



# Parents' Values, Quality of Their Relationships, and Marital Stability among Married Individuals in Deliverance Churches International-Kenya (DCI-K), Kasarani Sub-County, Nairobi, Kenya

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**Abstract:** *An individual's experience in early childhood has far-reaching implications on life outcomes in later adulthood, including marital life. This study focused on parental heritage and its impact on the offspring's marital stability development process. Specifically, the study examined the effect of parents' values, parent-child relationship, and the quality of parents' relationships on marital stability among married individuals in Deliverance Churches International-Kenya (DCI-K), Kasarani Sub-County – Nairobi, Kenya. The study was conducted among married individuals. Attachment theory was applied to explain the nexus between parental heritage and marital stability. The research took a post-positivist lens and the descriptive research design where a concurrent mixed method was used in data collection. The target population was 10% of the married congregant population of the 22 local church assemblies in Kasarani Sub-County. A total of 340 respondents were selected through a stratified sampling method. Data was collected using a questionnaire and key informant interview guide and analyzed using descriptive statistics in (the SPSS 28.0) version and synthesis of thematic areas from qualitative data. The study revealed a strong positive correlation of 0.7 between parents' values and marital stability, with a noteworthy p-value of 0.001 indicating a significant influence of parental values. Further, the quality of parents' relationship also showed a moderately strong correlation with marital stability. This was marked by a coefficient of 0.583 and a p-value of 0.001 underscoring the role of parental relationship quality. The study findings inform the development and enrichment of the parental, marital, and pre-marital programs in churches, institutions, and therapy practices to strengthen families and marriages.*

**Keywords:** *Parents' values, Relationship quality, Marital stability, Married individuals, Nairobi*

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## 1. Introduction

Marital stability is fundamental to societal wellness, acting as a pillar that supports moral values, psychological well-

being, and familial harmony (Jingyi, 2023; Polenick et al., 2018). Stable marriages create environments conducive to the healthy development of children and foster emotionally resilient families. However, numerous factors, including

personality traits, environmental pressures, and societal expectations, influence marital success (Mitchell & Plauche, 2016, Rothwell & Davoodi, 2024). Globally, marital instability has risen, negatively affecting children's attitudes toward relationships and increasing divorce rates, as evidenced by studies from the United States, Central Asia, and sub-Saharan Africa (Dommaraju & Agadjanian, 2018; Lehrer & Son, 2017). In Africa, traditional communal structures historically supported marital stability, but urbanization, postmodernism, and cultural shifts have eroded these systems, resulting in increasing rates of separation and divorce (Mutunga, 2020; Pauli & Dijik, 2017).

In Kenya, marital challenges such as economic struggles, extramarital affairs, and cultural dynamics have significantly contributed to instability. Statistics reveal concerning trends, such as high divorce rates in Nairobi County and only 40% of marriages considered stable (Odero, 2018; Kubania, 2016). Addressing these challenges requires programs that enhance parental influence and instil values fostering marital stability (Heshimati 2021; Marissa et al., 2021). Pre-Marital Counselling (PMC) programs have been identified as a vital intervention to prepare couples for marital realities by addressing underlying emotional issues, improving communication, and strengthening financial and conflict resolution skills (Jingyi, 2023; Wulandari et al., 2019). With the influence of modern technology and social media shaping dating dynamics, PMC programs are increasingly crucial for equipping young couples with the tools to navigate marital complexities effectively.

Deliverance Church International (DCI), established in the 1970s, has played a pivotal role in promoting marital stability through family-based programs, including PMC, marital counselling, and mentorship. The church recognizes that marital challenges often stem from upbringing, environmental factors, and unresolved emotional issues, necessitating comprehensive support programs (Charles, 2021). DCI Kasarani Sub- County family ministry initiatives aim at preparing individuals for marriage and strengthen existing family units. This study focused on enhancing and expanding these programs to promote marital stability within the church and the wider community, addressing the gaps left by the erosion of cultural support systems.

## 1.1 Research Objectives

The study aimed at examining the relationship between parental heritage and offspring's marital stability among married individuals in DCI-K churches, Kasarani Sub-County of Nairobi County, Kenya.

