

Psychological Resilience and Marital Satisfaction Among Young Married Adults in The Eastern Deanery of the Nairobi Archdiocese, Kenya

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Abstract

Marital satisfaction is central to fulfillment and stability in married life, while young married adults encounter financial, relational, emotional, and adjustment challenges that require adaptive capacity. This article examines the relationship between psychological resilience and marital satisfaction among young married adults in the Eastern Deanery of the Nairobi Archdiocese, Kenya. A quantitative correlational design was used, with psychological resilience assessed through life adaptation, emotional regulation, social support, and coping strategies, and marital satisfaction assessed through communication quality, intimacy, conflict resolution, and financial management. Data were analyzed using descriptive statistics, Pearson correlation, and multiple regression. Results showed moderate-to-high psychological resilience and marital satisfaction. Psychological resilience had a weak but statistically significant positive relationship with marital satisfaction ($r = .165$, $p = .016$). Communication quality, intimacy level, conflict resolution, and financial management were statistically significant influences on marital satisfaction ($p < .001$). The findings support marital enrichment, counseling, and psychoeducation initiatives that strengthen resilience and relational processes among young married adults.

Keywords: psychological resilience; marital satisfaction; young married adults; emotional regulation; communication quality; Eastern Deanery

Date of Submission: 09-08-2026

Date of Acceptance: 21-08-2026

I. Introduction

Marriage remains an important social institution that provides emotional and psychological stability to individuals and communities. Among young married adults, marital satisfaction reflects the degree of contentment, happiness, fulfillment, and stability experienced within the marital relationship, while psychological resilience refers to the capacity to adapt positively to marital stress and life experiences, cope with difficult circumstances, recover from adversity, and find constructive meaning in challenging situations. The central premise examined here is that resilience can support marital satisfaction by strengthening the capacity of spouses to manage stress, regulate emotions, solve problems, and remain adaptive during difficult periods (Germa & Neff, 2020; Tarhan, 2021).

Marital satisfaction is influenced by the degree to which partners' expectations are met and by the quality of their relational processes. Effective communication, problem solving, financial management, emotional closeness, and family harmony have been identified as important dimensions of marital satisfaction (Sayehmiri *et al.*, 2020; King, 2016). The literature reviewed in the source material also emphasizes that resilience is associated with emotional regulation, stress management, coping, social support, and adaptation, which may help couples maintain stability when facing adversity (Connor & Davidson, 2003; Bodenmann & Kayser, 2016).

Evidence from different contexts presents both convergence and variation. Kalyonco and Ersanli (2022) reported a significant positive relationship between psychological resilience and marital satisfaction, while Khalaf and Al-Hadrawi (2022) found high levels of both psychological resilience and marital adjustment among many married women and reported a statistically significant relationship between the two. Colakkadioglu and Eken (2023) similarly found a significant positive association between psychological resilience and marital satisfaction. In contrast, reviewed evidence from other settings showed that resilience does not always independently predict marital adjustment, indicating that relational, demographic, and contextual factors also matter (Sajjad & Thakur, 2025).

Within African settings, studies reviewed in the source document demonstrate the importance of communication, conflict resolution, social support, and contextual experiences in marital functioning. Elegbede *et al.* (2024) reported that marital conflicts among couples in Lagos State could be managed through conflict-resolution mechanisms. In Kenya, Ma (2025) found positive relationships between several conflict-resolution styles and marital satisfaction among couples in Nairobi County, while Njoroge and Wambugu (2025) showed that demographic patterns also warrant attention in understanding marital satisfaction among Christian couples.

The Eastern Deanery of the Nairobi Archdiocese provides a specific church and community context in which young married adults experience marital challenges. Reports cited in the source material indicated psychological stressors and marital conflict among young married adults and pointed to a need for emotional support, adaptability, social support, and economic stability. At the same time, the source identified limited empirical evidence in Kenya examining psychological resilience and marital satisfaction among young married adults, particularly within the Eastern Deanery. This contextual and empirical gap provided the basis for the present investigation.

