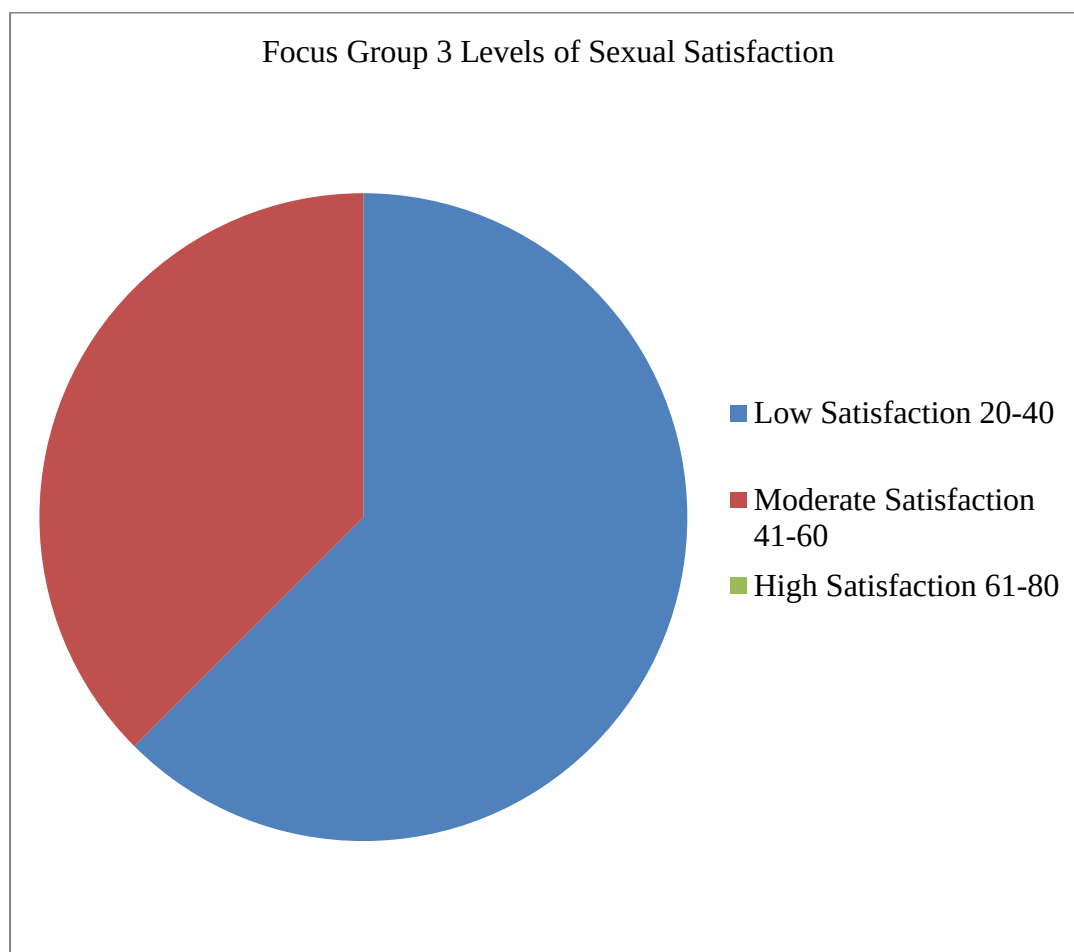


Figure 4.5: Levels of sexual satisfaction of group three

Group four

Group number four was made up of two participants with primary school level of education, four with secondary school level of education, one with a diploma and one with a degree level of education. One of the respondent reported high levels of sexual satisfaction. Majority of them reported low levels of sexual satisfaction while few reported moderate levels of sexual satisfaction. Most of the respondents reported that they inhibited their sexual feelings and that they were not happy with the sexual communication with their husbands. Figure 4.6 represents the findings on levels of sexual satisfaction of group four.