The specific objectives were:

1. To examine the effect of parents' values on the offspring's marital stability among married individuals of Deliverance Church International-K, Kasarani Sub- County
2. To assess the effects of parents' relationship quality on the offspring's marital stability among married individuals of Deliverance Church International-K, Kasarani Sub-County

## 1.2 Research Questions

The following questions guided the study:

1. In which way do the effects of parents' values influence offspring's marital stability among married individuals of Deliverance Church International-K, Kasarani Sub- County?
2. How do parents' relationship quality affect offspring's marital stability among married individuals of Deliverance Church International-K in Kasarani Sub- County?

## 2. Literature Review

### 2.1 Socio-cultural Family Values and Congruence

Research evidence suggested that there was a relationship between sociocultural values – (the ability to regard, and respect others) in an intimate relationship and the lasting length of marriage (Kus Ambrož, & Jelovac, 2021). This was in tandem with the study done in Asia among Chinese couples and in Europe among Slovakian couples (Chi et al., 2020; Kus Ambrož, & Jelovac, 2021). A similar study conducted by Cop, et al. (2017) in the USA explored this subject through an inquiry on attitude development towards intimate partner violence and their correlation among young adults. Approaching the research from a social learning lens, the study theorized that people exposed to violence in their family of origin are likely to internalize behavioral orientation for violence and more likely to enact the same in their own marriage. Results revealed differential effects based on individual demographic factors such as gender.

Further, the research was informative for the present study because it investigated intimate partner violence which posed as one of the signs of marital instability. The argument was that perpetration of intimate partner violence was a sign of disregard for the marital partner. Conversely, Cop, et al. (2017) postulated that couples with values from their family of origin that are agreeable with the well-being of their relationship tend to work positively towards their stability, satisfaction, and functioning in marriage.

However, like most extant literature, the research context was predominantly Western and as such, it may not represent the realities of marital experiences in Kenya. Thus, the present research sought to advance a non-western perspective of the interplay between parents' values and offspring's marital stability.

According to interdependence theory which focuses on the couple-level process and between-person dynamics, the value congruence pattern appears to be recursive. Couples with a high congruence value system that allow them to work within their marriage context tend to form a strong foundation toward marriage stability (Van Lange & Balliet, 2015; Van Lange & Rusbult, 2012). This caused consistent positive interactions and lower instability and conflict levels helpful in marital stability. For instance, Dush et al. (2018) approached the research on parents' values from the perspective of intergenerational transmissions of three family values archetypes: relationship commitment, relationship skill, and marriageable characteristics. The research was a national longitudinal survey of mother to child transmissions. Findings showed that mother to child transmissions of poor relationship skills and other marriageable characteristics were potential mechanisms through which daughters were predisposed to marital instability. However, whereas this is the case, it is also possible that off-springs may intentionally choose to break the intergenerational transmission cycle and chart a new legacy of parental values that promote family stability. The research however drew data from a US based agency attached to the country's Bureau of Labor Statistics hence the research results may not be relatable beyond the American population. There is therefore needed to extend the research space into other social contexts, hence the need to conduct the present study in Kenya.

Whereas knowledge production in Kenya is sparse, one of the recent efforts of extending knowledge was put in by Kago (2022). His research efforts took the path of literature review methodology to examine the role of parental heritage on life outcomes of offspring, including their marital stability. The researcher conducted extensive literature review and supplemented the analysis with personal life experiences through a Christian lens and professional practice as a marriage and family therapist. The conceptual scope of the review includes patterns of intergenerational transmissions, including family dysfunctions such as intimate partner violence and marital instability. Drawing from multiple accounts of dysfunctional family patterns passed down in some families in Kenya and across the world, the review advanced the notion of a strong connection between parental values and the stability of children's marriages. The immediate relevance of this scholarly output is compelling due, not only to its contextual relevance as one that presents a Kenyan perspective but also because of methodological integration that was adopted. However,

whereas primary data was used, the sources of data were mostly subjective and thus lacked scientific precision. This methodological gap therefore provided a reason for carrying out the present study.

## **2.2 Effect of Relationship Quality of Parents on Marital Stability**

Parent's relationship quality lays a context through which children learn, train on how to relate and determine their relationship quality (Collins, 2017). According to Mitchell and Plauche (2016), parental divorce increases daughters' likelihood of divorce. In contrast, parental divorce has been found to have little impact on children's marital quality, and the transmission of marital quality is moderated by parents and children during their time together as the children grow (Fatima & Alim, 2018). This gave merit to conduct the present study to clarify the tie between the quality of parent's relationships and marital stability using samples drawn from Kenya as opposed to the one carried out in a different context.

