

**ASSESSMENT OF GENDER NORMS INFLUENCING MARITAL  
SATISFACTION FOR HIV AND AIDS PREVENTION AMONG  
COUPLES IN  
DAR ES SALAAM REGION, TANZANIA**

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**Master of Public Health Dissertation  
Muhimbili University of Health and Allied Sciences**

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**A Dissertation submitted in partial fulfilment of the requirement for the degree  
of Master in Public Health of  
Muhimbili University of Health and Allied Sciences**

**Muhimbili University of Health and Allied Sciences  
November, 2013**

## CERTIFICATION

The undersigned certifies that he has read and hereby recommends for acceptance by Muhimbili University of Health and Allied Sciences a dissertation entitled *Assessment of Gender Norms Influencing Marital Satisfaction for HIV and AIDS prevention among couples in Dar es Salaam region, Tanzania* in partial fulfillment of the requirements for the degree of Master of Public Health of Muhimbili University of Health and Allied Sciences.

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## **DEDICATION**

This work is dedicated to my parents Joseph Mlawa and Tarchisia Myovela who raised me, supported me and struggled to get me to school. God Bless you!

## ABSTRACT

**Background:** Concurrent sexual partnership is among the risk factors for HIV transmission in sub Saharan Africa and the quality of marital satisfaction is among the factors contributing to it. Marital satisfaction is influenced by many factors including gender norms and gender norms keep changing from time to time in different parts of the world towards more gender equality but how such gender norm transformation is translated by men and women in terms marital satisfaction is not well understood in Tanzania. This qualitative study was conducted to explore and better understand gender norms influencing marital satisfaction for HIV and AIDS prevention among couples

**Methods:** A qualitative study was conducted in three districts (Temeke, Kinondoni and Ilala) of Dar es Salaam city in Tanzania. The study involved 12 focus group discussions which included a total of 49 married men and 55 married women. Focus groups were audio taped, transcribed and translated into English for analysis. Data were analyzed using thematic coding and matrices were developed.

**Results:** Results showed that men and women are influenced differently by gender norms as the result they bring different realistic and unrealistic expectations and needs into marriage which ultimately influences negatively their marital satisfaction. Moreover, the findings showed that couples lack effective communication skills to resolve conflicts or when dealing with marital dissatisfaction. Engaging into risky sexual behaviors as a coping mechanism to marital dissatisfaction contributes to the vulnerabilities of couples to HIV and AIDS. However, some men and women have started to question some of the gender norms given the negative outcomes of their masculinity or femininity behaviors to family health

**Conclusion and recommendation:** Men and women need to invest enough time knowing and harmonizing each other's needs and expectations before they get married. Programs on HIV/AIDS prevention including religious services need to employ gender synchronization strategies to achieve gender equality, and improve family health. Findings highlight the need for extensive studies sung both qualitative and quantitative research in order to understand the magnitude and other factors explaining marital dissatisfaction in other parts of Tanzania

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## **LIST OF ABBREVIATIONS**

|       |  |
|-------|--|
| THIMS | Tanzania HIV/AIDS and Malaria Indicator Survey     |
| MCP   | Multiple Concurrent Sexual Partnerships            |
| MUHAS | Muhimbili University of Health and Allied Sciences |
| UNFPA | United Nations Population Fund                     |

## **DEFINITIONS**

**Gender:** In this research gender is defined as the economic, political, and cultural attributes and opportunities associated with being a male or a female. The social definitions of what it means to be male or female vary among cultures and changes over time. (USAID ADS Chapters 200–203). The concept of gender refers to the array of socially constructed roles and relationships, personality traits, attitudes, behaviors, values, and relative power and influence that society ascribes to the two sexes on a differential basis. It is an acquired identity that is learned, changes over time, and varies widely within and across cultures. It is relational and refers not simply to women or men but to the relationship between them.

**Marital satisfaction:** In this research, marital satisfaction is defined as an evaluation of one's experience in marriage. It refers to personal attitude and attribute which reflects the individual's overall evaluation of the relationship. Marital satisfaction depends upon the individual's needs, expectations, and desires for the relationship because people have multiple goals to achieve in their marriage. Marital satisfaction can also be defined as a mental state that reflects the perceived benefits and costs of marriage to a particular person. The more costs a marriage partner inflicts on a person, the less satisfied one generally is with the marriage and with the marriage partner similarly, the greater the perceived benefits are, the more satisfied one is with the marriage and with the marriage partner (M-Baumeister, 2007)

**Gender Equality:** Gender Equality means that men and women enjoy the same status. They share the same opportunities to realize their human rights and the potential to contribute and benefit from all spheres of society (economic, political, social, cultural) without regard to their sex (UNFPA, 2000)

**Gender Norms:** Defined here as social expectations for appropriate behaviours of men as compared to women (Pulerwitz J., Barker G, 2008):

## CHAPTER ONE

### INTRODUCTION

#### 1.1 Background

According to the Tanzania HIV and AIDS and Malaria Indicator Survey of 2011/12, HIV and AIDS prevalence rate is 5.1%, whereby it is 6.2% and 3.8% for women and men respectively. For both women and men, HIV prevalence increases with age. For women, HIV increases from 1% among those aged 15-19 to 10% among those aged 45-49. For men HIV increases from 1% among those aged 15-19 up to 7% among those aged 30-49. According to the Tanzania HIV and AIDS and Malaria Indicator Survey of 2011/12, women and men who have never been married are least likely to be HIV-positive comparing to men and women who are married or divorced. According to the report, HIV prevalence for women and women who have never been married is 3.3 and 1.2 respectively. For those who are married, HIV prevalence for men and women is 5.2 and 5.4 respectively. Men and women who are divorced/separated or widowed are substantially more likely to be infected than currently married or never married respondents. HIV prevalence is as high to 25% among adults who are widowed followed those who are divorced. (THMIS, 2011/2012). The reasons why people who are married or widowed or divorced have high prevalence are not currently known in Tanzania.

Multiple concurrent sexual partnerships( MCP) is among the risk factors for HIV infection among men and women who are in long term relationships in Sub-Saharan countries in including Tanzania(Experts Think Tank Meeting on HIV prevention, Africa Report, 2006, Soul City Institute, 2008 and Parker, 2007). A concurrent sexual partnership is defined as having two or more partnerships that overlap in time. In Tanzania, multiple concurrency partnership is a common practice. On average, women had 2.3 sexual partners and 6.6 for men in 12 months before the survey. (THMIS, 2011/2012).

Extramarital sexual relationship in Tanzania is justified when one is not satisfied with their spouses (Silberschmidt 2001; Hollos and Ulla 2008). However, men and women cope with marital satisfaction differently. According to the study by Haram Liv.2005b, men argue that although women should not have multiple partners,

men need a variety of partners. Extramarital sexual relationships are among the cited means to cope with dissatisfaction especially when men experience low self-esteem due to their economic hardships (Silberschmidt 2001)

Marital satisfaction is an evaluation of one's experience in marriage. It refers to personal attitude and attribute which reflects the individual's overall evaluation of the relationship. Marital satisfaction depends upon the individual's needs, expectations, and desires for the relationship because people have multiple goals to achieve in their marriage. The more costs a marriage partner inflicts on a person, the less satisfied one generally is with the marriage and with the marriage partner similarly, the greater the perceived benefits are, the more satisfied one is with the marriage and with the marriage partner (M-Baumeister ,2007). Moreover, marital satisfaction is influenced by many factors including gender. Men and women are socialized differently from childhood to adult hood and their marital expectations are varied. These relationship dynamics due to community gender norms at a particular society can cause marital dissatisfaction.

Marital satisfaction is one of the key factors for men and women to engage in multiple concurrent sexual partnerships. Men and women who are dissatisfied in their marriage are more likely to engage in infidelity (Todd, 1997, Todd, 2008). Therefore, in order to effectively reverse the spread of HIV in Tanzania and other African countries, efforts need to be put in reducing MCPs among men and women. In order to prevent these extra marital sexual practices, deliberate efforts needs to be invested in improving marital satisfaction by understanding all dimensions which affects positively or negatively this phenomenon including gender norms.

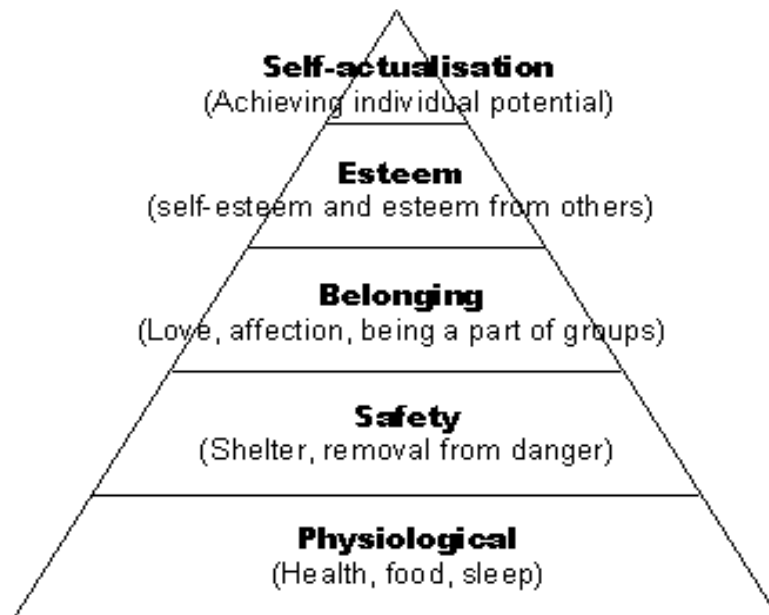
### ***Theoretical Framework***

In order to assess gender norms influencing marital satisfaction among couples, Abraham Maslow's hierarchy of needs theory, Feminist theory and equity theory were used. Abraham Maslow hierarchy of needs theory was used as a framework for understanding how human beings perceive different types of needs in a

relationship while the Feminist theory was used as a framework for understanding gender inequalities among men and women. Equity theory helped us to learn how men and women in close relationships respond to restore inequity.

### **Abraham Maslow hierarchy of needs theory**

The Maslow's hierarchies of needs theory was used in this study because the theory takes into account the types of human needs in facilitating healthy relationships. It is pyramid in shape classifying different types of human needs from bottom to the top. At the bottom are the basic physical or physiological needs like health, food and water. The next level of needs includes safety needs like shelter, order and stability.



**Figure 1: Maslow Hierarchy of needs (Wikipedia)**

According to Maslow's hierarchy of needs theory, the third level of need includes psychological needs like love, affection and belonging (being part of groups). The fourth level is the “Esteem” level, the level of success and status. The fifth and top most need is self-actualization. Once persons have reached the self-actualization state, they focus on themselves and try to build their own image. They may look at this in terms of feelings such as self-confidence or by accomplishing set goals. From this

theoretical perspective, men's and women's needs in a relationship may be perceived differently depending on the individual and social constructs at a given period of time. When these subjective needs in their relationship are met, partners may not go seeking alternative means to meet them, be physical or psychological. Understanding these kinds of marital needs a husband or a wife has is important when assessing marital satisfaction among couples who may at certain circumstances be in problem of fulfilling their marital needs.

### **The Feminist Theory**

According to feminist theory, men and women undergo different socialization processes with regard to how they should behave, act and socially expected as women or men. These gender roles influence men and women in every aspect of their lives and relationships (Knox & Schacht, 2000). Men have historically been described as instrumental, dominant, rational, objective, independent, decisive, competitive and superior. Women, have been traditionally and stereotypically viewed as expressive, submissive to others, caring, nurturing, affectionate, cooperative, emotional, relationship oriented, and good at domestic tasks and child rearing (Worden & Worden, 1998).

In a patriarchal system as in most parts of Tanzania where men and women are socialized differently, their subjective needs in a relationship may influence the way men and women perceive marital satisfaction differently. However, the most important element in relationship is the match of needs and expectations between couples. On the one hand, couples, who are well matched, presumably will be more affectionate and engaged in the relationship. On the other hand, spouses who differ in terms of needs and expectations in marriage may be more vulnerable to marital dissatisfaction (Houts, 1996).

### **Equity theory**

Equity theory states that when inequity exists, relational parties become distressed

Equity theory proposes that individuals who perceive themselves as either under-rewarded or over-rewarded will experience distress, and that this distress leads to efforts to restore equity within the relationship. Much like other prevalent theories of motivation, such as Maslow hierarchy of needs, equity theory acknowledges that individual factors affect each person's perceptions of needs and satisfaction in the relationships (Guerrero et al, 2007).



### **Equity theory consists of four propositions:**

1. Individuals seek to maximize their outcomes (where outcomes are defined as rewards minus costs)
2. Groups can maximize collective rewards by developing accepted systems for equitably apportioning rewards and costs among members. Systems of equity will evolve within groups, and members will attempt to induce other members to accept and adhere to these systems. The only way groups can induce members to equitably behave is by making it more profitable to behave equitably than inequitably. Thus, groups will generally reward members who treat others equitably and generally punish (increase the cost for) members who treat others inequitably.
3. When individuals find themselves participating in inequitable relationships, they become distressed. The more inequitable the relationship, the more distress individuals feel. According to equity theory, both the person who gets “too much” and the person who gets “too little” feel distressed. The person who gets too much may feel guilt. The person who gets too little may feel angry or humiliated
4. Individuals who perceive that they are in an inequitable relationship attempt to eliminate their distress by restoring equity. The greater the inequity, the more distress people feel and the more they try to restore equity

However, for the interest of this study, only proposition four was applied. This proposition urges that individuals who perceive that they are in an inequitable relationship attempt to eliminate their distress by restoring equity. The greater the inequity, the more distress people feel and the more they try to restore equity. (Walster, et al 1978). In a study asking participants to evaluate whether they were in inequitable relationships, Sprecher (1992) found that participants expected that they would engage in equity-restoring behaviors, including increasing their partner's rewards, asking their partners to contribute more to the relationship, or changing their perceptions of the relationship so that it seemed fair. She also found that women were more likely to engage in equity-restoring activities than men. Women in inequitable

relationships have also reported engaging in or wanting to engage in extramarital sexual behavior. Engaging in sex outside marriage may be a way of restoring perceived inequity (Sprecher 1995).

## **1.2 Problem statement**

It is well known that men and women go through different socialization processes whereby they are prescribed to different gender roles and social expectations when in intimate relationships. These gender prescriptions guide the way men and women relate to each other. While men are socialized to assume a superior role, women are socialized to assume an inferior role to men in relationship especially in patriarchy system as in Tanzania.

People enter into marriage with their own set of expectations and needs. Matching of behaviours, needs and expectations is important for marital satisfaction. The dimension of needs and expectations in marriage often reflect family and cultural background and what that person judges to be right. When we compare now and 50 years ago, so many things have changed with regard to the roles and opportunities of men and women including gender norms.

Gender norms are always dynamic and changes have been documented in terms of how it influences marital satisfaction among married men and women in different parts of the world. However, it is not yet documented how these gender norms influence marital satisfaction differently among men and women in Tanzania

## **1.3 Rationale**

It is evidenced that marital dissatisfaction is one of the key factor for married men and women to engage into multiple concurrencies which puts them at heightened risk of HIV and AIDS. However, marital satisfaction is high when both parties have realistic expectations, needs and roles within their relationships. Knowledge about how gender norms influences what married individuals expect and perceive to be their roles and important for marital satisfaction help to shape the kind of information to share with couples who are preparing for marriages. There is a need to help couples identify gender equitable and realistic expectations, roles and needs in order to facilitate marital satisfaction which will lead to fidelity and make them less vulnerable

to MCPs, the key driver of HIV and AIDS. Since matching of needs and expectation among partners is important for marital satisfaction, knowledge obtained in this study will help to guide pre- marital and marital programs geared towards reducing the chance of men and women to engage into multiple Concurrent Sexual Partnerships which is a risk factor for HIV and AIDS.