1.1 Problem Statement and Purpose

Many young married adults experience financial instability, adjustment to responsibilities, communication breakdowns, and other stressors that may reduce marital satisfaction. Psychological resilience has been identified as a capacity that enables couples to adapt to stress and adversity, yet the source material notes limited empirical evidence on how resilience relates to marital satisfaction among young married adults in the Eastern Deanery of the Nairobi Archdiocese. Reports from the Deanery also indicate recurring marital conflicts and psychological stressors among young married adults. The purpose of the investigation was therefore to examine the relationship between psychological resilience and marital satisfaction among young married adults in this setting.

1.2 Objectives and Research Questions

1. To assess the levels of psychological resilience among young married adults in the Eastern Deanery of the Archdiocese of Nairobi.
2. To assess the levels of marital satisfaction among young married adults in the Eastern Deanery of the Archdiocese of Nairobi.
3. To examine the relationship between psychological resilience and marital satisfaction among young married adults in the Eastern Deanery of the Archdiocese of Nairobi.
4. To assess the factors influencing marital satisfaction among young married adults in the Eastern Deanery of the Archdiocese of Nairobi based on the findings.

The corresponding questions addressed the levels of psychological resilience and marital satisfaction, the relationship between the two variables, and the factors influencing marital satisfaction among young married adults in the Eastern Deanery.

II. Theoretical Framework

2.1 Bowenian Family System Theory

Bowenian Family System Theory conceptualizes the family as an interconnected emotional system in which the behavior and emotional functioning of one member affect the wider family unit (Bowen, 1978). Key concepts presented in the source material include differentiation of self, triangulation, the nuclear family emotional process, family projection, emotional cutoff, sibling position, and multigenerational transmission. In marital relationships, differentiation of self is particularly relevant because it concerns the ability to maintain emotional autonomy while remaining connected to family members.

The theory helps explain how emotional regulation, communication, and relational patterns contribute to marital functioning. A resilient couple may be better positioned to maintain emotional balance when faced with external stressors. The framework therefore places marital satisfaction within the wider emotional and relational processes of the family system rather than treating it solely as an individual outcome. Its strength lies in its holistic attention to interdependence and family relationships, although the source material notes that the approach may underemphasize individual psychological experiences and may require supplementation when personal coping capacities are central.

For the present investigation, Bowenian Family System Theory provides a basis for interpreting the relational dimensions of marital satisfaction, particularly communication quality, intimacy, conflict resolution, and the management of anxiety within close relationships. The source material explicitly combines this theory with Resilience Theory because systemic relational processes alone do not fully account for individual adaptive strengths.

2.2 Resilience Theory

Resilience Theory explains positive adaptation in the face of adversity and emphasizes the interaction between risk factors and protective resources. The source material describes resilience as dynamic and contextual rather than a fixed personality trait. Protective factors include coping skills, supportive relationships, self-efficacy, social support, and access to community resources, which may buffer individuals and couples against stress (Masten *et al.*, 2015; Southwick *et al.*, 2021).

Applied to marriage, the theory explains how young married adults can use life adaptation, emotional regulation, social support, and coping strategies to navigate financial, emotional, family, and social stressors while sustaining satisfaction. This framework is therefore directly aligned with the independent variable and its four dimensions. The source material also notes that resilience measures and definitions vary, which can create differences across empirical findings.

Integrating Bowenian Family System Theory and Resilience Theory provides a combined explanation of marital satisfaction. Bowen's framework addresses emotional processes and family-system interactions, while resilience focuses on adaptive resources that enable spouses to cope with adversity. The theories connect individual psychological capacities with relational processes in explaining marital outcomes.