Charvat (2020) researched intergenerational transmission of marital instability at Mid-Western University, USA. The study hypothesized that parental marital instability was a predictor of offspring's relationship instability. The research was a quantitative study involving the participation of 751 young adults in romantic relationships. The research deployed structural equation modelling to estimate the relationship between the research variables. Results showed that the odds of respondents' relationship instability increased significantly with experience of parents' marital instability. The finding demonstrated that there was a direct association between parents' relationship quality and their children's relationship stability. Children's attitudes regarding marriage are shaped by their parents' marital status, as they are their major role models. Children who grow up in stable and harmonious marriages are more likely to find marriage attractive and meaningful (Zhu, 2023)

The research above offered a statistical glimpse into the impact of parents' relationship quality and their offspring's marital stability. However, the sample comprised all forms of romantic relationships, some of which were not necessarily in a committed relationship such as marriage (Olafsson & Steingrimsdottir, 2020). It was also noteworthy that the research was conducted in an economically endowed society that was distinctively individualistic. This research results might not apply to non-western societies such as collectivist societies as found in Africa. Therefore, there was a need to extend research in collectivist cultures to advance knowledge in countries such as Kenya to provide a non-Western perspective of intergenerational transmission of marital stability.

### 3. Methodology

A descriptive research design was applied which involved describing, analyzing, and reporting the relationship between study variables (Kothari, 2019; Kothari & Garg, 2014). The variables in the present study include parents' values and parents' relationship quality programs and marital stability. The population covered 3377 married congregants of the married individuals registered in the 22 local assemblies distributed across three sub-regions of Deliverance Church International in Kasarani. These are: Roysambu - (5 assemblies), Kahawa (11 assemblies) and Kasarani (6 assemblies) Sub-regions. A sample of 340 married individuals, representing 10% of the target population, was used. Sampling involved selecting individuals from a population such that the selected group would contain elements representative of the characteristics found in the entire group –in this case married individuals in DCI-K churches (Kothari & Garg, 2014; Kothari, 2019). The total number of individuals represents the sample size. According to Mugenda & Mugenda (2006) indicate that, a sample size of 10% - 30% of the total population would be essentially representative of the total population.

Probability sampling method was used – where the research participants were recruited to the study randomly, and therefore, every member of the study population has an equal chance of being selected (Pace, 2021). Specifically, the study applied stratified sampling procedures whereby the population was divided into naturally identifiable sub-groups to generate sample from each sub-group (Pace, 2021; Taherdoost, 2016). Systematic sampling where an equal-probability method, whereby every K-th element in the sampling frame was selected in this method, with K denoting the sampling interval. The Kothari (2019) formula was used to determine the sample size in selecting the sample - where n is the sample.

$$k = \frac{N}{n}$$

n is the sample size - 340, and N is the population size – 3377.

The data collected in this study was primary data that included: Quantitative and Qualitative data with structured questionnaires and key informant interview guide as the research Instruments. Primary data was gathered to provide answers to the research questions and achieve the objectives of the study as it yields original data gathered by the researcher directly from the respondents (Hafsa, 2019). Compared to secondary data, primary data yields a higher accuracy threshold, and thus, more credible than secondary data. In this study, both data types were necessary to develop a comprehensive and multidimensional view of

social phenomenon through concurrent mixed methods. These choices align well with post-positivist philosophy of methodological multiplicity, enabling the generation of generalizable findings while at the same time putting the social context into perspective (Creswell, 2018).

Data collection was done by administering the questionnaires to each selected married individual in each local assembly and conducting interviews for marital programs leaders. Depending on the number of each stratum which informed the sampling interval, the questionnaires were administered to the K-th number person (Pace, 2021). They mainly filled the questionnaires physically, but fifty-two individuals (52) requested to fill them in soft which they were sent and filled. The soft instruments did not have a requirement to identify self by email or by name which ensured anonymity. Similarly, marital program leaders were interviewed separately at each local assembly after booking their timelines. 19 leaders- one per church were interviewed during physical meetings. Instrument validity refers to the assurance that the research tools to be used to gather data will measure what is intended (Noble & Smith, 2015). To ensure validity, development of the questionnaire was informed by a thorough literature review to ascertain that all dimensions underlying each construct was represented in the items and are relevant as well as appropriate. The reliability of an instrument of study on the other hand concerns the degree to which a particular instrument can consistently yield a similar result over several repeated trials (Kothari, 2019).