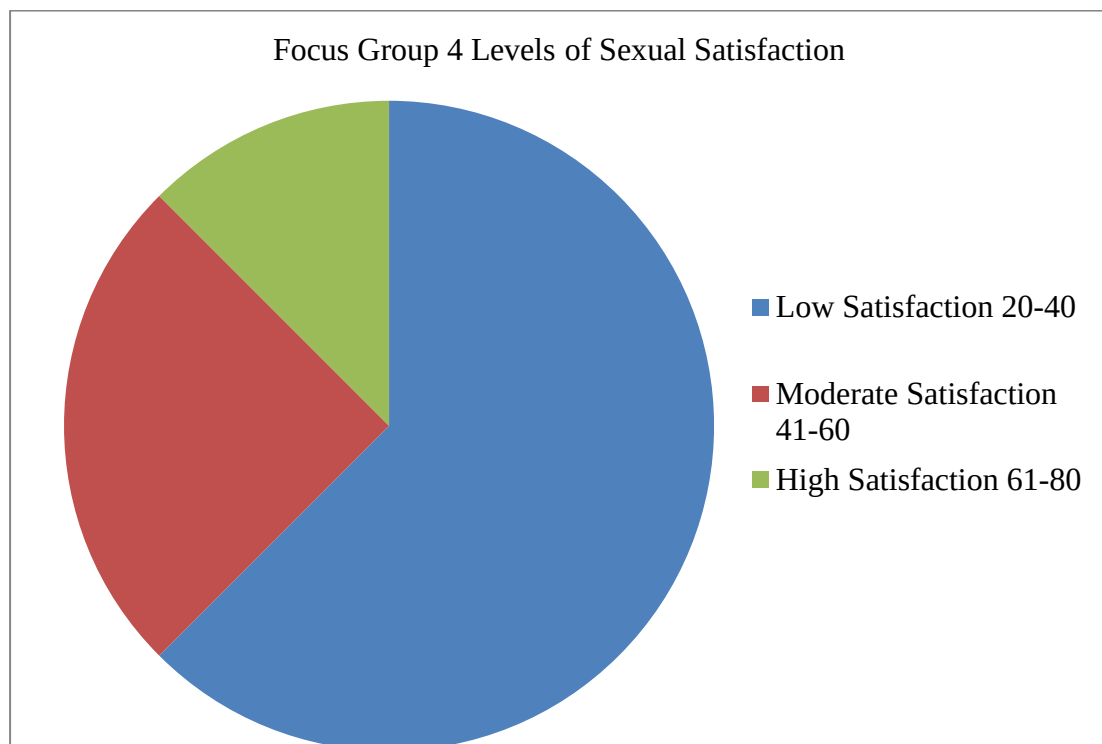


Figure 4.6: Levels of sexual satisfaction of group four

Group five

The group was comprised of one respondent with diploma level of education, one with secondary level of education and six with primary level of education. Figure 4.7 represents the findings on the levels of sexual satisfaction of the group. Majority of the respondents indicated experiencing moderate levels of sexual satisfaction, two

reported low levels of sexual satisfaction while one reported high level of sexual satisfaction. Most of the respondents reported to have been in marriage for over ten years. Most of the respondents indicated that despite the years of marriage they still struggle to express their sexual feelings and they have not been able to initiate sex with their husbands which they attributed to the sexual values acquired in their family of origin.

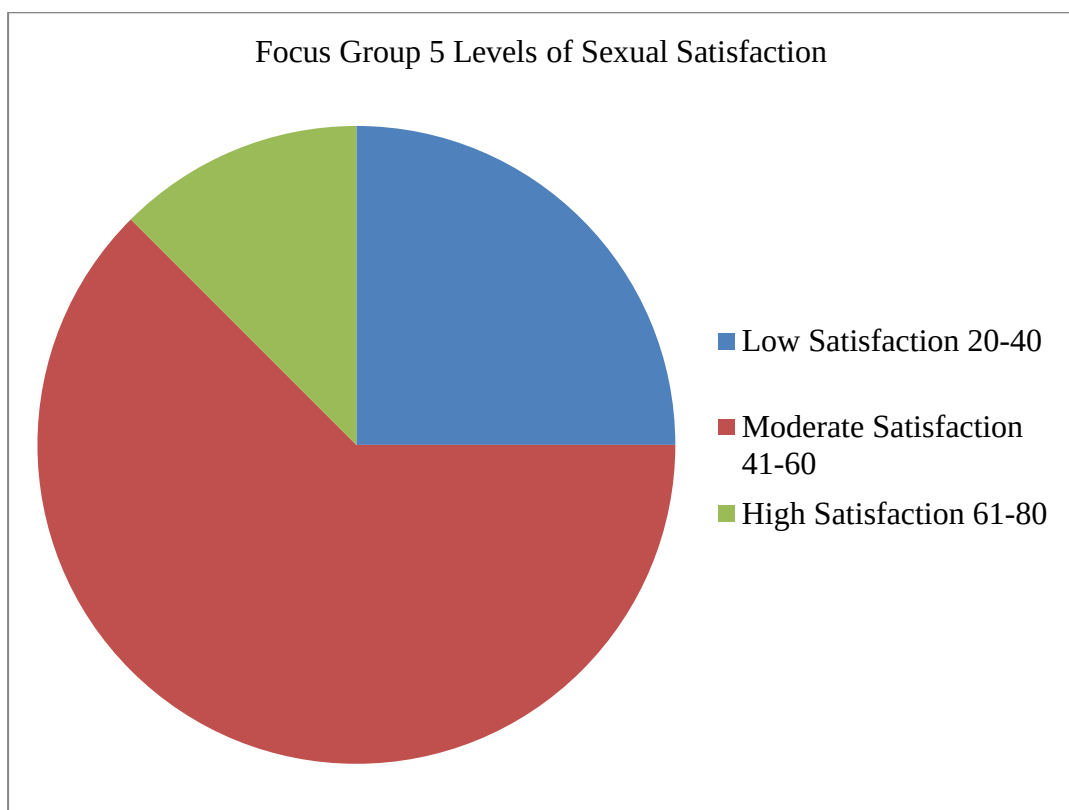


Figure 4.7: Levels of sexual satisfaction of group five

Group six

Figure 4.8 represents the levels of sexual satisfaction among the respondents in group six which was made up of one respondent with a degree level of education, four with diploma level of education, two with secondary level of education and one with primary level of education. Half of the respondents reported low levels of sexual satisfaction, three reported moderate levels of sexual satisfaction while only one

reported high levels of sexual satisfaction. Most of the respondents indicated that they were not happy with the sexual communication with their husbands indicating that their partners do not satisfy them sexually hence the low levels of sexual satisfaction.