III. Conceptual Framework

The conceptual framework positions psychological resilience as the independent variable and marital satisfaction as the dependent variable. Psychological resilience is represented through life adaptation, emotional regulation, social support, and coping strategies. Marital satisfaction is represented through communication quality, intimacy level, conflict resolution, and financial management. Age at marriage, gender, education, and employment are identified as intervening variables.

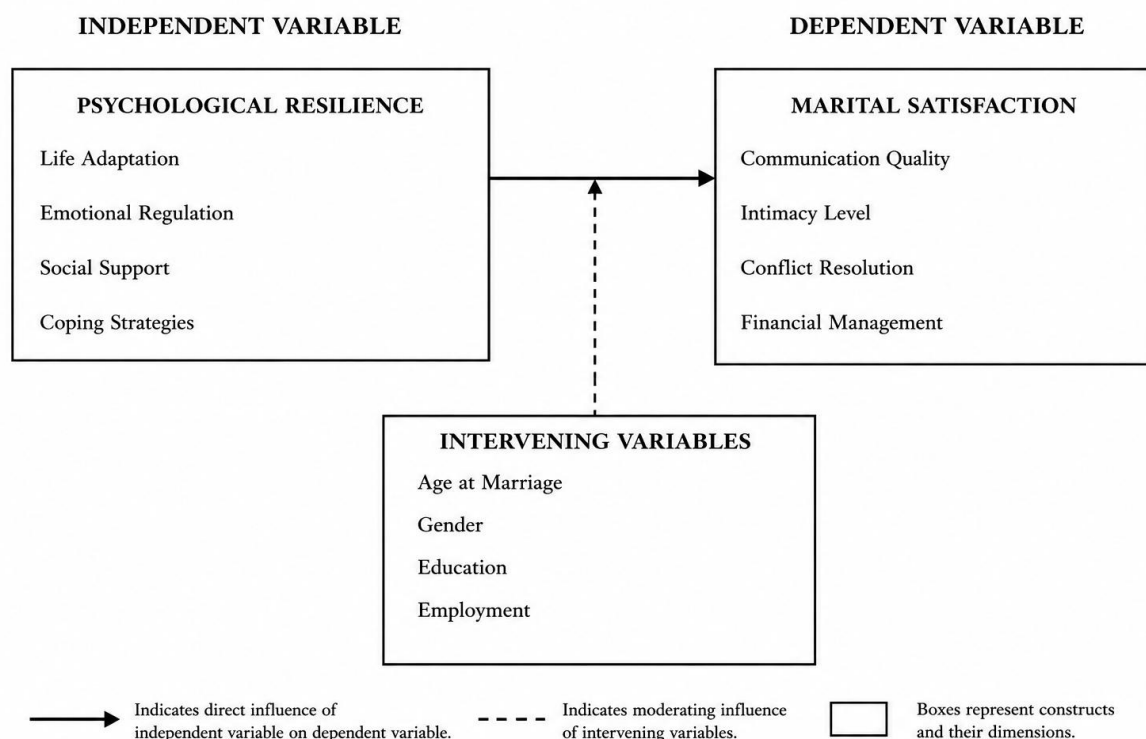


Figure 1. Conceptual framework of the study.

IV. Literature Review

4.1 Psychological Resilience among Married Adults

Studies from different contexts demonstrate the relevance of resilience but also show that its effects are not uniform. Colakkadioglu and Eken (2023) found a significant positive relationship between psychological resilience and marital satisfaction among married individuals in Turkey. Khalaf and Al-Hadrawi (2022) reported that more than half of the married women in their sample had high psychological resilience and a similar proportion had high marital adjustment, with a statistically significant relationship between the constructs. Surijah

et al. (2024) identified high, moderate, and low trajectories of marital satisfaction and linked stress exposure to lower satisfaction trajectories, emphasizing adaptation over time.

