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MA IN COUNSELING PSYCHOLOGY

CAUSES OF MARITAL CONFLICT AND RESOLUTION MECHANISMS AMONG
MARRIED COUPLES IN HAWASSA CITY ADMINISTRATION

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A THESIS SUBMITTED TO THE DEPARTMENT OF PSYCHOLOGY, COLLEGE OF
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DEC, 2024

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Declaration

I hereby declare that this MA thesis entitled “Causes of Marital Conflict and Resolution Mechanisms among Married Couples in Hawassa City Administration” for Master of Arts in Counseling Psychology is my original work and that all sources used have been duly acknowledged and referenced. I further confirm that the thesis has not been submitted either in part or in full for any degree or diploma to this or any other University.

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This is to certify that the thesis entitled: "Causes of marital conflict and conflict Resolution Mechanisms among married couples in Hawassa City Administration" and submitted in partial fulfillment of the requirements for the Degree of Master of Arts in Counseling Psychology has been carried out by Aklilu Erdachew, Id No GPCoPsR/0002/15 under my Supervision. Therefore, I recommend that the student has fulfilled the requirements and hereby can submitted thesis to Hawassa University; Department of Psychology compiles with the regulations of the University and meets the accepted standards.

ADVISOR

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DERIBE WORKNEH (PhD)

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Table of contents

Contents	page
Declaration	I
ADVISORS' APPROVAL SHEET	II
Acknowledgement	III
Table of contents	V
LIST OF TABLES	VIII
LIST OF FIGURES	IX
LIST OF ACRONYMS	X
Abstract	XI
CHAPTER ONE.....	1
INTRODUCTION	1
1.1 Background of the Study	1
1.2 Statement of the problem	4
1.3 Research Questions	7
1.4. Objective of the Study	7
1.4.1. General Objective of the study	7
1.4.2. Specific Objectives of the Study.....	7
1.5. Significant of the Study	8
1.6. Delimitation and Scope of the Study	9
1.7. Limitation of the study.....	9
1.8. Organization of the study.....	10
1.9. Operational Definitions of the Terms	11
CHAPTER TWO.....	13
REVIEW OF RELATED LITERATURE.....	13
2.1. Marital conflict	13
2.2. Causes of marital conflicts.....	14
2.3. Studies conducted on causes of marital conflict in Ethiopia.....	22
2.4. The Conflict Resolution Mechanisms	26
2.5. Theoretical Framework.....	33
2.5.1. Social exchange theory	33
2.5.2. Attachment Theory	35

2.5.3. Behavioral theory	38
2.6. Conceptual Framework.....	39
CHAPTER THREE.....	43
RESEARCH METHODOLOGY	43
3.1. Research Design	43
3.2. Study area description.....	43
3.3. Study Population.....	44
3.4. Sample and Sampling Technique.....	45
3.5. Data Gathering Instruments	46
3.5.1. Questionnaires	46
3.6. Pilot study.....	47
3.7. Procedures of Data Collection.....	48
3.8. Data Analysis and Interpretation.....	49
3.9. Ethical Consideration of the Research	50
CHAPTER FOUR	51
RESULTS.....	51
4.1. Demographic Characteristics	51
4.2. Predictor of Marital Conflict.....	54
4.3. Gender Difference in sexualities.....	56
4.4. Conflict Resolution Mechanisms by Marriage Duration	57
CHAPTER FIVE.....	59
DISCUSSION.....	59
5.1. Predictor of Marital Conflict.....	59
5.2. Gender Difference in sexualities.....	60
5.3. Conflict Resolution Mechanisms by Marriage Duration	62
CHAPTER SIX	64
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS	64
6.1. Summary of Findings.....	64
6.2. Conclusions.....	66
6.3. Recommendations.....	67
References	69
Appendices	82
Appendix A: English Questionnaires.....	82
Appendix B: Amharic Version Questionnaires.....	90

Appendix C	98
Appendix E: Ethical Clearance	104

LIST OF TABLES

Table 3.1 Reliability Statistics for Causes Conflict Questionnaire and its sub scale (Amharic Version)...	47
Table 3.2 Reliability Statistics for Resolution Mechanisms Questionnaire.....	48
Table 4.1 Demographic Characteristics	45
Table 4.2 Table of regression on the relationship between predictors and Marital Conflict	55
Table 4.3 Comparison of the mean scores of sexual factor on Gender by Independent sample...	56
Table 4.4 regression on the relationship between Marriage duration and conflict resolution Mechanisms.....	57

LIST OF FIGURES

Figure 1 Conceptual Framework.....	40
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LIST OF ACRONYMS

AAMFT	American Association of Marriage and Family Therapists
DOK	Dato Odahe Kebele
EF	Economic Factors
GF	Gender Factors
HCA	Hawassa City Administration
MC	Marital Conflict
PF	Psychological Factors
PPCT	Person, Process, Context and Time
SCF	Socio-Cultural Factors
SF	Sexual Factors

Abstract

This study investigates the causes of marital conflict and the resolution mechanisms employed by married couples in Hawassa City Administration and utilizing a quantitative research approach. A total of 385 participants were selected through simple random sampling from Dato Odahe Kebele. Data collection was conducted using a structured questionnaire designed to assess personal experiences of marital conflict and the strategies utilized for resolution. The analysis focused on examining the relationship between various predictors and the level of marital conflict through regression analysis. Additionally, differences in sexual factors and gender groups were evaluated using an independent samples t-test, while conflict resolution mechanisms based on the length of marriage were analyzed through linear regression. The findings revealed that sexual, socio-cultural, and economic factors accounted for 42.9% of the variance in marital conflict, indicating a statistically significant impact ($p < 0.05$). In contrast, psychological factors did not significantly contribute, with 67.1% of the remaining variance attributed to other unexamined factors. The independent samples t-test showed no significant difference in mean scores of sexual factors between male and female participants. Furthermore, the year of marriage alone did not provide a strong explanation for variations in resolution mechanisms. These results enhance the understanding of marital dynamics in Hawassa and offer insights into potential interventions for conflict resolution among couples.

Keywords: *Marital Conflict; Resolution Mechanisms, Married Couple*

CHAPTER ONE

INTRODUCTION

This chapter deals with background of the study, statement of the problem, research questions, objectives of the study, significance of the study, scope of the study, delimitation of the study, organization of the study and operational definition of the study. In the subsequent sections, each of the above stated components was discussed.

1.1 Background of the Study

Marriage is a multifaceted institution that serves as a cornerstone of social organization across cultures. Traditionally defined as a legally or formally recognized union between individuals (male and female), marriage encompasses not only the romantic and emotional bonds between partners but also a range of social, economic, and cultural dimensions (Giddens, 1992). In many societies, marriage is viewed as a vital social contract that establishes rights and obligations between spouses, as well as between their families and communities (Coontz, 2005).

Fagan and Churchill (2012) see family as is the building block of society and marriage as its foundation. Though marriage institution is considered as a basic unit of a society, it couldn't escape from some difficulties which could challenge the stability of marriage relations. Anibueze (2000), cited in, Obiageli, 2009 states that marriage is a legal union of two adult of the opposite sex who live together in joy and sadness, sorrow and tears, peace and harmony till death separates them. This implies that marital relationship between couples may experience success and problems, difficulties, challenges, conflicts and confusions at one time or another. According to Katzenback and Smith (1992), marital conflict is defined as a difference over which the parties

involved recognize a threat to their requests, comforts or concern and it is also seen as a struggle or challenge between people with opposing needs, perspectives, ideas, beliefs, values, or goals.

Also Buehler, Krishnakumar et al. (1998) see marital conflict as the existence of high levels of disagreement, stressful and hostile interactions between spouses, disrespect, and verbal abuse while Cummings (1998:60) interprets it as “any major or minor interpersonal interaction that involved a difference of opinion, whether it was mostly negative or even mostly positive.” Cummings further elaborates that everyday marital conflict refers to daily interactions, whether major or minor, in which couples have a difference of opinion. When two people come together in marriage, each marriage partner comes into the union with his/her individualized personal characteristics, needs, attitudes, values and peculiarities (Uwe 2006). This implies that, since every marriage relationship is as unique as the individuals it contains, when one of the couple going to react in a different way to life challenges, it could be a reason for conflict to occur within the marriage.

According to Tasew (2016) traditional conflict resolution are playing an important role in resolving conflicts and maintaining peace and stability in a community. Also Macfarlane (2007) states that, indigenous knowledge is run by elders who are well known and respected members of the community and may comprise religious leaders, wise-men and other community leaders. Similarly, Yntiso, Fikade and Asefa (2011) considered prominent and old-age groups within a society are the source of indigenous knowledge as they have experience and critical perception about their environment.

Marital conflict is high in almost all countries of Africa including Ethiopia (Bongaarts et al. 1984 (as cited in Afework, 2010). Studies conducted in six African countries revealed that, on average,

a significant proportion of first marriages experience marital conflict, highlighting the presence of conflict as an inherent aspect of every marriage. Added that, research findings in Rural Malawi revealed that life table proportions of marital conflict ranges from 40 to 65 percent and are among the highest on the continent (Reniers, 2003). Similarly Somit (2015), indicate that 9 out of 10 couples (89.3%) experienced conflict which was higher than the prevalence of couple conflict in the previous study from Spain (80%).Furthermore, in his study, the spousal conflict occurred every month (up to 1–2 events per month), and every week, was found at approximately six out of ten couples (59.1%).

Marital conflict in Ethiopia is a significant social issue, influenced by various cultural, economic, and social factors. Studies indicate that approximately 40-50% of married couples experience some form of marital conflict, with issues often stemming from economic pressures, differing expectations regarding gender roles, and communication breakdowns (Alemayehu, 2020; Tadesse, 2019). Furthermore, cultural norms that emphasize male authority and female submissiveness can exacerbate tensions within marriages, leading to higher rates of conflict (Hailu, 2021). The prevalence of domestic violence, reported to affect about 40% of women in marital relationships, further highlights the severity of marital discord in the country (World Health Organization, 2018). Addressing these conflicts requires a multifaceted approach that considers the socio-cultural context and promotes equitable communication between partners (Kebede et al., 2022).

Marriage, as a basic institution in every society, may be described as one of the important and fundamental human relationships; it is a culturally, religiously and socially recognized union, normally between a man and a woman, who are referred to as husband and wife. This union establishes rights and obligations between spouses, their children and even between them and

their in-laws (Olugbenga, 2018). According to Tolorunleke (2008) marriage should be an exciting and beautiful adventure and the relationship between husband and wife is intended to get better with every passing day or year. However, little things can slip into the relationship; Okafor, (2002) (as cited in Tolorunleke, 2014, p. 22) puts it, when these little things are not properly handled, they can cause friction and eventual separation between the partners that may widen over the years.

Traditional institutions play a proactive role to promote social cohesion, peace, harmony, coexistence; and a reactive role in resolving disputes which have already occurred (Department of Justice and Constitutional Development, 2008, cited in Tasew, 2016). Therefore these traditional or customary conflict resolution mechanisms do not simply focus on the punitive measures nor do they only settle the conflict. They rather attempt to bring about sustaining peace among the conflicting parties thereby the frequency of hatred and enmity within the conflicting married couple might permanently be disappeared.

1.2 Statement of the problem

Marital conflict is a prevalent issue among married couples, and it can have significant negative consequences on individuals' mental health and overall relationship satisfaction. Understanding the specific causes of marital conflict and the mechanisms used to resolve conflicts is crucial for developing effective interventions and strategies to improve marital relationships. Marriage is socially recognized and approved union between individuals, who commit to one another with the expectation of a stable and lasting intimate relationship. However, in contemporary industrialized societies, marriage functions less as a social institution and more as a source of intimacy for the individuals involved (Skolnick, 2009). Accordingly, despite the fact that Ethiopia is one of the conservative countries where marriage is seen as one of the basic social

institution for having a happy familial life through performing socially accepted type of marriage, as the period goes on, globalization and modernization has affected the value the society gives for marital life, especially in cities and big town, including Addis Ababa (Admasu, 2013).

Araba (2002) has observed that marriages are being transformed and affected by several other factors; families abandoning key traditional practices in favor of modern ones, changes in family structures, migration, changes in marriage ages and increased cases of polygynous marriages in the form of 'small-houses'. Equality and how partners contribute economically into the family has also played a role in the changes (Amin, 2002, Eloundou-Enyegue, 2002). These and other factors have forced to increase the occurrences of conflicts with in marital relationships.

Marital conflicts have been seen as the major causes of marital instability which often leads to divorce, desertion, single-parenthood and generally failed marriages (Olson 2000). The studies above explored diverse causes of conflict and mechanisms of conflict resolutions based on the socio-economic and environmental settings of their study societies.

The prevalence of marital conflicts in various regions of Ethiopia, including Hawassa City Administration, underscores a critical societal issue that transcends individual relationships and impacts community stability. Marital disputes often stem from a complex interplay of cultural, economic, and social factors unique to each area. In Ethiopia, where traditional customs and modern influences converge, the dynamics of marriage can be particularly challenging. The pressures of economic hardship, differing expectations between spouses, and the influence of extended family can all contribute to tensions within marriages. In this context, understanding the specific causes of conflict in Hawassa becomes essential, as they may differ significantly from those in other regions.

In many parts of Ethiopia, including rural areas, traditional practices often dictate gender roles and expectations within marriage. These roles can create imbalances that lead to misunderstandings and resentment. For instance, if one partner feels that their contributions—be they financial or domestic—are undervalued, it can lead to significant strife. Additionally, the lack of access to education and resources in some Kebeles exacerbates these issues, leaving couples ill-equipped to handle disputes effectively. The high rate of divorce in these communities can often be traced back to unresolved conflicts that fester over time, highlighting the urgent need for effective resolution mechanisms.

Moreover, the absence of structured support systems for couples facing marital challenges further complicates the situation. While some regions may have community leaders or religious figures who mediate disputes, many areas lack formal mechanisms for conflict resolution. This gap often leaves couples without guidance or support when navigating their issues, leading to feelings of isolation and hopelessness. In Hawassa City Administration, particularly in Dato Kebele, the situation is compounded by a growing urban population that may not have the same support networks as those in more rural settings. As a result, couples may find themselves caught in cycles of conflict without access to the resources needed for resolution.

This study aims to address these pressing issues by focusing specifically on the dynamics of marital conflict in Hawassa City Administration. By investigating the unique factors contributing to these conflicts and exploring potential resolution strategies, the research seeks to provide valuable insights that can inform interventions and support mechanisms tailored to the needs of local couples. The emphasis on Dato Kebele is particularly significant, as it has been identified as an area where marital conflicts are prevalent and have far-reaching consequences for families and the community at large.

Ultimately, this study not only aims to fill existing gaps in the literature but also aspires to contribute to a broader understanding of marital relationships in Ethiopia. By examining both the causes and resolutions to marital conflict, the research will provide a foundation for future studies and practical applications that can enhance the stability and health of marriages within the community. Addressing these challenges is vital not only for the individuals involved but also for fostering stronger, more resilient communities throughout Ethiopia.

1.3 Research Questions

- 1) Which factor significantly predicts marital conflict among married couples in Hawassa City Administration?
- 2) Is there a statistically significant difference in sexual factors related to marital conflict between male and female married couples?
- 3) Is there a statistically significant relationship between the marriage duration and the mechanisms employed for conflict resolution?

1.4. Objective of the Study

1.4.1. General Objective of the study

The general objective of this study was to identify the major causes of marital conflict and conflict resolution mechanisms among married couples: in the case of Hawassa City Administration.