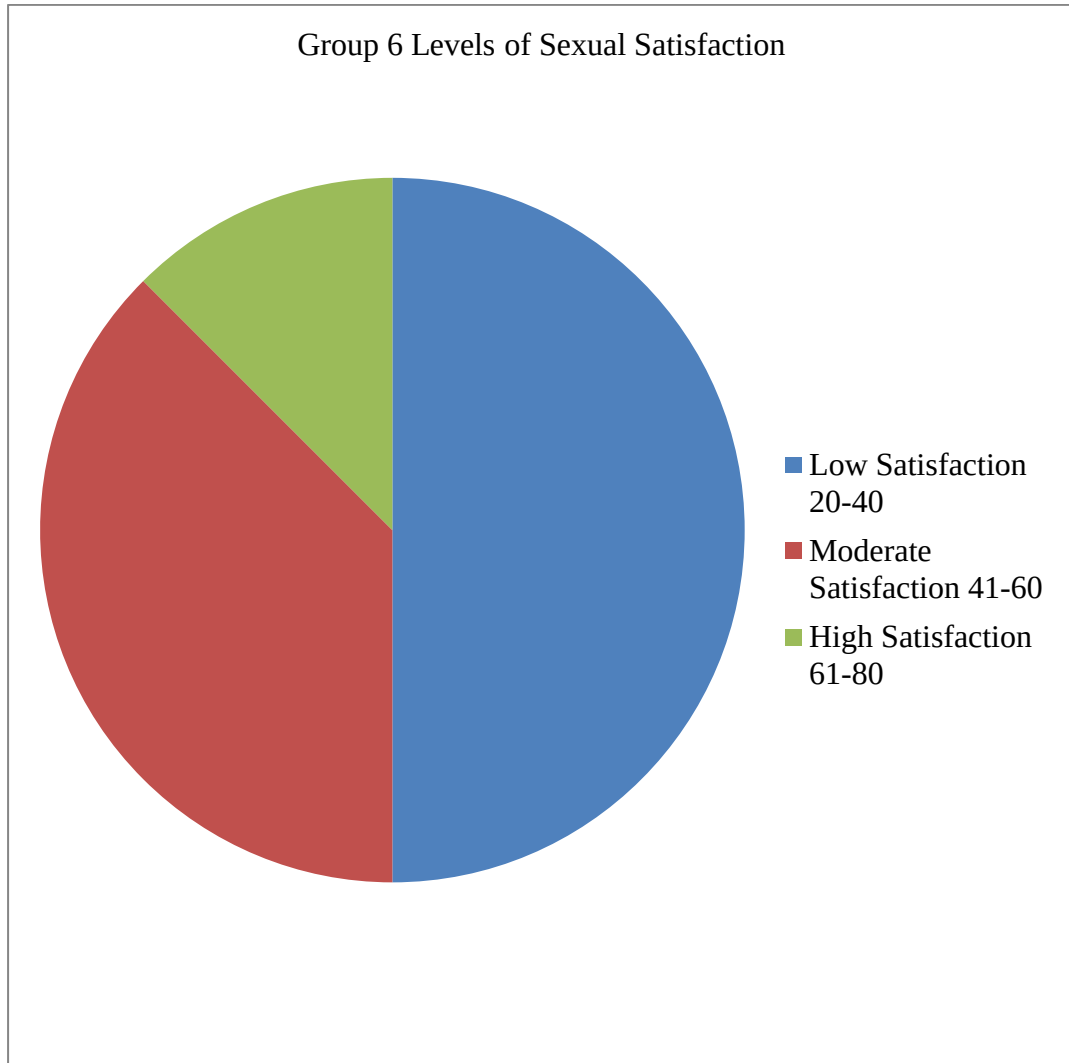


Figure 4.8: Levels of sexual satisfaction of group six

Table 4.8: Descriptive statistics

	Question	n	Mean	Std Dev
1	I enjoy sexual intercourse with my husband.	48	2.67	0.85
2	Our sex life is very exciting.	48	2.60	0.95
3	I feel that my sex life is lacking in quality.	48	2.13	1.01
4	I freely initiate sex with my husband.	48	2.06	0.9
5	When we have sex it is too rushed and hurriedly completed.	48	2.67	0.77
6	I think that our sex is wonderful.	48	2.35	1.05
7	I feel that our sex is dirty and disgusting.	48	2.96	0.79
8	There is a problem with the satisfaction I get from sex.	48	2.21	1.14
9	We have many non-sexual ways to satisfy one another.	48	2.21	0.89
10	My husband does not satisfy me sexually.	48	2.56	1.06
11	My husband is a wonderful sex mate.	48	2.27	1.17
12	I feel happy with our sexual communication with my husband.	48	2.29	0.96
13	We rarely touch each other these days.	48	2.27	0.97
14	Sex is fun for me and my husband.	48	2.19	1.13
15	The frequency of sex is a problem.	48	2.83	0.85
16	I inhibit my sexual feelings	48	2.48	0.94
17	I feel that our sex life really adds a lot to our relationship.	48	2.46	0.98
18	I feel that my sex life is boring.	48	2.44	1.04
19	I try to avoid sexual contact with my husband.	48	2.90	0.87
20	I am able to express my sexual needs and desires freely to my husband.	48	2.40	1.15

Table 4.8 represents the descriptive statistics of the questionnaire that was used to determine the levels of sexual satisfaction of the respondents. The respondents

were taken through the instructions on the questionnaire that indicated that the evaluation was based on their own personal feelings about sexual satisfaction based on their own experiences. The standard deviations of almost all the questions indicated high values some close to 1 and others higher than one. This indicated that the data points were spread out over a wider range of values. That is to indicate that the respondents had varied views on their responses to the questions. The varied views could be explained by the respondents' different views on sexual satisfaction based on their experiences. The difference views could also be explained by the fact that some respondents had been exposed to premarital counseling and marital enrichment seminars while others still held on the sexual values acquired in the family of origin.