Cronbach's alpha method was applied for this purpose. The statistic that represents the degree to which an instrument is found to be internally consistent, typically indicated by a coefficient score of  $\alpha > 0.7$  (Taherdoost, 2016). Data Analysis Plan was done by data coding and data entry into SPSS 28 current software. Descriptive statistics were then employed to ensure the data was consolidated, interpreted, and analyzed. Relationships between the study variables were further tested using correlation tests and regression techniques (Hauke & Kossowski et al., 2021). Correlation analysis was used to measure the strength and direction of the variable's relationship. The Ethical Considerations process followed all laid down ethical protocols to guarantee the protection of the rights of research participants and comply with institutional requirements as stipulated by PAC University - Institutional Scientific Ethics Review Committee (ISERC) along with a research authorization letter which was used to apply for a permit from the National Commission of Science, Technology, and Innovation (NACOSTI). The researcher also sought written permission from DCI-K before engaging with the individual respondents in the assemblies. In line with the do-no-harm principle, ethical considerations were made in this study concerning research participants including

informed consent, respect for privacy and confidentiality of participants, and right to voluntary participation (Okesina, 2020). The collected data was protected from

possible bias from the researcher at collection and later at storage process by lock and key.

The sample was distributed as shown in Table 1.

**Table 1: Sample size distribution**

	<b>Church</b>	<b>Population</b>	<b>Sample size</b>	<b>Percent</b>
<b>Roysambu Sub-region</b>				
1	Zimmerman	460	41	12.06
2	Shiloh Campus	20	4	1.18
3	Mirema	45	15	4.41
4	Thome	22	4	1.18
5	Githurai 44	30	4	1.18
<b>Kahawa Sub-region</b>				
6	Githurai 45	220	25	7.35
7	Tumaini	70	10	2.94
8	Kimbo	40	12	3.53
9	Sunton	210	10	2.94
10	Posta	60	7	2.06
11	Mwirigo	140	15	4.41
12	Progressive	30	8	2.35
13	Kizito	230	19	5.59
14	Finance	50	7	2.06
15	Mwiki	1360	91	26.76
16	Wendani	60	13	3.82
<b>Kasarani Sub region</b>				
17	Kahawa West	160	26	7.65
18	Kamae	50	7	2.06
19	Kiamumbi	70	14	4.12
20	Maziwa	10	2	0.59
21	Kiwanja Bypass	10	2	0.59
22	Kiwanja	30	4	1.18
	<b>Total</b>	<b>3377</b>	<b>340</b>	<b>100.00</b>

## 4. Results and Discussion

### 4.1 Response Rate

The study findings were systematically structured to reflect the quantitative data's descriptive and inferential statistics, enriched by 19 respondents of qualitative insights from leaders and participants' narrative expressions. The study data collection responses and analysis were properly stipulated.

**Table 2: Response Rate**

<b>Response</b>	<b>Frequency</b>	<b>Percent</b>
Returned	323	95.00%
Unreturned	17	5.00%
Total	340	100%

Source: Field Survey Data (2023)

Vasileiou et al. (2018) recommend that, for a descriptive study, a response rate exceeding 50% is considered sufficient. Vasileiou et al. (2018) further state that response rates above 50% are acceptable, while rates of 60% are deemed good, and rates of 70% are considered very good. Therefore, the response rate of 95% in the study was sufficient. The following tables and discussions show the results of the study objectives.

## **4.2 Parents' Values and Marital Stability**

Table 3 shows how the respondents rated their parents' values' influence on their marital stability.

**Table 3: Parents' Values and Marital Stability**

<b>Statistic</b>	<b>Parent's Values and Marital Stability</b>
Std. Deviation	2.53731
Variance	6.438
Range	9
Minimum	1
Maximum	10
10th Percentile	4
25th Percentile	6
75th Percentile	10
90th Percentile	10

The statistical analysis here addressed parents' values and marital stability revealed significant insights into how respondents perceive the influence of their parents' values on their own marital stability. The results show a relatively high variation in responses, as indicated by the standard deviation of 2.53731. This variability, coupled with a variance of 6.438, suggests that respondents had diverse experiences and perceptions regarding the extent to which their parents' values in family relations, marriage, parenting, friendships, employment, education, recreation, spirituality, community life, and physical well-being impacted their own marital stability. The range of responses spans from 1 to 10, with the lower 10th percentile at 4.0000, indicating that a smaller segment of the participants felt a lesser impact of parental values. In

contrast, the 75th and 90th percentiles are both at the maximum value of 10.0000, reflecting that a substantial proportion of respondents perceive a strong influence of their parents' values on their marital stability. Hence, many respondents affirmed the influence of the values imparted by their parents as significantly impactful on stability and quality of their own marital relationships.