4.2 Marital Satisfaction among Young Married Adults

Marital satisfaction is presented in the source material as a multidimensional assessment of happiness, contentment, fulfillment, and stability within marriage. The literature identifies communication quality, intimacy, conflict resolution, and financial management as central processes through which satisfaction is experienced and maintained. Effective communication enables spouses to share ideas, thoughts, and feelings, while intimacy reflects emotional and physical closeness. Conflict resolution concerns the constructive management of disagreement, and financial management relates to budgeting, transparency, and the use of household resources.

African and Kenyan evidence also highlights relational and contextual influences. Elegbede *et al.* (2024) found that conflict-resolution mechanisms could help couples manage marital conflict in Lagos State. Mwansisya (2022) identified respectful communication, financial stability, contentment with conjugal activities, and careful relationships with relatives as influences on marital satisfaction. In Nairobi County, Ma (2025) reported positive relationships between several conflict-resolution styles and marital satisfaction. These findings support the inclusion of communication quality, intimacy, conflict resolution, and financial management as dimensions of marital satisfaction in the present framework.

4.3 Relationship between Psychological Resilience and Marital Satisfaction

The literature gap identified in the source document concerns location, scope, and method. Much of the reviewed research focused on general adult populations or contexts outside East Africa, while relatively little directly examined psychological resilience and marital satisfaction among young married adults within a church-based Kenyan setting. The present investigation addresses this gap using a quantitative correlational approach in the Eastern Deanery of the Nairobi Archdiocese.

V. Methodology

5.1 Research Design and Study Area

A quantitative correlational research design was employed to examine the strength and direction of relationships between psychological resilience and marital satisfaction without manipulating the variables. The investigation was conducted in the Eastern Deanery of the Nairobi Archdiocese, which covers parishes within Nairobi and Kiambu counties. The source material describes the Deanery as a diverse Christian setting with young married adults from varied socio-economic and cultural backgrounds and notes reports of marital conflict within the area.

5.2 Target Population, Sampling, and Sample Size

The population frame comprised approximately 150 married couples in the Eastern Deanery of the Nairobi Archdiocese. Participants were young married adults aged 25 to 45 years drawn from these couples. Purposive sampling was used to select parishes and participants who met the inclusion criteria, while stratified random sampling was used to provide representation across gender and parish categories. Using Yamane's formula with the 150-couple population frame, the computed sample was 109 couples, corresponding to 218 individual spouses and 218 questionnaires. Of the 218 questionnaires distributed, 214 complete responses were retained for analysis. The sampling frame and sample-size calculation were therefore couple-based, while the statistical analysis was conducted on 214 individual respondents.

5.3 Instruments

Data were collected using socio-demographic questions, a Psychological Resilience Scale, and the ENRICH Marital Satisfaction Scale. Demographic information included gender, age, marriage duration, education level, and employment status. The resilience measure was based on Connor and Davidson (2003); the source describes use of a shortened 15-item version rated on a five-point scale from strongly disagree to strongly agree. Scores from 1.00-2.33 were interpreted as low resilience, 2.34-3.67 as moderate resilience, and 3.68-5.00 as high resilience. The resilience dimensions used in the analysis were life adaptation, emotional regulation, social support, and coping strategies.

Marital satisfaction was measured using a shortened ENRICH Marital Satisfaction Scale derived from the ENRICH Inventory (Fowers & Oslon, 1993). The source describes a 15-item five-point scale and notes reverse scoring for negatively keyed items. Marital satisfaction scores from 1.00-2.33 were interpreted as low, 2.34-3.67 as moderate, and 3.68-5.00 as high. The dimensions used in the analysis were communication quality, intimacy level, conflict resolution, and financial management.

5.4 Pilot Testing, Reliability, and Validity

The instruments were pre-tested among 25 young married adults in the Central Deanery of the Nairobi Archdiocese who were not part of the main data collection. The source reports that the original Connor-Davidson resilience measure had internal consistency reliability of Cronbach's alpha = .89 and strong test-retest reliability, with factor and convergent validity supporting the construct. For the ENRICH Marital Satisfaction Scale, the source cites previous internal consistency estimates of .92 and a Kenyan estimate of alpha = .878. Content validity was addressed through expert review, while construct and criterion-related validity were supported through the literature and expert assessment.

