

Levels of Marital Satisfaction among Married Individuals in Ngando, Nairobi County, Kenya

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ABSTRACT

Marital satisfaction is a crucial aspect of interpersonal relationships, significantly influencing the emotional and psychological well-being of married individuals. This study examined the levels of marital satisfaction among married individuals in Ngando Location, Nairobi County, Kenya. The study employed descriptive research design with a sample size of 140 participants. The data was collected using demographic characteristics and the ENRICH Marital Satisfaction (EMS) with SPSS. The results showed 35.0% of participants indicated low satisfaction, 59.7% indicated moderate satisfaction, and only 5.3% indicated high satisfaction. The study recommends that couples and their community (cultural, religious, social) engage in marriage enrichment programs such as counselling services, and support groups. This can provide platforms for married individuals to improve their conflict resolution skills, communication, and develop trust and resilience.

Keywords: Levels, Marital satisfaction, married individuals, Ngando, Nairobi County, Kenya

INTRODUCTION

Marital satisfaction is a crucial aspect of interpersonal relationships, significantly influencing the emotional and psychological well-being of married individuals. This concept of marital satisfaction encompasses various factors, including communication, intimacy, conflict resolution, and shared values, which collectively shape the quality of the marital experience. Understanding the levels of marital satisfaction among married individuals is essential for identifying areas for improvement and fostering healthier relationships (Dobrowolska et al., 2020). Nouri et al. (2019) conducted a study in Iran among 500 married women who were referred to health care centers for obstetrics and gynecology services. Using the Enrich Marital Satisfaction Scale the study sought to find out levels of marital satisfaction and related factors. The findings revealed the mean score of marital satisfaction was 118.33 ± 22.06 . Based on the marital satisfaction score, 6 (1.2%) of the participants had low marital satisfaction; 132 (26.4%) had moderate marital satisfaction; 281 (56.2%) had a high marital satisfaction and 81 (16.2%) had very high marital satisfaction. Significant relationships were observed between marital satisfaction and age ($P = 0.005$) and the duration of marriage ($P = 0.001$), age of spouse ($P = 0.003$), number of children ($P = 0.003$), age at the first marriage (0.024), woman's education and husband's education ($P = 0.001$), income ($P = 0.001$), pregnancy experience ($P = 0.001$) and childbirth experience ($P = 0.001$). The study revealed several factors which could be important in marital satisfaction.

Moreover, Honarvar et al. (2024) conducted a study in Iran to investigate marital satisfaction among newlywed couples. The findings revealed that 442 (83.3%) of the population representing the majority reported high marital satisfaction, while only 53 (10.7%) reported low marital satisfaction. Several predictors of marital satisfaction were identified by the study including meeting one's husband expectations, correctness of mate selection, pre-existing acquaintance with the husband, and sexual satisfaction within the marriage. These findings suggest that marital satisfaction among newlywed couples is high when all relational expectations are met. In India, Sharma and Gupta (2023) conducted a study on Marital Satisfaction among Indian couples. The study utilized a sample size of 450 married individuals from diverse socio-economic backgrounds across India. Using a quantitative survey methodology, the researchers assessed the impact of socio-cultural factors such as caste, religion, and

education on marital satisfaction. The findings revealed that higher communication quality was associated with greater marital satisfaction. It further pointed out that when married individuals experience poor communication can hinder marital satisfaction.

Pandya (2019) conducted a intervention study which revealed significant differences between pre- and post-retirement satisfaction scores, with marital satisfaction being higher before retirement. Factors that contributed to post-retirement satisfaction included good health, financial security, and the absence of dependent responsibilities, including spousal caregiving. The findings of the study showed that 58% of married individuals lack emotional support from families and partners, leading to marital dissatisfaction. Kara, Balci, and Araz (2022) suggest that health, financial stability, and significant life events play crucial roles in how couples perceive and experience their relationships. These factors can influence not only overall satisfaction within a marriage but also how well couples adjust to challenges throughout different life stages. However, the study did not specify how sexual satisfaction relates to marital satisfaction, leaving an important aspect of relationship dynamics unexplored. Understanding this connection could provide deeper insights into the factors that contribute to overall marital happiness and resilience.