Objective number four: The impact of FOO sexual values on sexual satisfaction

Table 4.9: Objective number 4: Impact of FOO Sexual Values on Sexual Satisfaction

Nodes	Number of coding references	Aggregate number of coding references	Number of items coded	Aggregate number of items coded
Nodes\\Influence of FOO sexual values on sexual satisfaction\\Negative influence	47	47	47	47
Nodes\\Influence of FOO sexual values on sexual satisfaction\\Positive influence	1	1	1	1

Respondents were asked to describe how the sexual values acquired in their families of origin influenced their sexual satisfaction in marriage. Table 4.9 represents how the respondents view the impact family of origin sexual values has had on their sexual satisfaction. This is also supported by area marked 3 in figure 4.1. Majority (98%) representing 47 respondents indicated that the sexual values they acquired in

their families of origin have influenced their sexual satisfaction negatively which is represented in figure 4.1 area marked 3. The following voices indicate the respondents' views on the influence of family of origin sexual values on sexual satisfaction.

"The fact that I was told never to show sexual interest or even initiate sex with a man, I find it very difficult to tell him that I want it. The values were very restrictive".

"I think the first years of marriage, the values affect you negatively but as you continue to live together, you come to an understanding, for example you were told a woman should not initiate sex but the more you have been exposed to this life and you can communicate with your husband and come to a consensus and agree you get some of these things – some of the negative things you captured, disappear and you start enjoying your sexual life. I think also interacting with friends in college helped me realize that I need to search for my own happiness".

"I was taught that a good girl is one that does not express sexual feelings and instead should hide them. This is because if one shows off sexual desires, one may be seen as a loose woman. I have never been able to express my sexual desires to my husband and sometimes this adversely affects my satisfaction. For example many are the times when I feel so nice and would want to ask him to continue but I have tried this without success".

"Mine was undressing in front of him and also sharing with him my sexual desires. It took me a very long time to be able to undress before him. Talking about my sexual desires is something that I am learning slowly".

"So when we went for premarital counseling with all these fears, he assured us that all will be fine and that there was nothing bad about it".

From the sample of the voices above on the influence of family of origin sexual values on sexual satisfaction, this study noted that the sexual values acquired in the family of origin had a negative influence on sexual satisfaction among the sampled respondents resulting to low levels of sexual satisfaction.

Other findings:

As indicated in table 5.0 and supported by area marked 6 in figure 4.1, the highest number of the respondents (97%) stated that most of the parent-child communication that they experienced in their family of origin was mainly restrictive hence the acquisition of negative sexual values.

Table 4.10: Other findings: Nodes compared by number of coding references

Nodes	Number of coding references	Aggregate number of coding references	Number of items coded	Aggregate number of items coded
Nodes\\Communication of sexual values to the next generation\\Restrictive	2	2	2	2
Nodes\\Communication of sexual values to the next generation\\Sex education	46	46	46	46
Nodes\\Parent-Child Sexual communication\\Permissive messages	1	1	1	1
Nodes\\Parent-Child Sexual communication\\Restrictive messages	47	47	47	47
Nodes\\Religiosity\\Negative view	2	2	2	2
Nodes\\Religiosity\\Positive view	46	46	46	46

One of the respondents who reported high levels of sexual satisfaction indicated that the premarital counseling that she attended before marriage helped her in

overcoming some of the fears she had, especially the fact that she got married when she was 8 months pregnant – something that the society blamed her for. She said that the premarital counseling created an opportunity to dialogue as a couple on sexual matters and this helped in challenging some of the irrational sexual values acquired in the family of origin leading to high levels of sexual satisfaction.

Summary of the findings

- The findings of this study showed that there was transmission of sexual values in the family of origin as explained by the multigenerational transmission patterns across generations.
- Culture played a major role in the transmission of sexual values. This was explained by the fact that majority of the respondents were brought up in the rural areas where families stayed together as one big extended family and exercised the societal sexual gender roles.
- Apart from the family of origin, school and friends were found to be an equally major agent of transmission of sexual values. This was explained by the fact that many parents were reluctant to directly engage in sex education with their children.
- The findings of this study established that the respondents held sexual values acquired from their families of origin. Majority of the sexual values were associated with the fear of intimacy (52%) and inhibition of sexual feelings (38%).
- The study found out that most of the married women experience low or moderate levels of sexual satisfaction.
- It was found out that family of origin sexual values mainly had a negative influence on sexual satisfaction among married women.

- The findings of the study also indicated that 97% of the respondents reported that parent-child sexual communication was mostly restrictive.
- The study found out that respondents' religious views did not have any impact on their sexual satisfaction with majority (96%) reporting a positive view of sex in marriage while 4% of the respondents' religious views impacted negatively on their sexuality.
- Majority of the respondents (95%) indicated that they would transmit sexual values to their children and the generations behind them through sex education. A few (5%) reported that they would communicate restrictive sexual values to their children to prevent them from early sexual exposures.
- The study found out that those who had previously attended premarital counseling and marriage enrichment seminars seemed to overcome the negative influence reporting high sexual satisfaction in their marriages.
- The study also found out that those who had pursued higher education acquiring diplomas and degree seemed to have acquired skills on how to overcome their sexual fears resulting to moderate or high sexual satisfaction.
- The study also found out that most of the respondents (46%) despite them being in the psychosocial developmental stage of Intimacy vs. Isolation that happens between 19 to 40 years, they seemed to be struggling in acquiring sexual intimacy.