5.5 Data Collection and Analysis

Following institutional clearance and a NACOSTI research permit, participants were briefed, informed consent was obtained, and standardized questionnaires were administered in parish halls. The researcher guided participants through the questionnaire sections and checked returned instruments for completeness. Quantitative data were cleaned, coded, scored, screened for normality, and analyzed using Statistical Package for the Social Sciences (SPSS) version 27. Descriptive statistics were used for the first two objectives, Pearson's correlation coefficient was used to examine the relationship between psychological resilience and marital satisfaction, and multiple regression was used to assess factors influencing marital satisfaction. Demographic characteristics were summarized using frequencies and percentages.

5.6 Ethical Considerations

The research procedures included institutional approval, an introductory university letter, and a NACOSTI permit. Participants were informed about the purpose and procedures, provided consent, and participated voluntarily without incentives. Privacy was protected through coding and secure storage of questionnaires, while findings were presented in aggregate form.

Personal identifying information was excluded from returned questionnaires. Participants were allowed to withdraw, and the source states that debriefing was provided before and after questionnaire completion and that counseling support was available where psychological distress arose.

VI. Results

6.1 Response Rate and Demographic Characteristics

A total of 218 questionnaires were distributed. Of these, 214 were completed and retained for analysis, while four were excluded because they were incomplete or contained erroneous responses, giving a reported valid response rate of 98%. The analyzed sample included 109 males (50.9%) and 105 females (49.1%).

Table 1. Demographic characteristics of respondents (N = 214)

Characteristic	Category	n	%
Gender	Male	109	50.9
Gender	Female	105	49.1
Age	25-30 years	—	0.9
Age	31-35 years	—	30.8
Age	36-40 years	—	47.7
Age	41-45 years	—	20.56
Marriage duration	1-3 years	45	21.03
Marriage duration	4-6 years	87	40.65
Marriage duration	7-10 years	82	38.32
Education	Primary	23	10.75
Education	High school	73	34.11
Education	College	93	43.46
Education	University	25	11.68
Employment	Employed	99	46.26
Employment	Self-employed	93	43.46
Employment	Unemployed	22	10.28

Note. Dashes indicate that the source reported percentages without corresponding frequencies in the narrative for those age categories.

The largest age group was 36-40 years (47.7%), followed by 31-35 years (30.8%). Marriage duration of 4-6 years was most common (40.65%), followed by 7-10 years (38.32%). College education was the most frequently reported educational level (43.46%), and 46.26% of respondents were employed while 43.46% were self-employed.

6.2 Levels of Psychological Resilience

Table 2. Psychological resilience levels and dimension scores

Resilience level	Dimension	Mean	SD	N	%
Moderate	Life adaptation	4.1779	.39088	52	24.3
Moderate	Emotional regulation	3.3750	.44419	52	24.3
Moderate	Social support	2.6859	.69362	52	24.3
Moderate	Coping strategies	3.2740	.66099	52	24.3
High	Life adaptation	4.5340	.26065	162	75.7
High	Emotional regulation	3.9985	.41093	162	75.7
High	Social support	3.9959	.63484	162	75.7
High	Coping strategies	3.6759	.41130	162	75.7
Total	Life adaptation	4.4474	.33372	214	100.0
Total	Emotional regulation	3.8470	.49671	214	100.0
Total	Social support	3.6776	.85847	214	100.0
Total	Coping strategies	3.5783	.51218	214	100.0

The results indicate that 162 respondents (75.7%) were classified in the high-resilience category and 52 (24.3%) in the moderate-resilience category. Across the total sample, life adaptation recorded the highest mean ($M = 4.4474$, $SD = .33372$), followed by emotional regulation ($M = 3.8470$, $SD = .49671$), social support ($M = 3.6776$, $SD = .85847$), and coping strategies ($M = 3.5783$, $SD = .51218$). The source interprets these results as showing generally moderate-to-high psychological resilience among young married adults.