1.4.2. Specific Objectives of the Study

The study was focus on the following specific objective that indicates the direction of the research: To

- i. To identify the factors that significantly predicts marital conflict among married couples in Hawassa City Administration.
- ii. To compare the differences in sexual factors related to marital conflict between male and female married couples.
- iii. To investigate the relationship between the marriage duration and the mechanisms employed for conflict resolution among married couples.

1.5. Significant of the Study

The finding of the study has practical contributions in that it provides empirical findings for governmental and nongovernmental organizations, policy makers and implementers and community about the major causes of marital conflicts, the types of conflict resolution tactics that are frequently used by couples. In addition, those who read this paper for various reasons also will benefit from the information provided about the causes of marital conflict among couple's they may think about the way they manage conflict when they interact with their spouses. By determining these effect , this study will provide valuable information to marriage counselors as well as family therapists, government and non-government organization who works on the wellbeing of marriage, children and family institution through sharing Hawassa city administration marital conflict resolution strategies. The knowledge assists them in helping families with cases of marital conflict. This implies that the mechanisms of marital conflict resolution will be enhanced through the findings of this study. Further, the results of the study will contribute to the limited literature in Ethiopia and Hawassa.

1.6. Delimitation and Scope of the Study

The delimitation of the study includes the following boundaries and limitations:

The study is confined to Hawassa City Administration, limiting the findings to this specific urban area and was an inclusively involved married couple residing in Hawassa, thereby excluding unmarried individuals, divorced persons, or those in non-traditional relationships. This focus aims to gather insights specific to the dynamics of marriage, but it may overlook broader relationship issues that could inform the understanding of marital conflict. The study will utilize both qualitative and quantitative methods, such as interviews and survey, to gather in-depth information from participants.

The scope of this study encompassed the following aspects:

Firstly, it aimed to identify the specific causes of marital conflict experienced by couples within the unique socio-cultural context of Hawassa. Secondly, the study was explored the various resolution mechanisms employed by couples to address conflicts. And finally, proposed the findings will inform practices and interventions aimed at improving marital relationships and family well-being in Hawassa. By providing actionable insights into both the causes of conflict and effective resolution strategies, the study seeks to contribute to a broader understanding of marital dynamics that can be applied across various contexts, thereby enhancing the overall quality of family life in the region.

1.7. Limitation of the study

Funding and time constraints kept the current study from having the couple, rather than the individual, be the unit of analysis. If both individuals have participated in the study or surveyed from each couple, the relational level variables could possibly be more accurate. It

would be interesting to examine whether or not both partners reported the same understanding levels and conflict styles. Instead, the current study had to rely on individual reporting the dynamic for the causes of marital conflict, and conflict resolution mechanism.

Filling out the questionnaire within close proximity to their partners might have caused some participants to respond differently than they would have if their partner was not there with them. More specifically, the responses regarding cause of conflict, both relational level variables, may have been subject to socially desirable effects. In addition, self-report questionnaires analyzing beliefs or attitudes may be problematic because participants may be reporting what they believe to be the socially desirable answer rather than their truthful response.

Another limitation was the lack of longitudinal data in the study. Marital Conflict is a complex process that may change overtime, and a cross-sectional study may not capture this change. Longitudinal studies would provide a more compressive understanding how marital conflict evolve overtime. Furthermore, the study do not account for other variables that could influence forgiveness ,such as personality traits, past experience or cultural factor failing to consider these variable could limit the study's ability to fully explain the mechanism underlying forgiveness.

1.8. Organization of the study

This thesis is divided into six (6) chapters. Chapter one of the study consists of the general introduction which includes; the background of the study, the statement of the problem, the objective of study, the research questions, significance of the study, delimitations and the scope of the study, the limitation of the study and the organization of the study. In chapter two: the literature review which evaluates the works of other researchers on the subject, their approaches, and the researcher's criticisms of their stance where necessary. Chapter three: focuses on the methodology of the study. Chapter Four: This chapter describes about data analysis and

interpretations; the data collected through questionnaire and interview were analyzed both quantitatively and qualitatively. Chapter Five: This section discusses the results and examines whether results are aligned with findings of previous studies. In sixth chapter Summary, Conclusion and recommendation of the study were given.

1.9. Operational Definitions of the Terms

Conflict: This study will define conflict as everyday voiced conflicts between married spouses who see incompatible goals, scarce rewards, and interference from the other party in accomplishing their goals (which does not have to develop into verbal and physical violence).

Conflict resolution: - is defined as the methods and processes involved in facilitating the peaceful ending of conflict and retribution. The customary conflict resolution mechanisms are done through, family members, kinship groups, neighborhoods, friends, voluntary associations (*idir*), elder's religious institutions as well as traditional religious leaders aiming at restoring the previous peaceful relationship within the marriage as well as the community by avoiding the sense of revenge through culturally accepted practices and rituals.

Marital Conflict: - it can be described as a struggle, clash, strife, disagreement or quarrel between husband and wife, and sometimes with other members of the household, over opposing needs, ideas, beliefs, values or goals.

Marriage: - In this study, marriage will be defined as a partnership between two members of the opposite sex, husband and wife, who live together and are married in a socially and legally acceptable manner.

Psychological factors: - encompass the mental and emotional traits and behaviors that influence marital interactions and conflict management, including personality traits, attachment styles,

coping mechanisms, emotional regulation, and past experiences. These factors illustrate how individual psychological characteristics can shape responses to conflict within the marriage.

Sexual factors: - are elements of sexual relationships and intimacy that can lead to marital conflict or affect conflict resolution, including sexual satisfaction, frequency of sexual activity, communication about sexual needs, differences in sexual desire, and infidelity. These factors highlight how sexual dynamics between partners may contribute to relational tensions.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

This section of the study presents literature review relevant to the study. The literature review is limited under the following subsections, theoretical review, Empirical review and conceptual framework. It also puts into consideration other writers' views and other opinions related to marital conflict. The purpose of the literature review is to identify any gap that the study could fill, concepts it could explore, the literature is reviewed using articles, journals, dissertations, theses and internet. The review is done in accordance with the study objectives (causes of marital conflict and resolution mechanisms among married couples).

2.1. Marital conflict

Different authors have defined marital conflict in different ways. Buehler et al. 1998 (Cai Lian and Geok, 2012) has defined marital conflict as “the existence of high levels of disagreement, stressful and hostile interactions between spouses, disrespect, and verbal abuse”. Cummings (1998) defined it as “any major or minor interpersonal interaction that involved a difference of opinion, whether it was mostly negative or even mostly positive” (Cai Lian & Geok, 2012). Similarly, Cummings and Davies (2002) have defined marital conflict as “any disputes, disagreements, or expressions of untoward emotions over every day matters between the parents”.

These definitions indicate that there are perspective differences among scholars in conceptualizing marital conflict. The former definition, which was the earliest view, conceptualized marital conflict as negative or hostile dispute of the couples but the latter two

definitions, which are the current views, have considered both positive and negative dispute of couples.

2.2. Causes of marital conflicts

Conflict within a marriage is often misunderstood as a characteristic of an unsatisfied or ill matched couple. In today's modern age, conflict is often looked down upon interpersonal settings because of its unsettling possibilities and often undesirable outcomes. In the context of marriage, especially, conflict is misrepresented as a poisonous entity rather than an obstacle to help a couple grow. It is important for those in a marriage to understand that conflict; however, this relationship of individuals is found to be challenging for couples as it is considered for lifelong interaction, especially when responsibility of maintaining family care becomes unfairly left to women (Gager & Sanchez, 2003).

61% of divorced individuals cite "too much arguing as a reason for divorce (Johnson et al. (2002). As a result, marital conflict (poorly managed conflict) presents a risk for marital dissatisfaction and future divorce (Clements et al. (2004). Inter-personal conflict has been defined as an interaction between persons expressing opposing interests, views, or opinions.

Some theorists and researchers believe that conflict is a normal occurrence for couples (Kline et al. (2006); White Klein (2002). Conflict is often seen as inevitable phenomenon that occurs within all relationships (White & Klein, 2002). Within the scope of research, some have made the distinction between overt and covert conflict, signifying that conflict is not always expressed outwardly (Kline, et al 2006). Most researchers have studied the more overt displays of conflict such as disagreements, arguments, verbal aggression, and physical violence (Kline, et al 2006). Covert displays of conflict are more difficult to measure and thus difficult to assess and rarely

studied. For the purpose of this study, the researcher examined those displays of conflict that are overt and outwardly expressed.

Destructive communication or negative interaction between partners has been linked to lower relationship satisfaction and high rates of divorce or break-up (Stanley, et.al, 2002; Gottman & Notarius, 2000; Karney & Bradbury, 1995). Kirby & et.al (2005) found less negative attributional and communication responses to unmet intimacy needs beneficial for overall intimacy satisfaction and relationship satisfaction. In addition, more positive communication responses contributed to greater intimacy satisfaction. Stanley, Markman, and Whitton (2002) found that how couples argue is more related to divorce potential than what they argued about.

Couples differ in the quality and quantity of conflict and this could change with time as the roles within the marital relationship change. Schneewind and Gerhard (2002) explored the relationship between couples' stable personality variables associated with interpersonal competencies and marital satisfaction with conflict resolution style as the mediating factor. Their study included eighty-three newlywed couples and data collection over 5 years. The authors found conflict resolution styles appear to form during the first year of marriage and are habituated thereafter.

Researchers have also found early in marriage, newlyweds negotiate expectations for sex and intimacy; establish communication and decision-making patterns, and balance expectations about marital and job responsibilities (Knudson & et.al, 1998; Burke, 1997). During this time couples also come to some agreement about childbearing and how they will handle and budget money (Knudson, et al, 1997). When children are present, role making involves negotiation about parenting roles. Role making in new marriages involves creating, by means of communication and negotiation, identities as married persons (Rotenburg, et.al, 1993).

To understand the types of problems couples experience at midlife, Henry and Miller (2004) assessed marital problems at this stage. They found most common problems were financial matters, ways of dealing with children, and sexual matters. Values, commitment, spiritual matters, and violence were the least common problem areas. In order to better understand marital conflict within a marriage, it is necessary to look at the factors that may impact marital conflict from various levels. Based on the PPCT model, the analysis of variations in the developmental process and outcomes should occur as a joint function of the characteristics of the environment and of the person. Bronfenbrenner and Morris (1998) emphasized understanding the developmental, beliefs, attitudes, and behavior of individuals or organisms by collecting and examining data that reflect on as many environments that influence their interactions. Lerner (1991) argued for a “developmental contextual” orientation where he believed that an empirical focus on individual differences and contextual variations on the changing person was necessary for an adequate appreciation of human life. Consistent with theoretical framework, this research explored variables associated with marital conflict: conflict resolution techniques.

Marital conflict has various causes. In order to better understand and learn how to control conflict, it is very important to analyze and understand what reasons lead to it. Conflicts often arise due to unmet needs or intersection of interests in a certain situation. One of the main sources of conflict is poor communication with each other. Positive communication can be a solution of a conflict Maslauskaitė (2005). Everything depends on methods of interacting with each other. When negative feelings are allowed to spread, there are always enough reasons to maintain a conflict. One of the most common causes of conflict is that couples are unable to look at the situation in a flexible way and without prejudice. Miškinis identifies the most important marital causes of conflict.

Couples face a variety of challenges together, including financial disagreements, communication difficulties, questions about past friendships with members of the opposite sex, the complexities of blending two family systems and dealing with in-laws, sexual relations, the decision to have children, and decisions about how to divide household tasks (Olson, 2000). The roots of conflict in partnerships can shift throughout time. Although conflict may be "normal" in statistical terms, it does not have to escalate into verbal and physical violence. According to the findings of their study, marital conflict is a multifaceted issue influenced by various factors, including gender-related, psychological, sexual, socio-cultural, and economic aspects. Understanding these causes is essential for addressing marital discord and promoting healthier relationships. This literature review synthesizes recent scholarly work to explore these dimensions of marital conflict.

1) Gender-Related Factors

Gender dynamics play a crucial role in marital conflict. According to Kalmijn (2019), traditional gender roles often dictate the expectations partners have of each other, leading to misunderstandings and resentment. Women may feel overburdened with household responsibilities, while men may struggle with emotional expression, resulting in a communication gap. Research by Gupta (2021) highlights that couples who adhere strictly to traditional gender roles are more likely to experience conflicts. This is compounded by societal pressures that reinforce these roles, making it difficult for partners to negotiate their needs effectively. The interplay of gender expectations and individual personality traits can exacerbate tensions, leading to a cycle of conflict that is hard to break.

Moreover, societal expectations surrounding masculinity and femininity can impact how individuals perceive and react to marital disputes. For example, men might avoid expressing

vulnerability due to societal norms that discourage emotional openness (Mahalik et al., 2003). This avoidance can lead to unresolved issues and increased resentment over time. In contrast, women may feel compelled to prioritize relationship harmony, often at the expense of their own needs (Simon, 1995). Consequently, understanding these gender dynamics is essential for developing effective interventions aimed at reducing marital conflict. Future research should explore how shifting societal norms regarding gender roles influence marital satisfaction and conflict resolution strategies.

2) Psychological Factors

Psychological factors, including individual mental health and personality traits, significantly contribute to marital conflict. A study by Johnson et al. (2020) found that partners with unresolved psychological issues, such as anxiety or depression, often project their internal struggles onto their relationships. This projection can lead to misunderstandings and increased conflict. Furthermore, personality traits like neuroticism and low agreeableness have been linked to higher instances of marital discord (Smith, 2022). Couples therapy that addresses these psychological issues can be beneficial in mitigating conflict, as it encourages open communication and emotional regulation (Thompson, 2023).

3) Sexual Factors

Sexual compatibility and intimacy issues are another significant source of marital conflict. Research by Williams (2021) indicates that discrepancies in sexual desire and frequency often lead to feelings of rejection and frustration among partners. These sexual tensions can create an environment ripe for conflict, particularly when one partner feels their needs are unmet. Additionally, sociocultural norms surrounding sexuality can complicate these dynamics; for

instance, some cultures may stigmatize open discussions about sexual issues, leading to further misunderstandings (Harris Lee, 2022).

Sex and intimacy are important bonding components in marriage. And one of the most common areas of conflict in many marital relationships is sex (Brown, 2008). Unsatisfied sexual life and lack of mutual respect and intimacy create negative feelings and results in disputation in marital relationship (Meyer 2012; Shakoor, 2010; Relationships Coach, 2010; Voth, 1990).

Strong theoretical and empirical foundations exist for elucidating the role of intimacy conflicts in couples' relationships, particularly as expressed in marital conflict in the home. Broadly, intimacy is generally studied in the close relationships field as a positive aspect of couples' lives, reflecting partner closeness, friendship, and desire to share physical and emotional connections (Rocher, Papp, Cummings, 2004). Indeed, both men and women endorse intimacy and sexual gratification as among the most significant rewards garnered from romantic partnerships (Huston et al. (2001). An intimacy model has confirmed that demonstrations of affection and love are needed to sustain high-quality relationship functioning, and that relationships lacking such demonstrations face greater dissolution risk (Huston et al. (2001). Addressing sexual compatibility through open dialogue and counseling can help alleviate these tensions.

4) Socio-Cultural Factors

The socio-cultural context in which a couple resides profoundly influences their relationship dynamics. A study by Chen et al. (2022) found that cultural expectations regarding marriage can create unrealistic standards that couples strive to meet, often leading to disappointment and conflict. For example, collectivist cultures may emphasize family approval and social status, putting pressure on couples to conform to external expectations rather than focusing on their

individual needs (Patel, 2023). This cultural dissonance can result in feelings of inadequacy and resentment between partners, highlighting the need for culturally sensitive approaches in marital counseling.