Many studies on this field of marital satisfaction have mainly focused on the western world and limited research has been conducted in African countries. This study therefore is expected to broaden our understanding of the role of gender norms in influencing marital satisfaction in Tanzania and other African countries

#### **1.4 Research questions**

1. What does the community perceive to be important for marital satisfaction among married men and women?
2. What are the expectations and needs of married men and women before marriage?
3. Do men and women communicate marital satisfaction to each other?
4. How do married women and men cope with unmet marital expectations and needs?
5. How do married men and women understand the importance of gender equality to improve marital satisfaction?

#### **1.5 Research objectives**

##### ***1.5.1 Overall objective***

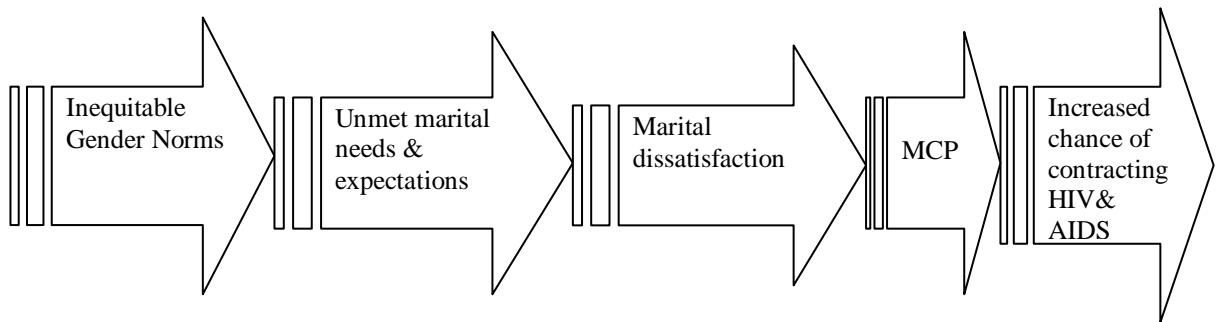
- To assess gender norms that influence marital satisfaction among married men and women in Dar es Salaam, Tanzania

##### ***1.5.2 Specific objectives***

1. To assess community perception of marital satisfaction among married men and women

2. To explore the expectations and needs of married men and women in marriage and their influence for marital satisfaction
3. To assess the means of communication which men and women use to communicate marital dissatisfaction
4. To describe/assess coping mechanisms used by married women and men to deal with unmet marital expectations and needs
5. To assess the perceived value/role of gender equality in promoting/improving marital satisfaction

### 1.6 Conceptual framework



**Figure 2: Conceptual framework**

**Description:**

As shown in Figure 2 above, inequitable gender norms especially those that influence marital relationships as the result of societal values, these norms set unmet marital expectations and needs among men and women in marriage. Spouses who experience unmet marital expectations and needs are more vulnerable to marital dissatisfaction (Houts, 1996). When these needs and expectations are not met, people tend to engage in infidelity (Todd, 1997, 2008), the risk factor for HIV and AIDS. (Soul City Institute, 2008)

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **Factors Influencing Marital Satisfaction**

A good number of factors have been studied about marital satisfaction. The commonly studied factors include the length of the marriage, presence of children, couple communication, gender, level of education, socio economic status, division of labor and sexual satisfaction. (Hendrick & Hendrick, 1992:194). Factors that influence marital satisfaction differ across different cultures. A study by Shek (1998) found husband's income to be important factor for marital satisfaction in Japan as compared to United States of America.

Marital satisfaction is experienced and perceived differentially between men and women. This is caused by the fact that men and women are socialized differently from childhood to adulthood. For example, men are socialized to view women as inferior, sex objects, and expected to show little respect for the right and autonomy of girls and women. They are socialized to be aggressive, dominant and sometimes, violent in order demonstrate their true manhood. Women are given the larger message that as women, their ultimate goal is and should be to position getting men who will take care of them (Franklin, 1984). Moreover, inequitable gender norms promote unequal gender roles and responsibilities, which encourage behaviors that place men and their sexual partners at risk of HIV and other sexually transmitted infections (STIs). Examples of such norms for men include initiating sexual activity early in life, having multiple sexual partners, and representing themselves as knowledgeable about sexual matters and disease prevention even when they are not. (Wingood, 2000)

The influence of gender norms on marital satisfaction have been studied by many researchers worldwide and the results are varied. A study conducted by Kim (1992) found both negative and positive association between gender norms and marital satisfaction. The study showed positive association among women on gender attitudes of wives' employment but had negative association among husbands about the gender attitude of husbands sharing house work. These findings show that marital satisfaction

for men and women is influenced differently and it is not based on equal sharing of marital roles. This may be due to the fact when men and women are comfortable with the cultural gender roles; they don't see the need to change towards modern gender roles. A study conducted by Laurenceau, et al., 2005 found that level of intimacy, ability to open communication, amount of time spent together, affection from their partners, responsiveness of partners were important for women in terms of marital satisfaction while for men marital satisfaction depend on sexual satisfaction, division of house hold tasks and extent of input they perceive they get in the marital relationship.

Marital satisfaction increases in couples who agree on cultural norms within their marriage life (Zvonkovic,1994). Greenstein (1995), also found that marital satisfaction was high in marriages in which there are shared values among couples. The study by Fowers & Olson (1986) reported that couples who shared common values before marriage were more likely to experience marital satisfaction than the couples who reported different values before marriage. This study highlighted the importance of premarital preparedness for men and women to assess how similar are their expectations and need to agree upon.

A study exploring changes in gender role attitudes, Amato and Booth (1995) reported that when wives adopt inequitable gender role attitudes their perceived marital quality declines. However, when husbands adopt inequitable gender roles and attitudes their perceived marital quality increases. In their discussion, these authors hypothesized that as wives become more egalitarian (they may perceive that they are disadvantaged or exploited and thus become less happy with their marriage in terms of behavior, they may demand more decision-making power or press their husbands to spend more time doing housework and childcare).

Levant's (1996) study showed that relationship difficulties experienced by some men may stem from the norms of their traditional masculine role. This is due to the responsibilities men are supposed to fulfill in order to conform to masculinity norms. From a gender perspective, differences in shared values about gender roles

could be explained by the gender role socialization of men and women whereby men are expected to be the family providers.

### **Couple Communication Behaviors and Marital satisfaction**

Effective communication has been found to be important in sexual relationship. Communication can enhance sexual arousal, is necessary for the initiation and refusal of sex and is related to sexual satisfaction (Sprecher & McKinney, 1993). Couples who maintain a high quality of communication about sex are more likely to have a satisfying sexual relationship. Feeling incapable of communicating sexual desires has been found to be a common attribute related to sexual un-satisfaction (Huberle, 1991). Different studies have confirmed how men and women fail to use effective communication to archive satisfaction in their relationships. Moreover, the extent to which partners disclose information about their sexual attitudes and preferences to each other increases their sexual satisfaction (Cupach & Metts 1989, 1991). The way couples communicate during conflicts discussions has-been found to be a reliable predictor of marital satisfaction. Positive communication behaviors are associated with higher marital satisfaction while negative behaviors during sexual and non-sexual discussions are associated with lower marital satisfaction. (Gottman, 1994; Pasch & Bradbury, 1998)

### **Coping mechanisms for Marital Dissatisfaction**

Of importance to this study is the way couples respond or adapt to marital dissatisfaction. Some studies support the idea that individuals engage in infidelity because there is something wrong in their marital relationship (Atkins, Baucom, & Jacobson, 2001; Glass & Wright, 1985). According to Prins et al. (1993). Marital dissatisfaction in the relationship increases the desire for involvement in extramarital relationships. Moreover, according to Todd, 1997 & 2008, men and women who are less satisfied with their marriage, have more probability to engage in infidelity

Extramarital sexual relationship in Tanzania is justified when one is not satisfied with their spouses (Silberschmidt 2001;Holloos and Ulla 2008). However, men and women cope with marital satisfaction differently. According to the study by Haram Liv.2005b, men argue that although women should not have multiple partners, men need a variety of partners. Extramarital sexual relationships are among the cited means to cope with dissatisfaction especially when men experience low self-esteem due to their economic hardships (Silberschmidt 2001). This is due to the fact that the current trend of women empowerment and difficulties of men to fulfil their masculinity roles as providers of the family

A qualitative study on violence and HIV among women revealed the interrelationship between gender inequality and infidelity. For men, violence is justified when women lie to their partners. There was also widespread acknowledgement that women expect men to provide economic support as part of a sexual relationship and will use sex as a way to solve resource constraints. Respondents said that women expect their male partners to provide them with money and gifts, but mistrust men because they often make false promises to have sex. On the other hand, men mistrust women's intentions, concerned that women's primary motivation for the relationship is financial support (Larry, 2004).With the increasing emphasis worldwide to promote gender equality and the millennium development goal 3 which is about promoting gender equality and empowering women, how men and women perceive the new norms in relation to marital satisfaction is a subject of interest. Moreover, without understanding well how the changing gender norms predict marital satisfaction, married men and women will continue to practice multiple concurrent sexual partnerships and result in further spread of HIV and AIDS. Moreover, findings also show that shift toward greater gender equality undermines social structure and causes conflict between partners. Malawi men, for example, commended that those domestic chores must be done by women and when women ask them for help with domestic chores they do refuse and get encouraged to start extra marital relationships (Babalola, 2011)



Most literature reviewed were studies done outside the African context, as the result, less is known about the potential of gender norms to influence marital satisfaction among married men and women in Tanzania. Moreover MCP as a risk factor for HIV and AIDS has not been studied much as a coping mechanism to marital dissatisfaction comparing to the western countries. However, the extend of marital dissatisfaction in Tanzania is also not known. The following chapter presents the methodology used to generate information needed in this study.

## CHAPTER THREE

### METHODOLOGY

#### 3.1 Introduction

A qualitative study was conducted in Dar es Salaam using Focus Group Discussions. The focus group discussion (FGD) is a rapid assessment, semi-structured data gathering method in which a purposively selected set of participants gather to discuss issues and concerns based on a list of key themes drawn up by the researcher/facilitator (Kumar 1987). Focus group discussions provide more insight on social norms and values than on individual experiences that deviate from accepted norms (Mack et al. 2005).

#### 3.2 Study area and population

The study was conducted in the three municipalities (i.e. Kinondoni, Ilala and Temeke) of Dar Es Salaam region, Tanzania. Dar es Salaam was proposed area of study since the three municipalities is among the regions with high prevalence of HIV infection 7% (THMIS, 2011/2012). A study population comprised of young married adults men and women aged 25 – 35 years living in Dar es Salaam and who are married at least one year and above and not more than 10 years. The study population comprised of married young adults aged 25-35 in order to reduce bias because marital satisfaction tends to be a higher during the later years of marriage. Reasons that may be a contributing factor to satisfaction include passing a stage of adjustment and adaptation and they experience less psychological problems and distress (Zainah et al 2012). Later in a marriage, there seems to be a gradual decline. Also, participants were in marriage at least one year and not more than 10 years in order to reduce recall bias especially pre-marital expectations. Importantly, participants met the criteria of being born and raised in Tanzania in order to give a true picture of gender norms that are based in Tanzania and not somewhere else.

### **3.3 Study design**

It was a qualitative study that generated data to articulate gender norms influencing marital satisfaction for HIV and AIDS prevention among couples in Tanzania

### **3.4 Selection of Study Sites and Participants**

Purposive sampling method was used to obtain study sites and eligible participants. Participants came from Kinondoni, Temeke and Ilala Districts. Depending on possibility to get participant during the research period, participants were selected from the following Wards; Tandale, Sinza, Kigogo, Mtoni Kijichi, Ilala, Mbagala and Buguruni. Research Assistants visited the local government officials and asked them to promote areas and people based on inclusion and exclusion criteria. Twelve (12) focused group discussions with a total of 104 people whereby 49 were young married men and 55 were young married women were formed. The distribution of FGDs were based on sex and level of education whereby 3 FGDs for men aged 25-35 years and with secondary and above level of education and employed in formal sector, 3 FGDs for men aged 25-35 Years with primary level of education and employed in the informal sector, 3 FGDs for women aged 25-35 years with secondary and above level of education and employed in formal sector, 3 FGDs for women aged 25-35 with primary level of education and employed in the informal sector.

The eligible participants were approached by research assistance in support of the local leaders to participate in the study and the information about the study was communicated including aim and objectives and request for the consent.

### **3.5 Research assistants, Selection and Training**

Six (6) research assistants men and women aged 25 years and above who are currently volunteers in local organizations working for HIV in Temeke, Ilala and Kinondoni. They were recruited by the principal investigator based on his former working experience with them in the area of HIV prevention and

possession of facilitation and community mobilization skills. Research assistants were then trained for one day by the principal investigator. The training familiarized them with the FGD guide, research ethics, work schedule and other logistics. They were supervised and coordinated daily by the principal investigator through evaluation and feedback meetings to ensure procedures were followed

### **3.6 Data Collection Techniques and Tools**

Data was collected using Focused Group Discussions(FGD).The discussions were not designed to elicit participants' personal experiences with regard to gender and marital satisfaction, but rather to explore their perceptions of the communities/groups from which they originated.

Based on the objectives of this research; the FGDs focused the following themes;

1. Community perception on married men and women for marital satisfaction
2. Community perception on marital needs for married men and women for marital satisfaction;
3. Perceived pre-marital expectations among married men and women for marital satisfaction
4. Communication dynamics among married couples for marital satisfaction
5. Coping mechanisms for unmet expectations and needs among married men and women
6. Understanding of the concept of gender equality among community members on important things for marital satisfaction among married men and women

### **3.7 Pre-testing of the Discussion Guide**

The FGD guides were pretested with four groups at Wazo Ward in Kinondoni District because of the availability of study participants based on

the inclusion and exclusion criteria. They included two groups of men and women with primary level of education and employed in the informal sector and men and women with secondary school of education or higher and employed in the formal sector.

The pretesting helped to get assurance if the questions were understood and create the intended discussion. Corrections made were mainly typo errors especially where it mentioned men instead of women.

### **3.8 Ethical Clearance**

Ethical approval for this research was obtained from the Research and Publication Committee of Muhimbili University of Health and Allied Sciences before the study commence. Permission to conduct this study was also obtained from the District Administrative Secretaries. The participants were interviewed only after getting their oral informed consent, and after an adequate explanation of the purpose of the study, expected outcomes and benefits of the study. They were told about the confidentiality of the information they provided, that it will be used only for academic purposes and will help to design programs for HIV prevention among couples.

### **3.9 Inclusion Criteria**

Participants were included in the study based on age range of 25-35 years, marital status of 1 year -10 years, born and raised in Tanzania and living in Dar Es Salaam.

### **3.10 Exclusion Criteria**

Participants were excluded in the study based on age range 36 and above years, not being married 1 year -10 years, not born and raised in Tanzania and not living in Dar Es Salaam.