Summary of chapter

This chapter has presented, analyzed and interpreted the findings of the study. The chapter began by presenting the respondents demographic characteristics. This was followed by data presentation from Nvivo 11 that included summarizing the study findings into nodes. The findings on each of the four study objectives were analyzed. A summary of the findings was done at the end of the chapter.

CHAPTER FIVE

DISCUSSION OF KEY FINDINGS, CONCLUSIONS, RECOMMENDATIONS, AND AREAS FOR FURTHER RESEARCH

Introduction

This chapter discusses the study's key findings in view of the research objectives/research questions. Study conclusions and recommendations are then made, and suggestions for further research given.

Discussions of key findings

Transmission of family of origin sexual values

In establishing the transmission of sexual values in the family of origin, the findings revealed that multigenerational transmission processes occurred in families fuelling the transmission of sexual values across generations. The finding of this study correlates with a previous study carried out by Jensen *et al.* (2015) on the fact that how we act in our committed relationships is largely influenced by how we experienced relationships in our families of origin. The findings found that despite some parents overtly condemning sexual behaviours others through unspoken rules communicated sexual values. The study found out that some parents worked through unspoken rules guiding women sexuality to transmit sexual values. For example some respondents reported having been punished for standing along the road side with male church colleagues while others were reprimanded for lateness in the evening.

The finding of this study on the transmission of sexual values correlates well with previous studies carried out by Willoughby *et al.* (2012) arguing that attitudes about marriage are heavily influenced by family of origin where experiences determine behaviour in future romantic relationships. The findings of this study are consistent with previous literature by Hertlein *et al.* (2009) that suggests that one

place where people learn about relationships and sexuality is in their families of origin where messages distributed about sexuality within one's family can be covert, overt, internalized, and/or expressed in one's relationship as well as a previous study by Christlieb (2016) that found out that the development of sexual attitudes happen in the family of origin and influences sexual satisfaction later in life.

This study also found out that family of origin as a primary socialization agent served as a mediator between cultural values and individual transmission process in the transmission of sexual values. This was evident where respondents reported that women were rewarded for being sexually restrictive. Most Kenyan families in the rural areas live together as one big family including the extended family members of origin who were found to have played a great role in the transmission of sexual values.

Further findings of this study showed that school and friends were great agents in the transmission of sexual values. Most respondents indicated that school through class lessons transmitted sexual values while friends transmitted the sexual values through advice. Most respondents indicated that parents were shy to directly discuss sexuality with their children resulting into restrictive sexual communication between parents and their children. The findings indicated that because of a thirst for sexual knowledge, most respondents turned to their friends for advice hence acquiring sexual values.

Turnbull (2012) in her study indicated that the feelings of embarrassment that emanated from the lack of knowledge restricted communication of sexual matters in families. This corresponds well with this study considering that talking about sex in most Kenyan cultures was seen as a taboo and parents were reluctant talking about it. The feelings of embarrassment according to Turnbull (2012) were passed on to the

parents through multigenerational patterns when they were children and that there is a likelihood that they would still pass on the same to their children. This correlates with this study about the multigenerational transmission process of family of origin sexual values.

The conceptual framework in chapter two indicated that family of origin restrictive sexual values and parent-child sexual communication as independent variables affects the dependent variable of married women sexual satisfaction which is supported by the finding of this study. Only one of the respondents reported to have acquired family of origin permissive sexual value.

Family of origin sexual values among married women

The findings of this study indicated that most of the married women sampled in this study carried along restrictive sexual values transmitted in the family of origin into their marital romantic relationships. In this study it emerged that the respondents acquired several sexual values from their families of origin that acted as guides to how they behave in their sexual relationships.

Majority of the acquired sexual values revolved around the fear of intimacy and inhibition of sexual feelings. The findings of this study correlates with a study by Ashdown *et al.* (2011) which argued that traditionally women were expected to be reserved and often chaste in matters sexuality and were expected to show more sexual restraint than men.

This could also be attributed to the fact that traditionally women were expected by the society to be restrictive sexually. In the olden days several cultures in Kenya practiced female genital mutilation (FGM) which was aimed at controlling women sexuality. The female genital mutilation was carried out because the societies that practiced it believed that it would help in reducing sexual urge in women. Despite the

practice of female genital mutilation having been banned in Kenya respondents reported that the restrictive sexual values were aimed at reducing women sexual expression.

The findings of this study also showed that respondents indicated to have acquired sexual values in regards to sexual communication which most of them said was poor sexual communication emanating from parent-child sexual communication and through observing how their parents related emotionally. In the conceptual framework in chapter two, it indicated parent-child sexual communication as one of the independent variable influences women sexual satisfaction. This correlates with previous studies that indicated that children learn how to relate emotionally and physically from those around them through observations and experiences. Strait *et al.*, (2015) reported that positive attachment feelings of such as those of trust, comfort and safety may continue into a marriage affecting the quality of a relationship and spreading into connected areas such as sexual satisfaction. The parent-child sexual communication may be overt or covert. It is evident from the findings of this study that married women in the sample held sexual values that were acquired in the family of origin.

The levels of sexual satisfaction

A key finding in this study indicated that most of the respondents reported low levels of sexual satisfaction. Other respondents reported moderate and high levels of sexual satisfaction. Most of the respondents indicated that they are unable to initiate sex with their husbands which they attributed to the restrictive sexual values acquired in the family of origin.

