

## Issues And Dimensions Influencing Psychology Guidance And Counseling

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### Abstract

The authors carried out a research entitled: the effectiveness of marital psychology guidance counseling in Kampala district. The core of the problem which triggered the study was the divorce rate. The vice was escalating at a very alarming rate. Many spouses especially men were contemplating divorce. In some cases they threatened to sell their marital home or in some occasions they sold the home properties to fund other marriages. The author employed a cross sectional survey designs to examine the phenomenon. Here also used both qualitative and quantitative designs. He used secondary and primary data. The author used a questionnaire, interview guide and observation. In terms of validity ascertain and content and content and construct validity. On the other hand, he ensured reliability by administering he instruments to 20 respondents outside the locale of the study Generally, the author realized that although there was a lot of psychology guidance counseling going on , the practice was below standard and efficiency had not reached the desired levels and danger was looming.

The author recommended that proper measures be put in place, since the situation could totally get out of hand. Professionalism needed to be emphasized according to [1], the practice needed to be emphasized by the psychology guidance counselors, the government and the other stakeholders. Otherwise a time will reach climax a critical level where there will be a lot of family instability. The primary reason for the vice is lack of self-awareness. The author concluded therefore that the psychology guidance and counseling Kampala district needed to be revised: there was need to update the standards of guidance and counseling to modern system especially as adapted by most Western countries.

**Keywords:** Issues; dimensions ; influencing, marital ; psychology, guidance; counseling.

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## **1. Methodology**

### *1.1 Research Design*

The author employed a cross-section survey design to examine the phenomenon under investigation. Cross sectional survey design was used since unlike longitudinal survey design where we have long experience with the field the author had limited period to accomplish the study. And although the cross sectional survey design was used, conclusions were made at only one time. The design was useful for the is case it was marital effectiveness of marital effectiveness of marital psychology guidance counseling in Kampala District. The author utilized both qualitative and quantitative approaches appropriately where descriptive, statistical and exploratory styles were used. All in all the whole design was since it ensured triangulation which enriched the information that was received.

### *1.2 Population*

The target population comprised of all the married spouses of Kampala district and the psychology guidance counselors who offered the psychology guidance counseling services to married people in the district. There were very many married people in Kampala district and the number was increasing daily. Thus it was impossible to know the parent population. Thus 200 respondents were chosen evenly from the five political divisions.

### *1.3 Sampling techniques*

In order to get the required information from the above population a non-probability, purposive/judgmental sampling method was used. This sampling style was used, as it helped the author direct himself to handle subjects where he could unearth necessary information on the areas of the study. Out of the 200 respondents, 160 respondents were spouses and 40 respondents were psychology guidance counselors who were chosen equally from the five political divisions.

### *1.4 Data collection*

The Author used secondary and primary data:

#### Secondary data

The main source the author used were: the encyclopedia old magazines, books, and the website information from the internet.

#### Primary data

The researcher used recent newspapers, abstracts, journals, newsletters and annual reports.

### *1.5 Instruments*

The researcher obtained data from the field using the following instruments:

### *1.6 Questionnaires*

Separate, self structured, self administered questionnaires were used to collect information from spouses on personal data under the times of study. Closed ended questions were used because they were faster to code and score for

analysis thus consistency of responses cross the respondents. Open-ended questionnaires were used to get the view of the respondents on the areas of study.

This was advisable because no attempts were made on the subjects to conceal any information.

### *1.7 Validity of instruments*

Content validity implied re-examining the questions to ensure that the questions availed the required data. The research peers, research peers, research experts, evaluated this aspect such that the instruments focused on the required information. Construct validity ensured that the instruments obtained the anticipated view, attitudes and perceptions on the subject under investigation. This was achieved under triangulation of the instruments of the study.

### *1.8 Reliability instruments*

Administering the instruments to 20 respondents outside the locale of the study curtailed the Hawthorne effect was curtailed. The administering at this level ensured that questions were understood. Vague questions were rectified. Mean observation was attained in the field where the author observed the happening on the area under study.

### *1.9 Data analysis and presentation*

Data analysis was done using qualitative and quantitative approaches appropriately. The following data analysis procedure was used:

- (a) Editing of data on a regular basis which sorted out anomalies in the data in regard to completeness, coherence and checking of contradictions.
- (b) Coding data into themes and sub themes where similar responses were grouped together.
- (c) Availing the similarities and differences within the coded data
- (d) Interpretation of the data and deducting meaning of the data
- (e) Summary, discussion, conclusions and recommendations from the data

Statistical calculation which established percentages and the mean using the formula

$$\frac{\text{Frequency X 100\%}}{\text{M}} = \%$$

‘M’

Methodology adapted from [6].