## **4.3 Correlation between Parents' Values on Marital Stability**

Table 4 shows the correlation between the aspects of parents' values and how it influences marital stability.

**Table 4: Correlation Between Parents' Values and Marital Stability**

		Parental Values	Marital Stability
<b>Parental Values</b>	Pearson Correlation	1	.07
	Sig. (2-tailed)		0.001
	N	326	318
<b>Marital Stability</b>	Pearson Correlation	0.7	1
	Sig. (2-tailed)	0.9	
	N	318	325

The Pearson correlation analysis for assessing the effect of parents' values on marital stability reveals a significant relationship between these two variables with a coefficient of 0.7 indicating a strong positive correlation. This suggests that as the perceived importance of parents' values increases, so does the reported marital stability among the respondents. The p-value associated with this correlation is 0.001, which is well below the conventional alpha level of 0.05, thereby confirming the statistical significance of this finding.

The correlation coefficient of 0.7, being close to 1, implies a substantial linear relationship. The findings of this study align with Kus Ambrož et al. (2021) observations, who reported that love, as part of an individual's value system, was associated with a subjective perception of relationship

quality, albeit without a significant effect on self-evaluated relationship stability. Similarly, Tiwari et al. (2023) highlighted aspects such as commitment and communication, which can be influenced by one's value system, and play crucial roles in enhancing marital stability and identity. This could suggest that the values instilled or demonstrated by parents have a notable influence on the marital stability experienced by their children in adulthood.

#### 4.4 Regression Between Parents' Values and Marital Stability

Table 5 shows the regression between the aspects of parents' values and how it influences marital stability.

**Table 5: Regression Between Parents' Values and Marital Stability**

Model Summary / Coefficients	Value
R	0.755
R <sup>2</sup>	0.570
Adjusted R <sup>2</sup>	0.568
Std. Error of the Estimate	0.987
Constant (Intercept) – B	1.234
Constant (Intercept) - Std. Error	0.050
Parents' Values – B	0.700
Parents' Values - Std. Error	0.038
Parents' Values – Beta	0.755
Parents' Values – t	18.421
Parents' Values - Sig.	0.001

The regression analysis in Table 5 indicated a strong and positive relationship between parents' values and marital stability, as evidenced by an R-value of 0.755. The model accounts for 57% of the variance in marital stability ( $R^2 = 0.570$ ), with an adjusted  $R^2$  of 0.568, suggesting a robust fit. The significance of parents' values in predicting marital stability is underscored by a Beta coefficient of 0.755 and a highly significant t-value of 18.421 (Sig. = 0.001), highlighting the profound impact of parental values on marital stability among respondents. Sharp et al. (2022) indicate how this study is related to your identified commitment, influenced by parental values, as a crucial factor in preserving marital stability, highlighting its importance in enduring relationships ( $p < .05$ ). This finding underscores the integral role that the socio-cultural based family values imparted by parents play in shaping the marital dynamics of their offspring, with stronger parental values associated with higher levels of marital stability.

## 4.5 Effect of Parents' Relationship Quality on Marital Stability

This objective sought to explore how the quality of the relationship between parents influences the marital stability of their offspring. This was done through factors such as communication patterns, emotional support, and conflict resolution skills within parents' relationships. The study aimed to determine how these dynamics are mirrored in marital relationships on possible transgenerational transmission.

## 4.6 Parents' Relationship Quality and Marital Stability

The objective focused on parents' relationship quality and how it affects marital stability. Table 6 shows the perceptions of respondents on the quality of the parents' relationship quality during their childhood.