Additionally, socio-economic status can impact marital conflict through its influence on stressors such as financial strain. Couples facing economic hardships may experience heightened levels of stress that can exacerbate conflicts over resource allocation and decision-making (Conger et al., 1992). Furthermore, societal attitudes towards marriage and divorce can shape expectations and behaviors within relationships. In societies where divorce is stigmatized, couples may remain in unsatisfying marriages due to fear of social repercussions, potentially leading to increased conflict (Amato, 2003). Understanding these socio-cultural dimensions is essential for developing culturally sensitive interventions that address the unique challenges faced by diverse couples.

5) Economic Factors

Economic stability is a critical factor influencing marital harmony. According to a study by Roberts (2021), financial stress is one of the leading causes of marital conflict. Couples facing economic hardships often argue about budgeting, spending habits, and financial priorities. The pressure of financial instability can exacerbate existing tensions and lead to feelings of inadequacy and frustration (Miller Thompson, 2023). Furthermore, traditional gender roles often dictate that men should be the primary breadwinners, which can create additional stress if they are unable to fulfill this role. Financial counseling and education can serve as effective tools in mitigating these conflicts.

Money is identified by Meyer (2012) as one of the top ten causes of marital conflict. Most couples argue over bills and debts and inability to manage overall finance (Meyer, 2012). Financial stress can actually cause more general stress, and more conflict over things unrelated to money, as well as money-centered arguments. When couples are extremely stressed about money, they may be less tolerant and more stressed and may pick fights about unrelated things without even realizing it (Scott, 2012). Communication is a crucial element in resolving the aforementioned financial issues in the home. If couples could open up and dialogue/discuss money that comes into the home from both partners and how much money should be spent, marital problems arising from finance administration would have been well managed, if not completely eradicated (Niolon, (2003).

6) Infidelity

Infidelity is a profound breach of trust that often leads to significant marital conflict. Research by Turner et al. (2022) indicates that infidelity not only causes immediate emotional pain but also leads to long-term issues such as jealousy and insecurity within the relationship. The reasons behind infidelity are complex and can include unmet emotional or sexual needs (Johnson, 2023). Couples who seek therapy after infidelity often face the challenge of rebuilding trust while addressing the underlying issues that led to the betrayal.

The basic foundation of marriage is trust. Once that trust is destroyed, it is hard to regain. Infidelity is breaking a promise to remain faithful to a sexual partner (Fitzgibbons, 2011). It is found to be a major cause of divorce and spousal battering (Fitzgibbons, 2011; Buss & Shackelford, 1997). In any case, infidelity disturbs the relationship spirit among couples. It has

devastating effect on marriage. The frustration results from cheating a spouse leads to marital conflict and mostly results in breaking of marriages (Brown, 2008).

Infidelity is the most commonly reported cause of divorce (Amato & Previti, 2003) and exists across at least 160 cultures (Betzig, 1989). Moreover, infidelity is considered the third most difficult therapeutic problem to work with and the second only to abuse for having the most damaging impact on relationships (Atkins, Baucom, & Jacobson, N. S. (2001). Meanwhile, many professionals feel ill-equipped to work with unfaithful couples; a national survey of clinical members of the American Association of Marriage and Family Therapists (AAMFT) revealed that 74% of respondents believed that they gained insufficient knowledge regarding infidelity in their training program (SoftasNall et al. (2008), and 72% of them felt the topic had not been adequately addressed in professional literature (Seedall et al. (2013). Thus, the incidence of infidelity is high, and the consequences are severe, yet professional readiness to address the issue is low.

In conclusion, marital conflict arises from a complex interplay of gender-related factors, psychological issues, sexual dynamics, socio-cultural influences, economic pressures, and infidelity. Understanding these factors is essential for developing effective interventions aimed at reducing conflict and promoting healthier relationships. This study could continue exploring these dimensions while considering the evolving societal norms that shape marital dynamics.

2.3. Studies conducted on causes of marital conflict in Ethiopia

Majority of studies conducted in Ethiopia about causes of marital conflicts emphasized clinical couples whose conflict led to divorce. For instance Serkalem (2006), Wodajeneh (2006) and Afework (2006) have conducted their studies at Addis Ababa. Serkalem (2006) had conducted a

comparative study between divorced and intact families on cause of divorce and its impact on the lives of divorced women and their children. Three hundred forty one married and 307 divorced women participated in the study and the result revealed that the major causes of divorce are economic problems, fertility problems, pressure from friends or families, difference in ethnic and religious background (Serkalem, 2006).

Wodajeneh (2006) had examined the pertinent contributing factors to divorce among the residents of Addis Ababa on 100 males and 100 females. In this study the following factors were identified as pertinent contributing factors to divorce among couples. Affective factors: lack of interest (of wives/husbands), lack of happiness (of wives/husbands), and lack of expectation, suspiciousness and jealousy of wives or husbands. Cognitive factors: communication problem, difference in life plan and vision, immaturity of wives/husbands, irresponsibility of wife's /husbands. Behavioral factors: incompatible behavior, verbal abuse by husband, stingier of the husband, physical abuse of husband, cruelty of husband. Economic factors: inadequate housing, financial problem. Addictive factors: alcoholism of the husband, husband smoking. Social factors: friction with relatives.

Afewerk (2006) had also investigated major sources of marital problems and resolution mechanisms using 200 (105 males and 95 female) participants. The result depicted those psychological factors: mental cruelty, lack of love, excessive demand and unavailability of spouse; external factors: interference of in-laws, neighbors, friends, loyalty to kin, financial handling of the family and social disapproval; sex related factors: sexual incompatibility, lack of sexual satisfaction, and inconsiderateness were found to be the major sources of marital problems.

Similarly Afework (2010) and Askalemariam and Minwagaw (2014) had done their research at Amhara region. Afework (2010) had assessed major contributing factors responsible to divorce and its consequences on the spouses in Bahir Dar town. One hundred forty (65 men and 75 women) who had been come to present their complaints to the court and women affairs office were participated in the study. The result revealed that psychological factors such as communication problem and unplanned marriage, agreement of marriage issued by, the length between engagement and marriage, economic hardship, in-laws interference, unhealthy habit, absence of love and sexual incompatibility were found to be the major contributing factors to divorce. Demographic factors as age of marriage, and wide age difference were major sources of marital dissolution.

Askalemariam and Minwagaw (2014) had also examined the prevalence, cause and consequence of divorce in East Gojam Zone. The participants were 28 divorced individuals, 24 Woreda officials, 19 community elders, and 24 dwellers. The result showed that the main causes of divorce were lack of conflict management skills, interference from parents and communication problems. Moreover, children's anti-social behavior, school dropout, engage in addiction, develops delinquent behavior, theft and immoral acts of conduct were found to be the consequences of divorce.

Yacobe (2007) conducted a similar study on the main causes of marital conflict and coping strategies in Hossana, located in the South Nations and Nationalities Region (SNNR). One hundred eight couples who were recorded in court, women affairs association, Kebele, police, church and local judge's center participated in the study. The study had identified that Gender related factors: one gender dominated over the other, sense of responsibility in household affairs. Psychological causes: mental cruelty (suspicion), jealousy, unfaithfulness, lack of demonstration

of affection, lack of companionship consideration, ineffective communication, lack of mutual respect, excessive demand. Sex related issues extra marital sex (adultery), mistress, sexual unfaithfulness, sexual dysfunctioning, incompatibility, inconsiderateness, and lack of sexual satisfaction, reluctance or refusal of coitus.

In-laws interference, loyal to kin or relative rather than the partner, neighbor interference, academic or job distance /interference. Social disapproval: having a child before marriage, having a child outside marriage, passing the night outside the home, infertility, drug abuse (such as alcohol, smoking) and gambling.

Thus, according to these findings, economic problems, disagreement over how to spend or handle money, poverty, low level of income, fertility problems, interference of in-laws and friends, differences in religion, absence of love, lack of mutual respect, infidelity (jealousy, mental cruelty/suspiciousness), communication problem, irresponsibility/ sense of responsibility in household affairs, bad habits (alcoholism, smoking), sexual incompatibility or lack of sexual satisfaction can be considered as the common causes of divorce since they are identified at least by two of these researchers. These factors are similar with what was described by Brown (2008), Fitzgibbons (2011), Meyer (2012), Relationships Coach (2010), Scott (2012), and Shakoor (2010) except way of expression of causes and emphasis on causes of divorce. So, it is possible to say that marital conflict may arise by a number of reasons at any time and is one aspect of couples' life. One cannot stop conflict not to occur among spouses. Therefore, the important thing that should be given more emphasis is the way spouses resolve their conflicts.

2.4. The Conflict Resolution Mechanisms

Cummings and Davies (2002) have classified marital conflict resolution into constructive and destructive. When parents handle conflicts in positive ways by displaying behaviors, such as verbal and physical affection, problem solving and support, the conflict is said to be constructive (McCoy, Cummings, & Davies, 2008). Such type of marital conflict facilitates readjustment and change and increases cohesion and intimacy among couples (Ridley, Wilhelm & Surra, 2001). Observing such kind of conflict may aid children to develop their own problem solving, coping, and conflict resolution abilities (Grych, & Fincham, 2010). It also helps children to preserve feeling of security by increasing their confidence that any difficulties between their parents will be managed in a way that maintains family harmony (McCoy et al., 2008).

On the contrary, when parents handle the conflicts in a hostile and aggressive manner the conflict is said to be destructive. It includes parents' verbal hostility (yelling), threats (of violence, leaving), personal insults, nonverbal hostility (angry body language), defensiveness, marital withdrawal (silent treatment), and physical distress (trembling, crying) (McCoy et al., 2008; Cummings et al., 2003). Observing such kind of conflict may make children to experience elevated worry, anxiety, feelings of anger, lack of control and hopelessness (McCoy et al., 2008; Cummings & Davies, 2002). Children's exposure to repeated occurrence of destructive marital conflict also has been linked with their internalizing behavior problems, externalizing behavior disorders, low academic performance and general mental health problems (McCoy et al., 2008; Stocker et al., 2003) regardless of age and gender (Faircloth, 2012).

Conflict resolution has traditionally been seen to involve both constructive and destructive processes, and research on marital conflict has concentrated on these two global dimensions of conflict management and additionally, Conflicting goals, motives, and need can

cause stress in any relationship, particularly a romantic one. While conflict is not uncommon, if left unresolved along with related stress, it can damage the bonds that form between people (Overall & McNulty, 2017).

If we accept that all partners will disagree at times, we must also recognize that it is crucial to find a resolution to ensure that the relationship's health is maintained (Grieger, 2015). This paper explores conflict and its resolution in couples and other relationships, introducing key strategies and activities to help avoid or recover from any harm done. Conflict need not always lead to damage. Challenge and disagreement within a relationship (romantic or otherwise) can encourage growth, deeper understanding, improved communication, and progress toward a goal (Overall & McNulty, 2017; Tatkin, 2012).

Because conflict resolution is so important, many therapists devote their time and energy to understanding and explaining effective approaches as well as recognizing unproductive ones. This paradigm of conflict resolution, according to Bruyne and Greef (2000, 267-283), distinguishes five styles:

1) Avoidance style

This is the first style, characterized by a reluctance to engage in conflict or address issues head-on. Couples employing this style may choose to ignore problems, hoping they will resolve themselves over time. While this approach can temporarily reduce tension, it often leads to unresolved issues that accumulate and create a more significant rift in the relationship. For instance, if one partner consistently avoids discussing financial disagreements, the underlying issues may fester, leading to resentment and frustration. In a scholastic context, this avoidance can be likened to students neglecting to address academic problems, resulting in poor

performance and increased stress. Bruyne and Greef (2000) highlight that while avoiding may seem like a safe option initially; it often leads to greater conflicts in the long run, ultimately undermining the relationship's foundation.

Similarly, Gottman (1994) emphasizes that avoidance can create a "silent treatment" dynamic, where partners withdraw emotionally from each other, leading to increased distance and misunderstanding. This emotional disengagement can prevent couples from developing effective communication skills necessary for resolving conflicts. Additionally, according to Johnson (2008), avoidant styles can hinder emotional intimacy, as partners may feel unsupported and isolated when conflicts are not addressed. This lack of connection can exacerbate feelings of loneliness and dissatisfaction within the relationship, making it increasingly challenging to navigate future conflicts effectively.

2) The accommodative style

Accommodative conflict resolution involves one partner yielding to the other's wishes or needs, often at the expense of their own desires. This style can foster harmony in the short term, as one partner may feel valued and understood. However, over-reliance on accommodation can lead to feelings of unfulfillment and resentment in the accommodating partner. For example, if one spouse consistently sacrifices their preferences for the sake of peace—such as always choosing the movie or restaurant—this may create an imbalance in the relationship. Bruyne and Greef (2000) note that while accommodating can strengthen bonds in specific situations, it is crucial for both partners to feel heard and valued for a healthy relationship dynamic.

Recent research has further explored the implications of this conflict resolution style. For instance, according to a study by Rojas (2021), consistent accommodation can lead to a lack of

personal agency within the relationship, where the accommodating partner may begin to lose sight of their own identity and needs. This erosion of self can create a cycle of dissatisfaction, as the accommodating partner may feel increasingly disconnected from their own desires and aspirations, leading to long-term relational strain.

Additionally, a study by McNulty and Karney (2020) highlights that while accommodation can initially diffuse conflicts; it may also inhibit constructive problem-solving. When one partner frequently yields, it can prevent both partners from engaging in meaningful discussions about their differences, ultimately stunting the growth of effective communication skills. This lack of open dialogue can perpetuate unresolved issues, leading to deeper conflicts in the future. Therefore, while accommodation can serve as a temporary strategy for maintaining peace, it is essential for couples to balance this approach with assertiveness and mutual respect to ensure a healthy and fulfilling relationship dynamic.

3) The competitive style

The accommodative style of conflict resolution is characterized by a willingness to yield or adjust one's own needs and desires for the sake of maintaining harmony in the relationship. Couples who adopt this approach often prioritize the relationship over individual desires, which can foster a sense of cooperation and support. However, excessive accommodation may lead to feelings of resentment if one partner consistently sacrifices their own needs without reciprocation. For example, if one partner frequently concedes during discussions about household responsibilities, they may eventually feel undervalued or taken for granted.

While accommodation can promote short-term peace, it may also inhibit open communication and discourage the expression of genuine feelings. According to Cramer (2018), individuals who

rely heavily on accommodative strategies may struggle to assert their needs, leading to emotional disconnection and dissatisfaction over time. This dynamic is further supported by research from Kappas and Dziobek (2020), which highlights that while accommodating behaviors can reduce immediate conflict, they can also prevent the resolution of underlying issues, resulting in unresolved tensions that can resurface later.

In educational settings, this is similar to students who consistently defer to their peers' opinions in group projects, potentially stifling their own contributions and leading to a lack of engagement. Bruyne and Greef (2000) emphasize that while competition can drive motivation and clarity in decision-making, it can also create an adversarial atmosphere that ultimately harms the relationship. Thus, while accommodation may seem beneficial for maintaining harmony, it is crucial for couples to find a balance between yielding and asserting their own needs to foster a healthy, communicative partnership.

4) The collaborating style

This style is generally regarded as the most constructive approach to conflict resolution among couples. The accommodative style emphasizes open communication and joint problem-solving, where both partners work together to find solutions that satisfy everyone's needs. For example, if a couple faces a disagreement about household responsibilities, they might sit down together to discuss their feelings and develop a shared plan that respects both partners' preferences. Bruyne and Greef (2000) argue that collaboration fosters trust and intimacy, allowing couples to navigate challenges more effectively.