## **2. Results**

### *2.1 Socio-Demographic Data*

**Table 1 sex of the respondents**

Sex	Frequency	Percentage
Husbands	80	40
Wives	80	40
Counselors	40	20
Total	200	100

The respondents of the study were threefold; the husbands, wives and psychology guidance counselors. Basing on the on the date above wives were equally represented as the husbands. The reason for that was to get equal represented as the author had to adjust the representatives.

**Table 2 Age of the respondents**

Age group	Frequency	Percentage
19-25	0	0
26-30	20	10
31-35	30	15
36-40	50	25
41 and above	100	50

The age of the respondents were ranging from 26-41 years and above.

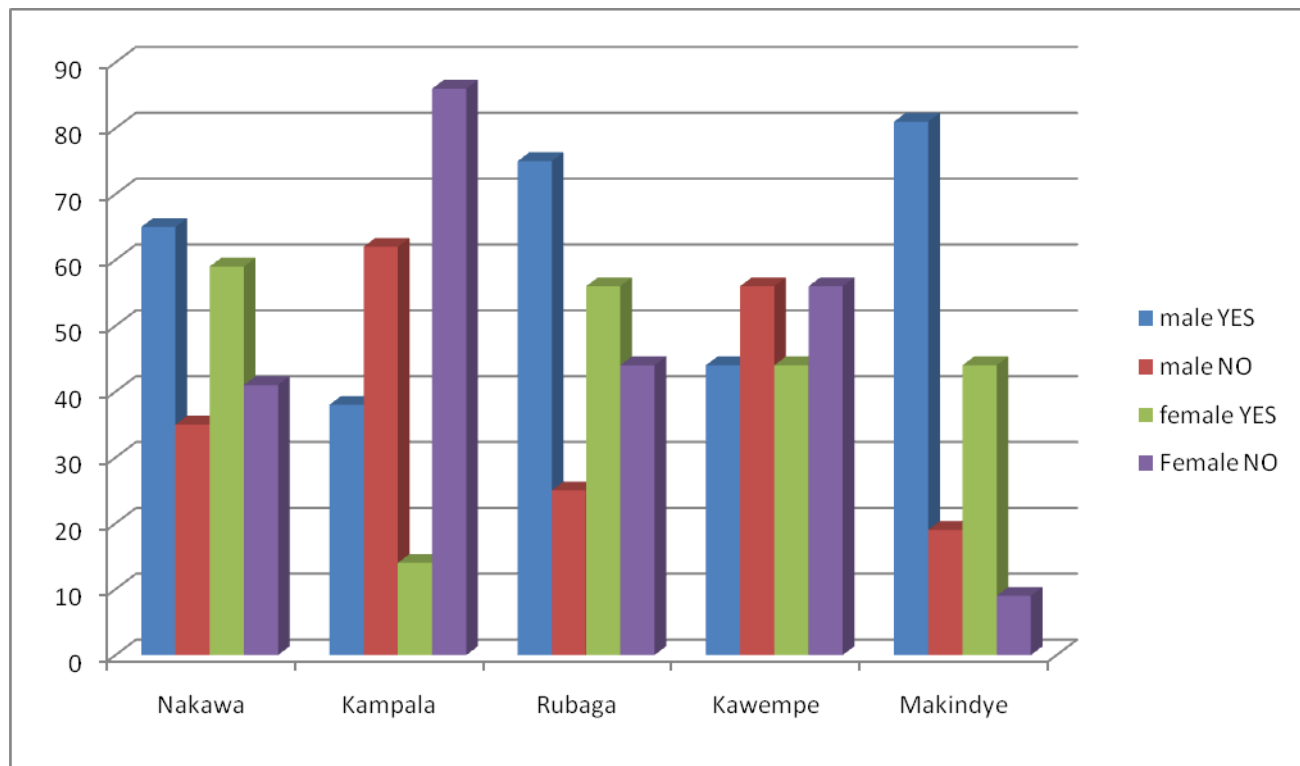
According to the table, age group 41 and above was remarkable the majority the majority. It was followed by age groups 36-40, 31-35 and 26-30 in that diminishing order, with 50%, 5%, 15% and 10% percentage respectively. The author found out that there was a relationship between the age bracket of the respondents and the number of the respondents who participated.