In South Africa, Moyo et al. (2023) conducted a study on the marital satisfaction among South African Couples. The study utilized a sample size of 300 married individuals from diverse socioeconomic backgrounds in Johannesburg. The study used a mixed-methods approach, using surveys and focus group discussions to explore factors influencing marital satisfaction. The findings revealed that communication issues significantly impacted marital satisfaction levels, with couples from poor communication levels reporting greater dissatisfaction. However, the study did not specify strategies to improve communication among married individuals and, hence marital satisfaction, suggesting the need for the current research study. Adebayo and Okunola (2022) conducted a study on factors influencing marital satisfaction among couples in Benue North East, Nigeria. The study used a sample of 400 married individuals, using a quantitative survey methodology that assessed various predictors of marital satisfaction, including communication, conflict resolution, and economic factors. The results indicated that effective communication was strongly associated with higher marital satisfaction. However, the study's findings in Nigeria with their cultural practices and beliefs may not apply to the current study location. Uwannah et al. (2023) examined the relationship between marital satisfaction, perceived organizational support, and job involvement among employed women in South-West Nigeria. The study found that both marital satisfaction and perceived organizational support had a significant positive influence on job involvement, underscoring the importance of emotional fulfillment in marital relationships alongside professional support in improving women's engagement in the workplace. However, this study focused on organizational support and job involvement among women in South Africa, but the current study aims to investigate the levels of marital satisfaction.

In Sudan, Ibrahim et al. (2021) examined Marital Satisfaction and Family Dynamics of Sudanese couples in Khartoum. The sample size consisted of 250 married individuals. Findings showed that conflictual family interactions led to marital dissatisfaction. Esia (2021) investigated the quality of life among couples in Sudan. The study revealed that factors like education, status, occupation and emotional supported to either marital satisfaction or dissatisfaction among couples. Nunes et al. (2022) study highlighted that positive factors like effective communication and sexual satisfaction may lead to marital satisfaction. Traore and Ouédraogo (2023) conducted a study on cultural influences on marital satisfaction in Burkina Faso. The sample size included 350 married individuals from both urban and rural settings. Utilizing a qualitative methodology, the researchers conducted in-depth interviews to explore the cultural factors affecting marital satisfaction. The findings indicated that traditional gender roles and community expectations significantly influence couples' satisfaction levels, with rural couples facing more rigid cultural pressures. This also affects factors like communication quality, sexual satisfaction, emotional support, and conflict resolution, which ultimately lead to marital satisfaction in the family.

Nsimbi et al. (2023) conducted a comparative study to investigate marital satisfaction levels among couples in Tanzania and Uganda. The sample size comprised 500 married individuals from both countries. Using a survey-

based methodology, the researchers assessed various factors influencing marital satisfaction, including economic stability and interpersonal relationships. The findings revealed that couples in Uganda reported higher satisfaction levels compared to those in Tanzania, primarily due to better economic conditions and social support systems. Udofia et al. (2021) investigated the role of intimacy, self-esteem, and locus of control in marital satisfaction among 720 married individuals in Accra, Ghana. The findings revealed a strong positive correlation between intimacy and marital satisfaction, while self-esteem showed a minimal negative relationship, and locus of control had no significant effect on marital satisfaction. The study emphasized the importance of emotional closeness in fostering marital satisfaction.

In Kenya, Wangari and Njuguna (2022) conducted a study on the communication quality and marital satisfaction among couples in Nyeri County. The sample population consisted of 300 married individuals aged 25-50 years. Using a quantitative survey methodology, the researchers assessed how communication quality influenced marital satisfaction. The findings indicated that couples who engaged in open and honest communication reported significantly higher levels of satisfaction in their marriages. However, the study identified a gap in exploring the role of cultural norms that may affect communication styles among different ethnic groups in Nyeri. Achieng and Otieno (2023) explored the impact of sexual satisfaction and its relationship with marital satisfaction in Kisumu. The study used a sample population of 250 married individuals from diverse backgrounds. The study utilized a mixed-methods approach with combined surveys and focus group discussions to assess the correlation between sexual satisfaction and overall marital satisfaction. The results showed a strong positive relationship, suggesting that fulfilling sexual relationships contribute significantly to marital happiness.