### **3.11 Data collection**

Data were collected after explaining the objectives of the research and seeking consent from the participants. Data were collected using voice recorders and note books. FGDs lasted from one hour to two hours. Control of data quality was done through the daily review of data collected in the field through debriefing sessions conducted and led by principal investigator

### **3.12 Data Analysis**

Data were analysed using descriptive analysis. Data were transcribed from the field notes and recorders from Swahili to English. Major themes were identified before the study in by the researcher in order to guide the content of the discussion based on the research questions to be answered through FGDs. A matrix was designed to group information collected as per different questions and then per different thematic areas. From the matrices, data was analysed through thematic and sub thematic areas. From the major thematic areas, subthemes were identified through repeated analysis by comparing and contrasting across different study population groups. During data analysis, information was summarised into meanings rather than the whole sentence or paragraph hence the emerging subthemes were then compared across different study groups participants in order to determine the trend of similarities and differences.

## **CHAPTER FOUR**

### **RESULTS**

#### **4.1 Introduction**

Based on the objectives of this study, participants discussed six themes which are related to marital satisfaction. Themes that guided the discussion are: 1) Community perception on married men and women for marital satisfaction; 2) Community perception on marital needs of married men and women for marital satisfaction; 3) Perceived pre-marital expectations among married men and women for marital satisfaction; 4) Communication dynamics among married couples on marital dissatisfaction; 5) Coping mechanisms for unmet expectations and needs among married men and women; 6) Understanding of the concept of gender equality among married men and women for marital satisfaction. Results of this research present other subthemes which emerged when participants were discussing the predetermined themes for the study.

#### **4.2 CHARACTERISTICS OF PARTICIPANTS**

All participants were married men and women. The range of age for the participating men was 26 to 35 years, and the range of age for the participating women was 25 to 35 years. The participants were married between two years and 9 years. They represented a diverse population, culturally, religiously, socio-economically, and educationally.

Age of the participants ranged from 26-35 for men and 25-35 for women. Participants had 2-9 years in marriage for men and 2-8 years for women.

Education level of participants ranged from those with primary, secondary, diploma, and first university degree to masters levels. Employment level of the participants ranged from being informal or self-employed to formal employment

### **4.3 Community Expectations on married men and women for marital satisfaction**

Respondents reported how women and men are expected to be or to ensure marital satisfaction in their relationships and how these expectations affect both men and women differently. The following subthemes emerged almost across all four types of groups while discussing this theme; 1) care and respect; 2) true love and sexual satisfaction and 3) family decision making process

#### *Care and Respect*

On one hand men with primary level of education and who are employed in informal sector reported that a woman is expected to respect her husband. Respect to a husband was related to a woman listening to what and her husband wants to be done as one participant reported;

*‘for a woman to be regarded respectful to a man, she is expected to act according to his husband, listen to him and do accordingly otherwise she will be considered un-respectful, especially if she starts arguing with him’* (FGD, male participant, 2013). Another participant added; *‘ a woman is expected to respect the husband by not disclosing his weaknesses outside, she is expected to keep secrets of the house’* (FGD, male participant, 2013).

Moreover, they reported that a woman is expected to be patient. A woman is expected to keep patience especially in circumstances where men cannot afford to fulfill for their family needs or when other marital problems happen in their relationship. One participant stated;

*‘a woman in relationship is expected by the community to be patient, when a man is in bad financial status, a woman is expected to wait instead of complaining or running away’* (FGD, male participant, 2013). Another participant added; *‘a woman is expected not to give up in the relationship even if the husband’s behavior is bad or have changed like being alcoholic or*



*committing infidelity, she is also expected to be patient taking care of her family'' (FGD, male participant, 2013).*

Moreover, a woman was reported to be responsible of taking care of her husband and children as part and parcel of her responsibilities. A man reported;

*''a woman in our community is expected to make sure she takes care of the husband and children in terms of washing their cloths, cooking them food and all other domestic chores'' (FGD, male participant, 2013).*

On the other hand, they reported that men are expected to fulfill all needs of the family. This included working hard to get an income for food, housing, clothing, school fees, and cosmetics for their partners. One participant narrated;

*'' to be born a man is not a joke, you are expected to take care of all needs of the family regardless of your income, the family needs to eat, children need to go to school and your wife need cosmetics (FGD, male participant, 2013). Another participant added; '' a man is supposed to work hard without choosing the type of job provided it gives him money for the welfare of the family''(FGD, male participant, 2013).*

Men with secondary level of education or higher and who are employed in the formal sector reported similarly to men with primary level of education and who are employed in the informal sector. For example, they reported that women are supposed to demonstrate respect to their husbands. One participant reported;

*''women are expected to respect their husbands by being faithful in relationship regardless of economic hardship in their family'' (FGD, male participant, 2013).*

Another participant added;

*''a woman is expected to respect the husband as the head of the house; she is expected to do concurring to the wishes of her partner (FGD, male participant, 2013).*

Moreover, community expectations on men did not differ also among men with secondary level of education or higher and who are employed in the formal sector. They reported that, men are expected to know and fulfill their family responsibilities. A participant observed;

*“In our community, a man is supposed to fulfill the needs of his family all the time to ensure marital satisfaction” (FGD, male participant, 2013).* Another participant stated, *“men are expected to care the wife and family in terms of food and accommodation” (FGD, male participant, 2013)*

Women with primary level of education and who are employed in the informal sector reported a good number of expectations for women with regard to caring and respect to ensure marital satisfaction. It was reported that women are expected by community members to value and appreciate the contribution of their husbands. One participant stated;

*“ even if the man is not wealthy, a woman is expected to value him and his contributions as a husband to show respect. There are some women who only respect their husband when their men are economically well” (FGD, female participant, 2013).*

Another participant added;

*“the husband is regarded respected when a woman listen to him and fulfills what he need like time to be at home, asking for permission to go somewhere etc. (FGD, female participant, 2013)*

Moreover, the expectation of caring for hygiene for women emerged strongly among women with primary level of education and who are employed in the informal sector. One participant reported;

*“There is a saying in our community regarding “hygiene and women, a woman is expected to take care of her hygiene and that of the whole house and family to ensure marital satisfaction” (FGD, female participant, 2013).*

However, women with primary level of education and who are employed in the informal sector reported that men are expected by the community to give his wife care particularly family needs, show care and comfort her when there is a problem. He is also expected to be respectful in his community, and communicate well with his wife and other people as well. One participant stated;

*‘‘ the husband is expected to care his wife particularly on family needs, then a woman is likely to be happy but also he must show that he love her, care and comfort her when there is a problem’’(FGD, female participant, 2013)*

Women with secondary level of education or higher and who are employed in the formal sector reported that women are expected by the community to value their partners, take care of them and respect them. They are also expected to be respectful and generous to men and their relatives. Moreover, care of women to men was related to caring for hygiene and other domestic chores. One participant stated;

*‘‘the way I see in our streets, the issue of hygiene is important for a woman. Men decide to find other women when the issue of hygiene and other domestic arrangements fails’’ (FGD, female participant, 2013).*

However, women with secondary level of education and who are employed in the formal sector reported that men are expected to care for his wife’s needs. A participant reported;

*‘‘a husband should care his wife for her needs such as clothing, cosmetics, food and shelter’’ (FGD, female participant, 2013).* Another participant added, *‘‘a man is expected to work hard without choosing the type of job provided it gives him money for the welfare of the family’’(FGD, female participant, 2013).*

From the analysis above, the way the role of care and respect was perceived for men and women were quite very different. On one hand women are expected to be more respectful to men when comparing to men. On the other hand men are expected to be more caring as providers of family needs comparing to women of all type. Most groups described the role of care of men being more inclined to fulfilling materials

needs for the family like food, clothes and cosmetics comparing to the role of women as receivers

### *True love and Sexual satisfaction*

Almost in all groups the expectation of true love and or sexual satisfaction was reported to be among the expectation perceived to be important for marital satisfaction among married men and women. Men with primary level of education and who are employed in informal sector reported that a woman is expected to protect her marriage so that the husband does not develop sexual relationships with other women. One participant describes;

*‘‘a woman is expected to protect her marriage by satisfying him, when the man goes out, a woman is expected to be blamed as a cause even if she is not’’*  
(FGD, male participant, 2013)

Moreover, men with primary level of education and who are employed in the informal sector reported that a man is expected to show true love to his wife. One participant reported;

*‘‘a man is expected in the community to give what his wife needs in order to show that he loves her truly’’* (FGD, male participant, 2013)

Men with secondary level of education and who are employed in the formal sector reported that, a woman needs to show true love, satisfy her partner in sex, observe hygiene and know what he likes and offer him in view of that. One participant observed;

*‘‘a women is expected to give his husband his right to sex when needed, bear him children, show true love and take care of him for marital satisfaction’’*  
(FGD, male participant, 2013). Another participant added, *‘‘a women is expected to be creative enough to satisfy him in sex for marital satisfaction’’*  
(FGD, male participant, 2013).

Yet another participant added that; *‘women need to care for their self-hygiene as good preparation for sex in order to keep the man with her’* (FGD, male participant, 2013).

However, men with secondary level of education and who are employed in the formal sector reported that, a man is expected to be sexually competent (*rijali*) and satisfy her partner in sex for marital satisfaction. A participant stated;

*‘a man is considered a man enough in marital relationship if he has ability to have sex and to bear children, otherwise the community will not respect him as a real man and probably the marriage will collapse’*(FGD, male participant, 2013).

Women with primary level of education and who are employed in the informal sector reported that, a woman is supposed to be faithful in marriage and she is expected to demonstrate a true love to him, care for hygiene and satisfy him sexually for marital satisfaction. One participant stated;

*‘a woman is expected by the community members to make sure that she satisfy the husband sexually by learning different sex styles’* (FGD, female participant, 2013).

Another participant added;

*‘a women is expected to give her husband his right to sex when needed, bear him children, show true love and take care of general hygiene of the family for marital satisfaction’* (FGD, male participant, 2013)

However, women with primary level of education and employed in the informal sector reported that, a man is expected to be truly loved by his wife.

Women with secondary level of education or higher, they reported that women are expected to offer sex to their partners, show sincere love to their husbands, observe hygiene, and satisfy them in sex. A participant stated;

*‘according to our African traditions, it is her duty to give love her husband as needed. However, being a woman you sometime don’t feel well then it is better*

*for the husband to listen from her if she cannot have sex especially during menstrual bleeding, descends from birth or at times when she is not feeling well or tired due to her duties as a wife'' (FGD, Female Participant, 2013).*

Another participant reported;

*''it is woman blame if a man goes outside for sex because he did not do her homework to satisfy the husband'' (FGD, Female Participant, 2013).*

Moreover, women with secondary level of education or higher reported that men are expected to be satisfying in sex and true lovers for marital satisfaction. One participant reported;

*''for marital satisfaction, men are expected to be true lovers, demonstrate that they love their wives and if possible help the wife with domestic chores. However, he is more likely to be seen bewitched in order to show that kind of love to her wife'' (FGD, Female Participant, 2013).*

#### *Family Decision making*

Men with primary level of education and who are employed in the informal sector reported that a woman is expected to obey to her husband, fulfill whatever he need, be patient for everything and attend commands from him. One participant reported that;

*''a man was created with all attributes of manhood so we believe that he is more thoughtful than a woman even in issues related to sex'' (FGD, male participant, 2013).* Another participant added; *''a woman need to listen from her husband, she is expected to be just an advisor and not a decision maker'' (FGD, male participant, 2013).*

In discussing with men with secondary level of education or higher and who are employed in the formal sector, they reported that women are expected to agree

with what their partners decide. On the other hand, other men reported that women need to share and decide together with their husbands for marital satisfaction. One participant stated;

*“in our community a woman is expected to obey to her husband in most family issues” (FGD, male participant, 2013).* Another participant added; *‘Men need to recognize themselves as the head of the family, they are expected to make most of family decisions’* (FGD, male participant, 2013). Yet another participant observed; *‘in my community men are expected to plan together with their wives even sharing the salaries and bank accounts’* (FGD, male participant, 2013)

Women with primary level of education and who are employed in the informal sector reported that a woman is expected to be willing to listen to the wishes of her husband all the time, follow his advises, listen to and be obedient to him. A participant stated;

*A woman is expected to be submissive, obedient and listen to her husband for marital satisfaction“ (FGD, Female participant, 2013).* On the other hand, they reported that women need to be involved in family decision making for marital satisfaction. One participant stated; *‘nowadays men are expected to plan together with their partners issues like family planning for marital satisfaction’* (FGD, Female participant, 2013)

On one hand, most women with secondary level of education or higher reported that women are not expected to participate in family decision making process. They are expected to agree/obey to what a man say or want. A participant observed; *“ the husband is regarded respected if his wife can accordingly do to whatever he needs to be done”* (FGD, Female participant, 2013).

Another participant observed; *‘A man is like a chairperson in the house so he needs to make vast decisions for the family’* (FGD, Female participant, 2013). On the other hand, woman with secondary level of education or higher reported that women

are expected to be involved in the process of decision making for marital satisfaction .One participant reported; *“men and women need to share ideas and decisions for marital satisfaction, for example if we are to buy a plot or do something like buying a car”* (FGD, Female participant, 2013)

The results above show that mixed results between groups from men being sole decision makers to both of them deciding.. Moreover, the expectation on family decision making was inclined to either men involving women in decision making process and not the vice versa.