Basing on that argument the author realized that majority of the respondents lay on age bracket 41 and above since there were both psychology guidance counselor and spouses, on this category. Also the author found out that the majority of the respondents married later. This was proved given the fact that age brackets 26-30 and 31-35 had less than quarter of the respondents each who were legible to respond by their marital status i.e married. However, the author could not rule out the fact that there are people married in the age group 19-25 which scored 0. Practically there are people in the group only that they are negligible. The study considered the cultural beliefs, trust level, communication and economic status of the spouses involved in marital psychology guidance counseling. The variables mentioned were adapted from [2] In other words the above variables affected the marital psychology guidance counseling in regard to how they affected the spouses.

**Cultural belief of spouses**

Table 3 shows how culture played a role in marital issues

DIVISION	MALE		FEMALE		TOTAL
	YES	NO	YES	NO	
Nakawa	11	6	10	7	32
Kampala	6	10	01	6	32
Rubaga	12	4	9	7	32
Kawempe	7	9	7	9	32
Makindye	10	6	7	9	32
Total	46	35	42	38	160
%of response per sex	28.75	21.87	26.0	23.75	10.00



The total numbers of the respondents were supposed to be 200. However, table 3 above gives only 160 respondents which is only 80% of the anticipated results. The reason for the disparity is that the spouses and psychology guidance counselors views were indicated on the tables there were 5 political divisions under study, i.e. Nakawa, Kampala, Rubaga, Kawempe and Makindye.

The table has findings of the responses of respondents who agreed or rejected that culture has an impact on the outcome of marital issues.

According to the table there were no substantial differences on the effect of culture on marital issues. However, there was slight difference. This is because 28.75% of the men respondent in a way tending prove that the cultural factor is having impact. 26.0% of wives also agreed that cultural factor had an impact in the outcome in marital issues. The difference on the above scores is that 2.125% is the percentage high of the men who accepted the idea of culture having an impact.

21.87% of men and 23.75% of women responded that cultural beliefs had no significant impact on the marital issues. The above view was in line with Saxton [5] On intrusion of cultural biases in marriage.

The variable above affects both the spouses and the psychology guidance counselors.

Thus the author investigated whether there were some stereotypes, prejudice and the extent cultural beliefs on the psychology guidance counselors themselves as shown in the Table below

Table 4 cultural beliefs of psychology guidance counselors

DIVISION	MALE		FEMALE		TOTAL
	YES	NO	YES	NO	
Nakawa	0	4	1	3	8
Kampala	1	3	1	3	8
Rubaga	0	4	2	2	8
Kawempe	0	4	0	4	8
Makindye	1	3	1	3	8
%	Cultural beliefs	5	45	12.5	100

From the above, the author realized that the majority of the respondent's ticked responses showed that stereotypes and prejudices are not a great influence on the psychology guidance counselors. Judgments. 45% of the husbands and 37% of wives ticked tending to prove that the stereotypes and prejudices were absent. This leaves only 17.5% of both wives and husbands from all the 5 political divisions who ticked to prove that prejudices and stereotypes that are culturally motivated were properly inculcated in their personality. It is also explicit from the table above that 40 psychology guidance counselors were respondents. The remaining 160 were for the wives and husbands, as observed earlier.