Kibet and Cherono (2021) examined the role of emotional support in enhancing marital satisfaction among couples in Eldoret East-West. The sample size comprised 400 married individuals. The study employed a quantitative survey methodology and assessed the impact of emotional support on marital satisfaction. The findings revealed that higher emotional support was associated with increased satisfaction levels in marriages. However, the study noted a gap in longitudinal research to track how emotional support evolves over time and its long-term effects on marital satisfaction. Muriuki and Mwangi (2022) studied conflict resolution styles and their impact on marital satisfaction among 300 married couples in Nairobi. The study used qualitative interviews, and the findings revealed that constructive conflict resolution strategies were linked to higher satisfaction levels, while avoidance or aggression correlated with lower satisfaction. In a related study, Njeri and Mutiso (2024) examined general relationship satisfaction among 450 married individuals in Mombasa using a mixed-methods approach. The study found that factors such as communication quality, emotional support, and conflict resolution significantly contributed to relationship satisfaction but noted a gap in understanding how external factors like economic stressors and cultural differences influence these dynamics in coastal communities.

Mutai (2019) examined the role of marriage and family counseling in promoting marital satisfaction among career individuals in Kericho County, Kenya. The study found that counseling significantly improved marital relationships and adjustment, although it had no significant effect on marital intimacy, suggesting that counseling can be an effective tool in resolving marital conflicts. Chomba, Kiarie, and Njani (2023) investigated the impact of language on marital satisfaction among intercultural couples in Kiambu County, Kenya. The study found a significant positive relationship ($\beta = 0.872$, $p = 0.000$) between effective communication through language and marital satisfaction, highlighting the importance of language in fostering marital contentment in intercultural marriages. Kamomoe et al. (2021) examined the effect of emotional intelligence on marital quality among married individuals in Nairobi, Kenya. The study found a strong positive correlation between emotional intelligence and marital satisfaction, indicating that higher emotional intelligence contributes significantly to marital quality. Finally, Emusugut and Okumu (2023) assessed marital satisfaction among Protestant clergy and their spouses in Nairobi, revealing that 47.6% of participants reported a moderate level of marital satisfaction. The study found that stressors related to ministry life contributed to marital dissatisfaction, recommending policy measures to address these challenges proactively.

METHODOLOGY

The study employed descriptive research design. The design was suitable for this study since it aimed to establish the levels of marital satisfaction. The study was conducted in Ngando, a residential area within Dagoreti Sub-County in Nairobi County, Kenya. According to the 2019 Kenya Population and Housing Census, Ngando has an estimated population of approximately 118,000 people (Kenya National Bureau of Statistics, 2019). This vibrant and diverse urban area is primarily composed of individuals working in the informal sector, small-scale businesses, and service industries. The area was selected for this study due to its socio-economic diversity, providing an ideal context for exploring the relationship between childhood trauma and marital satisfaction among married individuals.

This study focused on married individuals within the Ngando Location, Nairobi County, Kenya. These married individuals, representing diverse social, economic, cultural, professional, informal, and formal settlements and experiences, provided valuable insights into the relationship between childhood trauma and marital satisfaction. The target population was 140 married individuals drawn from 5 small Churches in Ngando Location, Nairobi County. The inclusion of Catholic outstations and PCEA churches was guided by their strong presence in the area and their organized pastoral structures, which facilitate access to married congregants for research purposes. In this study, the census method approach was utilized, with the aim of gathering data from the entire intended population instead of using probability sampling to select a subset. This approach ensured that most members of the population participated in the study, offering a comprehensive understanding of the research phenomenon.

The study collected data in two sections. The first section collected data on demographic of the participants who included age, gender, education level, marital status and work status. The second section collected data on marital satisfaction using ENRICH Marital Satisfaction (EMS) Scale, developed by Olson and Fowers in 1989. EMS Scale comprises two sub-scales: Marital Satisfaction and Idealistic Distortion scale. In this study, marital satisfaction was measured using the ENRICH (communication quality, sexual satisfaction, emotional support, conflict resolution and general relationship satisfaction) Marital Satisfaction Scale (EMS). The EMS test is a 15-item scale comprising the Marital Satisfaction scales (10 items) and Idealistic Distortion (5 items). There are also ten items in the scale that survey marital quality while the other five items conventionalize the scale for corrections that endorse positive marriage descriptions that are unrealistic. The items represent areas such as sexual relationships and communication that are aspects of a marital relationship. The data was analyzed using descriptive statistics particularly frequencies and percentages with Statistical Packages for Social Sciences version 26.

