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Parental Conflict Frequency and Romantic Relationship Satisfaction Among Young Adults: Evidence from Voi Sub-County, Taita-Taveta County, Kenya

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Abstract*—This study examined the influence of frequent parental conflicts on romantic relationship satisfaction among young people in Voi Sub-County, Taita-Taveta County, Kenya. Guided by Bowlby's [1] Attachment Theory, specifically the tenets of secure versus insecure attachments and Internal Working Models (IWMs), the study adopted a descriptive and correlational research design. A sample of 371 young adults from three higher learning institutions was selected through stratified random sampling using the Yamane [33] formula. Relationship satisfaction was measured using the Revised Dyadic Adjustment Scale (RDAS; [2]), while parental conflict frequency was assessed using items adapted from the Children's Perceptions of Interparental Conflict Scale (CPIC; [3]). Qualitative data were obtained through Focus Group Discussions (FGDs) with 10 counsellors at Voi Youth Center and analysed using Braun and Clarke's [4] thematic analysis framework. Hierarchical regression analysis revealed that parental conflict frequency accounted for 13.4% of unique variance in relationship satisfaction beyond demographic controls (standardized beta = -0.376, p less than .001), constituting a moderate-to-large negative effect. Qualitative findings identified two dominant themes: emotional baggage and trust deficits, and communication breakdown and distorted relational expectations. The study concludes that frequent parental conflict is a significant independent predictor of reduced romantic relationship satisfaction among young adults in Voi Sub-County. It recommends the integration of relationship education curricula in higher learning institutions, professional development for youth counsellors, and community-based conflict resolution programs to address the intergenerational transmission of unhealthy relational patterns.*

***Keywords*—** *Attachment Theory: Internal Working Models: Interparental Conflict: Kenya: Parental Conflict: Relationship Satisfaction: Romantic Relationships: Young Adults: Voi Sub-County.*

I. INTRODUCTION

Parental conflict is the disagreement between parents and its impact is both on the members of the marital union and also on the children. Especially when destructive, it has consistently been shown to have damaging effects on the offspring's psychological adjustment ([3]; [5]), including on emerging adults' romantic relationships ([6]. [7] established that parental destructive conflict patterns lead children to develop behavioural problems, whereas constructive conflicts characterised by resolution are associated with children's positive reactions to marital problems.

According to Erikson [8], young adulthood is the stage of development of late adolescence between the ages of 18 and 29, where people deal with the psychosocial crisis of intimacy versus isolation. At this stage, individuals begin to explore romantic relationships leading to long-term commitment. As romantic relationship involvement is an important developmental task ([9]), emerging adults in romantic relationships may perceive that they have accomplished an important life task, resulting in greater life satisfaction.

Taita-Taveta County is one of the regions in Kenya with the highest incidence of domestic violence. Data shows that 38% of women aged 15–49 have experienced such violence at least once in their lives ([10]; [11]). The county ranks second after Tana River County (42%) in intimate partner violence cases in the larger coastal region and is among the top 10 counties nationally with the highest reported cases. Recent data further underscores the escalating situation, with 640 GBV cases recorded by the Taita-Taveta County Government in 2024 alone ([12]), and 186 GBV cases reported by hospitals and police between January and May 2025 ([13]).

Frequent and intense parental conflict during adolescence has been found to undermine young people's belief in their ability to resolve conflict with romantic partners, resulting in higher levels of conflict and lower relationship quality in adults' romantic relationships ([14]). Although [15] argued that romantic relationship satisfaction among young people is influenced by parent-adolescent conflict, that study did not empirically examine the specific conflict behaviours within parental interactions; frequency of verbal aggression, physical altercations, and child involvement, that shape romantic relationship outcomes. The current study addresses this gap by systematically measuring the frequency of these specific parental conflict behaviours and determining their influence on relationship satisfaction among young adults in Voi Sub-County.

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II. Problem Statement

The influence of parental conflict on young people's romantic relationships is a complex and multifaceted issue. Exposure to parental conflict, particularly when it involves aggression or hostility, increases the likelihood of children experiencing or perpetuating these behaviours later in life. Studies indicate that children who witness domestic violence are more likely to accept violence as a normative behaviour in their own relationships, perpetuating a cycle of violence across generations.

As of 2022, Taita-Taveta County was among the regions in Kenya with the highest reported cases of domestic violence, with 38% of residents aged 15–49 having experienced it at least once in their lifetime. Voi Sub-County, in particular, had the highest prevalence of various types of violence, including physical abuse (14%) and sexual violence within relationships (30%) ([16]).