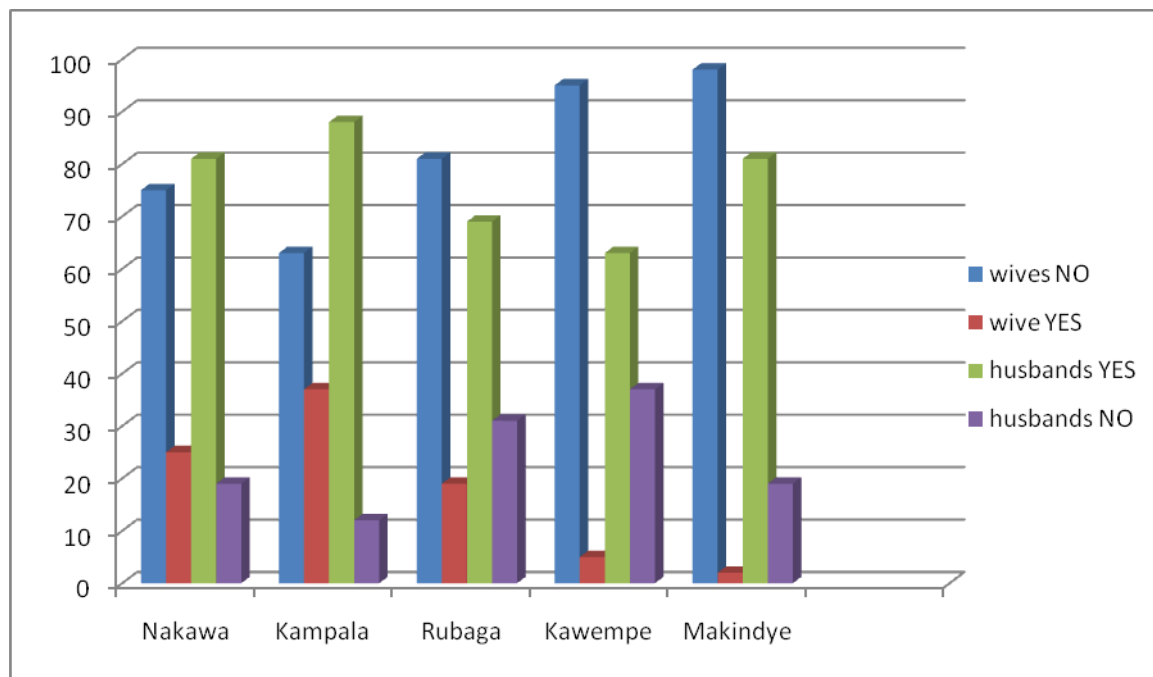
Again the author observed that as per the responses per se, there was no serious impact of culture, since the scores are almost averagely related with no huge disparities between the male and female therapists. However, the overall observation is that culture still had a role on the marital outcome.

The table 5 below shows the extent trust level among the spouses influenced the marital issues.

The author analyzed how the variable impacts marital issues. The author found out how the various categories of people are impacted by the trust level.

Table 5 Trust level amongst spouses

DIVISION	WIVES		HUSBANDS		TOTAL
	NO	YES	YES	NO	
Nakawa	12	4	13	3	32
Kampala	10	6	14	2	32
Rubaga	13	3	11	5	32
Kawempe	41	2	10	6	32
Makindye	51	1	13	3	32
Total	64	16	61	8	160
% of cultural beliefs	40	32	38.45	5	100



As per the table above, the author found out that 40% of wives and 38.45% of husbands responded in favor that they had obvious intimate secrets not known by their spouses.

However, the researcher realized that husbands and wives had no big margin between those who responded in favor and those who do not ticking favor. This is given the fact that in all the five political divisions of Kampala District 40% of female psychology guidance counselors ticked in favor that they were biased in their having trust in their husbands and wives. At the same time 38.5% of husbands ticked in favor that they were biased or secretive in terms of trust to their spouses.

From the above results, the author realized that both wives and husbands were engaged in this practice. He observed that problems in personality development existed. He saw that conditions for healthy personality development were not sufficient for couples to use them and self actualize useful relationships.

**Table 6: shows the economic status of the psychology guidance counselors**

DIVISION	MALE			FEMALE			TOTAL
	Upper	Middle	Lower	Upper	Muddle	Lower	
Nakawa	0	4	0	0	4	0	8
Kampala	0	4	0	0	4	0	8
Rubaga	0	4	0	0	4	0	8
Kawempe	0	4	0	0	4	0	8
Makindye	0	4	0	0	4	0	8
Total	0	20	0	0	20	0	40
% of the Economic Status	0	50	0	0	50	0	100

From the above inferences the author made the following observations: 50% of the male and 50% of the female psychology guidance counselors respectively ticked to say that they lay in the middle class. All the other levels of economic status missed respondents.

The author realized from the above that the majority of the psychology guidance counselors therefore were not economically suppressed to the extremes in terms of economic reasons. However, the author did not rule out the possibility of psychology guidance counselors falling on the upper class and lower class respectively.

The implication is that the majority of the therapists lay in the middle class.