6.3 Levels of Marital Satisfaction

Table 3. Marital satisfaction levels and dimension scores

Satisfaction level	Dimension	Mean	SD	N	%
Moderate	Communication quality	3.1535	.43238	57	26.6
Moderate	Intimacy level	3.4649	.63814	57	26.6
Moderate	Conflict resolution	3.4854	.47589	57	26.6
Moderate	Financial management	3.1404	.47013	57	26.6
High	Communication quality	4.0541	.52143	157	73.4
High	Intimacy level	4.5621	.32480	157	73.4
High	Conflict resolution	4.1465	.42423	157	73.4
High	Financial management	4.0446	.42790	157	73.4
Total	Communication quality	3.8143	.63838	214	100.0
Total	Intimacy level	4.2699	.64859	214	100.0
Total	Conflict resolution	3.9704	.52646	214	100.0
Total	Financial management	3.8037	.59391	214	100.0

High marital satisfaction was reported for 157 respondents (73.4%), while 57 respondents (26.6%) were in the moderate category. In the total sample, intimacy level had the highest mean ($M = 4.2699$, $SD = .64859$), followed by conflict resolution ($M = 3.9704$, $SD = .52646$), communication quality ($M = 3.8143$, $SD = .63838$), and financial management ($M = 3.8037$, $SD = .59391$). The results therefore show moderate-to-high marital satisfaction across the study group.

6.4 Psychological Resilience Dimensions and Marital Satisfaction

Table 4. Correlations between resilience dimensions and marital satisfaction

Resilience dimension	r	p	Source interpretation
Life adaptation	.199	.003	Significant (weak)
Emotional regulation	.232	.001	Significant (weak)
Social support	.061	.041	Significant (very weak)
Coping strategies	.138	.044	Significant (weak)

Note. $N = 214$. Correlation coefficients and significance values are presented as reported in the analysis table. Life adaptation was positively associated with marital satisfaction ($r = .199$, $p = .003$), as was emotional regulation ($r = .232$, $p = .001$). Coping strategies also showed a positive statistically significant relationship ($r = .138$, $p = .044$). Social support had a very weak but statistically significant positive relationship with marital satisfaction ($r = .061$, $p = .041$). All four resilience dimensions showed positive statistically significant associations with marital satisfaction, although the magnitudes ranged from very weak to weak.

6.5 Overall Relationship between Psychological Resilience and Marital Satisfaction

Table 5. Pearson correlation between psychological resilience and marital satisfaction

Variables	Psychological resilience	Marital satisfaction	p	N
Psychological resilience	1	.165*	.016	214
Marital satisfaction	.165*	1	.016	214

Note. * Correlation is significant at the .05 level (2-tailed), as reported in the source.

The overall Pearson correlation showed a weak positive but statistically significant relationship between psychological resilience and marital satisfaction ($r = .165$, $p = .016$, $N = 214$). This indicates that higher psychological resilience was associated with slightly higher marital satisfaction among young married adults in the Eastern Deanery. The direction of the relationship is positive, while the magnitude is weak.

6.6 Factors Influencing Marital Satisfaction

Table 6. Multiple regression results for factors influencing marital satisfaction

Predictor	B	SE	β	t	p	Tolerance	VIF
Life adaptation	0.000	0.000	.000	0.000	1.000	.795	1.259
Emotional regulation	0.000	0.000	.000	0.000	1.000	.722	1.385
Social support	0.000	0.000	.000	0.000	1.000	.789	1.267
Coping strategies	0.000	0.000	.000	0.000	1.000	.877	1.141
Communication quality	.267	.000	.362	36.64	< .001	.635	1.575
Intimacy level	.267	.000	.367	86.00	< .001	.512	1.952
Conflict resolution	.200	.000	.224	96.89	< .001	.711	1.406
Financial management	.267	.000	.336	51.22	< .001	.570	1.755
Age brackets	0.000	0.000	.000	0.000	1.000	.330	3.032
Marriage duration	0.000	0.000	.000	0.000	1.000	.335	2.982
Level of education	0.000	0.000	.000	0.000	1.000	.615	1.626
Employment status	0.000	0.000	.000	0.000	1.000	.604	1.655