**The table 4.3: community expectations on married men and women for marital satisfaction**

| Sub theme                         | Groups  |  |   |  |
|-----------------------------------|---|--|---|--|
|                                   | <i>Male 25-35 with Primary education and employed in the informal sector</i>  | <i>Male 25-35 with secondary and above education and employed in the formal sector</i>   | <i>Female 25-35 with Primary education and employed in the informal sector</i>  | <i>Female 25-35 with secondary and above education and employed in the formal sector</i>   |
| Care and respect                  | <p><b>A woman is expected to;</b></p> <ul style="list-style-type: none"> <li>Respect her husband</li> <li>Fulfill a man's needs</li> <li>Be patient</li> <li>Take care for the husband and children</li> </ul> <p><b>A man is expected to;</b></p> <ul style="list-style-type: none"> <li>Dedicated for work to get him an income for family needs</li> </ul> | <p><b>A woman is expected to;</b></p> <ul style="list-style-type: none"> <li>Respect her husband</li> <li>Care for the husband and his relative</li> <li>Obedient</li> <li>Take care for all domestic chores</li> </ul> <p><b>A man is expected to;</b></p> <ul style="list-style-type: none"> <li>Care the wife on everything she need</li> <li>Fulfill the needs of his family all the time</li> </ul> | <p><b>A woman is expected to;</b></p> <ul style="list-style-type: none"> <li>Value her husbands</li> <li>Care of her husband</li> <li>To respect him</li> <li>Care for hygiene</li> </ul> <p><b>A man is expected to;</b></p> <ul style="list-style-type: none"> <li>Care for the needs of the family</li> <li>Cares for the wife in terms of her needs</li> <li>Work hard to get money for the family</li> </ul>   | <p><b>A woman is expected to;</b></p> <ul style="list-style-type: none"> <li>Respect herself</li> <li>Care like doing all house work</li> <li>Obedience and respect to her husband</li> <li>Be generous</li> </ul> <p><b>A man is expected to;</b></p> <ul style="list-style-type: none"> <li>Work hard for the welfare of the family</li> <li>Ensure all the needs of home available</li> </ul> |
| True love and sexual satisfaction | <p><b>A woman is expected to;</b></p> <ul style="list-style-type: none"> <li>Protect her marriage</li> <li>Hygiene</li> </ul> <p><b>A man is expected to;</b></p> <ul style="list-style-type: none"> <li>Show a true love to his wife</li> </ul>  | <p><b>A woman is expected to;</b></p> <ul style="list-style-type: none"> <li>Show true love to her husband</li> <li>Satisfy her husband in sex</li> <li>Hygiene</li> </ul> <p><b>A man is expected to;</b></p> <ul style="list-style-type: none"> <li>Be given the right to love and sex when needed</li> <li>Ability to sex(<i>rijali</i>)</li> <li>Satisfy her sexually</li> </ul>                     | <p><b>A woman is expected to;</b></p> <ul style="list-style-type: none"> <li>Show true love to his husband</li> <li>Hygiene</li> <li>Not betray or be with other men outside of her marriage</li> <li>Faithful to his wife</li> </ul> <p><b>A man is expected to;</b></p> <ul style="list-style-type: none"> <li>Love from his wife</li> </ul>  | <p><b>A woman is expected to;</b></p> <ul style="list-style-type: none"> <li>Show true love</li> <li>Satisfy the husband, different sex styles</li> <li>Hygiene</li> </ul> <p><b>A man is expected to;</b></p> <ul style="list-style-type: none"> <li>Show her love sincerely and do all the required in time</li> <li>Be satisfying in sex</li> </ul>   |
| Family decision making process    | <p><b>Only a man decide</b></p> <ul style="list-style-type: none"> <li>She need to obey to her husband</li> <li>A woman is just an advisor for a man and not a decision maker</li> </ul> <p><b>Both men and women decide together</b></p> <ul style="list-style-type: none"> <li>No response</li> </ul>   | <p><b>Only a man decide</b></p> <ul style="list-style-type: none"> <li>A woman is supposed to obey the husband</li> <li>A man is expected to recognize himself as the head of the family</li> </ul> <p><b>Both men and women decide together</b></p> <ul style="list-style-type: none"> <li>A man be involving in making decisions</li> <li>Men to plan together with their wives</li> </ul>             | <p><b>Only a man decide</b></p> <ul style="list-style-type: none"> <li>Obedience and respect to her husband and society</li> <li>Submitting and obeying and listen to what the husband say</li> <li>A wife need to value the advice of her husband</li> </ul> <p><b>Both men and women decide together</b></p> <ul style="list-style-type: none"> <li>Men to plan together with their partners issues like family planning</li> <li>A man is expected to involve his wife in all matters of their family</li> </ul> | <p><b>Only man decides</b></p> <ul style="list-style-type: none"> <li>A woman is regarded inferior to a man so she is expected to agree on what her husband says</li> <li>A man is like a chairperson</li> </ul> <p><b>Both men and women decide together</b></p> <ul style="list-style-type: none"> <li>Sharing</li> <li>Men are expected to be open to their wives</li> </ul>                  |

*Community expectations on Married men and women and their influence for marital satisfaction*

Women with secondary level of education or higher and who are employed in the formal sector reported that some community expectations on men and women can lead to misunderstanding, lack of respect, psychological stress, infidelity, marital dissatisfaction and divorce.

Women with primary level of education and who are employed in the informal sector reported that some expectations of many men make them violent. For example men use force in making decisions and sometimes force their wives things they do not like for example, obeying whatever a man says. Conflicts happen in relationships because some expectations on men and women are impossible to know in advance before marriage such as bearing children and especially a male child.

According to men with secondary level of education or higher and who are employed in formal sector, some community expectations for men and women cause stress, finding a new partner, divorce and relationship conflicts. One participant reported;

*‘sometimes men are expected to provide for the family but when life changes, it becomes a problem because you see yourself as if you are not a real man’ (FGD, male participant, 2013).* Another participant added; *‘women have money nowadays, when you expect she will support you ,you end up knowing that she only supports her family and relatives you get very unhappy but you cannot complain a lot as a man’ (FGD, male participant, 2013)*

Men with primary level of education and employed in the informal sector reported that sometimes it cause stress and gender based violence. One participant reported;

*‘sometimes the issue of women saying yes to everything can bring trouble for the women is not given chance to make decisions and she is more likely to be stressed physically and economically’’. (FGD, male participant, 2013)*

Now, as per results above, it was noted that almost all men and women groups identified the adverse effects of some gender norms with regard to marital satisfaction. These results show that almost all men and women groups identified the adverse effects of some gender norms with regard to marital satisfaction.

#### **4.4 Marital needs for men and women for satisfaction in relationship**

The study assessed participating participants' perceptions on men's and women's marital needs with regard to marital satisfaction. The following subthemes emerged almost across all four types of groups while discussing this theme; 1) Sexual satisfaction 2); True love and 3) participation in decision making process

##### *Sexual satisfaction*

During data analysis, the subtheme of sexual satisfaction as a need for marital satisfaction for women did not emerge among the study group of men with primary level of education and who are employed in the informal sector. However, men with primary level of education and employed in the informal sector reported sexual satisfaction as a marital need for men in terms of hygiene of the spouse, well cooked food and presence of a male child. One participant reported;

*'a man need to be satisfied in sex for him to be satisfied with the marriage relationship, sometimes men find other women when hygiene of the women is not well observed''(FGD, male participant, 2013). Another participant added; 'a woman need to be a good cook for her husband for him to get satisfied in his marriage' '. Yet another participant added; 'men are interested and get satisfied in sex with the spouse if their goal of having a child is met, for example, if a woman is not bringing a male child in your clan, you find even not interested in sex anymore and the marriage as the result'' (FGD, male participant, 2013)*

Men with secondary education and above and who are employed in the formal sector reported that sexual satisfaction for women is important need for marital

satisfaction. They cited factors for sexual satisfaction including preparation before sex and presence of a child in their marriage .One participant reported;

*‘additional to being satisfied in sex, women need children in marriage otherwise the marital relationship is danger ‘ (FGD, male participant 2013).Another participant added; ‘women like to be prepared in advance before sex, sometimes men do not care about that and they end up not satisfying their partners’’ (FGD, male participant 2013)*

Men with secondary school level of education or higher and employed in the formal sector reported also that men need for marital satisfaction include satisfaction in sex. Issues of hygiene and creativity in sex by the spouse emerged to be key factors for sexual satisfaction. One participant reported;

*‘a women need to be clean all the time, after getting children they start forgetting to use cosmetics and make men starting engaging with other women’’ (FGD, male participant, 2013). Another participant added; ‘ a women sometimes need to be creative in changing the type of food and not beans every day’’ (FGD, male participant, 2013).*

During the discussion with women with primary level of education and who are employed in the informal sector, the marital need of sexual satisfaction for women did not come out. However, the most important need reported were fulfillment of family needs. One participant reported;

*‘for women to be satisfied in marital relation, they need family needs be fulfilled like food and children go to school, when these are done, she will be happy and sexually satisfied ’’ (FGD, female participant 2013).Another participant added; ‘Women need to be given what they want like money for personal use and if a man can provide you with everything you don’t have a reason not be satisfied’’ (FGD, female participant 2013)*

Moreover, in the discussion with women with primary level of education and employed in the informal sector, sexual satisfaction for men emerged stressing more on the importance of hygiene for women. One participant stated;

*‘men need a lot of care to stay with you. You need to keep yourself smart everyday regardless of responsibilities or age otherwise men will get to replace you with small houses’* (FGD, female participant, 2013). Another participant added; *‘men sometimes find other women because women focus much on children and other activities and they forget that they have to keep environment attractive to win over other women who spent most of their time in saloon and cosmetics for attracting other married men’* (FGD, female participant, 2013)

However, there were some women who reported that no matter what a man is provided from a woman, they still engage in sex with other women for reasons beyond what a woman can provide. One participant stated; *‘men don’t need anything, whatever you do he get going out, men are always almost the same, whatever you do he must find other women’* (FGD, female participant, 2013)

Women with secondary level of education and employed in the formal sector reported that women need for marital satisfaction includes sexual satisfaction. Moreover, they stressed the importance of preparation for sex as a key for a woman to be satisfied sexually. One participant stated;

*‘women like to be prepared before sex, someone wants to be touched here and there, head, legs etc. A man needs to know what his wife likes for preparations before sex’* (FGD, female participant 2013). Another participant added; *‘women like their husbands to come early at home from work so that they have time to plan for the family. Other men whether they drink or not they end up coming home late. That is not good at all, when you are asleep someone wants you go and open the door, want you to wait until he finishes eating and asks for sex’* (FGD, female participant 2013). Yet another participant narrated that; *‘other men are very disturbing, he disturb your mind*

*the whole day and without saying sorry he come late and ask for sex'' (FGD, female participant 2013)*

Women with secondary school level of education and employed in the formal sector reported that men need to be satisfied sexually. Sexual satisfaction for men was mostly described in terms of sex styles which a women need to learn and change over time. However, some women emerged with ideas that men automatically get tempted with other women for different reasons that what they need from their partners. One participant reported;

*''men like to be satisfied with sex, so women should learn different sex style'' (FGD, Female participant, 2013. Another participant added; ''the husband is expected to be given different sex styles, not the same beans every day'' (FGD, Female participant, 2013). Yet another woman narrated; 'Men are tempted with very small things to engage with other women regardless of how much struggle you put on him and you wonder the woman he have sex with even not beautiful as his wife''(FGD, Female participant, 2013).*

Sexual satisfaction for men and women strongly emerged among men and women with secondary level of education or above and who are employed in the formal sector comparing to men and women with primary level of education and who are employed in the informal sector. This finding supports the Maslow's hierarchy of needs theory whereby what is considered as important marital needs for women and men with different education and employment status differs from the first level of human needs e.i physical needs and beyond physical needs to psychological and physiological needs (sexual satisfaction).

Surprisingly, the need for a person who observes hygiene in marital relationship had a strong gender attachment whereby men recommended for women who observes hygiene while women did not for men

#### *True love*

Men with primary level of education and who were employed in the informal sector reported that women marital needs included gifts, faithfulness, true love and caring. A participant reported;

*‘ marital satisfaction among women is high when they are shown love in practical action like being given gifts even if small’ (FGD, male participant, 2013). Another participant added; ‘true love mean that a man does not betray her with other women, a man cares her and give her what she want’’ (FGD, male participant, 2013)*

However, men with primary level of education and employed in the informal sector reported that men needs include being shown that they are loved by their wives, cared and obedience of their partners. A participant stated;

*‘ to be satisfied in marital relationship, men need to be shown that they are truly loved by their wives through care and obedience of the wife’’ (FGD, male participant, 2013). Another participant added; ‘men need their wives to treat well the relatives of their husband if they truly love them’’ (FGD, male participant, 2013)*

Men with secondary school level of education and who are employed in the formal sector also reported that women like to be awarded with gifts. One participant observed that;

*‘a woman to be shown that you truly love her she needs to be given gifts and other actions that show that you love her’’ (FGD, male participant, 2013)*

Moreover, men with secondary school level of education or higher and employed in the formal sector reported that men’s marital needs include respect and care at home, appreciation and true love from their partners. One participant reported;

*‘Men like respect from their partners. Men feel loved if the wife could perform her duties at home like cleanliness, wash cloths, cooking food and taking care of children’’(FGD, male participant, 2013)*

Women with primary level of education and who are employed in the informal sector reported also that women need for marital satisfaction include things such as love and care, being awarded, fulfilled with basic needs like money for personal use, respected, faithfulness and peace. A participant stated;

*‘every woman need true love for relationship satisfaction than even eating chicken’ (FGD, female participant, 2013).* Another participant stated; *‘women need to be given money for his personal use. They don’t like to be asking for money for everything .some financial issues are confidential’ (FGD, female participant, 2013)*

Women with primary level of education and employed in the informal sector reported that marital needs for men include things such as appreciation, submissiveness of their women, respect, care, as well as care of children and house like hygiene. One participant stated;

*‘most men like to be appreciated; if the woman wants to be liked then she should be submissive in order to make sure that the man feels at superior level ‘ (FGD, female participant, 2013)*

Women with secondary level of education and employed in the formal sector reported that women need for marital satisfaction include true love. True love by many participants was described in terms of actionable signs like being given gifts even if small, appreciated and respected. One participant reported that;

*‘women like to be given what they need like money for domestic use, cloths, food and others’ (FGD, female participant, 2013).* Another participant added; *‘ they do not want to be disappointed openly especially by their husbands in front of other people’ (FGD, female participant, 2013).* Yet another participant narrated; *‘ women like if men could come early at home from work so that they have time to plan for the family’ (FGD, female participant, 2013)*

Women with secondary level of education and employed in the formal sector reported that men’s marital needs for marital satisfaction include respect, being asked for forgiveness, trusted, well saved with food and submissiveness of their partners. One participant stated; *‘men need to have someone who treats them like a king in the house regardless of your education or what. They want you do everything for them.’ (FGD, female participant, 2013)*

In comparing responses from different groups of men and women, the need for true love emerged strongly for women comparing to men. On one hand women need for true love was in terms of actionable signs like being given gifts and fulfilled with



material needs while on the other hand, men inclined their need for true love in terms of respect, submissiveness and obedience of their partners.

#### *Participating in the decision making process*

Family decision making process was among the subthemes that emerged strongly during the discussion in all groups.

Men with primary level of education and employed in the informal sector reported that women's marital needs includes being given space making decisions, respected, trusted, given the and opportunity to do business or work. One participant reported that; *'women nowadays are in need of their voice being trusted when it comes to making decisions for the family whether men we like or not'* (FGD male participant, 2013). Another participant added; *'men sometimes want their wives to just stay at home as if they will never die. Women need opportunities to be involved in income generation for the family'* (FGD male participant, 2013).

Men with primary level of education and employed in the informal sector reported that men's needs includes being heard for their ideas when talking, shown that they are cared and obedience of their wives. One participant reported; *'men are satisfied if their needs or what they want is done according to their wishes'* (FGD male participant, 2013). Another participant added; *'men are made to be the head of the family so they need some respect during decision making'* (FGD male participant, 2013).

Men with secondary school level of education and employed in the formal sector reported that women need to get informed and involved in making decision of the family. One participant reported that;

*'when it comes to women, they like to be told everything especially when you help your relatives with money or school fees'* (FGD male participant, 2013). Another participant added; *'what the women are particularly in need is care and being heard with their partners when they give their ideas, especially in terms of money and family welfare in general'* (FGD male participant, 2013).

Men with secondary school level of education and employed in the formal sector reported that, men's marital needs include decision making and respect to be head of the house but it did not come very strongly. Most men reported that they need to be cared and respected which again translates to the power of decision making in most group discussions.

One participant reported; *'most marriage nowadays are not working because everyone wants to be the leader, men would like to keep their position as head of the house'* (FGD male participant, 2013).

Women with primary level of education and employed in the informal sector reported that, women's needs for marital satisfaction includes being given chance to express their ideas to their partners. One participant stated;

*'what the women are particularly in need is care and being heard by their partners when they give their ideas, especially in terms of sex'* (FGD female participant, 2013). Another participant added; *'women need to be heard about their ideas before a decision about something is made'* (FGD female participant, 2013)

Yet, one participant reported that; *'women don't like to see their husbands takes much advice from other relatives than her'* (FGD female participant, 2013) Women with primary level of education and employed in the informal sector reported that, men's needs for marital satisfaction include being the top decision makers in the family. One participant stated;

*'most men like to be obeyed in relationship, what they decide is what they like it to happen'* (FGD female participant, 2013). Another participant added; *'men sometimes find other women because of women who complain all the time. They like peace and a women who listen from them'* (FGD female participant, 2013).