As observed, most Kenyan societies embraced women sexual restriction and women expressing sexual feelings openly were reprimanded and labeled by the

society as loose women. Most of the respondents indicated that the frequency of sex in their marriages was not an area of concern for them but were concerned with the quality of their sexual activity. It was noted that most of the women in this study blamed their low levels of sexual satisfaction on cultural views on women sexuality where women were not regarded as sexual beings which was transmitted to them as sexual values.

The findings of this study indicate that very few respondents viewed their men as wonderful sexual mates claiming that their sexual partners do not satisfy them sexually. As a result of the restrictive values acquired in the family of origin, most respondents reported that they are unable to express their sexual feelings or even give feedback after a sexual session with their partners hence resulting to low levels of sexual satisfaction. This corresponds with Rohan (2002) study that indicated that a person's sexual attitudes and values are impacted by dynamics with the system of a family.

Further findings of this study showed that those respondents who attended premarital counseling before marriage and those that were engaged in marriage enrichment seminars reported moderate or high levels of sexual satisfaction. This according to the findings helped them challenge irrational sexual values acquired in the family of origin. The marriage enrichment seminars also improved on the sexual communication between couples resulting to moderate or high levels of sexual satisfaction. One of the methods of uncovering implicit sexual values according to Christlieb (2016) through a Bowenian lens is the use of a sexual genogram to determine the sexual values acquired in the family of origin. This was supported by the conceptual framework in chapter two that indicated individual and couple therapy as intervening variables.

Another finding of this study indicated that the respondents blamed their low levels of sexual satisfaction on the stance most of their sexual partners take as a result of the teachings in the family of origin. The respondents indicated that men are all knowledgeable in matters of sexuality hence they do not invite their women to express their sexual feelings. One respondent called it the 'ego' of the African man. Yarhouse & Sells (2008) indicated that cognitive-behavioral approaches consider the many ways family members influence each in their interactions influencing emotions and other behaviours. The findings in the study support that through the use of cognitive behavioral sex therapy couples can improve on their sexuality by challenging irrational sexual values which would result to high levels of sexual satisfaction. This supports the conceptual framework in chapter two.

Impact of FOO sexual values on sexual satisfaction among married women

From the findings of this study most of the respondents reported a negative influence of family of origin sexual values on their sexual satisfaction. Most of the respondents blamed the acquired family of origin sexual values on their low levels of sexual satisfaction. It was found out that due to lack of proper sexual communication among sexual partners where a high number of the respondents reported that they were not happy with the sexual communication with their husband, most women indicated that this caused them to inhibit their sexual feelings resulting to low levels of sexual satisfaction.

The findings of this study correlates with Bowen's argument as cited in Gehart (2010), where Bowen argued that a lack of differentiation of self could lead to a multigenerational transmission process of symptomatic behavior within the individual. The findings of this study indicated that differentiation of self which is the separation of one's intellectual and emotional functioning from the family of origin

and demonstrated by the ability to distinguish self from the family of origin on an emotional level resulted to increased levels of sexual satisfaction. Respondents who reported to have attended premarital counseling before marriage indicated high levels of differentiation hence increased sexual satisfaction.

According to Gehart (2010) differentiation of self is one of the most useful concepts for understanding interpersonal relationships. Further findings showed that through multigenerational transmission, sexual values are transmitted from one generation to the other which influences sexual satisfaction among married women. Gehart (2010) notes that the more differentiated a person is, the more she is able to handle the ups and downs of life including sexual dissatisfaction. One participant confirmed that through the pursuit of differentiation of self-one can overcome negative sexual values and acquire rational ones that would result in sexual satisfaction.

Most of the respondents reported that they have not attended any personal or couple therapy where they would learn about differentiation of self that would help them separate their emotional functioning from the family of origin to experience high levels of sexual satisfaction. The conceptual framework indicated that through counseling individuals can be sensitized on understanding the influences that learnt family of origin sexual values have on their sexual satisfaction which would help them achieve self-differentiation that would result to improve sexual satisfaction. The findings therefore showed that it was evident that family of origin sexual values influence sexual satisfaction among married women.

Implications of findings

The implications of the study findings gives support to the argument that family of origin issues and sexual satisfaction should be considered relevant to treating

sexual dysfunction and dissatisfaction. Hertlein *et al.* (2009) suggested that therapists through intersystem approach to sex therapy should include a comprehensive sexual history in treating sexual dysfunction and dissatisfaction through the use of a sexual genogram

Another implication of these findings indicate that therapists working with couples reporting sexual dissatisfaction and dysfunction should be able to use Cognitive-Behavioural family therapy CBFT to examine irrational sexual beliefs and attitudes learnt in the family of origin. CBFT will be used in reducing these undesirable thoughts, feelings, and behaviours and increasing more desirable ones so that the individuals can enjoy sexual satisfaction in their marriages.

In addition, the human sexuality courses that are taught in universities, professional colleges and in marriage enrichment workshops should incorporate sexual psycho-education that would include family of origin transmission of sexual values and the influence they have on sexual satisfaction among married women.

The implications of the findings of this study indicate that a systemic understanding of sexuality is crucial in assessing and treating sexual dysfunctions and dissatisfaction among married women. This will also assist in emphasizing the importance of parental transmission of sexual values in the sexual development of individuals over life span. Parents will understand the importance of proper sex education as illustrated by the findings of this study.