The regression output reports that communication quality, intimacy level, conflict resolution, and financial management were statistically significant predictors of marital satisfaction, each with $p < .001$. In contrast, the resilience dimensions and demographic characteristics were reported with $p = 1.000$ and therefore were not statistically significant independent predictors in the fitted model. The reported pattern indicates that, after the predictors were considered jointly, interpersonal and relational processes accounted for the significant predictive effects in the model, whereas the resilience dimensions and demographic characteristics did not show significant independent contributions.

VII. Discussion

7.1 Psychological Resilience

From a Bowenian perspective, the observed resilience pattern can also be considered in relation to differentiation of self. The source discussion argues that individuals who can regulate emotions, remain connected while maintaining autonomy, and avoid highly reactive responses are better positioned to maintain stability within the family emotional system. The combination of life adaptation and emotional regulation is therefore relevant both to individual resilience and to the management of relational anxiety.

7.2 Marital Satisfaction

The findings show that most respondents were classified in the high-satisfaction category, with intimacy level recording the highest overall mean. Conflict resolution, communication quality, and financial management also recorded means within the high range according to the source scoring guidelines. These dimensions reflect the relational processes through which spouses negotiate closeness, disagreements, information exchange, and household resources.

The results correspond with the literature reviewed in the source material. Benoit (2019) reported improvements in marital satisfaction following an enrichment intervention that addressed communication, conflict resolution, intimacy, spirituality, and financial management. Mwansisya (2022) similarly identified respectful communication and financial stability among important influences on marital satisfaction, while Ma (2025) found positive relationships between conflict-resolution approaches and marital satisfaction among couples in Nairobi County.

7.3 Relationship between Resilience and Marital Satisfaction

The overall association between psychological resilience and marital satisfaction was positive and statistically significant but weak ($r = .165$, $p = .016$). This finding supports the proposition that resilience contributes to marital satisfaction while also indicating that it does not account for marital satisfaction by itself.

The result aligns with the source's theoretical framing that marital outcomes reflect both personal adaptive capacities and wider relational processes.

7.4 Relational Factors Influencing Marital Satisfaction

The regression results place communication quality, intimacy level, conflict resolution, and financial management at the center of the explanation of marital satisfaction. Each of these dimensions was reported as statistically significant at $p < .001$. In contrast, the table shows non-significant independent effects for the four resilience dimensions and the demographic characteristics when entered with the marital-satisfaction dimensions.

The combined results therefore distinguish between association and prediction. Psychological resilience showed a statistically significant bivariate relationship with marital satisfaction, yet the regression table attributes statistically significant predictive effects to the marital-satisfaction dimensions rather than the resilience or demographic dimensions. This distinction is retained because it is central to the source findings and should not be replaced by a stronger causal claim.

VIII. Conclusions

Young married adults in the Eastern Deanery generally demonstrated moderate-to-high levels of psychological resilience and marital satisfaction. Life adaptation, emotional regulation, social support, and coping strategies represented the resilience profile, while communication quality, intimacy, conflict resolution, and financial management represented marital satisfaction.

Psychological resilience had a weak positive and statistically significant relationship with marital satisfaction ($r = .165$, $p = .016$). The findings therefore support an association between greater resilience and greater marital satisfaction, but the magnitude of the relationship indicates that resilience is only one component of marital functioning. The regression results further showed that communication quality, intimacy level, conflict resolution, and financial management were statistically significant influences on marital satisfaction, whereas resilience dimensions and demographic characteristics were not significant independent predictors in the reported model.