Women with secondary level of education and who are employed in the formal sector reported women's marital needs for marital satisfaction in terms of getting involved in decision making and being heard. One participant reported; *'the first*

*thing is love, second to get involved, other men don't like to involve women'' (FGD female participant, 2013). Another participant added; 'I have my family too so some decision about my money is personal .No one wants to be humiliate, we need to discuss and agree'' (FGD female participant, 2013)*

Women with secondary level of education and employed in the formal sector reported that, men's marital needs for marital satisfaction include making decision themselves and they prefer having submissive women. One participant reported that; *'a woman is expected not to go against a man idea and should just be silent even if you are persecuted'' (FGD female participant, 2013).*

Another participant added; *'men like to be heard for their ideas and decisions, even when they are late home they love to be trusted as they defend themselves'' (FGD female participant, 2013)*

Almost in all men's and women's groups it was reported the need for participating in decision making process. On one hand, women demanded to participate in the decision making process while in the other hand, men protected their status of being the decision makers. There were no clear difference between level of education and type of employment

**Table 4.4: Marital needs for men and women for satisfaction in relationship**

| <i>Subth<sup>e</sup>me</i>                      | <i>Sex</i>    | <i>Groups</i>   |   |   |   |
|---|---------------|---|---|---|---|
|   |               | <i>Male 25-35 with Primary education and employed in the informal sector</i>  | <i>Male 25-35 with secondary and above education and employed in the formal sector</i>  | <i>Female 25-35 with Primary education and employed in the informal sector</i>  | <i>Female 25-35 with secondary and above education and employed in the formal sector</i>  |
| <i>Sexual satisfaction</i>                      | <i>Female</i> | No response   | <ul style="list-style-type: none"> <li>• Satisfied in sex</li> <li>• Prepared before sex</li> </ul>                           | <ul style="list-style-type: none"> <li>• Women need fulfilled family needs</li> </ul>                                   | <ul style="list-style-type: none"> <li>• A woman need to be satisfied sexually</li> <li>• Women like to be prepared before sex</li> </ul> |
|   | <i>Male</i>   | <ul style="list-style-type: none"> <li>• Hygiene of the spouse</li> <li>• Good cook and caring</li> <li>• Male child</li> </ul> | <ul style="list-style-type: none"> <li>• Sexual satisfaction</li> <li>• Hygiene</li> <li>• A woman creative in sex</li> </ul> | <ul style="list-style-type: none"> <li>• Hygiene of the spouse</li> </ul>   | <ul style="list-style-type: none"> <li>• Satisfied in sex</li> <li>• Hygiene of the spouse</li> </ul>                                     |
| <i>True love</i>                                | <i>Female</i> | <ul style="list-style-type: none"> <li>• Gifts</li> <li>• True love</li> <li>• A man who will not betray her</li> </ul>         | <ul style="list-style-type: none"> <li>• Gifts</li> <li>• Praised</li> <li>• Fulfilled with her needs</li> </ul>              | <ul style="list-style-type: none"> <li>• True love</li> <li>• Faithfulness</li> <li>• Gifts</li> <li>• Money</li> </ul> | <ul style="list-style-type: none"> <li>• Money</li> <li>• Involved in decision making</li> <li>• Gifts</li> </ul>                         |
|   | <i>Male</i>   | <ul style="list-style-type: none"> <li>• Shown love</li> <li>• Obedient wife</li> </ul>   | <ul style="list-style-type: none"> <li>• Love</li> <li>• Respected</li> <li>• Heard</li> </ul>                                | <ul style="list-style-type: none"> <li>• Shown love</li> <li>• Submissive women</li> </ul>                              | <ul style="list-style-type: none"> <li>• Respected</li> <li>• Treated like a king</li> <li>• Valued</li> </ul>                            |
| <i>Participating in decision making process</i> | <i>Female</i> | <ul style="list-style-type: none"> <li>• Be involved</li> <li>• Trusted</li> </ul>  | <ul style="list-style-type: none"> <li>• Cared and heard</li> <li>• Informed</li> </ul>                                       | <ul style="list-style-type: none"> <li>• Be heard</li> <li>• Open communication</li> </ul>                              | <ul style="list-style-type: none"> <li>• To be listened</li> <li>• Involved</li> </ul>  |
|   | <i>Male</i>   | <ul style="list-style-type: none"> <li>• To be heard</li> <li>• Obedience of wife</li> <li>• Power .to make</li> </ul>          | <ul style="list-style-type: none"> <li>• Obedient wife</li> <li>• Respected as the head of the house</li> </ul>               | <ul style="list-style-type: none"> <li>• Appreciated</li> <li>• Submissive wife</li> </ul>                              | <ul style="list-style-type: none"> <li>• Be heard</li> <li>• Obeyed</li> </ul>  |

|  |  |           |  |  |  |
|--|--|-----------|--|--|--|
|  |  | decisions |  |  |  |
|--|--|-----------|--|--|--|

#### 4.5 Role of pre-marital expectations in marital satisfaction

The study assessed participating participants' perceptions on men and women expectations they carry prior to marriage. The overarching theme throughout the discussions was ideation that marriage will be only good and romantic. No one thought that it needs some work or flexibility and reconciliation on different marital matters.

Men with primary level of education and who are employed in the informal sector reported that women expect to get a good husband who will love her sincerely, have children they want, be heard, enjoy their relationships, good life and enjoy visiting their relatives. Some of these expectations are not met because some women enter into marriage with over ambitious expectations than reality, some desire to fulfill needs of extended family, wrong reasons for getting married and desire for things a man had before as the reason for her marriage. One participant stated;

*“before marriage women expect a lot, they think that a man they marry to will provide them with everything they need” (FGD, male participant, 2013).* Another participant added; *“ before marriage it is common for women to expect that their relationship will forever and will be the same quality during the engagement period” (FGD, male participant, 2013).* Yet another participant added; *“women before marriage expect children, this is the major cause of marital problems and especially pressure from relative” (FGD, male participant, 2013).*

Moreover, men with primary level of education and employed in the informal sector reported that men expect to have a happy woman, support the relatives when they get problems, loved, respected, get children especially a male child, the key person and a pillar of the family. One participant reported;

*“men expect to live a good life with his wife, get children especial a male child and a woman take care of them without any problem” (FGD male participant,*

2013). Another participant added; *'men expect someone to come and help with family care and other domestic chores'* (FGD male participant, 2013). Yet another participant added; *'men expect to be the head of the family, a person with last say in the house when it comes to making decisions of the family'* (FGD male participant, 2013).

Men with secondary school level of education and who are employed in the formal sector reported that, women expect luxurious life, a person who will take care of her and other needs, be loved forever, appreciated and get a happy family and be only two in the relationship. One participant reported,

*"women expect a man who is smart, respectful and someone with a good income "* (FGD, male participant, 2013) . Another participant added; *'women expect to stay together with someone they marry to unless death separates them* (FGD, male participant, 2013). Yet another participant added; *Women expect to live a happy life with her partner, a partner who appreciates and praise her most of the time"* (FGD, male participant, 2013).

Men with secondary school level of education and employed in the formal sector reported that men expect true love, have a wife who will care for family, get children, excellent family and responsibilities. One participant reported,

*'men expect added responsibilities in taking care of the family including those of the wife side'* (FGD male participant, 2013). Another participant added, *'having a wife who will take care for family'* (FGD male participant, 2013). Yet another participant reported, *'men expect to marry a person who will take care of all domestic chores for marital satisfaction'* (FGD male participant, 2013)

Women with primary level of education and who are employed in the informal sector reported that, women expect things like a house have children, live a happy life, enjoy a happy life with her husband, respect, continue be loved the same way before marriage and even more and be heard for their needs and ideas. One participant stated;

*'women expect so many things like a house, have children and live a happy life'* FGD female participant, 2013). Another participant added; *'women*

*expect they continue be loved the same way before marriage and even more''*  
*FGD female participant, 2013).*

Women with primary level of education and employed in the informal sector reported that men expect children, partner whom they will stay with forever, faithful ,a woman who is patient even if life economically changes, expect to be heard and obeyed in the relationship. Moreover, men expect to be respected internally and outside from neighbors and the community and to be truly loved. One participant stated;

*''men before marriage expect a woman who is patient even if life economically changes for marital satisfaction''* FGD female participant, 2013). Another participant added, *''They expect to be heard and obeyed in the relationship''* (FGD female participant, 2013). Another participant added, *Men before marriage expect to marry to a person who will be faithful in the relation and they will live with her forever''* (FGD female participant, 2013).

Women with secondary level of education and who are employed in the formal sector reported that women expect that they will be closer with their partners, be in love the same way they used before marriage, peace, love, and respect and have children. One participant described;

*''life in relationship before marriage is always good and the best , a man is free to talk to you, you don't depend on him, he cares about you but after, things becomes normal because he know you will just be there for him and love is not the same again''*(FGD female participant, 2013). Another participant added; *''before marriage we expect children because that is what makes a marriage survive, if you miss one, a man is more likely to be pressurized to marry another one''* (FGD female participant, 2013)

Women with secondary level of education and employed in the formal sector reported that men expected to enjoy sex in his marital relationship, be appreciated, enjoy sex, respected, get a family (children) and love each other. Men also expect to get a woman who is submissive, obedient and who will care for their children. A participant stated;

*‘‘Other expectations for men before marriage includes having a women who is patient, hard worker, and the one who cares for the family, submissive and in future, a person who will live with his relatives without any problem’’ (FGD female participant, 2013).* Another participant added; *‘‘men expect respect, they want to be at the top of everything going on in the family’’ (FGD female participant, 2013).*

Pre-marital expectations of men and women for marital satisfaction have proven to have potential for negatively influencing marital satisfaction. Findings showed that men and women bring different expectations some of which are unrealistic for example preferences of sex of the child is difficult to know in advance as men prefer boys over girls. Moreover, men and women expect good and romantic things to happen to them forever after marriage, men expect a leadership role while women expect to be fulfilled with their basic needs from men.

A key feature identified common to all groups were the fact that almost all expecting marital relationship to be as good and romantic and that it will last so forever



**Table 4.5: Pre-marital expectations for men and women for marital satisfaction**

| EXPEC<br>TATIO<br>NS | Groups   |   |   |  |
|----------------------|--|---|---|--|
|                      | <i>Male 25-35 with Primary education and employed in the informal sector</i>   | <i>Male 25-35 with secondary and above education and employed in the formal sector</i>  | <i>Female 25-35 with Primary education and employed in the informal sector</i>  | <i>Female 25-35 with secondary and above education and employed in the formal sector</i>   |
| <b>Female</b>        | <ul style="list-style-type: none"> <li>• Good husband loving one</li> <li>• Children</li> <li>• Long lasting marriage</li> <li>• Fulfilled with her needs</li> </ul>   | <ul style="list-style-type: none"> <li>• Respectful men</li> <li>• Loved forever</li> <li>• Appreciated</li> <li>• Happy family</li> <li>• Children</li> <li>• Money</li> </ul>   | <ul style="list-style-type: none"> <li>• Children</li> <li>• Happy life</li> <li>• Be heard her ideas</li> <li>• Family needs</li> </ul>  | <ul style="list-style-type: none"> <li>• Get what she wants</li> <li>• Peace and love</li> <li>• Long lasting marriage</li> <li>• Pleasure in marriage</li> <li>• Get children</li> <li>• Cared</li> </ul> |
| <b>Male</b>          | <ul style="list-style-type: none"> <li>• Get children, male child</li> <li>• Make decisions</li> <li>• Have a happy woman</li> <li>• Someone help with family care and other domestic chores</li> <li>• Loved</li> <li>• Be respected</li> <li>• Be the key person and a pillar of the family</li> </ul> | <ul style="list-style-type: none"> <li>• Added family load</li> <li>• Being in love<br/>Having a wife who will care for family</li> <li>• Get children</li> <li>• Have excellent family (children)</li> <li>• Long term marital relationship</li> <li>• Responsibilities as head of the family</li> </ul> | <ul style="list-style-type: none"> <li>• Good life</li> <li>• Long term relationship</li> <li>• They expect their wives to be faithful</li> <li>• Patient wife</li> <li>• Respected</li> <li>• Children</li> <li>• Heard</li> </ul> | <ul style="list-style-type: none"> <li>• To enjoy sex</li> <li>• Appreciated</li> <li>• Respect each other</li> <li>• Get a family</li> <li>• Love each other</li> <li>• Obedient wife</li> </ul>          |

#### **4.6 Communication among couples**

The study assessed participating participants' perceptions on men's and women's communication patterns with regard to marital dissatisfaction. Respondents reported how women and men communicate differently for marital dissatisfaction.

Communication patterns when couples dissatisfied ranged from displaying negative to positive behaviors through both verbal and non verbal communications means. Both male and female groups responded that the quality of communication depends on the quality of the relationship and vice versa. Below results show how both negative and positive communications behaviors were reported through verbal and nonverbal communication channels

#### *Verbal communication*

Men with primary level of education and employed in the informal sector reported also that women communicate verbally to express their marital dissatisfaction. A participant reported;

*“some women tell their husbands the major cause of their dissatisfaction for example the practice of coming home late”*. Another participant added; *“some women don’t talk at all, for those who feel free to talk they communicate openly and resolve the problem”* (FGD, male participant, 2013).

Men with primary level of education and employed in the informal sector reported also that men communicate verbally. A participant reported;

*“men we talk a lot and most of the time women are just there to listen from us and it is good that she listen without any dialogue between us to avoid more conflict”*(FGD, male participant,2013)

Men with secondary level of education and employed in the formal sector reported how women communicate verbally to express their marital dissatisfaction. One participant reported;

*“women talk to their husbands when they feel that they are not satisfied in the marital relationship although sometimes they lose hope and leave things as they are, if they don’t see any change”* (FGD, male participant, 2013).

Another participant added; *“some women use words directly to say what is not making them happy in the relationship but sometimes they may even write a message”* (FGD, male participant, 2013).

Men with secondary level of education and employed in the formal sector reported how men communicate verbally their marital dissatisfaction''. One participant reported, '*for men we do talk openly what bothers us in the relationship comparing our partners*'' (FGD, male participant, 2013)

Women with primary level of education and employed in the informal sector reported also that women communicate verbally to express their marital dissatisfaction. Communication with anger and seeking help from others were reported. One participant stated;

*'Women sometimes communicate with anger if they are totally dissatisfied in marriage'*'' (FGD, female participant, 2013). Another participant reported; '*Women try to communicate to close people in order to help resolve their differences*'' FGD, female participant, 2013).