Ethical considerations are principles that help to guide research design based on the best practices of conducting empirical social studies (Heyvaert et al., 2016). After obtaining ethics clearance from Tangaza University, permission from the National Commission of Science, Technology and Innovation (NACOSTI), letters of authorization from the selected church leaders, and informed consent from the respondents, the researcher proceeded with data collection. In this study, the researcher informed the potential participants about the essence of this research and the need for them to participate without being compelled in any way. The researcher also protected the respondents from any possible harm as a result of their involvement in the study by ensuring that their actual names or other sensitive personal information are not included in the questionnaire during data collection.

In conducting this study, the researcher prioritized ethical considerations by seeking formal permission from the church leaders of various churches within the Ngando Location. This step ensured that the research respects the autonomy and governance structures of each church while fostering trust and cooperation. By obtaining informed consent and adhering to ethical guidelines, the researcher upheld the dignity and confidentiality of all participants. This approach ensured that the data collection process was conducted with integrity and respect for the church and the communal values of the married individuals involved. To ensure anonymity no personal information about the respondents was collected or disclosed in the published data. Participants were also informed of their right to withdraw from the study at any stage of the data collection process. Additionally, they were encouraged to ask questions or seek clarification whenever needed without facing any adverse effects.

RESULTS AND DISCUSSION

The aim of this study was to examine the levels of marital satisfaction among married individuals in Ngando Location, Nairobi County, Kenya. This section provides the results and discussion of the findings. The section starts by providing the demographic of the participants followed by the findings of the study.

Demographic Details of the Participants

The demographic of the participants were age, gender, marital status, level of education, and employment status. These details are presented in Table 1:

Table 1: Demographic Characteristics of the Participants

	Frequency	Percentage
Age		
18 - 25 years	12	8.6
26 - 35 years	39	27.9
36 – and above	89	63.6
Gender		
Male	54	38.6
Female	86	61.4
I prefer not to disclose		
Marital Status		
Married	86	61.4
Separate	54	38.6
Duration of Marriage		
1 – 5 years	32	22.9
6 – 10 years	44	31.4
11 – 15 years	26	18.6
16 – 20 years	25	17.9
20 years and above	14	9.3
Social Support		
Partner	53	37.9
Extended Family	25	17.9
Co-workers	23	16.4
Friends	39	27.9

Table 1 presents the demographic characteristics of this study's participants. Concerning the age of participants, 89 participants (63.6%) which formed majority were between the ages of 36 years and above, this was followed by 39 participants (27%) who fell within the 26 to 35 years of age, and only 12 participants (8.6%) were between the ages of 18 and 25 years. The study had 86 female participants (61.4%) making them more than their male counterparts who were only 54 (38.6%). With regards to marital status 86 participants (61.4%) were married making them more than 54 participants (38.6%) who were separated. With regards to the duration of marriage, 44 participants (31.4%) were married for 6 – 10 years, this followed by 32 participants (22.9%) who fell into the 1 – 5 years category. This was followed by smaller groups with 26 participants (18.6%) falling within the 11 – 15 years category, 25 participants (17.9%) falling within the 16 – 20 years category, and 14 participants (9.3%) falling within the last category of 20 years and above. With regards to source of social support, 53 participants (37.9%) reported getting support from their partners, this was followed by 39 participants (27.9%) who got support from friends, 25 participants (17.9%) received support from extended family, and 23 participants (16.4%) received support from colleagues.

The levels of marital satisfaction among married individuals in Ngando Location, Nairobi County, Kenya

The aim of the study was to examine the levels of marital satisfaction among married individuals in Ngando location. To establish the marital satisfaction, descriptive statistics was run and the results are provided in table 2.