The findings are consistent with the integrated theoretical framework. Resilience Theory explains the adaptive resources young married adults draw upon when facing stress, while Bowenian Family System Theory explains how emotional and interaction patterns within the marital system influence functioning and satisfaction. The results collectively support attention to both psychological resilience and relationship processes when seeking to strengthen marital satisfaction among young married adults.

IX. Recommendations and Implications

The findings have direct implications for counseling and pastoral practice in the Eastern Deanery. Because communication quality, intimacy, conflict resolution, and financial management emerged as statistically significant relational influences on marital satisfaction, marital-enrichment initiatives can give specific attention to these areas. The source material recommends strengthening programs that help young married adults develop effective communication, emotional regulation, adaptive coping, constructive conflict resolution, responsible financial management, and stronger relational skills. Such initiatives may be delivered through church-based seminars, premarital and marital counseling, psychoeducation, and other couple-support activities already situated within the religious and community context of the Deanery.

The findings also support the integration of resilience-focused approaches into professional counseling and family-support services. Although the resilience dimensions did not emerge as significant independent predictors in the reported multiple-regression model, psychological resilience showed a positive and statistically significant bivariate relationship with marital satisfaction, and its dimensions were positively associated with marital satisfaction. This pattern supports interventions that strengthen life adaptation, emotional regulation, social support, and coping strategies while simultaneously addressing the interpersonal processes that showed stronger independent effects. The source further identifies roles for church leaders, marriage counselors, psychologists, government agencies, non-governmental organizations, family-focused organizations, and institutions offering Counseling Psychology programs in promoting healthy family-system functioning, psychological well-being, and marital stability among young married adults.

1. Young married adults should strengthen effective communication, emotional regulation, adaptive coping, constructive conflict resolution, and responsible financial management. The source specifically recommends collaborative approaches to disagreement, joint budgeting, financial transparency, and planning.
2. The Catholic Church, particularly the Eastern Deanery of the Nairobi Archdiocese, should strengthen marital-enrichment programs and seminars that promote communication, emotional intimacy, conflict resolution, financial management, and psychological resilience.
3. Professional and marriage counselors should enhance premarital and marital counseling by integrating resilience-based interventions and by emphasizing psychological and relational dimensions. The source also

recommends use of Bowenian Family System Theory and Resilience Theory in guiding couples experiencing marital challenges.

4. Government agencies, policy makers, non-governmental organizations, and family-focused organizations should develop programs that support healthy family-system functioning and psychological well-being among young married adults.

5. Educational institutions offering Counseling Psychology programs should integrate training on psychological resilience and marital-adjustment strategies to equip trainees with relevant skills for supporting marital clients.

9.1 Recommendations for Further Research

Further research should be conducted in other dioceses and regions, including rural dioceses, to broaden contextual representation. Longitudinal designs are recommended to examine changes and possible causal relationships over time. Qualitative approaches are also recommended to explore the lived experiences of young married adults in greater depth. Other suggested areas include financial-management stress and marital satisfaction, family functioning and psychological well-being, and psychological resilience and marital satisfaction among newly married couples.

X. Limitations

The quantitative approach limited opportunities for in-depth accounts of participants' lived experiences. Emotional states and subjective responses during data collection may have influenced responses, and some questionnaires were not completed because of the sensitive nature of marital issues. The findings are specific to young married adults in the Eastern Deanery of the Nairobi Archdiocese and may not generalize to other populations, cultures, age categories, or settings.

XI. Contribution to Knowledge

The investigation provides empirical evidence on the relationship between psychological resilience and marital satisfaction among young married adults in the Eastern Deanery. It also extends the application of Resilience Theory and Bowenian Family System Theory to marital outcomes in this context and provides information relevant to marriage counselors, pastoral agents, family therapists, policy makers, and programs intended to promote marital stability and family well-being.

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