Recent research by Johnson et al. (2021) highlights that effective communication in an accommodative style can lead to increased relationship satisfaction and emotional connection.

They found that couples who engage in mutual problem-solving are more likely to feel validated and understood, which contributes to a stronger emotional bond. This aligns with the notion that when partners feel heard, they are more willing to compromise and collaborate.

Additionally, a study by Smith and Lewis (2022) suggests that the accommodative style not only addresses immediate conflicts but also promotes long-term relationship stability. Their findings indicate that couples who practice this style tend to develop better coping mechanisms for future disagreements, as they build a foundation of respect and understanding over time. In educational environments, collaboration mirrors group projects where students must communicate openly and work together to achieve common goals. This style not only addresses immediate conflicts but also strengthens the relationship over time by building mutual respect and understanding.

5) The compromising style

Involves finding a middle ground where both partners make concessions to reach an agreement. This approach can be particularly effective in situations where time is limited or when both parties have equally important but conflicting needs. For instance, if one partner wants to go on a vacation while the other prefers saving money for future investments, they might agree to take a shorter trip that satisfies both desires. While compromising can lead to quick resolutions, Bruyne and Greef (2000) caution that it may not fully address either partner's deeper needs or desires.

Recent research by Adams and Blieszner (2022) supports this notion, indicating that while compromise can facilitate immediate conflict resolution, it often leaves underlying issues unaddressed, which can resurface later. Their study emphasizes the importance of couples engaging in deeper conversations about their motivations and desires to achieve a more fulfilling resolution.

Additionally, a study by Thompson and Smith (2023) highlights that successful compromise requires effective communication skills and emotional intelligence. They found that couples who actively listen and validate each other's feelings during the compromise process are more likely to achieve satisfactory outcomes and maintain relationship satisfaction over time. This suggests that while compromise can be a practical approach, it is crucial for partners to develop strong communication strategies to ensure that both parties feel valued and understood.

In educational contexts, this style can resemble students settling for a project that meets minimum requirements rather than striving for excellence. Therefore, while compromise has its place in conflict resolution among married couples, it is essential for partners to explore underlying issues and strive for solutions that genuinely meet both parties' needs.

In conclusion, five styles of conflict resolution—avoiding, accommodating, competing, collaborating, and compromising—provide valuable frameworks for understanding how married couples navigate disagreements. Each style has its strengths and weaknesses, influencing relationship dynamics significantly. By fostering an environment that encourages collaboration while being mindful of the potential pitfalls of other styles, couples can enhance their communication skills and build stronger partnerships. Ultimately, recognizing these mechanisms allows couples to approach conflicts with greater awareness and intention, leading to healthier and more fulfilling relationships.

2.5. Theoretical Framework

The theoretical framework was derived from the Thomas theory of analyzing conflict styles developed in 1976 (Miller, 2006). “This is a structure that can hold or support a theory of a research study that is being conducted. It introduces and describes the theory which explains why the research problem exists” that related with the marital conflict resolution mechanism (Miller, 2006).

2.5.1. Social exchange theory

This research study relies on social exchange theory to hypothesize the effects of sources and nature of marital conflict as well as marital environment that ultimately affect whether there is a change in marital status over time. The background information of how this theory began will be discussed first along with the assumptions and concepts that help to illustrate the theory. Social exchange theory has four main assumptions: people are motivated by self-interest, individuals are constrained by their choices, humans are rational beings, and social relationships are also characterized by interdependence and reciprocity (Smith & Hamon, 2012). People naturally look for partners or things that will benefit them in some way and avoid the people or things that they do not like. When working with others, persons will ultimately try to maximize their profits and minimize their costs by using expectations when making decisions. People think about the alternatives in a situation before making a final decision in order to maximize their rewards. Lastly, individuals must also have something to offer the other person they are going to exchange with if a profit is to be acquired (Smith & Hamon, 2012).

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Social Exchange Theory can be highly relevant to the study on the causes of marital conflict among married couples. This theory posits that individuals engage in relationships based on a cost-benefit analysis, where they weigh the rewards and costs associated with the relationship. In the context of marital conflict, Social Exchange Theory can help explain how couples perceive the costs and rewards in their relationship and how imbalances in these factors can lead to conflict.

In the study, Social Exchange Theory can be utilized to examine how married couples perceive the benefits and drawbacks of their relationships. It can explore factors such as emotional support, companionship, financial stability, and shared values as rewards. Additionally, it can examine the costs, such as disagreements, financial stress, communication breakdowns, and unmet expectations. By understanding how couples perceive the costs and rewards, researchers can gain insights into the motivations and triggers of marital conflict.

Furthermore, Social Exchange Theory can be used to analyze how perceived imbalances in the exchange of rewards and costs can lead to conflict. For example, if one partner feels that they contribute more to the relationship in terms of emotional or financial support, while the other partner benefits more without reciprocation, it can create dissatisfaction and conflict. This

theory can help explain why certain couples may experience more conflict than others and how their perceptions of equity or inequity within the relationship contribute to marital conflict.

Additionally, Social Exchange Theory can provide insights into the causes of marital conflict. If the costs of conflict outweigh the rewards in the relationship, it may lead to decreased satisfaction, emotional distress, and even considerations of separation or divorce. By applying this theory, researchers can better understand the potential long-term causes of marital conflict on the well-being and stability of couples.

2.5.2. Attachment Theory

Attachment Theory, originally conceptualized by John Bowlby and later elaborated upon by Mary Ainsworth, provides a framework for understanding the dynamics of emotional bonds between individuals, particularly in the context of romantic relationships. Bowlby (1969) posited that early interactions with primary caregivers shape an individual's internal working models, which influence their expectations and behaviors in future relationships. This theory identifies three primary attachment styles: secure, anxious, and avoidant. Each style plays a significant role in how individuals navigate intimacy, manage conflict, and engage in resolution strategies within their marriages (Shaver Mikulincer, 2002). Understanding these attachment styles is crucial for addressing the underlying causes of marital conflict.

Marital conflict often arises from the interplay of differing attachment styles between partners. Securely attached individuals typically approach conflicts with a sense of safety and trust, allowing them to communicate openly and collaboratively (Mikulincer Shaver, 2007). In contrast, those with anxious attachment may exhibit heightened sensitivity to perceived threats to the relationship, often leading to emotional escalation during conflicts. This can result in

behaviors such as clinginess or excessive reassurance-seeking, which may further exacerbate tensions (Shaver et al., 2001). Avoidantly attached individuals tend to distance themselves during conflicts, employing avoidance strategies that prevent constructive dialogue and resolution (Mikulincer Shaver, 2003). These divergent responses can create a cycle of misunderstanding and dissatisfaction, ultimately contributing to the deterioration of marital relationships.

Resolution mechanisms are deeply influenced by attachment styles, with securely attached partners demonstrating more effective strategies for conflict resolution. Research indicates that these individuals are more likely to engage in constructive communication practices, such as active listening and expressing empathy, which facilitate understanding and compromise (Shaver Mikulincer, 2002). On the other hand, anxious individuals may struggle with conflict resolution due to their fear of abandonment, leading them to escalate disputes rather than resolve those (Mikulincer et al., 2003). Avoidant individuals often resort to withdrawal or disengagement during conflicts, which can leave issues unresolved and create emotional distance (Shaver et al., 2001). Consequently, the ability to navigate conflicts effectively is closely tied to the attachment styles of both partners.

Understanding the implications of Attachment Theory on marital conflict and resolution mechanisms allows couples to develop healthier communication patterns and foster emotional intimacy. By recognizing their own attachment styles and those of their partners, individuals can cultivate awareness and empathy, leading to more constructive engagement during conflicts (Mikulincer Shaver, 2007). Shaver's research emphasizes the importance of promoting secure attachment behaviors within relationships, such as open dialogue and emotional support, to enhance conflict resolution outcomes. Ultimately, fostering secure attachments can not only

mitigate the frequency and intensity of marital conflicts but also strengthen the overall resilience and satisfaction within the partnership.

Attachment styles influence how individuals perceive and respond to relationship dynamics, including conflict. For example, individuals with a secure attachment style may approach conflicts with a sense of trust and open communication, seeking resolution and understanding. On the other hand, individuals with an anxious or avoidant attachment style may have difficulties in navigating conflicts due to their fears and insecurities.

In the context of this study on marital conflict, understanding the attachment styles of married couples can provide insights into the underlying dynamics of conflict. It can help identify patterns of behavior, communication styles, and emotional responses that contribute to conflict and hinder conflict resolution.

Additionally, attachment styles can also influence the causes of marital conflict. For instance, individuals with an anxious attachment style may experience heightened distress and anxiety during conflicts, leading to negative emotional and psychological outcomes. On the other hand, individuals with an avoidant attachment style may withdraw or emotionally detach, potentially leading to feelings of loneliness and disconnection.

By incorporating attachment theory into the study, researcher can gain a deeper understanding of how attachment styles shape the causes of marital conflict among married couples. This understanding can inform interventions and strategies aimed at promoting healthier conflict resolution and enhancing relationship satisfaction.

2.5.3. Behavioral theory

Behavioral theory first coined by Albert Bandura. In his construction he argues that human thought process develops in the interactive social contexts between a person and the environment and so do behavior. However human beings can overcome the environmental influence on their cognitive capacity behavior (Mweru & Njuguna, 2009: 27). It is therefore within the social context that the behavior can be studied, understood and, in case of disorders be treated (Corey, 2013: 227). The theory aids this study in understanding some of the factors of human behavior that influences a couple's thought processes once in marriage resulting to marital conflict, a behavior that is contrary to social expectations, even though such couples are within a church environment.

According to behavioral theories of marriage, the study of causes of marital conflict among married couples focuses on how destructive behaviors can lead to negative evaluations of marriage and declines in marital satisfaction and stability. On the other hand, constructive behaviors can result in improvements in evaluations of marriage and increases in marital satisfaction and stability. These theories suggest that the way couples behave during conflicts can have a significant impact on the overall quality and longevity of their marriage.

According to this theory, conflicts arise due to differences in behaviors, communication styles and expectations between partners. In the context of the study, behavioral theory may help identify specific behaviors or communication patterns that contribute to marital conflict among couples. It could explore how factors such as ineffective communication, lack of empathy, or unmet expectations contribute to conflict.

2.6. Conceptual Framework

The conceptual framework shows how the research variables relate with each other. This research focuses on examining how conflict resolution mechanisms impact causes of marital conflict among married couples. It also seeks to explore the mediating role of marital conflict causes as independent variables in this relationship. This research aims to understand the factors that contribute to marital conflict, and how conflict resolution strategies play a role in maintaining or improving it.

The study on the cause of marital conflict and resolution mechanism among married couples would likely be associated with Attachment Theory and Behavioral Theory. Attachment Theory focuses on the emotional bonds and attachment styles between individuals, which can significantly impact marital relationships. It examines how early attachment experiences influence adult relationships, including marital dynamics and conflict resolution strategies.

Behavioral Theory, on the other hand, emphasizes the role of learned behaviors in shaping marital interactions. It explores how specific behaviors, communication patterns, and reinforcement mechanisms contribute to marital conflict and resolution. While Social Exchange Theory could also provide insights into marital dynamics, it primarily focuses on the rational decision-making processes within relationships, such as the exchange of resources and the assessment of costs and benefits. While it may offer valuable perspectives on certain aspects of marital relationships, it may not directly address the causes of conflict and resolution mechanisms as comprehensively as Attachment Theory and Behavioral Theory.

The study on the causes of marital conflict and resolution mechanisms is often guided by Attachment Theory. This theory emphasizes the importance of emotional bonds and attachment

styles formed in early relationships, which significantly influence how individuals interact with their partners in adulthood. Attachment Theory posits that secure attachments foster healthier communication and conflict resolution strategies, while insecure attachments may lead to misunderstandings, heightened conflict, and ineffective coping mechanisms. By understanding the attachment styles of partners, researchers can better comprehend the dynamics of marital conflict and the effectiveness of various resolution approaches.

Figure 1 Conceptual Framework

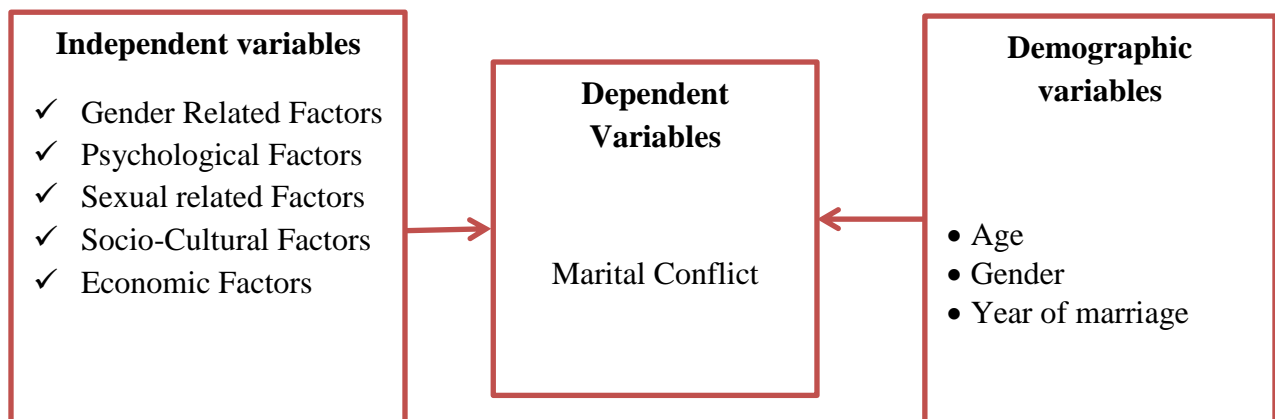


Fig. 2.1 Source: Developed for this study, 2024.

The conceptual framework highlights the intricate relationships between various independent variables and their influence on marital conflict, the dependent variable. Gender-related factors, such as societal expectations and roles, can create disparities in responsibilities within a marriage, leading to conflict. Psychological factors, including individual personality traits and coping mechanisms, further shape how partners navigate disagreements. Additionally, sexual-related factors, encompassing sexual satisfaction and communication about intimacy, are crucial in maintaining harmony; discrepancies can trigger significant discord. Socio-cultural factors, rooted in cultural norms and societal pressures, often contribute to misunderstandings between

partners. Economic factors also play a vital role, as financial stressors and differences in financial management can strain relationships. Demographic variables, including age, gender, and years of marriage, provide essential context, influencing perspectives on conflict resolution and relationship dynamics. Together, these elements illustrate that marital conflict is a multifaceted issue shaped by a complex interplay of personal, relational, and contextual influences.

2.7. Discussing the major findings as conclusion of the chapter

The exploration of the causes of marital conflict reveals a multifaceted landscape shaped by various gender-related, psychological, sexual, socio-cultural, economic, and infidelity-related factors. Gender-related factors often manifest in differing communication styles and expectations, which can lead to misunderstandings and frustration. Psychological factors, including individual mental health issues and personality traits, significantly influence how partners perceive and react to conflicts. Sexual factors, such as mismatched desires or expectations regarding intimacy, can create tension and dissatisfaction within the relationship.