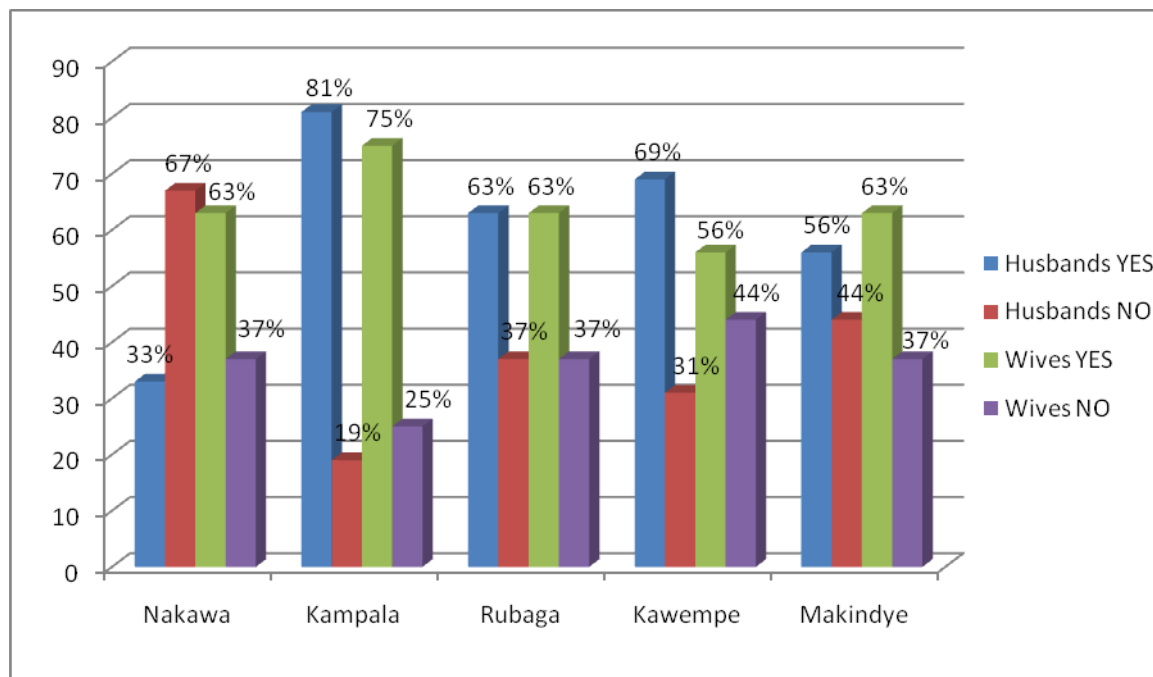
The objective analyzed the husbands, wives and psychology guidance psychology guidance counselors. The husband and wives were given the same table which the psychology guidance counselors were given a different table. This is because at time the variables under investigation on the counselors and counselees were different. It again enables easy interpretation for the reader.

### **The husbands and wives**

**Table 7 Shows responses in regard to love amongst couples**

DIVISION	HUSBANDS		WIVES		TOTAL
	YES	NO	YES	NO	
Nakawa	2	4	10	6	32
Kampala	13	3	12	4	32
Rubaga	10	6	10	6	32
Kawempe	11	5	9	7	32
Makindye	9	7	10	6	32
Total	55	25	51	29	160
% of respondents	34.38	15.62	31.38	18.12	100





Key: Yes; Those who responded in favor that they still loved their spouses as when they married them.

No: Those who responded that they did not still love their spouses as when they married them.

According to table 7 above the author made the following observations.

First, there was an average in the percentage of the view of the respondents who ticked in favor that they still had love with their partners as when they married them. 34.38% of husbands and 31.88 of wives confirmed the above assertion. 15.62% of men and 18.12% of wives supported the view they apparently placed condition of worth on their spouses.

Again it is explicit from the table that Kampala division had the lowest prevalence of both wives and husbands who had a condition of worth on their spouses i.e. 15.88 husbands and 18.12 for wives.

From the above references the researcher found out that an average percentage of spouses loved their loved their spouses

**Table 8 communication levels in couples**

DIVISION	HUSBANDS		WIVES		TOTAL
	Yes	No	Yes	No	
Nakawa	6	10	9	7	32
Kampala	7	9	10	6	32
Rubaga	6	10	9	7	32
Kawempe	5	11	10	6	32
Makindye	7	9	11	5	32
Total	31	49	47	31	160
% communication	20.39	30.64	29.40	19.57	100

Key: yes who had communication from their spouses.