Women with primary level of education and employed in the informal sector reported also that men communicate verbally to express their marital dissatisfaction. One participant stated;

*Men communicate verbally but with anger when they are dissatisfied in the relationship'* ' Another participant added; '*A man who is dissatisfied start to hide when communicating in with other people*'' (FGD, female participant, 2013)

Women with secondary level of education and employed in the formal sector reported that women communicate verbally to express their marital dissatisfaction. However, some communicate when they are asked by their partners politely. One participant reported;

*' women will say only if asked in love and politely'*'' (FGD, female participant, 2013). Another participant added; '*nowadays people may even use cell phones to communicate a message on how they are feeling*'' (FGD, female participant, 2013)

Women with secondary level of education and employed in the formal sector reported that men communicate verbally their marital dissatisfaction. One participant reported;

*‘men talk, for example if they are not happy with some of her women’s friends/groups’ (FGD, female participant, 2013).* Another participant stated; *‘at the beginning men will try to communicate directly but if things are not changing they start being harsh and sometimes they start comparing their wives with other women they love outside’ (FGD, female participant, 2013).*

Men and men identified verbal Communication as among the means they use to communicate marital dissatisfaction. The pattern for women and men did not differ very much between all groups although men were seen as initiators of communication. The role of open verbal communication cannot be underestimated in resolving marital conflicts

#### *Non Verbal communication*

In discussing with men of primary level of education and employed in the informal sector, nonverbal communication for women did not come out. However, nonverbal communication for men among other means included the use of violence to communicate their marital dissatisfaction. One participant stated;

*‘when men are dissatisfied in the marriage, they sometimes use violence like beating their wives’ (FGD male participant, 2013).* Yet another participant added that; *‘men communicate their marital dissatisfaction by losing mood in sex’ (FGD male participant, 2013)*

Men with secondary school level of education and who are employed in the formal sector reported that most of time women do not communicate openly but they just keep quite. A participant reported; *‘when women are dissatisfied in the relationship, they use non -verbal language like not smiling to show that they are not happy at all’ (FGD male participant, 2013).* Another participant added; *‘women loose hope and decide to keep quite all the time to communicate that they are no longer happy in the relationship’ (FGD male participant, 2013)*

However, in discussing with men of secondary school level of education and who are employed in the formal sector, nonverbal communication did not come out.

Women with primary level of education and employed in the informal sector reported that women do communicate marital dissatisfaction in different ways including actions to show what they mean. One participant reported; *‘most women will just keep quite even if they are not satisfied in the marital relationship’* (FGD female participant, 2013). Another participant reported that, *‘they don’t say anything, they just wait and see’* (FGD female participant, 2013)

However, women with primary level of education and employed in the informal sector reported that men do communicate marital dissatisfaction in different nonverbal ways like refusing sex and leaving the family with nothing. One participant stated; *‘men refuse sex’* (FGD female participant, 2013). Another participant reported, *‘men leave without leaving any money for family’* (FGD female participant, 2013)

Women with secondary level of education and employed in the formal sector reported that they communicate marital dissatisfaction by losing interest in sex, infidelity, lack of smile and other sign language to communicate the intended message. One participant reported; *‘in most cases due to culture, it is difficult to be open say whether they are satisfied or not but they just use signs to show what they mean like harsh short questions’* (FGD female participant, 2013)

However, women with secondary level of education and employed in the formal sector did not come up with nonverbal communication as a means to communicate dissatisfaction for men.

Nonverbal communication for women emerged strongly among women than men and it differed among education and type of employment whereby by men and women with secondary level of education or above and employed in the formal sector reported more than men and women with primary level of education and who are employed in the informal sector. However, for men it emerged more among men than women especially men and women with primary level of education and who employed in the informal sector.

**Table4.6: Communication among couples**

| Communication style | Sex           | Groups  |  |  |   |
|---------------------|---------------|---|--|--|---|
|                     |               | <i>Male 25-35 with Primary education and employed in the informal sector</i>  | <i>Male 25-35 with secondary and above education and employed in the formal sector</i>                           | <i>Female 25-35 with Primary education and employed in the informal sector</i>   | <i>Female 25-35 with secondary and above education and employed in the formal sector</i>  |
| <b>Verbal</b>       | <b>Female</b> | <ul style="list-style-type: none"> <li>Some women tell their husbands</li> <li>Some women talk to those who feel free to talk to</li> </ul>                                       | <ul style="list-style-type: none"> <li>Women talk to their husbands</li> <li>Some women talk directly</li> </ul> | <ul style="list-style-type: none"> <li>Women sometimes communicate with anger</li> <li>Women try to communicate to close people</li> </ul> | <ul style="list-style-type: none"> <li>They will say only if asked in love and politely</li> <li>Use phones</li> <li>At first time it is not easy to say that you are not satisfied but with time people feel free to talk</li> </ul> |
|                     | <b>Male</b>   | <ul style="list-style-type: none"> <li>Talk openly</li> <li>We talk a lot and in most time, women are there to just listen what need to be done without any discussion</li> </ul> | <ul style="list-style-type: none"> <li>Men talk than women</li> <li>Write message</li> </ul>                     | <ul style="list-style-type: none"> <li>They talk directly</li> <li>Communicate to people closer</li> </ul>                                 | <ul style="list-style-type: none"> <li>Men talk if they are unhappy</li> <li>At the beginning men will try to communicate directly but get tired later</li> </ul>   |
| <b>Non verbal</b>   | <b>Female</b> | <b>No response</b>  | <ul style="list-style-type: none"> <li>Loss of smile</li> <li>Keep quite</li> </ul>                              | <b>No response</b>   | <ul style="list-style-type: none"> <li>Sign language to communicate their dissatisfaction s for example keeping quiet and not smiling</li> <li>Refusing sex</li> <li>Loss of smile</li> </ul>   |
|                     | <b>Male</b>   | <ul style="list-style-type: none"> <li>Sometimes use violence</li> <li>Lose mood to sex</li> </ul>  | <b>No response</b>   | <ul style="list-style-type: none"> <li>Refuse sex</li> <li>Stop providing for the family</li> </ul>  | <b>No response</b>  |

|               |               |                    |                    |   |   |
|---------------|---------------|--------------------|--------------------|---|---|
| <b>Others</b> | <b>Female</b> | <b>No response</b> | <b>No response</b> | <ul style="list-style-type: none"> <li>• Peep quite</li> <li>• wait and see to keep patience</li> </ul> | <ul style="list-style-type: none"> <li>• Say nothing</li> </ul> |
|               | <b>Male</b>   | <b>No response</b> | <b>No response</b> | <b>No response</b>  | <b>No response</b>  |

*Barriers to communication among women*

The study assessed perceived barriers to communication. Female respondents identified issues like fear from men and culture. Women said they fear men sometimes they are more likely to hit them or consider them becoming stubborn and irreflexive. One participant reported; *‘other men are so harsh in such a way that women fear them, he is more likely to hit her and even hit her’* (FGD female participant, 2013)

*Barriers to communication among men*

The study assessed perceived barriers to communication. For men, the most fear to communication was only related to sexual satisfaction whereby they felt that it is not easy given the fear of becoming misunderstood that may they had other women who are more sexually satisfying. Also they mentioned that some men don't know communication skills and cultural norms that hinder men and women not to discuss sexual matters. One participant reported;

*‘ sometimes when you decide to open and say that you are not sexually satisfied, responses are always negative. For example, someone is more likely to tell you that you go to those you found that they can satisfy you and leave me alone’*(FGD ,male participant, 2013)

**4.7 Coping mechanisms to marital dissatisfaction**

The aim of this study was to assess coping mechanisms of men and women to marital dissatisfaction. Respondents reported how women and men communicate for unmet marital dissatisfaction. The following subthemes materialized across all four types of groups while discussing this theme; 1) Infidelity 2) Conflict resolution.

*Infidelity*

In discussing with men with secondary level of education and employed in the formal sector and men with primary level of education and employed in the informal sector and infidelity for women didn't come very strongly comparing to women's groups. However, they reported that most men opt to have other partners. One participant narrated;

*'for men we don't have patience and we do cope by finding other alternatives where your expectations will be met .Patience with us is completely not there.'* (FGD, male participant 2013). Another participant added; *' men lose hope if their partners are not changing and start to have sex outside marriage'* (FGD, male participant 2013)

Men with secondary level of education and employed in the formal sector did not report infidelity as a coping mechanism for women. However, they reported that men engage in sex with other women (Small house) as a coping mechanism to marital dissatisfaction. One Participant reported;

*'it is obvious that men don't wait so long if things don't work on marriage, they end up having small houses although it depends on his ability to pay and keep the relationship going'*(FGD, male participant 2013). Another participants added; *'men have no patience even if the problem can be fixed, they just use that as an excuse to find other women and sometimes they make it open to their wives as a mean to make them lean that they have power to be with other women'*(FGD, male participant 2013).

In discussing with women with primary level of education and employed in the informal sector, infidelity was reported as a coping mechanism although it emerged very poorly. A participant reported, *'sometimes women enter into temptations to engage with other men'* (FGD female participant, 2013). Another participant added; *'when women are dissatisfied in the relation, trust is gone and women have sex with other men'* (FGD female participant, 2013)

Moreover, women with primary level of education and employed in the informal sector reported that men do engage into infidelity as a coping mechanism for marital dissatisfaction. One participant stated;



*‘when there are misunderstanding in the relation, trust among you is gone, men make decisions very easily to find other partners as a means to revenge, but for most women, they take some time trying to resolve’* (FGD female participant, 2013). Another participant added; *‘to divorce is not easily in our culture because it takes long with relatives and other elders trying to resolve but what most men do when they are dissatisfied in the marital relationship is to find another partner, they call small houses’* (FGD female participant, 2013)

In discussing with women of secondary level of education or above and who are employed in the formal sector, infidelity was commonly mentioned as the coping mechanism. One participant reported;

*‘ they see men as if they are all the same so women start having multiple sexual partners time to time regardless of the risk (FGD female participant, 2013)*

Another participant added; *‘some women do loose hope and start engaging in infidelity issues like finding other men to satisfy her because of the anger of being patient for a long time and find that it is time to do whatever possible as a revenge’* (FGD female participant, 2013)

Moreover, women with secondary level of education or above and who are employed in the formal sector, infidelity were mentioned as the coping mechanism. One participant reported *‘most men go out and have sex with other partners’* (FGD female participant, 2013)

Another participant added *‘most men start to build an extra marital relationship’* (FGD female participant, 2013)

The results show that infidelity is common among men comparing to women as a coping mechanism for marital dissatisfaction. Moreover, men and women with secondary level education and more and who are employed in the formal sector reported infidelity more than men and women with primary level of education and employed in the informal sector.

### *Conflict resolution as a coping mechanism*

Men with primary level of education and employed in the informal sector reported that women cope with marital dissatisfaction through dialogue to get the matter discussed but most of time they are neglected by their partners, some insult their partners indirectly, some run away and leave them with kids, some go to religious leaders to seek help and some to elders. One participant stated; *‘in most cases women try to get the problems resolved but unfortunately they are not heard’* (FGD male participant, 2013). Another participant added; *‘women cope with marital dissatisfaction by trying to find help for solutions outside like consulting the elders, friends and religious leaders’* (FGD male participant, 2013).

Moreover, men with primary level of education and employed in the informal sector reported that men also do talk to friends, religious leaders and other close people in order to find solution if they are dissatisfied in the relationship. One participant stated; *when men are dissatisfied in marriage they end up talking to their friends and other important people to them to find sympathy and help although they don’t have more patience like women’*. (FGD male participant, 2013). Other coping means reported to men included alcoholism. One participant reported; *‘men nowadays end up being alcoholics because of stress at home, they try to cope with marital problems by spending more of their time in bar’* (FGD male participant, 2013).

Men with secondary school level of education and employed in the formal sector reported that women do come by engaging other friends to help solve the problem or get advice, sometimes they try to be patient and wait to see for a while. One participant said; *‘women cope with marital dissatisfaction by trying to solve through engaging their friends and most of times relative like parents and even religious leaders’* (FGD male participant, 2013)

Women with primary level of education and employed in the informal sector did not come out with conflict resolution as coping mechanism to men. However, for women they reported that women cope by creating conflicts and using bad/harsh

communications with her partner. A participant narrated; *“ women cope with marital dissatisfaction by changing the communication pattern, respect in the house is lost, harsh language is mostly used”* (FGD female participant, 2013)

Conflict resolution as coping mechanisms for marital dissatisfaction did not come out among women with secondary level of education or above and employed in the formal sector and women with primary level of education and employed in the informal sector .However, they mentioned other means like alcoholism, divorce, running away from home and being violent to their wives. A participant reported; *“ you find a man coming late home drunk every day and fighting with his wife every day and then”* (FGD female participant, 2013). Another female participant stated; *“ conflicts happen because each one haven’t got what he/she expected”* (FGD female participant, 2013)

During the discussion with the group of women with secondary level of education and employed in the formal sector reported that they cope with marital dissatisfaction through patience, turning to God prayers and communicating complaints to parents/elders seeking help. One participant stated; *“ some just keep patience, they run for God prayers or to relatives and religious leaders to seek help”* (FGD female participant, 2013)

Yet another participant added; *“Sometimes women wait and keep patience because that is what they a taught before marriage. Even if they can’t get pregnant, they can allow men to have affairs out for the search of children but keep relationship with her”* (FGD female participant, 2013). However, Conflict resolution as coping mechanisms for marital dissatisfaction did not come out among women with secondary level of education or above and employed in the formal sector and women with primary level of education and employed in the informal sector .However, they mentioned other means like alcoholism, divorce, running away from home and being violent to their wives. A participant reported;

*“ you find a man coming late home drunk every day and fighting with his wife every day and then”* (FGD female participant, 2013). Another female participant stated; “

*conflicts happen because each one haven't got what he/she expected'' (FGD female participant, 2013)*

In this area, results showed that women seek to resolve conflicts comparing to men. Women keep more patience and buying more time to resolve marital conflicts than comparing to men. Findings showed that women were more likely to encourage discussion for conflict resolution than men. There were no clear difference with the level of education and type of employment. Moreover, men were reported to engage into alcoholism as a marital conflict coping mechanism comparing to women.