**Table 6: Parents' Relationship Quality**

Statistic	Parent's Relationship Quality and Marital Stability
Std. Deviation	1.47738
Variance	2.183
Range	4
Minimum	1
Maximum	5
10th Percentile	1
25th Percentile	2

The statistical analysis in table 6 focused on parents' relationship quality and marital stability highlighting the respondents' perceptions of their parents' relationship quality during their childhood. Utilizing a 5-point scale ranging from 1 (strongly disagree) to 5 (strongly agree), respondents reflected on various aspects of their parents' relationship, including contentment, commitment, enjoyment of each other's company, awareness of each other's needs, and shared values. The standard deviation of 1.47738 indicates a moderate level of variation in responses, suggesting diverse perceptions among the participants regarding the quality of their parents' relationship. This variability underscores the complexity of how children internalize and interpret their parents' relationship quality, which can influence their marital stability in diverse ways (Karimi et al., 2019). This variation is further emphasized by the variance of 2.183. The range of responses extends across the full scale (from

1 to 5), with the 10th and 25th percentiles at 1.0000 and 2.0000 respectively, indicating that a notable portion of respondents perceived lower levels of relationship quality in their parents'. Children's opinions towards marriage are influenced by their parents' marital quality, as they are their primary role models. Children who grow up in secure and harmonious marriages are more likely to perceive marriage as attractive and meaningful (Li, 2024 citing Zhu, 2023).

## 4.7 Correlation between Parents' Relationship Quality and Marital Stability

The objective focused on the effect of parents' relationship quality on marital stability. Table 7 shows the relationship between the two variables.



**Table 7: Correlation Between Parents' Relationship Quality and Marital Stability**

		<b>Parents' Relationship Quality</b>	<b>Marital Stability</b>
<b>Parents' Relationship Quality</b>	Pearson Correlation	1	0.538
	Sig. (2-tailed)		0.001
	N	307	302
<b>Marital Stability</b>	Pearson Correlation	0.538	1
	Sig. (2-tailed)	0.001	
	N	302	325

The Pearson correlation analysis assessing the effect of parents' relationship quality on marital stability reveals a significant and moderately strong relationship. The correlation coefficient was found to be 0.538, indicating a positive linear relationship. This coefficient suggests that a higher perceived quality of the parents' relationship is associated with greater marital stability among the respondents. The statistical significance of this correlation is underscored by a p-value of 0.001, which is well below the conventional threshold of 0.05, confirming that the observed relationship is unlikely to be due to chance. This finding indicates a substantial link between the relationship quality observed in the parents' marriage and the marital stability experienced by the respondents. Thus, the model of marital interaction and bonding witnessed in the family of origin could play a crucial role in shaping an individual's contentment, commitment, enjoyment of each other's company, awareness of each other's needs, and shared values.

The observations are consistent with Guo (2023), who highlighted the significant impact of good parental marital

relationships on the positive developmental outcomes for children, further supporting the idea that parental relationship quality can influence the future marital stability of children. Similarly, Li et al. (2020) found that marital and parent-child relationships positively affected children's mental health, suggesting an interconnected influence of familial relationships on individual well-being and stability. The moderately strong correlation underscores the potential influence of early familial experiences on adult marital stability, pointing to the importance of parental relationship as a significant factor in the intergenerational transmission of marital behaviors and attitudes.

#### **4.8 Regression Between Parents' Relationship Quality and Marital Stability**

Table 8 shows the Regression between the Parents' Relationship Quality and Marital Stability.

**Table 8: Regression Between Parents' Relationship Quality and Marital Stability**

Metric / Coefficient	Value
R	0.538
R <sup>2</sup>	0.289
Adjusted R <sup>2</sup>	0.287
Std. Error of the Estimate	0.987
Constant (Intercept) – B	1.234
Constant (Intercept) - Std. Error	0.050
Parents' Relationship Quality – B	0.538
Parents' Relationship Quality - Std. Error	0.038
Parents' Relationship Quality – Beta	0.538
Parents' Relationship Quality – t	14.160
Parents' Relationship Quality - Sig.	0.001

The regression analysis Table 8 reveals a significant positive effect of parents' relationship quality on marital stability, as indicated by a Pearson correlation coefficient (R) of 0.538. This suggests a moderate to strong relationship, with the model explaining approximately 28.9% of the variance in marital stability ( $R^2 = 0.289$ ). The adjusted  $R^2$  value of 0.287 confirms the model's good fit. The significant B coefficient for parents' relationship quality (0.538) demonstrates that improvements in the perceived quality of parents' relationships are associated with corresponding increases in marital stability among the adult children.

Lansford et al. (2023) found substantial intergenerational stability in age and marital status at the time of becoming a young parent, suggesting that family dynamics and relationship qualities experienced in one generation can influence outcomes in subsequent generations. Additionally, Steinbach et al. (2020) observed stable patterns of parent-child relationships over time, indicating that the quality of relationships, including conflict and support dynamics, may remain consistent across generations, thereby affecting marital stability outcomes. The high t-value (14.160) and the very low significance level (Sig. = 0.001) further substantiate the robust impact of parental relationship dynamics on shaping the marital stability of offspring, highlighting the intergenerational transmission of relational behaviours and attitudes within families.