No. Those who did not have bad communication from their spouses

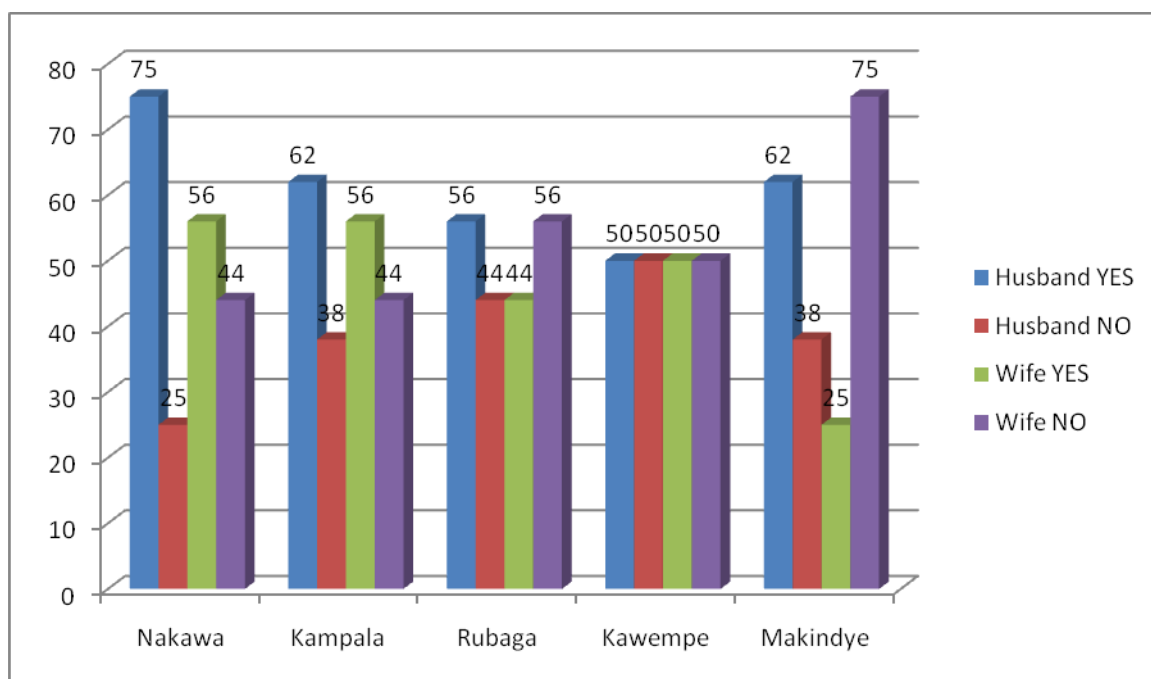
According to the above results the author realized the following:

First, 20.39% of husbands and 29.40% of wives agreed that they suffered bad communication level in marital issues from their spouses 30.64% and 19.57% of husbands and wives respectively did not suffer bad communication in marital issues from their spouses.

From the above analysis the author observed that more husbands in the District were suffering from bad communication. Again the researcher found that the disparity on the score is relatively big implying there must be a strain in this aspect. Finally, it was evident that the approach of teaching couples communicating skills was below average.

Table 9: Paranoia status of the spouses.

DIVISION	HUSBANDS		WIVES		TOTAL
	Yes	No	Yes	No	
Nakawa	12	4	9	7	32
Kampala	10	6	9	7	32
Rubaga	9	7	7	9	32
Kawempe	8	8	8	8	32
Makindye	10	6	4	12	32
Total	49	31	37	43	160
% communication	30.63	19.38	23.12	26.87	100



### **3. Conclusions**

- There was no major disparity on the cultural effect of marital issues. Thus no Imbalance hence no major marital strain due to the vice.
- The cultural stereotypes were not a major hindrance among the psychological guidance counselors. However, the impact of the prejudice was felt.
- Trust levels were minimal among the spouses. This intimate secrecy threatened family stability.
- The majority of the psychology guidance counselors were not so much in need economically. They mostly lay in middle class and above.
- 33.17% of spouse had a condition of worth on their spouses. That was a substantially a big number.
- The majority of the spouses experienced paranoia towards their spouses.
- Half of the therapists did not use the psychodynamic skills and methods consistently.
- However, females were articulate, in the use of the skills.
- The majority of the psychology guidance counselors lacked self awareness. By almost half of them.
  
- Generic approach was far below the required standard in its use.
- The majority of the spouses agreed that there was psychological guidance and counseling efficiency.
  
- Low motivation for psychology guidance counselors had no qualification professionally.

60% of the psychological counselors had prejudice and stereotypes towards the family and marriage

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