Other implications of the findings of this study indicate that through differentiation of self, individuals can enjoy high levels of sexual satisfaction in their marriages. The findings of this study will also add to the literature in a number of ways. First, it will add to the few studies conducted in Kenya testing the influence family of origin experiences has on individuals later in life. Secondly, the findings

will assist sex therapists put more emphasis on assessment of family of origin sexual history in treatment of sexual dysfunctions.

The study findings support that multigenerational transmission patterns occur in families and fuel the transmission of sexual values from one generation to the other. The transmitted sexual values impact on sexual satisfaction of individuals either positively or negatively. Therapists working with families will gain insights on the parent-child sexual communication and identify the kind of messages that parents are passing through to their children in regards to sexuality. This will help parents in becoming watchful of the sexual values they transmit to their children covertly, overtly or through internalized or expressed messages. Overall, the objectives of this study were met.

Recommendations

The study observed that family of origin is a major agent of transmission of sexual values hence more studies should be carried out to establish the better ways to transmit healthy sexual values that would impact positively on sexual satisfaction in romantic relationships.

Efforts should be made to help individuals getting married and those in marriages become aware of the sexual values they acquired in their families of origin and how such values would or influence their sexual satisfaction. Churches and other religious organizations should employ the expertise of qualified therapists to carry out psycho-education on different groups of individuals as well as carrying out professional premarital counseling.

Through seminars and workshops, individuals in marriage can be helped to establish their levels of sexual satisfaction and acquire better ways of improving their sexual satisfaction since this is an important component of a marital relationship.

Majority of the sexual values transmitted in the family of origin were restrictive and have negatively influenced sexual satisfaction among a high number of respondents. Through the findings of this study parents, schools and individuals can be helped to seek other better ways of transmitting healthy sexual values.

The Ministry of Education should incorporate professional therapists in coming up sex education curriculums to teach healthy sex education in schools.

Opportunities for Further Research

The results of this study provide opportunities to build and reinforce the results of this study through further research. For example the scope of the study was one of the developmental stages (Intimacy vs. Isolation) of individuals aged between 20 and 40 years. Other studies could be replicated with other developmental stages to compare and contrast the results.

A replication of the study with men would also add a lot of value to the findings of this study to compare and contrast transmission of sexual values among different genders.

A similar study can be carried out in a different setting other than a church to establish whether similar results would be achieved. Other research opportunities could involve using others factors other than sexual values that affect sexual satisfaction among married women which would include psychological aspects, sexual violence against women, among others.

Summary of the chapter

This chapter has presented a discussion of the findings of the study as per the objectives of the study; implications of the study were outlined in this chapter and recommendations made. Areas of further research were also explored.

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APPENDICES

APPENDIX I: Questionnaire

Research instrument

Please take time to fill this questionnaire to help carry out research on the Influence of Family of Origin Sexual Values on Sexual Satisfaction among Married Women.

Name of respondent..... (Optional)

SECTION A: DEMOGRAPHIC INFORMATION

What is your age in years? _____

Highest level of education attained. _____

How long have you been married? _____

At what age were you married? _____

SECTION B: SEXUAL SATISFACTION

The following statements represent personal feelings about sexual satisfaction. Please select one of the five response categories that best describes your opinion based on your experience. Responses include strongly disagree, disagree, agree, and strongly agree. Please note that this is not a test, so there are not right or wrong answers.

		Strongly disagree	Disagree	Agree	Strongly agree
1	I enjoy sexual intercourse with my husband.	1	2	3	4
2	Our sex life is very exciting.	1	2	3	4
3	I feel that my sex life is lacking in quality.	1	2	3	4
4	I freely initiate sex with my husband.	1	2	3	4
5	When we have sex it is too rushed and hurriedly completed.	1	2	3	4
6	I think that our sex is wonderful.	1	2	3	4
7	I feel that our sex is dirty and disgusting.	1	2	3	4
8	There is a problem with the satisfaction I get from sex.	1	2	3	4
9	We have many non-sexual ways to satisfy one another.	1	2	3	4
10	My husband does not satisfy me sexually.	1	2	3	4
11	My husband is a wonderful sex mate.	1	2	3	4
12	I feel happy with our sexual communication with my husband.	1	2	3	4
13	We rarely touch each other these days.	1	2	3	4
14	Sex is fun for me and my husband.	1	2	3	4
15	The frequency of sex is a problem.	1	2	3	4
16	I inhibit my sexual feelings	1	2	3	4
17	I feel that our sex life really adds a lot to our relationship.	1	2	3	4
18	I feel that my sex life is boring.	1	2	3	4

		Strongly disagree	Disagree	Agree	Strongly agree
19	I try to avoid sexual contact with my husband.	1	2	3	4
20	I am able to express my sexual needs and desires freely to my husband.	1	2	3	4
Thank you for your data and cooperation in filling this questionnaire					

APPENDIX II: Focus Group Discussions Questions

Family of origin transmission of sexual values

- 1) How did you come to learn about sex in your family of origin?
- 2) Giving examples what were some of the messages you received from your family of origin regarding women and sex?
- 3) Who in your family of origin communicated sexual values, and how was it done?
- 4) What were the spoken and the unspoken rules about women and sex in your family of origin?
- 5) From what you learnt from FOO about women and sexuality, what sexual values did you acquire from your family of origin?

Family of origin influence on sexual values and satisfaction

- 6) How has the sexual values learnt from your family of origin influenced your sexual satisfaction in marriage?
- 7) How differently would you communicate sexual values to the next generation and especially to young women getting married?
- 8) How does your religious commitment and your perception of how religion (or God) views sexuality impact on your sexual satisfaction?