**Table 4.7: Coping mechanisms to marital dissatisfaction**

| <i>Strategies</i>          | <i>Groups</i> |   |   |   |   |
|----------------------------|---------------|---|---|---|---|
|                            | <i>Sex</i>    | <i>Male 25-35 with Primary education and employed in the informal sector</i>  | <i>Male 25-35 with secondary and above education and employed in the formal sector</i>  | <i>Female 25-35 with Primary education and employed in the informal sector</i>  | <i>Female 25-35 with secondary and above education and employed in the formal sector</i>  |
| <i>Infidelity</i>          | <i>Female</i> | <i>No response</i>  | <ul style="list-style-type: none"> <li>• Infidelity</li> <li>• Cheating</li> <li>• Wait and see</li> </ul>                      | <ul style="list-style-type: none"> <li>• Temptations to engage with other men</li> <li>• Loss of Trust</li> </ul>   | <ul style="list-style-type: none"> <li>• Cheat</li> <li>• Find another partner</li> <li>• Lose hope</li> <li>• Revenge</li> </ul> |
|                            | <i>Male</i>   | <ul style="list-style-type: none"> <li>• Small house</li> <li>• Lose hope, no patience</li> </ul>                     | <ul style="list-style-type: none"> <li>• Small house</li> <li>• Lack of patience</li> </ul>                                     | <ul style="list-style-type: none"> <li>• To find another partner</li> <li>• Trust is gone</li> </ul>  | <ul style="list-style-type: none"> <li>• Most men go out</li> <li>• Small house</li> <li>• New partner</li> </ul>                 |
| <i>Conflict resolution</i> | <i>Female</i> | <ul style="list-style-type: none"> <li>• Talk to solve</li> <li>• Go religious leaders, friends and elders</li> </ul> | <ul style="list-style-type: none"> <li>• Involve friends to get ideas</li> <li>• Keep patience</li> <li>• Do nothing</li> </ul> | <ul style="list-style-type: none"> <li>• Changing the communication pattern</li> <li>• Respect in the house is lost, harsh language is mostly used</li> </ul> | <ul style="list-style-type: none"> <li>• Send complaints to the best man/woman</li> <li>• Keep patience</li> </ul>                |

|               |               |  |   |  |  |
|---------------|---------------|--|---|--|--|
|               | <i>Male</i>   | <ul style="list-style-type: none"> <li>• Talk to friends for advice</li> <li>• Talk to resolve</li> <li>• Keep quiet wait</li> <li>• Go to religious leader</li> </ul> | <ul style="list-style-type: none"> <li>• To complain to friends and other close people</li> </ul> | No response  | No response  |
| <i>Others</i> | <i>Female</i> | <ul style="list-style-type: none"> <li>• Some run away and leave them with children</li> </ul>   | <ul style="list-style-type: none"> <li>• Patience</li> </ul>                                      | <ul style="list-style-type: none"> <li>• Conflicts</li> <li>• Harsh communication</li> <li>• No respect</li> </ul> | <ul style="list-style-type: none"> <li>• Keep patient</li> <li>• Divorce</li> </ul>      |
|               | <i>Male</i>   | <i>No response</i>   | <ul style="list-style-type: none"> <li>• Divorce</li> <li>• Alcoholism</li> </ul>                 | <ul style="list-style-type: none"> <li>• Conflicts</li> </ul>  | <ul style="list-style-type: none"> <li>• Alcoholism</li> <li>• Abandon family</li> </ul> |

#### **4.8 Understanding of gender equality concept regarding marital satisfaction**

This part of the study aimed at assessing how men and women perceive the concept gender equity towards marital satisfaction. During the discussion, mixed responses emerged from both women and men groups. Some responses were inclined towards positive and negative implications of gender equity regarding marital satisfaction

Although it poorly emerged, some men with primary school level of education and employed in the informal sector reported that gender equality will improve marital satisfaction by enabling both to share family responsibilities

Some men with secondary school level of education and employed in the formal sector reported that it is good for people in marital relationship to stat in a relationship based on gender equality. Gender equality was related with reducing conflicts in marital relationships and keep couple happy. A participant reported;

*‘this will help to reduce conflicts and negative attitudes to each other. Gender equality can help to build good marital relationships and peace will prevail’*

(FGD male participant, 2013). However, there are some men who reported that gender equality is will bring more conflicts and divorce in families. one participant stated;

*‘when I was in engagement I got a wife to be who I decided not to marry with her because she was rich and when I was trying to show my leadership as a man, she was very liberal so I found someone whom we can agree with the type of life I have chosen’* (FGD male participant, 2013)

Women with primary level of education and employed in the informal sector reported that gender equality is good to improve marital relationships because couples will be connected and participate in income generation projects.

On one hand women with secondary level of education and employed in the formal sector reported that they think gender equality will improve marital satisfaction. One participant reported that;

*‘I think gender equality will improve marital satisfaction but it will depend on how it is communicated so that men don’t understand otherwise’* (FGD female participant, 2013). Another participant added; *‘it is better people if they live in gender equity because it will make people get satisfied in their marriage, not like someone value to when in need of something and there after you are seen as useless’* (FGD female participant, 2013)

However, they commented that gender equality is a difficult topic due to the prevailing gender norms and more education is need to both men and women. One participant observed that;

*‘in our marriages there is no such a thing as gender equality because most of the decisions are made by men and women are there just to follow what a man have decided or what he want to be done. It is true we are trying nowadays to be self-reliant and fight for our rights but it is a long journey to set ourselves free from male dominance’* (FGD female participant, 2013)

The findings show different pattern of the perceived effect of gender equality on marital satisfaction. Gender equality was perceived to positively and negatively affect marital satisfaction. Men and women with secondary level of education and who

employed in the formal sector were in support for positive effective of gender equality than men and women with primary level of education and those who are employed in the informal sector

**Table 4.8: Community understanding of gender equality concept regarding marital satisfaction**

| View  | Groups   |  |   |   |
|---|--|--|---|---|
|   | <i>Male 25-35 with Primary education and employed in the informal sector</i>   | <i>Male 25-35 with secondary and above education and employed in the formal sector</i>   | <i>Female 25-35 with Primary education and employed in the informal sector</i>  | <i>Female 25-35 with secondary and above education and employed in the formal sector</i>  |
| Will positively affect marital satisfaction | <ul style="list-style-type: none"> <li>Gender equality will enable both to share family responsibilities</li> <li>People will be free to talk to each other</li> </ul> | <ul style="list-style-type: none"> <li>It is better for couples</li> <li>Gender equality will reduce complains especially from women</li> <li>This will help to reduce conflicts</li> <li>Gender equality can help to build good marital relationships</li> <li>Will keep married couples happy</li> </ul> | <ul style="list-style-type: none"> <li>It will make couples be connected</li> <li>Gender equality is good because it will make women participate in income generation for the family</li> </ul> | <ul style="list-style-type: none"> <li>Will improve marital satisfaction</li> <li>It is better people if they live in gender equity</li> <li>Women will be very happy because men think domestic wok are for women alone</li> </ul> |
| Will negatively affect marital satisfaction | <ul style="list-style-type: none"> <li>The issue of competition in the family will bring more conflicts</li> <li>Gender equality will lead to divorce</li> </ul>       | <ul style="list-style-type: none"> <li>Gender equality may negatively affect because men are entitled to be the head of the house</li> <li>When women are empowered, they become very difficult to live with</li> </ul>  | <ul style="list-style-type: none"> <li>Men need their respect</li> <li>Okay for a man to be on top because he is the one who provides everything at home</li> </ul>                             | No response   |

|        |  |   |             |   |
|--------|--|---|-------------|---|
| Others | <ul style="list-style-type: none"> <li>• I think it is the state of both men and women to share responsibilities equally</li> <li>• It is the agreement between the two in marriage</li> </ul> | <ul style="list-style-type: none"> <li>• Gender equality is the way to go whether you like or not, time have changed</li> </ul> | No response | <ul style="list-style-type: none"> <li>• It is very difficult for gender equity in our culture,</li> <li>• It will take time</li> </ul> |
|--------|--|---|-------------|---|



## **CHAPTER FIVE**

### **DISCUSSION**

The study assessed gender norms influencing marital satisfaction for HIV and AIDS prevention among couples in Dar es Salaam region, Tanzania. Specifically the study explored what the community perceived important for marital satisfaction among married men and women, premarital expectations and needs of married men and women in marriage, communication dynamics for marital dissatisfaction, coping mechanisms for unmet marital expectations and needs and understanding of the concept of gender equality in relationship to marital satisfaction among married men and women.

The overall findings from this study suggest that gender norms have critical influence on marital satisfaction among married men and women. Results showed that men and women are influenced differently by gender norms as the result they bring different realistic and unrealistic expectations and needs into marriage which ultimately influences negatively their marital satisfaction. Moreover, the findings showed that couples lack effective communications to resolve conflicts or when dealing with marital dissatisfaction. Engaging into risky sexual behaviors as a coping mechanism to marital dissatisfaction contributes to the vulnerabilities of couples to HIV and AIDS. However, some men and women have started to question some of the gender norms given the negative outcomes of their masculinity or femininity behaviors to family health. Findings from this study are consistent with previous research in which demographic variables such as gender have been identified among the factors which influence of marital satisfaction ( Guo and Huang, 2005)

#### **Community perception on married men and women for marital satisfaction**

##### *Care & Respect*

Care and respect were reported to be important for marital satisfaction among married couples. However, the way the role of care and respect was perceived for men and women were quite very different. On one hand women are expected to be more respectful to men when comparing to men. On the other hand men are expected to be more caring as providers of family needs comparing to women of all type. Most

groups described the role of care of men being more inclined to fulfilling materials needs for the family like food, clothes and cosmetics comparing to the role of women as receivers. One explanation for this finding may be related to how men and women are socialized to assume marital roles since childhood.

Given the fact that gender roles are changing in different parts of the world especially on roles of women, community expectations for men and women in marriage reported in this study carries detrimental effects to married men and men. This is due to the fact that people tend to conform to their social norms around (Crutchfield, 1955). The fact that men are expected to be providers for the family and a woman to be receivers carries potential for marital conflicts and stress especially when expectations are not met (World Bank, 2001).

However, there was no clear difference across all categorical groups of men and women with regard to level of education and type of employment. The reason behind this finding may be related to the fact that the influence of education and employment has not yet influenced a critical mass of individuals in the communities to the extent of changing the prevailing norms about marriage

#### *True love & Sexual satisfaction*

Men and women with primary level of education and who are employed in the informal sector were less likely to report sexual satisfaction and expectation for true love when compared with men and women with secondary and above level of education and employed in the informal sector. True love for women and men with primary level of education and those who are employed in the informal sector inclined the measure of true love towards material gifts from men and obedience of women to men respectively. This finding is in line with previous studies in which marital satisfaction is related with level of education and income (Johnson & Booth, 1990). However, since Johnson & Booth, (1990) study was done in western settings; more quantitative research is needed to learn how education and income affect marital satisfaction in African settings like Tanzania

Moreover, for sexual satisfaction, women were strongly expected to observe hygiene comparing to men. One reason to this finding could be related to the difference on how men and women are socialised to assume gender roles whereby hygiene for women is more important than to men.

#### *Family Decision making*

Family decision making among couples emerged among other sub-themes. Responses were mixed between groups from men being sole decision makers to both of them deciding. The expectation of participatory decision making did not come at all among men with primary level of education and who are employed in the informal sector. Moreover, the expectation on family decision making was inclined to either men involving women in decision making process and not the vice versa.

The phenomenon of men as decision makers can also be explained by gender socialization process whereby men are groomed as head of families since childhood while women are socialized to obey and listen from their husbands (UNFPA, 2000). Not conforming to this community expectation is more likely to cause marital dissatisfaction if all don't agree on the level of individualistic decision making process before marriage. Therefore, there is a need for couples to assess the level of involvement in decision asking before they get married so that they enter into marital relationship with shared norms about it.

#### *How community expectations affect men and women for marital satisfaction*

It was noted that all men and women groups identified the adverse effects of some gender norms with regard to marital satisfaction. Only one man reported that community expectations have no any harm because they teach how life in marriage should be. These findings are supported by a study by Mason and Elizabeth (2001) who found that the community expectation of men as providers of the family and decision makers negatively affects their lives and those of their partners. When men lose their status due to lack of opportunity, they seek relief in alcohol, drugs, risky sexual encounters, domestic violence, suicide and cardiovascular diseases. These findings are encouraging because if the community members are aware of the negative

effects, it is more easier to promote gender transformation comparing to the community that still don't identify the need to change.

### **Marital needs for men and women for satisfaction in relationship**

#### *Sexual satisfaction for women and men*

Sexual satisfaction for men and women emerged among other subthemes regarding marital satisfaction needs in relationships. Sexual satisfaction for men and women strongly emerged among men and women with secondary level of education or above and who are employed in the formal sector comparing to men and women with primary level of education and who are employed in the informal sector. This finding supports the Maslow's hierarchy of needs theory whereby what is considered as important marital needs for women and men with different education and employment status differs from the first level of human needs e.i physical needs and beyond physical needs to psychological and physiological needs (sexual satisfaction).

Surprisingly, the need for a person who observes hygiene in marital relationship had a strong gender attachment whereby men recommended for women who observes hygiene while women did not for men. One reason to this finding could be related to the difference on how men and women are socialised to assume gender roles whereby hygiene for women is more important than to men.

#### *True love for women and men*

In comparing responses from different groups of men and women, the need for true love emerged strongly for women comparing to men. On one hand women need for true love was in terms of actionable signs like being given gifts and fulfilled with material needs while on the other hand, men inclined their need for true love in terms of respect, submissiveness and obedience of their partners. The differences can be due to how men and women are socialized differently to assume marital roles whereby men are expected to provide for the family needs and women to serve the husband. While this has no negative implications if both agree on the level of traditionalism, it can have negative implications if they don't agree on and the other partner act/prefer the modern gender roles.

### *Family decision making for women and men*

Almost in all men's and women's groups it was reported the need for participating in decision making process. On one hand, women demanded to participate in the decision making process while in the other hand, men protected their status of being the decision makers. There were no clear difference between level of education and type of employment.

Given our African teachings, this is was an obvious finding. However, it is a striking observations to see no difference among men and women with different education and employment status given the expectation that formal education especially secondary and above is more likely to influence the decision making process differently. This may have negative implication in marital satisfaction given the fact that women are demanding to participate in decision making process while men are not coping to that in a speed equivalent to women demand for it.

### **Pre-marital expectations of men and women for marital satisfaction**

Pre-marital expectations of men and women for marital satisfaction proven to have potential for negatively influencing marital satisfaction. Findings showed that men and women bring different expectations some of which are unrealistic for example preferences of sex of the child is difficult to know in advance as men prefer boys over girls. Moreover, men and women expect good and romantic things to happen to them forever after marriage, men expect a leadership role while women expect to be fulfilled with their basic needs from men. Unrealistic marital expectation has a lot of potential to influence marital satisfaction negatively (Fowers and Olson, 1986). Moreover, Men and women are socialised to expect differently in marital relationship and this can be a source of dissatisfaction after (Cherlin, 1992., Ellwood & Jencks, 2002).

A key feature identified common to all groups were the fact that almost all expecting marital relationship to be as good and romantic and that it will last so forever. While this is good, it is unrealistic in other way round. Marital relationship needs some effort investment and not all last long including conflicts as part and parcel of the relationship. Believing that all will work is a sign of being easily

dissatisfied in marital relationship. This finding suggest negative implications in terms of marital satisfaction due to the fact that marital satisfaction is more likely to happen if couples brings into marriage realistic and similar values and expectations(Fowers & Olson,1986, Joseph Mtebe, 2012 ).

### **Communication among couples for marital dissatisfaction**

#### *Verbal communication for women and men*

Men and men identified verbal Communication as among the means they use to communicate marital dissatisfaction. The pattern for women and men did not differ very much between all groups although men were seen as initiators of communication. The role of open verbal communication cannot be underestimated in resolving marital conflicts. The fact that men and women use verbal communication to communicate their dissatisfaction in relationship is encouraging. The extent to which partners disclose information to each other increases their marital satisfaction (Cupach and Metts 1991; Metts and Cupach 1989).

#### *Nonverbal communications for women and men*

Nonverbal communication for women emerged strongly among women than men and it differed among education and type of employment whereby by men and women with secondary level of education or above and employed in the formal sector reported more than men and women with primary level of education and who are employed in the informal sector. However, for men it emerged more among men than women especially men and women with primary level of education and who employed in the informal sector.