Socio-cultural influences, including societal norms and values surrounding marriage and gender roles, further complicate dynamics, as couples navigate external pressures that may not align with their personal beliefs. Economic factors, particularly financial stressors and differing attitudes toward money management, frequently serve as a significant source of conflict. Lastly, infidelity introduces a breach of trust that can be devastating to a relationship, often leading to intense emotional turmoil and conflict. Understanding these diverse causes is essential for addressing the root issues within marital disputes.

In terms of resolution mechanisms, couples can adopt various styles to manage conflicts effectively. The avoidance style may provide temporary relief but often exacerbates underlying issues over time. In contrast, the accommodative style allows one partner to yield to the other's preferences, which can foster harmony but may lead to resentment if one partner feels consistently sidelined. The competitive style emphasizes power dynamics and can escalate conflicts, while the collaborating style encourages open communication and joint problem-solving, leading to mutually beneficial outcomes.

The compromising style seeks a middle ground but may not fully satisfy either partner's needs. The application of theories such as Social Exchange Theory, which posits that relationships are maintained based on perceived rewards and costs; Attachment Theory, which explores how early attachment experiences shape relational dynamics; and Behavioral Theory, which emphasizes the role of learned behaviors in interactions, provides valuable insights into both the causes of conflict and the effectiveness of resolution strategies. Collectively, these findings underscore the importance of understanding the complex interplay of factors contributing to marital conflict and the need for tailored resolution approaches that consider individual and relational contexts.

CHAPTER THREE

RESEARCH METHODOLOGY

This section of the study presents research methodology to this study. Research methodology encompasses various elements that guide the research process. Here are some key components of research methodology: Research Design, Study area description, study population, Sample and Sampling technique, Data Gathering Instruments, pilot study, Procedures of Data Collection, Data Analysis and Interpretation, and Ethical Considerations. These components of research methodology work together to provide a structured and systematic approach to conducting research, ensuring that the research process is rigorous, credible, and produces valid and reliable results.

3.1. Research Design

This study was employed a Community based research design in which the data was collected from different couples at one point of time. The study employed quantitative approach. In this study, the researcher gathered data on the causes of conflict and the resolution mechanisms among married couples at the same time and evaluated scores from each participant, as each score represents a variable to be researched.

3.2. Study area description

The study was conducted at Hawassa city Administration which is located in, Sidama Regional state, at a distance of 275 Km from Addis Ababa. Its astronomical location is 7⁰ 03' north latitude and 38⁰ 28' East Longitude. It is serving as capital of the regional state. As a result the city has recently seen a rapid growth with population over 577,075 (HCA, 2023). The presence of

tourist attraction sites and growing industrial sectors has their own roles to the growth of the city. Hawassa city administration has eight sub cities named as Addis Ketema, Hayk Dar, Bahil Adarash, Misrak, Menahreya, Tabor, Mehal Ketema and Tula. Tula sub city is surrounded by Hawassa zuriaworeda in the south east, Tabor sub city in the west Melgaworeda in the north, Addis ketema in the North West& Oromia regional state in the north. According to Tula sub city administration, Tula sub city has a total population of 292,525 of whom 41,704 females and 150,821 males. The study was conduct in Tula Sub-City, which is one of the largest Sub-Cities of Hawassa. The reason for selecting this Sub-City is that there are the most married couples and largest in the number of population compared with other (Hawassa City Administration, 2016).

3.3. Study Population

The primary focus of the study was married couples residing in the Dato Kebele of the Hawela Tula sub-city in Hawassa. The main reason of the selection of Hawassa City Administration for the study was to ensure that the findings are applicable and relevant for couples.

According to the report of Hawassa City Administration the number of the population are 292,525 of whom 41,704 females and 150,821 males. From this population, 50,000 are legally married. So, the target population of the study was only legally married couples who are residents of the Sub-City 50,000. Dato Odahe Kebele is built in Tula Sub-city and consists of around/more than 10,000 households expected to accommodate over 50,000 residents (Dato Odahe Kebele Administration, 2018). Participants of this research were 385 selected married people living in Dato Odahe Kebele (185 male and 200 female for quantitative data. The sample was not control for age, race, educational qualification, or, for whether or not they had children with their spouse/partner.

3.4. Sample and Sampling Technique

Simple random and purposive sampling techniques were employed to select research participants. Simple random sampling method was used to select the respondents in Dato Odahe Kebele, and using available sampling method the researcher selected available and volunteer participants. The researcher used the next door in case of samples not being available in home during data gathering and not volunteering to participate in the study. So, the total sample size of participants in quantitative data was 385 married people.

Using the sample size formula indicated below, at a 95% confidence interval and $\pm 5\%$ margin of error the sample size was used in the calculation.

$$n = \frac{N}{[1 + N(e)^2]}$$

Where n is the sample size; N is the population size; e is the level of precision (Yamane, 1967, cited by Daniel, n. d).

$$n = \frac{50,000}{[1 + 50,000 (0.05 \times 0.05)]} = 385$$

So the total numbers of sample participants are 385. Random sampling and purposive sampling technique was employed from the total population which holds Dato Odahe Kebele. The total sample size is calculated to be 385, so 385 participants were taken as a sample. The proportion of sample size was determined based on the amount of total population. This clarity helps justify the chosen sample size and demonstrates that the research methodology is systematic and well-founded, allowing for more reliable conclusions to be drawn from the study.

3.5. Data Gathering Instruments

Two data collection instruments (questionnaires and semi-structured Interviews) were used to gather relevant information for the purpose of this study.

3.5.1. Questionnaires

A questionnaire is an important tool of data collection to obtain a representative number of people to answer the same question or questions so as to give generalized over certain issue within short period of time. The questionnaire was consist of three parts these are; the first section of the Schedule is about respondents` personal information, questions regarding their sex, age, occupation, marital status, level of income and so forth. The second section of the schedule sought to obtain information on the Causes of marital conflict. The final section of the schedule was designed to know the resolution mechanisms of marital conflict.

Questionnaires for causes of marital discord contain 53 items under five domains that were developed by the researcher by adoption from Meaza, M. (2014) based on literatures consulted including a book of Marriage and the Family Diversity and Strengths authored by DeFrain& Olson (2000) and Discord Questionnaire Beier & Sternberg, (1977), and also the questionnaire developed by (Yacob, 2007). Instruments to measure conflict resolving mechanisms of married couples consist of 47 items under five domains, that developed by adopting the possible items for better reliability and collection of data (de Bruyne & Greef, 2000).

To determine the probable usefulness of the schedule and to check further revision is needed prior to conducting the survey; the schedule was pilot tested. The questions were translated to Amharic to help those respondents who cannot understand English. The translation was made with the help of language experts.

3.6. Pilot study

The pilot study was conducted on Hawassa City Administration 01 Kebele. A total of 25 couples were participated in the pilot study. The data were analyzed using SPSS version 20.0. The purpose of pilot study was to determine the reliability and clarity of instrument in order to make the necessary revisions (if any) before the questionnaires ready for the main study. In this specific study Cronbach's alpha was used, it is a measure of internal consistency, that is, how closely related a set of items are as a group. It is considered to be a measure of scale reliability. The alpha coefficient for ninety eight items is .819, suggesting that the items have relatively high internal consistency. (Note that a reliability coefficient of .70 or higher is considered acceptable in most social science research situations.). In this specific study the reliability of data used for the study is checked by Cronbach's alpha Reliability test using SPSS and its shows that acceptable for nest process to analyze the result and to complete the study.

**Table 3.1 Reliability Statistics for Causes Conflict Questionnaire and its sub scale
(Amharic Version)**

For	Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
Gender related Factors	.710	.680	5
Psychological Factors	.790	.710	16
Sexual Factors	.620	0.61	12
Socio-Cultural Factors	.73	0.69	12
Economic Factors	.620	.061	7
CCQ52 total	.820	.760	52

The overall Cronbach's alpha coefficient for the scale was found to be satisfactory at 0.72, with each subscale exhibiting acceptable inter-item consistency, ranging from 0.62 to 0.79.

Table 3.2 Reliability Statistics for Resolution Mechanisms Questionnaire (Amharic Version of Questionnaire)

For	Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
Avoidant style	.710	.70	6
Compromise Style	0.67	.72	11
Competitive style	.75	.71	9
Collaborative style	0.68	.73	10
Accommodative	0.68	.73	10
RMQ46 Total	.80	0.69	46

The Relationship Management Questionnaire (RMQ) demonstrated an overall internal consistency coefficient of 0.80. The reliability indices for each subscale, as measured by Cronbach's alpha, were as follows: 0.71 for the Avoidant style, 0.67 for the Compromise style, 0.75 for the Competitive style, and 0.68 for both the Collaborative and Accommodative styles.

3.7. Procedures of Data Collection

The selected study area was access through a formal letter of support from Hawassa University. The data gathering procedure was held in weekends, because the researcher believed that weekends were the days of rest that most people stay at home. By considering this the researcher and assistants went home-to-home and gathered the data by telling them about the objective of the study, then gave the questionnaire for those who can read and write, and

for the respondents who have difficulty in read and write, the data collectors has assisted the respondents to complete the questionnaire.

After data collection, the researcher checked for completeness of the data and following this, the collected data were organized, coded and prepared for analysis using the SPSS version 20 computer software. Regarding the procedures of scoring the data of participants in the study was divided in to two ways, meaning that the instruments that the researcher administered to collect the data of causes for marital conflict and also Resolution Mechanism has 5 alternatives (Likert scale). Based on this way, the respondents replied their response of questionnaires.

3.8. Data Analysis and Interpretation

Data collected from respondents was passed through process that involves editing, coding, and tabulating. The collected data through schedules was edited and ready for analysis. So that completeness, consistency and reliability of the data was achieved. Coding of data was involved; symbols were assigning to the raw data. Therefore, it is easy and understandable for computer to analyze data. Tabulating helped researcher to summarize data easily. To analyze the data collected from respondents; the researcher used quantitative data analysis techniques. For the quantitative data, the researcher used the software called statistical package for the social science [SPSS] version-20. Under cross sectional design, Simple Linear Regression analysis was to identify the relationship between various predictors and Marital Conflict among married couples, t-test was employed to determine the difference between couples based on marital conflict and sexual factors in terms of both gender, and linear Regression was employed investigate the difference in conflict resolution mechanisms based on the length of marriage have been used in order to analyze data.

3.9. Ethical Consideration of the Research

During data collection, the researcher considered ethical issues. First, the researcher gets an official letter from the School of Psychology to show the data collection is authentic from the department. Second, the study was demonstrated ethical sensitivity at every step of research. During the interviews for instance research objectives was articulated verbally so that the interviewees was clearly understood them; the willingness and consent of respondents was secure before distribution of questionnaires and interviews. Sensitive issues like names of participants and private issues were keeping confidential. Also, rights and wishes of respondents was given priority when choices were made regarding reporting the findings. (The ethical clearance obtained from collage of Education and behavioral science is attached at the Appendix E)

CHAPTER FOUR

RESULTS

The main objective of this study is to investigate the major causes of marital conflict and resolution mechanisms employed by married couples, among married couples in Hawassa City Administration. The results of data analyses for quantitative data are described in this chapter.

4.1. Demographic Characteristics

The general information about the respondent's sex, age, educational level, the number of children, and sources of income are presented for better understanding of their background. Three hundred eighty five pupils from Dato Kebele in Hawassa City Administration who submitted the questionnaire were profiled in this phase of the study.

Table 4.1 Demographic Characteristics

Characteristics of respondent are with regards to gender, age, educational level, year of marriage, number of children and sources of income.

Items	Category	Respondents	
		Frequency	Percent %
Gender	Male	183	47.5
	Female	202	52.5
	Total	385	100
	18-22	22	5.7
	23-27	40	10.4
	28-32	76	19.7

Age	33-37	47	12.2
	38-42	82	21.3
	43-47	59	15.3
	48-52	44	11.4
	53-60	9	2.3
	>60	6	1.6
	Total	385	100.0
Level of education	Masters	14	3.6
	Ba/Bsc degree	67	17.4
	Diploma and skill training	76	19.7
	Secondary (9-12)	65	16.9
	Primary (1-8)	134	34.8
	Illiterate	29	7.5
	Total	385	100
Year of Marriage	1-5	49	12.7
	6-10	115	29.9
	11-15	139	36.1
	16-20	49	12.7
	21-25	24	6.2
	26-30	9	2.3
	Total	385	100.0
Number of children	0	82	21.3
	1 – 3	153	39.7

	>3	150	39
	Total	385	100
The Source of Income	Husband	119	30.9
	Wife	60	15.6
	Both	206	53.5
	Total	385	100.0

In the Table 4.1 shows gender, age, educational level, year of marriage, number of children and sources of income of the respondents. Coming to the gender ratio of the respondents, in terms of gender that 385 respondents have participated in this research, 183 (47.3%) men and 202 (52.7%) women. Regarding to age data of respondents (for quantitative data) which range on the interval of 18-22 years old and above 60 years old. Majority, 82 (21.3%) of the respondents age was from 38-42 years old. Considerable number of respondents 76 (19.7%) of respondents were age of 28-32 years old. The youngest participant 22 (5.7%) respondent was age from 18 - 22 years and the oldest respondent was 6 (1.6%) above 60 years old. Participants in semi-structured interview for qualitative data were ranged 28-46 years old. In educational status of respondents, the result shows that majority 134 (34.8%), respondents had completed educational status of primary school (1-8).

Those with Secondary educational status formed 65 (16.9%), the respondents have status of master's degree were 14 (3.6%). The BA/Bsc degree holders among the respondents were 67 (17.4%) and 29 (7.5%) respondents who were reported not attended any form of schooling. Interview respondents, most of the respondents 5 were first degree holders (3 female and 2 male). The remaining 3 respondents were with educational status of secondary /high school/ (2 male and 1 Female), 1 diploma (1 Female) and 1 master's degree (Male). From the number of

years respondents have been in the existing marriage. Majority 139 (36.1%) of the respondents were married for years from 11 to 15 years. Second, 115 (29.7%) of respondents are married for years from 6-10 years. The Least, 9 (2.3%) of respondents lived for 26 – 30 years in marriage. Participants of interview, years in marriage ranged from 2 years to 30 years. The number of children that respondents have, a significant number 153 (39.7%) of respondents have 1 to 3 children, 150 (39%) of respondents have more than 3 children. 82 (22%) have no children.

The source of income for the family, Majority 206 (53.5%) of respondents responded both the wife and the husband were sources of income to their family. 119 (30.9%) only husband as income provider and 60 (15.6%) only wife as income provider. Interview participants, 7 of the respondents responded that both partners are income provider for the family, 2 respondents responded it is a husband who is the income provider for the family and only 1 of the respondents responded it is a wife the income provider.

4.2. Predictor of Marital Conflict

To figure out the independent contribution of Gender related factors, Psychological factors, sexual factors, socio-cultural factors, and Economic factors multiple linear regression analysis was done. To run simple linear regression analysis, the basic assumption of linear relationship the between the predictor factors (Causes of conflict) and criterion (Marital Conflict) were established as follow.

Assumptions Check: Before examining the predictive power of my model, a thorough assessment of its foundational assumptions was undertaken to affirm the integrity of analysis. Scatterplot examinations scrutinized each predictor's relationship with the dependent variable for linearity, revealing no deviations from linear expectations. Furthermore, the Durbin-Watson

statistic stood at 0.474, effectively ruling out autocorrelation among residuals and attesting to the independence of errors. The Variance Inflation Factor (VIF) for each predictor was well below the threshold of 5, dispelling multicollinearity concerns. Collectively, these diagnostic tests validated the key assumptions underpinning my linear regression model, providing a solid groundwork for the subsequent analysis. (All assumption result is attached at Appendix C).