## 4.9 Marital Bonding and Commitment in Marital Stability

The qualitative analysis provided profound insights into how the parents' relationships quality affects marital stability. Verbatim statements that expound on this are as follows.

L03: "Children who see their parents working through issues and maintaining respect are likely to carry those lessons into their own marriages."

L 07: "Stable parents' relationships provide a model for children on how to manage their own marital conflicts and maintain a healthy relationship."

L09: "When parents demonstrate love, understanding, and mutual respect, their children grow up knowing what a healthy marriage looks like and strive to replicate that."

However, negative parental relationships were noted to have detrimental effects on the bonding and commitment in marriage which enhances stability thereof. The verbatim comments below attest to the same.

L14: "Those who witnessed constant conflict and disrespect between their parents often struggle with trust and conflict resolution in their own marriages."

L18: "Negative parents' relationships create a cycle of dysfunction that can be hard to break without intervention",

L12: "Even if someone comes from a background of conflict, they can still learn and grow. But it's a

more challenging path, and they need a lot of support"

L:11 "We need to offer more Counselling and support to help individuals break free from the negative cycles they might have witnessed growing up," a leader suggested

These interviews highlighted the importance of providing support for those originating from troubled family backgrounds considering the quality of parents' relationships which would be handovers to their children. This comprehensive view underscores the critical role that parents' relationship quality plays in marital bonding and commitment of their children and the importance of addressing these issues through targeted support and

guidance. The verbatim comment indicates the same; L10: "With the right guidance and support, people can learn to build healthy relationships despite their past".

#### **4.10 Thematic Illustration of Variables**

The thematic map (Figure 1) illustrates the intricate relationship between parents' relationship quality and marital bonding and commitment. It highlights three key themes: positive parental relationships, negative parental relationships, and the role of interventions and support. Conversely, negative parental relationships, marked by conflict, disrespect, and dysfunctional cycles, often lead to challenges like trust issues and conflict resolution.