The importance of studying nonverbal communication among couple is based on the fact that most information about marital dissatisfaction is communicated largely through nonverbal communication (Watzlawick, Beavin, & Jackson, 1967). For example, Segrin and Fitzpatrick (1992) found that wives' chronic depression and couples' difficulties communicating about it was very strong predictor of marital dissatisfaction. Although the sex difference among men and women is mixed, previous studies show that women are better in understanding nonverbal communication than

men. Hall (1984, 1998) found women to be significantly more accurate in decoding nonverbal cues than men. The mixed sex difference in this current study could be due to women and men being more of expert to their sex than the other. However, more research is need to understand the encoding and decoding sex deference among men and women in Tanzania

#### *Barriers to communication among women and men*

The findings showed gender differences with regard to barriers of communicating marital dissatisfaction among men and women. Female respondents identified issues like fear from men and culture. Women said they fear because men sometimes men are more likely to bit them or consider them becoming stubborn and irrespective. For men, the most fear to communication was only related to sexual satisfaction whereby they felt that it is not easy given the fear of becoming misunderstood that may be they had other women who are more sexually satisfying. Also they mentioned that some men don't know communication skills and cultural norms that hinder men and women to discuss sexual matters. The implication of these findings is that men and women need for communication skills before and after marriage.

#### **Coping mechanisms for marital dissatisfaction**

##### *Infidelity for women and men*

The results show that infidelity is common among men comparing to women as a coping mechanism for marital dissatisfaction. Moreover, men and women with secondary level education and more and who are employed in the formal sector reported infidelity more than men and women with primary level of education and employed in the informal sector. This finding can be supported by the equity theory especially proposition four which urges that individuals who perceive that they are in an inequitable relationship attempt to eliminate their distress by restoring equity and Engaging in sex outside marriage is a way of restoring perceived inequity (Sprecher 1995). This finding is in line with other studies on factors that lead to multiple concurrency sexual relationships among married men and women. Married Men and

women who are dissatisfied in their marriage are more likely to engage in infidelity. (Todd, 1997, Silberschmidt 2001; Hollos and Ulla 2008).

While both men and women report infidelity as coping mechanisms, there was a striking difference during discussions in terms of patience. Women reported to be more patient to engage into infidelity comparing to men. This finding is consistent with previous studies which shows that men engage into multiple sexual concurrencies more frequently than women (Rweyemamu, 2008)

#### *Conflict resolution for women and men*

In this study, results showed that women seek to resolve conflicts comparing to men. Women keep more patience and buying more time to resolve marital conflicts than comparing to men. Findings showed that women were more likely to encourage discussion for conflict resolution than men. There were no clear difference with the level of education and type of employment. Moreover, men were reported to engage into alcoholism as a marital conflict coping mechanism comparing to women. These findings can be explained by feminine and masculine gender norms in resolving conflicts among married men and women. Previous researchers have found that feminine gender norms such as expressive personality qualities are linked to compromising and avoidant conflict management styles, whereas masculine gender norms like assertiveness were linked to dominating and controlling conflict behaviors (Brewer, Mitchell, & Weber, 2002).

The importance of learning non-controlling and non-confrontational conflict management styles is due to the fact that couples who resolve their conflicts in compromising styles are more likely to be satisfied in their marriage than those who do not. This fact is supported by Bradbury, Fincham, & Beach, (2000) who found that managing marital conflict is crucial to spouses' perceptions of their overall relationship satisfaction, marital functioning, and marital longevity



### **Understanding of gender equality concept regarding marital satisfaction**

The findings show different pattern of the perceived effect of gender equality on marital satisfaction. Gender equality was perceived to positively and negatively affect marital satisfaction. Men and women with secondary level of education and who employed in the formal sector were in support for positive effective of gender equality than men and women with primary level of education and those who are employed in the informal sector. This may partly be explained by the fact that women are still playing a role of receiving hand while men play a providing role which supports the patriarchy system but differed with the higher level of education and employment in the formal sector which favors gender equality in relationships partly because women are empowered to assume what was men's roles in the traditional marriages. However, comparing to men and women, more men reported that gender equality will have negative impact in marital satisfaction than women in all groups. These findings provide evidence that societies are changing so as gender norms regarding marital satisfaction.

Regardless of prevailing gender norms, it was evident that men were not in favor for gender equality in relationship comparing to women. The conflict between this population group is more likely to support the common saying in the Tanzania communities that marriages of nowadays especially of educated couple don't last/work. This proposition can be supported by previous studies which found marital satisfaction among men is likely if the relationship is based on masculine roles. Conformity to these masculine roles is in return associated with lower capacity for intimacy (Ludlow & Mahalik, 2001). However, marital satisfaction among women is linked to the degree to which the male in the relationship shows feminine traits such as nurturance, affection, and emotional expressiveness. (Antill, 1983 & McGraw, 2001)

### **Strengths and Limitations**

Strengths of this study include the diversity of study population including married young men and women, employed in formal and informal sector. Limitations of this study include the potential for socially desirable responses, given the sensitive nature of the topic and recall bias when it comes to premarital expectations. The study was conducted in Dar es Salaam where people have access to information and other gender

programs, so the positive gender transformation reported may not be the same in other districts.

## **Conclusion**

The study was conducted to assess gender norms influencing marital satisfaction for HIV and AIDS prevention. The findings show clearly that inequitable gender norms which roots from how men and women are socialized to assume marital roles negatively influence marital satisfaction among married couples. Differences of what men and women perceive to be their needs in marital relationships were different, communication dynamics for marital dissatisfaction different by gender, coping mechanisms for marital dissatisfaction involved risky sexual behaviors and the way men perceived the role of gender equality was negative. The negative adverse effects of gender norms were expressed and demonstrated through reported community expectations for men and women in marital relationships, pre-marital expectations and needs, communications dynamics for marital dissatisfaction, coping mechanisms for marital dissatisfaction and the way they differently perceived the role of promoting gender equality. The reported gender norms for coping marital dissatisfaction especially the engagement in extramarital sexual relationships contributes to HIV vulnerabilities for couples.

## **Recommendations**

1. This study calls for more research to quantify the state of marital satisfaction and other factors associated among married men and women in African context like Tanzania. This information will be of imperative to marital trainers, counselors, social researchers and HIV prevention experts. Moreover, this study calls for
2. Programs on HIV/AIDS prevention to employ gender equitable strategies by working with men and women with aim of challenging gender norms, sustaining the achievements made in promoting gender equality and transformation to improve family health.
3. This study calls for more research to quantify and describe the trend of marital satisfaction in Tanzania

4. Social Institutions dealing with marriage should integrate gender norm transformation as an important content of premarital training and mentorships in Tanzania
5. Young people should communicate since the beginning about their relationships in terms of needs and realistic expectations before they commit to get married

## ANNEX

### FGD INTERVIEW GUIDE –English

|   |
|---|
| Date: _____ Start Time: _____ End<br>Time: _____                        |
| Community/Pilot Site: _____   |
| Type of Group Interviewed (men or women, etc.) _____ # Of<br>Women..... |
| Name of Facilitator/s:<br>_____   |

#### Introduction

##### 1. INTRODUCE MODERATORS, TRANSLATORS, RECORD KEEPERS

##### 2. INTRODUCE TOPIC OF RESEARCH

- We would like to talk to you about taking part in discussion group(s) conducted by us as students to learn more about issues of marital satisfaction among men and women who are married like you in Tanzania
- The findings from this discussion will be used to inform different stakeholders who are responsible to design policies and programs to improve relationships among married couples
- During this workshop, we do not have presuppositions and there are no correct answers. We are specifically seeking the learn from you.

##### 3. SECURE INFORMED CONSENT

No one except the group leaders and the other group members will know that you took part in the study. The groups will be tape recorded with voices only. All discussions and activities will be transcribed (first in Kiswahili and then translated into English). The tapes will be destroyed after we have transcribed the information into written form. Note takers will write down opinions and what the group thinks during the sessions. We will not record your name or any other personal things about you during

the groups. We ask that participants not reveal outside the group information they may have heard in the group. Even though we will ask people in the group not to reveal anything about others, we cannot guarantee this. We will protect information about you and your taking part in this study to the best of our ability.

Finally, tell participants that if they don't wish/no longer wish to participate in the study for any reason, they may withdraw at any time. Encourage them to ask any questions they have.

Do you agree to be interviewed?

NOTE WHETHER RESPONDENTS AGREE TO INTERVIEW.

AGREES TO BE INTERVIEWED.

DOES NOT AGREE TO BE INTERVIEWED

Please record the number of people who do not agree.

**TO BE COMPLETED BY INTERVIEWER**

I CERTIFY THAT I HAVE READ THE ABOVE CONSENT PROCEDURE TO THEGROUP.

SIGNED: \_\_\_\_\_

**4. ESTABLISH GROUND RULES**

- Everybody's ideas have merit
- No judgment or discussion of other's ideas
- One person to speak at a time

Ideas (contributions) are anonymous.

## **Probing questions for women and men**

### **Theme A: Community expectations for men and women for marital satisfaction**

1. How is a women supposed to behave or to do to his husband in order to satisfy him in a marital relationship in your community?
2. How is a man supposed to behave or to do to his wife in order to satisfy her in a marital relationship in your community?
3. How do the above rules affect women and men differently in terms of marital satisfaction in your community?

### **Theme B: Marital needs for women and men (physical, social/psychological)**

1. What do you think women need for a satisfying marital relationship in your community?
2. What do you think men need for a satisfying marital relationship in your community?

### **Theme C: Marital expectations for women and men before marriage(Realistic/unrealistic)**

1. What do women expect marital relationship to be like before getting marriage?
2. What do men expect marital relationship to be like before getting marriage?
3. Do you think women meet their expectations after getting married; Why?
4. Do you think men meet their expectations after getting married; Why?

### **Theme D: Communication among couples regarding marital satisfaction (means and barriers)**

1. How do women communicate issues related to marital satisfaction to their partners?

2. How do men communicate issues related to marital satisfaction to their partners?
3. What are the barriers for women and men to communicate about marital satisfaction to their partners?

**Theme E: Coping mechanisms for men and women when marital expectations and needs are not met**

1. How do women cope with marital dissatisfaction or when marital expectations and needs are not met? Why so?
2. How do men cope with marital dissatisfaction or when marital expectations and needs are not met? Why so?

**Theme F: Understanding of the concept of gender equality with regard to marital satisfaction**

1. How do you understand the term gender equality
2. How does gender equality influence marital satisfaction among married men and women



## MWONGOZO WA MAJADILIANO YA UTAFITI (FGD)

|  |
|--|
| Tarehe : _____ Muda wa kuanza: _____ Muda wa kumaliza: _____ |
| Mahali: _____  |
| Aina ya kundi (Me/Ke.) _____ # .....                         |
| Jina la mwezesaji: _____                                     |

### UTAMBULISHO

1. TAMBULISHA WAANDISHI NA WAWEZESHAJI WA MAJADILIANO
2. TAMBULISHA LENGU LA UTAFITI WENYEWWE
3. PATA KIBALI

“Hakuna mtu mwingine zaidi ya viongozi na wawezeshaji watakojua kuwa ulishiriki katika majadiliano haya ya utafiti. Majadiliano haya yatarekodiwa katika vinaso sauti tu. Baadae, majadiliano yatapelekwa katika maandishi ya lugha ya Kiswahili halafu kiingereza. Taarifa kwenye vinaso sauti zitaharibiwa zote tu baada ya kuhamishiwa katika hali ya maandishi. Waandishi wataandika tu maoni ya washiriki kama kundi na hakuna jina la mtu litakaloandikwa au kufanyiwa nukuhu yoyote. Tunawaomba pia washiriki kutokotoa nje siri za majadiliano haya. Hata hivyo hatuwezi kuwa na uhakika asilimia zote za watu kuwa waaminifu kutokotoa nje haya tuliyojadili humu ndani.”

Mwisho wambie washiriki kuwa kama wanataka kutoshiriki au kutoendelea na majadiliano wanaruhusiwa kuondoka muda wowote. Sisitiza waulize kama wanamaswali yeyote.

Unakubali kushiriki majadiliano?

Hakikisha unajua kama wanakubali au hawakubali kushiriki.

[ ] Wanakubali kushiriki.

[ ] Hawakubali kushiriki

Tafadhali andika idadi ya watu waliokubali.

### **Kujazwa na mwezesaji**

Ninakubali ya kuwa nimesoma taarifa ya kuomba kibali hapo juu kwa kundi husika.

Imesainiwa: \_\_\_\_\_

4. Weka taratibu ndogo ndogo za kikundi kabla ya majadiliano. Mfano

- Kuheshimu mchango wa kila mmoja wao
- Kutohukumu mawazo ya wengine
- Kuzungumza mmoja mmoja

### **Maswali ya majadiliano kwa wanawake na wanaume**

#### **Sehemu A: Mitazamo ya kijamii**

4. Ni namna gani mwanamke anatakiwa kuwa au kufanya kwa ajili ya kumridhisha mumewe katika mahusiano ya ndoa katika jamii yako?
5. Ni namna gani mwanaume anatakiwa kuwa au kufanya kwa ajili ya kumridhisha mukewe katika mahusiano ya ndoa katika jamii yako?
6. Ni namna gani hayo matarajio na mitazamo katika jamii yawaathiri wanawake na wanaume katika suala la kuridhishana katika mahusiano ya ndoa?

#### **Sehemu B: Mahitaji ya wanaume na wanawake katika mahusiano ya ndoa(kimwili,kijamii na kiakili)**

3. Unadhani wanawake wanahitaji hasa nini ili waweze kuridhika katika mahusiano ya ndoa katika jamii yako?
4. Unadhani wanaume wanahitaji hasa nini ili waweze kuridhika katika mahusiano ya ndoa katika jamii yako?

#### **Sehemu C: Matarajio ya wanawake na wanaume kuhusu maisha ya ndoa kabla ya kuoana**

5. Nini wanawake hutarajia mahusiano ya ndoa kuwa kabla ya kuoana?
6. Nini wanaume hutarajia mahusiano ya ndoa kuwa kabla ya kuoana?

7. Unadhani matarajio ya wanawake wanayokuwa nayo kabla hukamilika baada ya kuoana? Eleza kwa nini?
8. Unadhani matarajio ya wanawake wanayokuwa nayo kabla hukamilika baada ya kuoana? Eleza kwa nini?

**Sehemu D: Mawasiliano miongoni mwa wanandoa**

4. Ni namna gani wanawake huwasiliana na wenza wao kuhusiana na kuridhika au kutoridhika katika mahusiano ya ndoa?
5. Ni namna gani wanaume huwasiliana na wenza wao kuhusiana na kuridhika au kutoridhika katika mahusiano ya ndoa?
6. Ni vikwanzo gani huwafanya wanandoa kushidwa kuwasiliana kuhusu kuridhika au kutoridhika katika mahusiano yao ya ndoa?

**Sehemu E: Kukabiliana na changamoto za kuridhishana katika mahusiano ya ndoa (pale matarajio na mahitaji yanapokuwa hayajafikiwa)**

3. Ni namna gani wanawake hukabiliana na hali ya kutoridhishwa na mahusiano ya ndoa au pale matarajio na mahitaji ya mwanzo yanapokuwa hayajafikiwa?
4. Ni namna gani wanaume hukabiliana na hali ya kutoridhishwa na mahusiano ya ndoa au pale matarajio na mahitaji ya mwanzo yanapokuwa hayajafikiwa?

**Fehemu F: Uelewa juu ya dhana ya usawa wa kijinsia na mitazamo binafsi kuhusu faida au madahara yake kwenye mahusiano ya ndoa**

1. Unaelwa nini kuhusu dhana ya usawa wa kijinsia

Unadhani usawa wa kijinsia unamchango au madhara gani kwenye mahusiano ya ndoa?

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