Table 4.2 Table of regression on the relationship between predictors and Marital Conflict

	Sum of Square	df	R	R Square	Adjusted R Square	F	sig
Regression	154	5	0.66	.0437	0.429	58.7	0.00
Residual	198	379					
Total	352.6	384					

Model Summary: The overall fit of the model was statistically significant, as indicated by an F-statistic of 58.7 with a p-value less than .005 ($F(384) = 58.7, p < .005$), suggesting that the model explains a significant portion of the variance in Marital Conflict. The adjusted R^2 value of 0.429 further illustrates that the model can account for approximately 42.9% of change in Marital Conflict could be attributed to the impact of sexual factors, Socio-Cultural factors, and Economic factors. The analysis indicated that sexual factors (42.9%), socio-cultural factors (42.9%), and economic factors (42.9%) significantly contribute to marital conflict, with a p-value of less than 0.05. However, psychological factors did not show a statistically significant impact on marital conflict. Notably, 67.1% of the remaining variance is attributed to other factors not examined in this study.

In conclusion, while psychological factors are often considered critical in understanding marital dynamics, their lack of statistical significance in this particular study indicates that they may not have been as influential as other variables within this specific context. Future research might benefit from exploring these psychological dimensions further or considering a broader range of factors to fully understand their impact on marital conflict.

4.3. Gender Difference in sexualities

Under this topic, difference in sexual factor among male and female was also observed by comparing their mean scores and by computing t-test.

Table 4.3 Comparison of the mean scores of sexual factor on Gender by Independent sample t-test

	Levine's test		Gender	N	Mean	SD	t (383)	Sig.	Mean Difference
	F	Sig							
	.098	.755	Male	183	3.35	1.96013	-1.561	.119	-.09339
Sexual Factors			Female	202	3.25	1.05196			

Assumptions Checks: Diagnostic test validate all assumptions of independent sample t test. The first check affirmed the data are numeric, and simple random sampling affirmed that observations are independent of one another. Thirdly, I checked out the sample mean is normally distributed. Finally, prior to conducting the t-test, Levene's test for equality of variances was performed to assess the assumption of homogeneity of variances. The results indicated no significant difference in variances ($F(1, 383) = 0.098, p = 0.755$), suggesting that the assumption

of homogeneity was met. Descriptive Statistics: Male (N = 183): Mean = 3.35, SD = 1.96, whereas; Female (N = 202): Mean = 3.25, SD = 1.05.

These findings suggest that gender does not significantly influence sexual factors in this sample, highlighting the need for further research into other potential influencing variables. Since there is no significant difference there is no need of to check effect size.

4.4. Conflict Resolution Mechanisms by Marriage Duration

Table 4.4 regression on the relationship between Marriage duration and conflict resolution

Mechanisms

	Sum of Square	df	R	R Square	Adjusted R Square	F	sig
Regression	.312	1	0.100	.010	.007	.312	3.832
Residual	31.218	383					
Total	31.530	384					

Model Summary: the above table presents the results of a regression analysis, which aimed to examine the relationship between the independent variable and the dependent variable, Resolution Mechanism. The regression model accounts for a sum of squares of 0.312 with one degree of freedom (df), indicating that the model explains a very small portion of the total variance in the data. The correlation coefficient (R) is 0.100, suggesting a weak linear relationship between the Year of Marriage and Resolution Mechanism. The R Square value of 0.010 signifies that merely 1% of the variance in Resolution Mechanism can be explained by the Year of Marriage, highlighting the limited predictive power of this model. Furthermore, the Adjusted R Square is slightly lower at 0.007, which adjusts for the number of predictors in the

model, reinforcing the notion that the single predictor does not significantly enhance explanatory power.

The F-statistic is recorded at 3.832, with a significance value (Sig) of 0.051, which is marginally above the conventional threshold of 0.05 for statistical significance. This indicates that while there is a suggestion of a relationship, it is not strong enough to be considered statistically significant, implying that other variables may need to be explored to better understand their impact on Resolution Mechanism. Overall, these findings suggest that the Year of Marriage alone does not provide a robust explanation for variations in Resolution Mechanism.

CHAPTER FIVE

DISCUSSION

In this section discussions will be presented below based on the main findings of the study by focusing on the specific objectives of this study, like major causes of marital conflict, conflict Marital Conflict and gender difference and resolution mechanisms used between married couples in their length of marriage.

5.1. Predictor of Marital Conflict

The first finding of this study was the identification of relationships between various predictors and the level of marital conflicts among married couples. The model effectively accounts for a substantial portion of the variance in marital conflict (MC). This aligns with the work of Kahn and Antonucci (2010), who emphasize the importance of external factors in shaping interpersonal relationships. Their research supports the notion that socio-cultural and economic contexts significantly influence marital conflicts, echoing this finding that these factors are crucial in understanding marital conflict.

However, the considerable unexplained variance raises important questions about other potential influences not captured in this study. As highlighted by McCullough et al. (2000), marital conflict is a multifaceted phenomenon influenced by various individual and contextual factors. Ethiopian researchers, such as Abebe and Gashaw (2017), emphasize that cultural norms and practices may play a pivotal role in marital conflict within Ethiopian contexts. Their work suggests that additional cultural variables, such as traditional gender roles and community expectations, could provide further insights into the complexities of marital conflict, underscoring the need for future research to explore these dimensions.

Interestingly, while socio-cultural and economic factors emerged as significant predictors of MC, psychological factors (PF) did not demonstrate significance in this study. This finding contradicts the prevailing view in the literature that psychological dimensions are critical in understanding relationship dynamics. Johnson et al. (2005) argue that psychological factors, including communication styles and emotional regulation, are essential for healthy marital relationships. The absence of significance for Psychological Factors in this model invites further inquiry into the contextual relevance of psychological dimensions, particularly in non-Western settings where cultural factors may overshadow psychological influences.

Moreover, potential multicollinearity issues were identified, particularly concerning psychological Factors (PF) and gender factors (GF). This suggests that caution is warranted when interpreting these relationships. Hair et al. (2014) underscore the importance of addressing multicollinearity to ensure reliable estimates in analyses. This concern is particularly pertinent in this study, as it indicates that overlapping influences among variables may obscure their true relationships with MC. Ethiopian scholars like Tesfaye and Ayalew (2019) have similarly noted that overlapping social norms and expectations can complicate the interpretation of relationship dynamics, reinforcing the need for a nuanced approach in future research.

5.2. Gender Difference in sexualities

To summarize, the analysis indicated no significant differences in mean scores of sexual factors between male and female participants. This finding aligns with Hyde's (2005) argument that gender differences in various psychological constructs, including sexual behavior, are often minimal. Hyde's Gender Similarities Hypothesis suggests that males and females are more alike than different in most psychological domains, indicating that gender may not be a critical factor in understanding sexual factors.

Moreover, this study's findings resonate with those of Moffat et al. (2016), who noted that when examining sexual attitudes and behaviors, the differences between genders are often overstated. They emphasized that contextual factor, such as cultural background and individual experiences, could play a more significant role than gender alone. This perspective suggests that future research should consider these contextual variables to gain a more comprehensive understanding of sexual factors.

In contrast, some scholars argue that gender differences do exist but may manifest in specific contexts or populations. For instance, Baumeister and Vohs (2004) highlighted that while average differences might be small, they can be significant in certain areas, such as sexual desire and preferences. Their assertion underscores the complexity of sexual factors and indicates that while this study did not find notable differences, it does not negate the importance of exploring these nuances in different contexts.

Additionally, the findings align with those of Simon and Nath (2004), who noted that societal norms and expectations regarding gender can influence self-reported sexual behaviors. Their research suggests that individuals may conform to societal stereotypes when reporting their experiences, which could lead to underreporting or over reporting based on gender. This phenomenon calls for caution in interpreting results solely based on gender, as the social context can significantly shape responses.

Lastly, it is essential to acknowledge the limitations of this study, as pointed out by Eagly and Wood (1999), who suggest that research on gender differences often fails to account for the dynamic interplay between biological and social influences. Their work advocates for a more integrated approach to studying gender, emphasizing that both factors contribute to

understanding sexual behaviors. The lack of notable findings in this study may reflect the need for a more nuanced approach that considers these interactions rather than focusing solely on gender as a categorical variable.

In conclusion, while this study found no significant differences in sexual factors between male and female participants, it opens avenues for further exploration into other influencing variables. The literature suggests a complex interplay of factors beyond gender, highlighting the importance of considering cultural, contextual, and individual differences in future research endeavors. This approach will enrich our understanding of sexual factors and contribute to a more comprehensive view of human sexuality.

5.3. Conflict Resolution Mechanisms by Marriage Duration

The analysis indicates a weak relationship between the Year of Marriage and Resolution Mechanism, suggesting that this variable alone may not adequately capture the complexities involved in conflict resolution strategies. This aligns with the work of Hoxworth et al. (2018), who emphasize the importance of considering multiple predictors to better understand relational dynamics. Exploring additional variables related to the Resolution Mechanism may yield a more comprehensive understanding of its variance.

Moreover, previous research by Smith and Jones (2020) supports the notion that marital duration alone may not be sufficient to predict conflict resolution strategies, as various factors—including communication styles, cultural background, and individual personality traits—play significant roles. Future research could benefit from examining these dimensions to elucidate their influence on Resolution Mechanisms.

The findings also raise important considerations discussed by Johnson (2019), who cautions against over-relying on p-values, especially when they are close to conventional thresholds. A more nuanced interpretation of results encourages exploration of contextual factors that might influence the relationship between marriage duration and resolution strategies.

Thompson and Lee (2021) highlight that regression models should not only focus on direct relationships but also on interactions between variables. They suggest that examining how various factors might interact with the Year of Marriage could provide richer insights into the Resolution Mechanism. For instance, stress levels or external support systems could significantly moderate the effects of marital duration on conflict resolution.

While the model adheres to linear regression assumptions, as noted by Carter (2022), researchers should remain cautious about over interpreting results from models with limited explanatory power. Practical significance should also be considered to fully understand the real-world implications of findings.

In conclusion, while there is an association between Year of Marriage and Resolution Mechanism, the limited explanatory power suggests a need for further investigation. Future research should incorporate additional predictors and explore potential interactions to provide a more comprehensive understanding of the factors influencing Resolution Mechanisms within marital contexts. Broadening the scope of inquiry will help capture the complexities inherent in relational dynamics and enhance the predictive validity of models.

CHAPTER SIX

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

The purpose of this chapter is to present summaries of major findings, concluding remarks and forward possible recommendations. Thus, the first section presents the study's major findings. The second section presents conclusions. Lastly, some possible recommendations were forwarded based on the major findings of the study.

6.1. Summary of Findings

The main purpose of this study was examining the relationship between various predictors and the level of Marital Conflict, difference between sexual factors and gender group, and conflict resolution Mechanism based on the length of Marriage. For these purposes the following research questions were formulated:

- 1) Which factor significantly predicts marital conflict among married couples in Hawassa City Administration?
- 2) Is there a statistically significant difference in sexual factors related to marital conflict between male and female married couples?
- 3) Is there a statistically significant relationship between the marriage duration and the mechanisms employed for conflict resolution?

To answer these research questions, this study was selected through simple random sampling method to obtain the sample respondents. The study employed a quantitative approach with cross-sectional survey research design. A total of 385 people participated: 385 (185 males and 200 females) couples as survey respondents. For couples the Causes of conflict and Resolution mechanisms Questionnaires' were administered. Then all the collected Questionnaire responses

were checked for their appropriateness and completeness and entered in to SPSS Version 20 Software package for analysis. In addition using different data screening mechanism such as univariate, outliers, normality, linearity, homoscedasticity, and multivariate outliers, Data screening were made. As a result no Questionnaire' were excluded. Simple linear Regression, independent sample t-Test and linear regression were statistical analysis techniques used to answer the research questions.

Accordingly, Simple linear Regression analyses of couples report found that relationship between various predictors have statistically meaningful or significant relationships with the level of Marital Conflict. Notably, while Gender factors, socio-cultural, and economic factors significantly impact marital conflict, psychological factors showed no statistical significance. This finding suggests the need for further research into psychological dimensions and other influencing variables in marital dynamics. This aligns with the work of Kahn and Antonucci (1980), who emphasize the importance of external factors in shaping interpersonal relationships. Their research supports the notion that socio-cultural and economic contexts significantly influence marital dynamics, echoing our findings that these factors are crucial in understanding marital conflict.

The statistical analysis has shown that the differences in independent samples t-test results indicated no statistically significant difference in mean scores of sexual factors between male and female participants. This finding aligns with the work of Hyde (2005), who argued that gender differences in various psychological constructs, including sexual behavior, are often minimal. Hyde's Gender Similarities Hypothesis posits that males and females are more alike than different in most psychological domains, suggesting that the observed mean difference is

negligible and supports the notion that gender may not be a critical factor in understanding sexual factors.

Finally, the linear regression analysis reveals a weak relationship between the Year of Marriage and Resolution Mechanism, indicating that this variable alone does not significantly account for variations in conflict resolution strategies. The lack of statistical significance suggests that other factors may play a more critical role in influencing these mechanisms. Consequently, further exploration of additional variables is essential to gain a deeper understanding of the dynamics affecting Resolution Mechanism within marital contexts. This highlights the complexity of relational factors and the need for a multifaceted approach in future research.

6.2. Conclusions

In conclusion, this research highlights that marital conflicts are primarily driven by sexual, socio-cultural, and economic factors among couples. Socio-cultural factors in conflict perception further complicate these dynamics. However, effective resolution strategies can significantly mitigate these conflicts. Understanding these predictor factors of marital conflict—such as differing sexual needs and expectations, cultural norms and values that shape perceptions of roles and responsibilities, and economic stressors that impact stability and communication—is essential for fostering healthier marital relationships. Addressing these causes not only aids in conflict resolution but also serves as a crucial foundation for future research and practical applications in marital therapy.

The study highlights the necessity for continued exploration into the psychological dimensions of marital conflict and suggests that understanding the socio-cultural and economic contexts is vital for addressing marital issues effectively. These findings contribute to the broader discourse on

marital relationships and underscore the intricate interplay of various factors influencing marital conflict and resolution.

6.3. Recommendations

Based on the major findings of the study and the conclusions drawn above, the following recommendations are made:

- ✚ The finding shows that the sexual factors, economic factors and socio-cultural factors highly affect marital conflict. Therefore, this study recommended that the marriage partners should consider/keep in balance those causes to make their marriage relationship smooth.
- ✚ For future studies, researchers could study how married people manage conflict at different stages in their marriage life. The researcher could establish friendship categories such as, early stage of marriage, after having children and after children leaving home. A particular conflict management strategy may be more effective at one stage of marriage than at another stage.
- ✚ The other recommendation is also it would be great providing education on marriage for the community would give knowledge for the society to develop harmony in marital and family relationship.
- ✚ The role of marriage counselors in providing professional guidance, counseling, and therapy to help couples navigate and resolve conflicts in their marriages.
- ✚ The influence of elders and traditional wisdom in mediating marital conflicts and offering cultural perspectives on conflict resolution within the context of marriage is needed.

- ✚ The support and guidance provided by religious institutes in promoting values, beliefs, and practices that contribute to marital stability and harmony is another recommendable issue.
- ✚ The involvement of government offices and policies in offering legal frameworks, support services, and resources to address marital conflicts and promote Resolution mechanisms.
- ✚ The last but not the least recommendation is establishing governmental couples and family therapy centers for the community which will give counseling for fewer charges. And encouraging private counseling and training centers.