APPENDIX III: Informed Consent

TITLE OF STUDY

THE INFLUENCE OF FAMILY OF ORIGIN SEXUAL VALUES ON SEXUAL
SATISFACTION AMONG MARRIED WOMEN: A STUDY OF ACK ST.

ANDREW'S CATHEDRAL CHURCH OF THIKA DIOCESE

RESEARCHER

Pauline Wanje

Pan Africa Christian University

Master of Arts in Marriage & Family Therapy

Cellphone: +254722416885

Email: wanjepauline@gmail.com

INFORMED CONSENT

I confirm that the purpose of the study, procedures, risks and benefits of participating in the focus group discussions has been well explained to me by the researcher including assuring confidentiality in the whole exercise. I consent to the researcher recording the discussions on an audio recorder. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving a reason and without cost. I voluntarily agree to take part in this study.

Participant's signature

Date

1

2

3

4

5

6

7

8

Researcher's signature _____ Date _____

APPENDIX IV: Research Permit

CONDITIONS

1. The License is valid for the proposed research research site specified period.
2. Both the Licence and any rights thereunder are non-transferable.
3. Upon request of the Commission, the Licensee shall submit a progress report.
4. The Licensee shall report to the County Director of Education and County Governor in the area of research before commencement of the research.
5. Excavation, filming and collection of specimens are subject to further permissions from relevant Government agencies.
6. This License does not give authority to transfer research materials.
7. The Licensee shall submit two (2) hard copies and upload a soft copy of their final report.
8. The Commission reserves the right to modify the conditions of this License including its cancellation without prior notice.

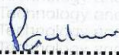

REPUBLIC OF KENYA

National Commission for Science, Technology and Innovation
RESEARCH CLEARANCE PERMIT
Serial No.A 14832
CONDITIONS: see back page

THIS IS TO CERTIFY THAT:
MS. PAULINE NJAMBI CHEGE
of PAN AFRICA CHRISTIAN UNIVERSITY,
1120-232 Ruiru, has been permitted to
conduct research in Kiambu County

on the topic: THE INFLUENCE OF
FAMILY OF ORIGIN SEXUAL VALUES ON
SEXUAL SATISFACTION AMONG
MARRIED WOMEN. A STUDY OF ACK
CATHEDRAL CHURCH OF THIKA
DIOCESE.

for the period ending:
7th July,2018


.....
Applicant's Signature



.....
Director General
National Commission for Science,
Technology & Innovation

Permit No : NACOSTI/P/17/28942/18097
Date Of Issue : 10th July,2017
Fee Recieved :Ksh 1000

APPENDIX V: Certificate of Correction



Pan Africa Christian University
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Nairobi, Kenya
Tel: +254 721-932050/734-400694
Website: www.pacuniversity.ac.ke

CERTIFICATION OF CORRECTION OF THESIS PROPOSAL

PART I: RELEVANT DETAILS OF THE THESIS

Department: Psychology Degree Title: MA in Marriage & Family Therapy
Candidates' Name: Pauline M. N. Chege Registration No.: MPS/0716/15 Signature: Pauline
Date of Oral Defense: 12th May 2017
Title of Thesis: The Influence of Family of Origin Sexual Values on Sexual Satisfaction among Married Women. A Study of ACK St. Andrew's Cathedral Church of Thika Diocese.

PART II: DECLARATION BY SUPERVISOR(S) AND THE REVIEWER(S)

I / we, the undersigned do hereby confirm that I / we have closely looked at the corrections as instructed by the Post Graduate Defense Committee and I / we do hereby certify that ALL the corrections have been effected as agreed.

NAME: DR. RAHAB NYAGA SIGN: [Signature] DATE: 28/6/2017
(SUPERVISOR)

NAME: _____ SIGN _____ DATE: _____
(SUPERVISOR)

NAME: Dr. Augustus Nyakundi SIGN: [Signature] DATE: 28/6/2017
(REVIEWER)

PART III: CONFIRMATION BY GRADUATE SCHOOL

Confirmed that the Supervisor and Reviewer appointed to oversee the corrections have done so as per the Instructions of the Post Graduate Committee

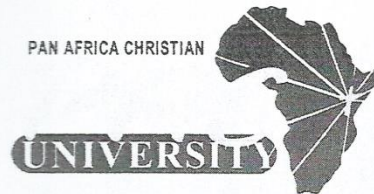
NAME: Dr. J. K. M. M. SIGN: [Signature] DATE & STAMP: 30/6/2017
Dean, Graduate School

The Leadership University of Choice

APPENDIX VI: PAC Introduction Letter

28th June, 2017

PAN AFRICA CHRISTIAN



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TO WHOM IT MAY CONCERN

Dear Sir/Madam,

RE: PAULINE MARTHA NJAMBI CHEGE REG. NO. MFT/0716/15

Greetings! This is an introduction letter for the above named person a final year student in Pan Africa Christian University (PAC University), pursuing 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 finalise on her thesis. The thesis title is **"The Influence of the Family of Origin Sexual Values on Sexual Satisfaction among Married Women. A Study of ACK St. Andrew's Cathedral Church of Thika Diocese"**.

We therefore kindly request that you allow her conduct research in your organization.

Warm Regards,

PAN AFRICA CHRISTIAN UNIVERSITY

P. O. Box 56875, NAIROBI - 00200.

TEL: 0561820/8561945/2018146

Dr. Lilian Vikiru

Registrar Academics

28th June, 2017

Where Leaders are made