Table 2: Levels of Marital Satisfaction

Levels of Marital Satisfaction	Range	Frequency	Percentage (%)
Low Marital Satisfaction	1 - 34	49	35.0
Moderate Satisfaction	35 - 59	83	59.3
High Marital Satisfaction	60 - 75	8	5.7
Total	1 - 75	140	100.0

Results in Table 2 reveals that 83 participants (59.3%) reported moderate levels of marital satisfaction making the majority in the sample size. Further, 49 participants (35%) fell within the low marital satisfaction, this means that about a one-third of the study's population fell under this category. In contrast, only a smaller number of 8 participants (5.7%) fell under the high marital satisfaction category, and this reflects a relatively small proportion of the participants. Overall, the findings show that a higher percentage of the participants fell under the moderate marital satisfaction category, and a considerable amount fell within the low marital satisfaction category, and a handful fell under the high category. Overall the findings showed that majority of the participants experience moderate levels of marital satisfaction in their marriages, and only a few experiences high levels of satisfaction.

The findings of the current study contradicted the findings of Nouri et al. (2019) who conducted a study in Iran and the findings revealed that only 1.2% of the study population experienced low levels of marital satisfaction, while 56.2% experienced high satisfaction, and 16.2% experienced very high marital satisfaction. These findings sharply contrast with the findings from Ngando Location where a larger proportion of the sample (35%) fell under the low satisfaction category and only a few proportion (5.7%) fell within the high marital satisfaction category. The differences in these studies could be as a result of contextual factors such as relational stressors and cultural expectations which might be different between Iran and Kenya. Similarly, the current study was not supported by findings of Paul and Dutt (2023) who conducted a study in India and revealed that there was a mean marital satisfaction score of 128.00 (SD = 8.194), suggesting very high marital satisfaction compared to the moderate satisfaction among married individuals in Ngando location. Furthermore, the results were not in agreement with findings of Honarvar et al. (2024) who conducted a study among newlywed women in Iran, and the findings indicate that 89.3% of the women reported high marital satisfaction, with only 10.7% reporting low levels of marital satisfaction. The differences between the findings by Honaraver et al. and the findings from Ngando could be attributed to factors such as the study population, whereas the study in Iran focused on only women, this study incorporated both male and female participants. Furthermore, the study by Honarvar et al. identified predictors of marital satisfaction such as meeting spousal expectations, mate-selection correctness, and sexual satisfaction. Although these predictors have not been measured in this study, they align with the relational and socio-economic factors which other African studies have highlighted.

On the other hand, the current findings were consistent with findings of Wangari and Njuguna (2022) highlight importance of quality communication, and Kibet and Cherono (2021) emphasize emotional support. Many studies in Kenya mirror the findings from the study in Ngando. For instance, a study by Emusugut and Okumu (2023) among protestant clergy and their spouses revealed that 47.6% of the sample reported moderate marital satisfaction, which is closer to the 59.3% which was reported in the current study. One of the theoretical insights used for this study is the Structural Family Theory (STF), and it provides a helpful model for interpreting and understanding the various levels of marital satisfaction reported by this study. STF emphasizes the organization of the family system where things like roles, boundaries, and hierarchies are instilled in people, and how this shapes their interaction with their spouses later in adulthood (Minuchin, 1974; Nichols & Davis, 2020). Participants from Ngando Location who reported moderate to high levels of marital satisfaction may reflect

adaptive structural pattern of support an emotional expression which they picked up from their families of origin. Conversely, participants who reported lower scores could also be reflecting dysfunctional family patterns which they also picked up from their families of origin. Overall, the findings from Ngando location indicate how structural imbalances learned at childhood could persist adulthood and marriage thereby influencing things like intimacy, communication, and conflict resolution.

CONCLUSION

The study concluded that majority of married individuals in Ngando location reported moderate levels of marital satisfaction. Few of the married individuals scored low in marital satisfaction. In addition, few of the married individuals scored high in marital satisfaction. The study recommends that couples and their community (cultural, religious, social) engage in marriage enrichment programs such as counselling services, and support groups. This can provide platforms for married individuals to improve their conflict resolution skills, communication, and develop trust and resilience. The study recommends future studies to consider using mixed method approach in order to strengthen the findings through exploring the lived experiences of marital satisfaction among the married couples. In addition, future studies may focus on married couples other than married individuals.

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