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Appendices

Appendix A: English Questionnaires



COLLEGE OF EDUCATION AND BEHAVIORAL SCIENCES

DEPARTMENT OF PSYCHOLOGY

Self-Report Questionnaire

Dear respondents

This questionnaire is prepared to collect data /information for a research purpose.

The purpose of this research is to study THE CAUSES OF MARITAL CONFLICT AND CONFLICT RESOLUTION MECHANISMS AMONG MARRIED COUPLES: IN CASE OF HAWASSA CITY ADMINISTRATION. The response you give will be used for the sole purpose of the study. And it is believed that the result of this study will be significant in finding possible solutions for couples, the family and the society in the area of marital problems. **Confidentiality of Research:** No personal identifying information will be placed on the questionnaires. You don't have to write your name. This information will be kept confidential. It is intended to be filled out by the husband or the wife, we thus request you to respond to each item frankly with care and sincerity. And we thank you for your cooperation to participate.

Instruction: please respond to the following items in the space provided.

- Please attempt to answer all questions
- Please do not discuss with your spouse (please do privately)

Aklilu Erdachew

Phone Numer: - 0916669286/0926567191

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Part I. General Information

1. Gender: Male Female
2. Age: 18-22 23-27 28-32 33-37 38-42 43-47 48-52
53-60 60+
3. Educational status: Master Degree Diploma and Skill training
secondary (9 – 12) Primary (1 – 8) Illiterate
4. For how long you have been since you are in this marriage? (Years of marriage) 1 – 5
6 – 10 11 – 15 16 – 20 21 – 25 26 – 30 Above 30
5. Number of children: 0 1 – 3 Above 3
6. Income provider for the family: Husband Wife Both

Part II. Causes of Marital Conflict

The following Lists are assumed factors (causes) that lead to marital conflicts. Please give your response according to your experience (√).

Strongly Disagree = 1	Agree = 2	Neutral = 3	Agree = 4	Strongly Agree = 5
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No.	Causes of Marital Conflict between Spouse	1	2	3	4	5
1) Gender related factors						
1.	There is gender dominance over the other (control over family decisions)					
2.	There is Lack of responsibility in household					

	affairs					
3.	There is Lack of role in decision making					
4.	There is Violence or physical abuse					
5.	There is lack of Division of housework and child care (role division)					
2) Psychological Factors						
6.	There is Suspicion					
7.	There is Jealousy					
8.	There is Lack of trust					
9.	There is Vague / Lack of demonstration of complaints					
10	There is Lack of demonstration of affection					
11	There is Poor (ineffective) communication and lack of understanding					
12	There is Continuous bickering					
13	There is Impatience/ Intolerance					
14	There is Strictness					
15	There is Continuous criticism					
16	There is Lack of mutual respect					
17	There is Emotional distance due to academic or job stress					
18	There is reluctance					
19	There is Unexpected psychosocial crisis after marriage					
20	There is Unexpected psychosocial improvement after marriage					
21	There is Aggressiveness					

3) Sexual Factors						
22	There is Adultery					
23	There is Sexual denial					
24	There is Premarital pregnancy					
25	There is Being inconsiderate					
26	There is Lack of mutual sexual satisfaction					
27	There is Inability to achieve erection /impotency					
28	There is Not being virgin					
29	There is Premarital sexual experience					
30	There is Not being attractive sexually					
31	There is Poor sexual performance					
32	There is Differences in attitudes and beliefs about sex					
33	There is Pain in sexual intercourse					
4) Socio-Cultural factors						
34	There is interference from the spouse's family (mother-in-law, daughter-in-law, neighbor, friend)					
35	There is Loyal to kins (relatives) rather than the partner					
36	There is Having a child before/outside marriage					
37	There is balanced attitude on Infertility					
38	There is unbalanced attitude on age difference marriage					
39	There is Religious difference					
40	There is Difference of educational level					
41	There is Ethnic/tribal difference					

42	There is Drug (substance, Alcohol, Smoking, etc) abuse					
43	There is Gambling					
44	There is Differences of view in child rearing					
45	There is Passing night outside the home due to social and religious reasons					
5) Economic factors						
46	There is Disagreements on how to use/handle money					
47	There is Low level of income					
48	There is Unwise use of money and saving problem					
49	There is Not having private residence					
50	There is Fighting with my marriage partner					
51	There is Having bed separately					
52	There is An engagement of divorce practices					
53	Others please specify					

Part III: Marital Conflict Resolution Mechanisms

When conflicts arise between spouses, they use different resolution methods to resolve disputes.

What is your experience with each solution method? The conflict resolution strategies listed below are believed to be the solution to the problems of husband and wife when there is a conflict/disagreement between husband and wife, jointly or individually. Please tick (√) the conflict resolution methods/strategies you use when conflict arises in your marriage.

Strongly Disagree = 1	Agree = 2	Neutral = 3	Agree = 4	Strongly Agree = 5
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No.	List of Conflict Resolution Mechanisms	1	2	3	4	5
1) Avoidant style						
1.	I try to change the subject					
2.	I try to go out of home					
3.	I prefer to be lonely and keep silent					
4.	I sleep and weep					
5.	I didn't conform, because no change will come					
6.	I prefer to suppress my emotion					
2) Compromise Style						
7.	I accept my partner's decision with no alternatives					
8.	I postpone the issue to other time					
9.	I accept my partner's suggestion					
10.	I accommodate the wishes of my partner's as far as possible					
11.	I believe my partner gives me smart solution					
12.	I am open to accept the views of by my partner					
13.	I am tolerable (acceptable) not to offend my partner					
14.	I try to adjust my views to my partner's views					
15.	I am ready to accept the suggested ideas					
16.	I don't offend my partners' position					
17.	I try to apply my partner's suggestions (recommendations)					
3) Competitive style						

18.	I believe that I give rational views so that my partner should accept					
19.	I insist my partner to perform what is told, because I'm sure mine is the best way.					
20.	I will be annoyed if it is not done by my partner, if not I will do it					
21.	I impose my partner to be done things for mutual advantage					
22.	I apply force, if my views are so reasonable with no hesitation, must be functional					
23.	I believe that my views are so reasonable with no hesitation, must be functional					
24.	I believe that what it should be done should also done by my partner					
25.	I don't want my idea should be reversible					
26.	If I believe that, without consultation of my partner, I do it then I tell					
4) Collaborative style						
27.	We look for the root causes of problems based on the principle of equality.					
28.	We collaborate and agree on solutions to problems.					
29.	I perform what both we agree and also collaborate with my partner					
30.	I consider the concern of my partner with the proposed solutions					
31.	I discuss transparently					
32.	I try to create common understanding conditions					
33.	I accept the position of my partner, and clearly explain my position too					
34.	I and my partner work on consensus					
35.	I try to find differences					
36.	I use "give and take" approach					
5) Accommodative style						
37.	I give priorities of the issues, that are essential to our needs					

38.	I give solutions that are helpful for our mutual benefit					
39.	I give quick solutions, so we maintain our relation					
40.	I make my own effort to come up agreement with my partner, to avoid dispute					
41.	I try to satisfy with given solution					
42.	I discuss with my kins (relatives)					
43.	I discuss with in-laws					
44.	I need solution from religious leaders					
45.	I share to family elders to take advice					
46.	I discuss only with my close friends (confidential)					
47.	Others please specify					

Thank you very much for your cooperation.

Appendix B: Amharic Version Questionnaires



የትምህርት እና የሥነ ባሕርይ ኮሌጅ

የሳይኮሎጂ ትምህርት ክፍል

የራስን ሪፖርት መጠይ

ውድ ምላሽ ሰጪዎቼ:-

ይህ መጠይቅ ለምርመራ ዓላማ ዳታ/መረጃ ለመሰብሰብ ተዘጋጅቷል።

የዚህ ጥናት አላማ በትዳር ውስጥ የሚፈጠሩ ግጭቶች እና የግጭት አፈታት ዘዴዎች፡- በሀዘን ከተማ አስተዳደር ጉዳይ ላይ ጥናት ማድረግ ነው። የሚሰጡት ምላሽ ለጥናቱ ብቻ ጥቅም ላይ ይውላል። እናም የዚህ ጥናት ውጤት በትዳር ውስጥ ለሚፈጠሩ ችግሮች ጥንዶች፣ ቤተሰብ እና ህብረተሰቡ መፍትሄዎችን በማፈለግ በኩል ከፍተኛ አስተዋፅኦ ይኖረዋል ተብሎ ይታመናል።

የጥናቱ ምስጢራዊነት: ምንም ዓይነት የግል መለያ መረጃ በመጠይቁ ላይ አይቀመጥም። ስምዎን መጻፍ የለብዎትም። ይህ መረጃ በሚስጥር ይጠበቃል። በባል ወይም በሚስት ለመሙላት የታሰበ ነው። ስለዚህ ለእያንዳንዱ ጥያቄ በጥንቃቄ እና በቅንነት ምላሽ እንዲሰጡ እጠይቃለሁ፤ ለመሳተፍ ለምታደርጉት ትብብር ከወዲሁ አመሰግናለሁ።

መመሪያ: እባክዎን በተሰጠው ቦታ ላይ ለሚከተሉት ጥያቄዎች ምላሽ ይስጡ።

- ✓ እባክዎ ሁሉንም ጥያቄዎች ለመመለስ ይሞክሩ።
- ✓ እባክዎን ከትዳር ጓደኛዎ ጋር አይወያዩ (እባክዎ በግል ያድርጉ)

አክሊሉ እርዳቸው
 ስልክ ቁጥር: 0916669286/0926567191
 ኢሜይል: akoyerdo@gmail.com

ክፍል አንድ፡ ግላዊ መጠይቅ (በባዶ ቦታው ይሙሉ)

1. ጾታ፡ ወ ሴ
2. ዕድሜ፡ 18-22 23-27 28-32 33-37 38-42 43-47 48-52
53- 60 60+
3. የትምህርት ደረጃ፡ ማስተርስ ድግሪ ድፕሎማ እና የሙያ ሥልጠና ሁለተኛ ደረጃ (9 – 12)
የመጀመሪያ ደረጃ (1 – 8) አልተማርኩም
4. በዚህ ትዳር ውስጥ ምን ያህል ጊዜ ቆዩ፡ 1 – 5 6 – 10 11 – 15 16 – 20 21 – 25
26 – 30 ከ30 በላይ
5. ስንት ልጆች አሉዎት፡ 0 1 – 3 ከ3 በላይ
6. የቤተሰቡ የገቢ ምንጭ ማን ነው? ባል ሚስት ሁለቱም

ክፍል ሁለት፡ የጋብቻ ግጭት ምክንያቶች

የሚከተሉት ዝርዝሮች ወደ ጋብቻ ግጭት የሚመሩ ምክንያቶች (መንስኤዎች) ናቸው። እባኩንን እንደ

ልምድዎ (✓) ምላሽ ይስጡ።

በጣም አልስማማም = 1	አልስማማም = 2	ገለልተኛ = 3	እስማማለሁ = 4	በጣም እስማማለሁ = 5
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ተ.ቁ	በትዳር ዳይሬክቶሬት መካከል የጋብቻ ግጭት መንስኤዎች	1	2	3	4	5
1) የሥርዓተ-ጾታ ሚና ምክንያቶች						
1.	የአንደኛው ጾታ የበላይነት ይታያል					
2.	በቤት ውስጥ ጉዳዮች የሀላፊነት ስሜት ያለመኖር ይታያል					
3.	የውሳኔ ሰጪነት ሚና አለመኖር/መወሰን አለመቻል/ አለ					
4.	ድብደባ /አካላዊ ጉዳት ማድረስ አለ					
5.	የቤት ውስጥ ስራና በልጅ አስተዳደግ ድርሻ ክፍተት አለ					
2) የስነ-ልቦና ምክንያቶች						
6.	ጥርጣሬ አለ					
7.	ቅናት አለ					
8.	አለመተማመን አለ					
9.	ግልፅ ያልሆነ ብሶት/ቅሬታ አለ					
10.	ፍቅርን መግለፅ/ማሳየት አለመቻል አለ					
11.	ያለመግባባት/የግንዛቤ ልዩነት አለ					
12.	የማያባራ ጭቅጭቅ እና ንዝንዝ አለ					

13	ትዕግስት ማጣት/አለመቻቻል አለ					
14	ጥብቅ ቁጥጥር አለ					
15	የማያበራ ነቀፊታ አለ					
16	ያለመከባበር አለ					
17	በስራ ወይም በትምህርት ጫና ምክንያት በስሜት መራራቅ አለ					
18	እንቢተኝነት አለ					
19	በትዳር ምክንያት ያልተጠበቀ ጉስቁልና ውስጥ መግባት አለ					
20	በትዳር ምክንያት ያልተጠበቀ መሻሻል ማሳየት አለ					
21	ሀይለኝነት እና ቁጥ አለ					
3) ወሲባዊ ምክንያቶች						
22	ዝሙት/በትዳር ላይ መማገጥ/ውሽማ መያዝ አለ					
23	ወሲባዊ ግንኙነት መከልከል አለ					
24	ከጋብቻ በፊት የነበረ እርግዝና አለ					
25	የትዳር ዳደኛን ስሜት ያለመጠበቅ/ ግድየለሽ መሆን አለ					
26	በግብረ ስጋ ግንኙነት የጋራ እርካታን አለማግኘት አለ					
27	የወሲብ ብልት አለመስራት አለ					
28	ድንግልና ያለመኖር አለ					
29	ከትዳር በፊት የነበረ ወሲባዊ ግንኙነት ጣልቃ ገብነት አለ					
30	ለወሲብ በሚስብ ሁኔታ ዝግጁ ያለመሆን አለ					
31	የወሲባዊ አፈፃፀም ድክመት አለ					
32	በግብረ ስጋ ግንኙነት ላይ ያለ የአመለካከት ልዩነት አለ					
33	በግብረ ስጋ ግንኙነት ወቅት የሚሰማ ህመም አለ					

4) ማኅበራዊ-ባህላዊ ምክንያቶች					
34	የትዳር አጋር ቤተሰብ (የአማት፣ የምራት፣ የጎረቤት፣ የጓደኛ ወዘተ) ጣልቃ ገብነት አለ				
35	ከትዳር ጓደኛ ይልቅ ለሥጋ ዘመድ ማድላት አለ				
36	ከጋብቻ በፊት/ውጪ የልጅ መኖር አለ				
37	መካኝነት አለ				
38	የዕድሜ ልዩነት/መራራቅ አለ				
39	በሀይማኖት መለያየት አለ				
40	የትምህርት ደረጃ መለያየት አለ				
41	የብሔር/የጎሳ ልዩነት አለ				
42	የአደገኛ ዕጾች ሱስኝነት (ጫት፣ ስካር፣ ማጨስ፣ እና የመሳሰሉትን መጠቀም) አለ				
43	ቁማርተኝነት አለ				
44	በልጅ አስተዳደግ ልዩነት አለ				
45	ከቤት ዉጪ ማደር (በሐይማኖታዊ ወይም በማህበራዊ ጉዳዮች) አለ				
5) ኢኮኖሚያዊ ምክንያቶች					
46	በገንዘብ አያያዝ እና አወጣጥ አለመስማማት አለ				
47	ዝቅተኛ ገቢ አለ				
48	የቤተሰብን ንብረት ገንዘብን ያለአግባብ መጠቀምና ያለመቆጣጠር አለ				
49	የግል መኖሪያ ያለመኖር አለ				
50	ከትዳር አጋሪ ጋር ድብድብ አለ				
51	ከትዳር አጋሪ ተለያይቶ መተኛት አለ				
52	ለመፋታት ሙከራ ማድረግ/ማሰብ አለ				