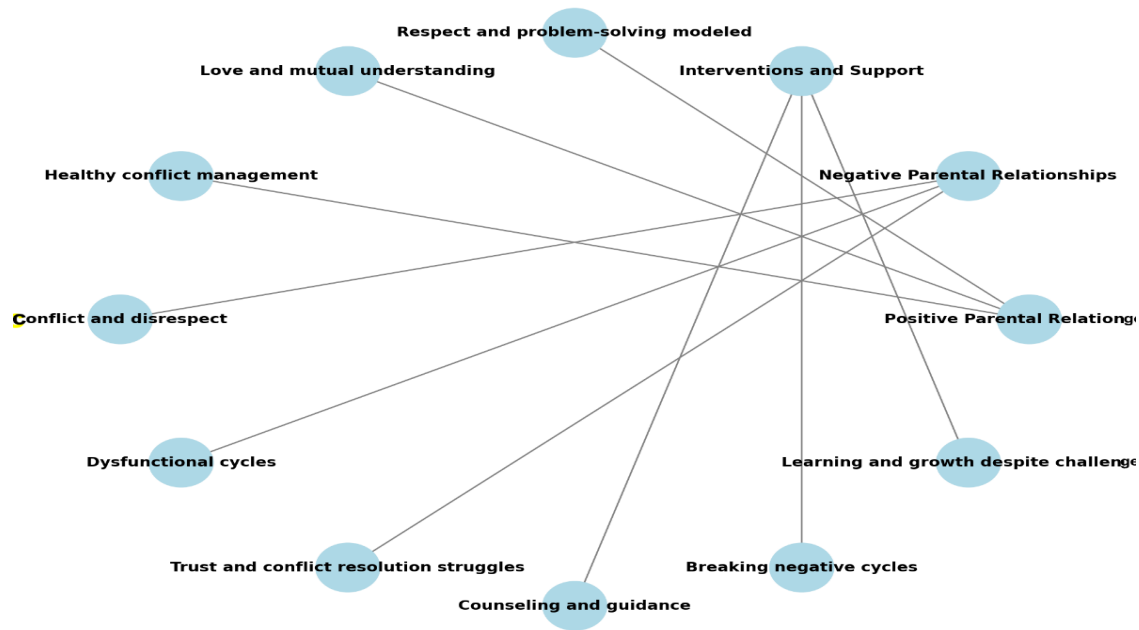


Figure 1: Researcher, 2023

### 4.11 Discussion of Findings

The examination of the impact of paternity leave on marital stability Avdic and Karimi (2018) discovered that increased father involvement in early childcare, as encouraged by parental leave policies, influenced relationship stability. Aligned to this study, the involvement and values imparted by parents, like the increased father involvement in early childcare highlighted by Avdic and Karimi (2018), significantly enhance marital stability. This reinforced the importance of parental roles in values education and instilling of the same for stable relationships. While their study (Avdic and Karimi (2018), focused on policy-induced behavior change, it indirectly underscores the broader theme that family dynamics and shared values around parenting responsibilities contribute to marital outcomes. This study found that strong parental values and parents relationship quality significantly contribute to marital stability, highlighting the crucial role of familial influences in shaping marital success. The findings that change traditional family roles impact on marital stability suggested alignment of social values within the family, including the value placed on shared parenting, plays a role in the health of marital relationships.

Furthermore, a systematic review by Angelique et al. (2018) on the characteristics of successful resource parents for older youth highlights the importance of various personal and familial attributes, such as tolerance for rejection, flexible expectations, and a sense of humor, which are instrumental fostering stability in care

placements (River et al., 2022). The emphasis on healthy family and marital functioning as a characteristic of successful resource parents echoes the broader finding of this study that positive parental values and functional family dynamics are crucial for marital stability. Similarly, Angelique et al. (2018), found that parental values significantly impact marital stability, suggesting that the nurturing of positive familial attributes can lead to more stable and harmonious marital relationships. Sharp et al. (2022) identified commitment, influenced by parental values, as a crucial factor in preserving marital stability. Therefore, the integral role that values imparted by parents play in shaping and guiding marriage among children hence higher levels of marital stability. The importance of parental socio-cultural values contributed to the establishment of stable marital relationships among married individuals.

Greenlee et al. (2021) findings where the authors investigated the effect of parental marital satisfaction on parenting styles and child outcomes in families of autistic children align with this study. It found out that lower marital satisfaction predicted more child externalizing symptoms via more authoritarian parenting style, suggesting that the quality of the parental relationship can significantly impact child outcomes, which may in turn affect the offspring's views and experiences of marital stability. This underscored the need for community leaders and religious organizations to create platforms that encouraged positive value transmission within families as supported by (Foo, 2021; Kago, 2022). Programs and initiatives that foster dialogue and reflection on familial

values to serve as a preventive measure, strengthening the marital bonds of generations to come. Moreover, this insight called for a collaborative approach involving parents, institutions, and professionals in marriage and family to cultivate an environment that nurtures values conducive to stable and fulfilling marital relationships. Thus, improving the systemic family therapies.

## 5. Conclusion and Recommendations

### 5.1 Conclusion

The study explored the intricate relationship between parental heritage dimensions – parents’ relationships quality and values and marital stability. Thus, revealing the profound influence of parents’ values, and the quality of parents’ relationship on marital dynamics in reference to marital stability. Deliberate values education in the family, sound marital support system and structure are therefore paramount in establishing marriages with stamina to surmount the dynamics around it.

### 5.2 Recommendations

The study makes the following recommendations: The need for community-wide initiatives aimed at promoting positive family values -social cultural values and family relational skills among family members. Religious organizations - churches, in collaboration with family therapy professionals, could organize workshops, seminars, and support groups of parents and families with a focus on the value of attachment security, marital bonding, marital commitment, family values/shared traditions and intergenerational transmission. Such initiatives create a supportive environment that encourages development of healthy familial relationship patterns and values, which in turn can positively impact on the marital stability today and of future generations within the community.

Additionally, the need to provide continuous support and education for married couples beyond the pre-marital phase. The sensitization of the government and other non-religious and religious organizations to establish ongoing marital enrichment programs that provide couples with resources and tools to navigate the fast-evolving dynamics and challenges of married life. These programs could include regular check-ins, marital workshops, and a couple of retreats, which reinforce the skills and knowledge gained from PMC and address new marital emerging issues. Ensuring that couples have access to continuous support at religious communities and beyond could play a pivotal role in sustaining and enhancing marital stability among community members (Saleh, 2024; Sheikhi et al., 2021).

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