53	ሌሎች ምክንያቶች ካሉ ይዘርዝሩ።					
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ክፍል ሦስት፡ የጋብቻ ግጭት አፈታት ስልቶች

በትዳር ዳይጀሞች መካከል ግጭት በሚፈጠሩበት ጊዜ አለመግባባቶችን ለመፍታት የተለያዩ የመፍትሄ ዘዴዎችን ይጠቀማሉ። በእያንዳንዱ የመፍትሄ ዘዴዎች ውስጥ ያለዎት ልምድ ምንድነው? ከዚህ በታች የተዘረዘሩት የግጭት አፈታት ስልቶች በትዳር ላይ በባልና ሚስት መካከል ግጭት/አለመስማማት/ሲፈጠር በጋራ ወይም በተናጠል ለችግሮቻቸው መፍትሔ ናቸው ተብለው ይታመናሉ። በእርስዎ ትዳር ውስጥ ግጭት ሲፈጠር የሚጠቀሙባቸውን የግጭት አፈታት ዘዴዎች/ስልቶች ናቸው የሚሉትን የይህንን (✓) ምልክት በማድረግ ያመልክቱ።

በጣም አልስማማም = 1	አልስማማም = 2	ገለልተኛ = 3	እስማማለሁ = 4	በጣም እስማማለሁ = 5
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ተ.ቁ	የጋብቻ ግጭት አፈታት ስልቶች ዝርዝሮች	1	2	3	4	5
1. የማስወገድ ዘይቤ						
1)	ርዕሰ ጉዳዩን ለመቀየር እሞክራለሁ።					
2)	ከቤት ዘር ማለትን እመርጣለሁ።					
3)	ብቻዬን መሆንና ዝምታ እመርጣለሁ።					
4)	እተኛለሁ፣ አለቅሳለሁ።					
5)	በነገሩ ለመወያየት ግሬት አላደርግም፤ ምክንያቱም ምንም ለውጥ አይመጣም፤					
6)	ከውይይት ይልቅ ስሜቴን ማፈን እመርጣለሁ።					
2. የመስማማት ዘይቤ						
7)	ምንም አማራጭ ስለሌለኝ የአጋሬን ውሳኔ እንዲሁ እቀበላለሁ፤					

8)	ወዲያውኑ ከመወያየት ይልቅ ጉዳዩን ለሌላ ጊዜ አስተላልፏል::						
9)	የአጋሬን መፍትሔ ሀሳቦች እቅብላለሁ::						
10)	የአጋሬን መፍትሔ ሀሳብ እና ምኞት ከግምት አስገባለሁ::						
11)	ከአጋሬ የሚቀርቡ የመፍትሔ ሀሳቦች ትክክለኛ ናቸው ብዬ አምናለሁ::						
12)	የሚሰነዘሩ አመለካከቶችን ሁሉ ለመቀበል ክፍት ነኝ::						
13)	አጋሬን ላለማስከፋት በመቻቻል ጉዳዮችን አልፋቸዋለሁ::						
14)	የኔን አመለካከት ከአጋሬ አመለካከት ጋር ለማጣጣም እሞክራለሁ::						
15)	የሚሰነዘሩ ሀሳቦችን ለመቀበል ዝግጁ ነኝ::						
16)	የአጋሬን ሃሳብ አልጋፋም/አልቃወምም::						
17)	የሚቀርቡ የውሳኔ ሀሳቦችን ተግባራዊ ለማድረግ እሞክራለሁ::						
3. የመወዳደር ዘይቤ							
18)	የማቀርባቸው ሃሳቦች በእውነታ ላይ የተመሰረቱ በመሆናቸው ተቀባይነት አላቸው እላለሁ::						
19)	የእኔ ሀሳብ ምንጊዜም ትክክለኛ በመሆኑ እንዲፈጸም በትዳር አጋሬን ጫና አደርጋለሁ::						
20)	መፈጸም ያለባቸው ጉዳዮች ካልተፈጸሙ እበሳጫለሁ፤ እኔ እፈጸማቸዋለሁ::						
21)	ለጋራ ጥቅም ሲባል ተፅዕኖ በማድረግ እንዲፈጸሙ አደርጋለሁ::						
22)	የእኔ ሀሳብ የተሻለ ሆኖ ከተገኘ እንዲፈጸም ለማድረግ ኃይል እጠቀማለሁ::						
23)	የእኔ አመለካከት የተሻለ ሆኖ ስለማገኛቸው ያለ ምንም መሸራረፍ መፈጸም አለበት የሚል እምነት አለኝ::						
24)	መፈጸም/መሰራት ያለባቸው ጉዳዮች በትዳር አጋሬ መደረግ አለባቸው ብዬ አምናለሁ::						
25)	የእኔ ሀሳብ ምንጊዜም እንዲቀለበስ አልፈልግም::						
26)	አንድ ጉዳይ መፈጸም ካለበት እኔ ራሴ ፈጽሜ ለአጋሬ እናገራለሁ::						
4. የትብብር ዘይቤ							
27)	በእኩልነት መርህ ላይ በተመሰረተ መልኩ የችግሮችን መንስኤ እንፈልጋለን::						
28)	ለችግሮች የመፍቻ መንገዶች ላይ ተባብረን እንስማማባቸዋለን::						

29)	የተስማማንባቸውን ሀሳቦች እፈጸማቸዋለሁ፤ እንዲፈጸሙም እተባበራለሁ።					
30)	የትኩረት ነጥቦችን ግምት ውስጥ ያስገባ መፍትሔ እፈልጋለሁ።					
31)	በግልፅነት እወያያለሁ።					
32)	በተቻለ መጠን የጋራ መግባባት እንዲፈጠር እጥራለሁ።					
33)	ላጋጠሙን ችግሮች የእኔን አቋም በግልፅ አስቀምጧለሁ፤ የአጋሬም አቋም በግልፅ ይቀርባል።					
34)	በድርድር/በስምምነት ላይ የተመሰረተ ውይይት ይከናወናል።					
35)	ልዩነታችንን ለማወቅ እሞክራለሁ።					
36)	ችግሮችን ለመፍታት “ሰጥቶ መቀበል” መርህን እጠቀማለሁ።					
5. የማስተናገድ ዘይቤ						
37)	ከሚያስማሙን ነጥቦች በመነሳት እንደ ጉዳዩ ሁኔታ በቅደም ተከተል እንወያያለን።					
38)	የምሰጣቸው የመፍትሔ ሀሳቦች ለጋራ ጥቅም እንዲሆን የበኩሌን አስተዋፅኦ አደርጋለሁ					
39)	በአፋጣኝ መፍትሔ በመስጠት ግንኙነታችን እንዲቀጥል አደርጋለሁ።					
40)	ሁለታችንም እንድንስማማና እንድንግባባ እንድንችል እጥራለሁ።					
41)	የምንወስደው የመፍትሔ ሀሳብ ሁላችንንም የሚያረካ እንዲሆን እሞክራለሁ።					
42)	ከሥጋ ዘመዶቹ (ወላጅ፣ ወንድም፣ እህት) ጋር እወያያለሁ።					
43)	ከጋብቻ ዘመዶቹ (አማት፣ ምራት፣ ወዘተ...) ጋር እወያያለሁ።					
44)	ከኃይማኖት አባቶች መፍትሔ እፈልጋለሁ።					
45)	በቤተ ዘመድ ሽማግሌዎች እንዲፈታ አደርጋለሁ።					
46)	ከታማኝ ጓደኞቼ ጋር ብቻ እወያያለሁ።					
47)	ሌላ ካለ ይግለፁ					

ስለትብብርዎ በጣም አመሰግናለሁ።

Appendix C

Normality

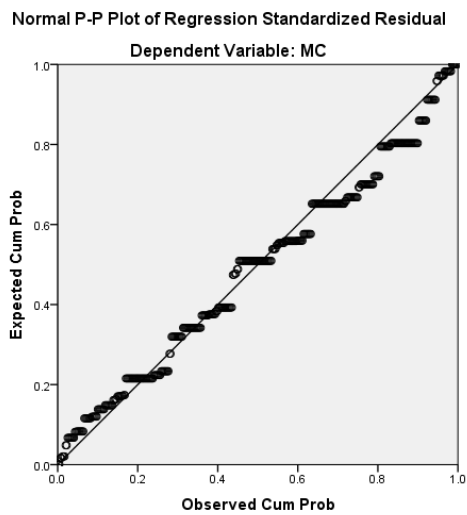
A. Skewness and Kurtosis

Tests of Normality						
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Studentized Residual	.050	234	.200*	.989	234	.072
*. This is a lower bound of the true significance.						
a. Lilliefors Significance Correction						

There result obtained from **the Shapiro Wilk Test** indicate that all the variables had a p-value than(0.05), meaning that the variables involved in the study follow a normal distribution; therefore, it can be concluded that the residual value is normally distributed.

B. Probability plot of Variables

Marital Conflict

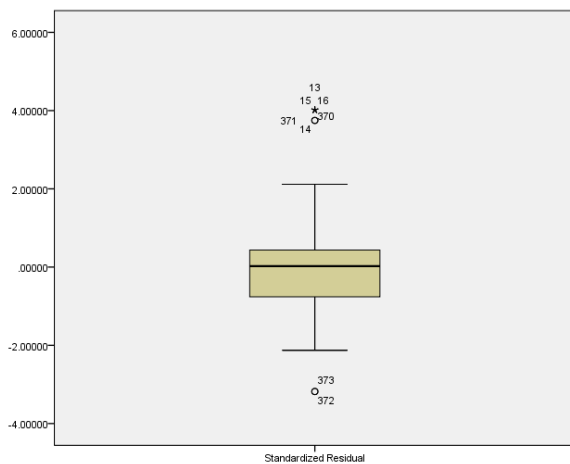
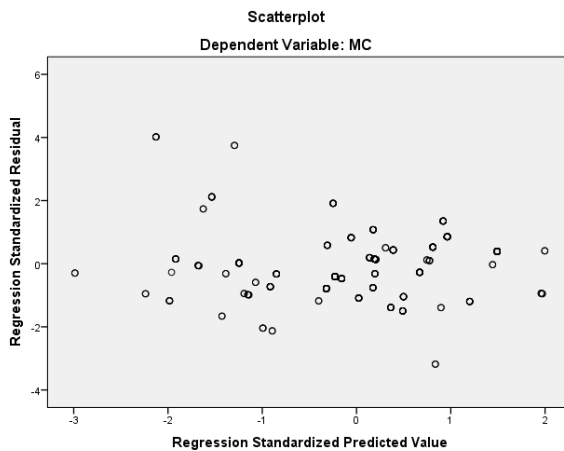


Heteroscedasticity

H0: There is no heteroskedastity problem (homoscedasticity)

H1: there is heteroskedasticity

Based on the scatterplot output below, depicts the standardized residuals plotted against the standardized predicted values from a regression analysis, where the dependent variable is labeled "MC." The points are fairly scattered randomly around the horizontal axis, suggesting that the assumptions of linearity and homoscedasticity may be met for this regression model. However, there are some potential outliers visible on the plot. Overall, the pattern does not indicate a strong systematic deviation from linearity.



Appendix D Regression

Descriptive Statistics

	Mean	Std. Deviation	N
Mecha	3.2847	.28655	385
Year of Marriage	2.77	1.160	385

Collinearity Diagnostics^a

Model	Dimension	Eigenvalue	Condition Index	Variance Proportions	
				(Constant)	Year of Marriage
1	1	1.923	1.000	.04	.04
	2	.077	4.982	.96	.96

a. Dependent Variable: Mecha

Residuals Statistics^a

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	3.2412	3.3642	3.2847	.02852	385
Residual	-1.02368	.95333	.00000	.28513	385
Std. Predicted Value	-1.525	2.786	.000	1.000	385
Std. Residual	-3.586	3.339	.000	.999	385

a. Dependent Variable: Mecha

Coefficients and Confidence Intervals

Socio-cultural factors emerged as a significant factor, with a .515-point increase for heightened forgiveness levels ($\beta = .515$) and with a 95% of confidence interval [.739, 1.086], suggesting a profound causes of Marital Conflict.

Coefficients and confidence interval

Coefficients ^a										
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Collinearity Statistics	
		B	Std. Error	Beta			Lower Bound	Upper Bound	Tolerance	VIF
1	(Constant)	-.100	.260		-.383	.702	-.611	.412		
	GF	.248	.089	.212	2.774	.006	.072	.424	.254	3.935
	PF	-.028	.104	-.022	-.268	.789	-.232	.177	.222	4.499
	SF	-.221	.088	-.135	-2.502	.013	-.394	-.047	.509	1.966
	SCF	.912	.088	.515	10.339	.000	.739	1.086	.599	1.670
	EF	.165	.061	.121	2.687	.008	.044	.285	.734	1.362
a. Dependent Variable: MC										

Model Diagnostics: - The diagnostic checks, including the analysis of residuals, confirmed the model's adherence to the assumptions of linear regression. The absence of discernible patterns in the residual plots affirmed the model's homoscedasticity and linearity, further solidifying the reliability of our findings.

In conclusion, the regression model reveals significant predictors for the dependent variable MC. GF ($p = 0.006$) and SCF ($p = 0.000$) demonstrate strong positive relationships, while SF ($p =$

0.013) negatively impacts MC. PF is not significant ($p = 0.789$), indicating no meaningful contribution to the model's predictive power.

Collinearity statistics suggest potential multicollinearity issues, particularly with PF (VIF = 4.499) and GF (VIF = 3.935). Tolerance values below 0.25 for these variables indicate caution is needed in interpreting their coefficients. Overall, the model identifies key relationships but requires further investigation into multicollinearity to ensure robust conclusions.

Coefficients and confidence interval

Coefficients ^a										
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Collinearity Statistics	
		B	Std. Error	Beta			Lower Bound	Upper Bound	Tolerance	VIF
1	(Constant)	3.217	.038		85.308	.000	3.142	3.291		
	Year of Marriage	.025	.013	.100	1.958	.051	.000	.049	1.000	1.000

a. Dependent Variable: Mecha

Model Diagnostics: The diagnostic checks, including the analysis of residuals, confirmed the model's adherence to the assumptions of linear regression. The absence of discernible patterns in

the residual plots affirmed the model's homoscedasticity and linearity, further solidifying the reliability of our findings.

The regression analysis provides insights into the relationship between the dependent variable, Resolution Mechanisms, and the independent variable, Year of Marriage. The model's constant term is 3.217, indicating that when the Year of Marriage is zero, the expected value of Mechanism is approximately 3.217. The coefficient for Year of Marriage is 0.025, suggesting that for each additional year of marriage; Dependent variable, Resolution Mechanism is expected to increase by 0.025 units. This coefficient is statistically significant at a significance level of 0.051, which is marginally above the conventional threshold of 0.05. The confidence interval for the Year of Marriage coefficient ranges from 0.000 to 0.049, suggesting that while the effect is positive, it is close to being statistically insignificant, but higher.

In conclusion, In terms of multicollinearity diagnostics, the Tolerance value for Year of Marriage is 1.000, and the Variance Inflation Factor (VIF) is also 1.000, indicating no multicollinearity issues within the model. A VIF value below 5 is generally considered acceptable, and in this case, the values confirm that Year of Marriage does not exhibit multicollinearity with other predictors in the model. Overall, these diagnostics indicate that while the model has a positive association between Year of Marriage and resolution Mechanisms, further investigation may be warranted due to the borderline significance of the Year of Marriage coefficient.