Despite these statistics, limited studies have adequately explored these issues in relation to romantic relationship satisfaction among young adults in Taita-Taveta County. While research points to a connection between parental conflict and romantic relationship satisfaction among young people, there is a dearth of context-specific empirical evidence in the Kenyan setting. Against this backdrop, this study evaluated the influence of frequent parental conflicts on romantic relationship satisfaction in Voi Sub-County, Taita-Taveta County.

III. Research Question

This study was guided by the following research question:

What is the influence of frequent parental conflicts on romantic relationship satisfaction among young people in Voi Sub-County, Taita-Taveta County?

IV. Literature Review

Theoretical Framework: Attachment Theory

Attachment Theory by John [1] guided this study. Bowlby posited that early interactions with caregivers, including the presence of conflict, create a template for how individuals form and maintain relationships later in life. Frequent parental conflict may disrupt this foundation, affecting adult relational outcomes ([17]). The theory highlights two particularly relevant tenets for this objective. First, *Secure versus Insecure Attachments*: secure attachments, fostered by consistent and supportive caregiving, promote healthy relationships. In contrast, insecure attachments (e.g., anxious or avoidant), often resulting from unstable environments like parental conflict, can lead to difficulties in emotional regulation and relationship satisfaction ([18]). Second, *Internal Working Models (IWMs)*: mental frameworks developed from early caregiver experiences. Young adults exposed to frequent parental conflict may form IWMs that expect instability or rejection, influencing their behaviour and expectations in romantic relationships ([19]).

Parental Conflict and Relationship Satisfaction in Young People

Relationship satisfaction refers to one's overall evaluation of their relationship. [20] mentioned this metric as being highly influenced by parental conflicts during the adolescent romantic period. According to [21], high levels of neuroticism, among the five components of personality taxonomy, predicted lower relationship satisfaction in oneself and the partner. Further, [22] indicated that some dysfunctional lay beliefs, such as avoidance of conflict, have a stronger impact on relationship satisfaction.

Research by [23] in Ireland established that there is no relationship between parental conflict and relationship satisfaction among young Irish people aged 18 to 30. These findings contradict previous research and arguments that parental conflict during childhood and romantic relationship satisfaction correlate. Nevertheless, the difference between the sample sizes in gender was not proportional, and the study did not control for demographics entirely, specifically ethnicity. These methodological limitations constrain the generalisability of [23] findings, particularly to socioeconomic and cultural contexts such as Voi Sub-County, where conflict frequencies are considerably higher.

Findings by [24] established that a positive relationship between parents often translates to a positive relationship between siblings, providing a separate context in which to develop emotional connections and the capacity to feel satisfied in a relationship. However, 24] study excluded 46 participants who had never experienced a romantic relationship from the analyses, potentially limiting the breadth of findings. In contrast, the current study sought a more complete picture by including all qualified respondents, regardless of their relationship history.

In Kenya, [25] examined the relationship between parental conflict and social adjustment among adolescent students in Murang'a County, finding that parental conflict significantly predicted poor social adjustment; a construct closely linked to the capacity for satisfying romantic relationships. Similarly, [26] established a significant association between Kenyan adolescents' perceptions of parental conflicts and their involvement in deviant behaviours, suggesting that the psychological consequences of parental conflict extend to the quality of interpersonal relationships. [27] found that as the duration of marriage increased, marital satisfaction increased as well for both males and females; however, that study did not examine parental conflict as a determinant of relationship satisfaction, nor did it focus on the young adult age group of 18 to 29 years.

Collectively, while these studies establish the prevalence and general consequences of parental conflict, a notable gap remains. No study identified within the Kenyan literature has empirically examined the influence of parental conflict frequency on romantic relationship satisfaction among young adults in a higher learning institution setting in Voi Sub-County, Taita-Taveta County. The current study therefore fills this methodological, conceptual, and population-specific gap.

V. Research Methodology

Research Design

The study adopted a descriptive and correlational research design. According to [28], descriptive research designs are used when the investigator seeks to describe the characteristics of a variable within a study. The correlational design was used

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because it explored relationships to make predictions ([29]), enabling the researcher to establish whether and to what degree a relationship exists between variables. In this study, the correlational design was used to determine the influence of parental conflict frequency on romantic relationship satisfaction among young adults in Voi Sub-County, Taita-Taveta County.

Area of Study and Study Population

The study was conducted in Voi Sub-County, Taita-Taveta County, geographically located at Latitude: −3°23′45.78″ S and Longitude: 38°33′21.92″ E ([30]; 2020). Voi Sub-County has the largest population in the County and records the highest prevalence of domestic violence in the region ([16]). The study population comprised 5,760 students from three higher learning institutions; Taita-Taveta University (TTU; n = 2,000), Taita-Taveta National Polytechnic (TTNP; n = 3,060), and Kenya Medical Training College (KMTC), Voi Campus (n = 700). In addition, there were 10 counsellors at the Voi Youth Center.

Sampling Procedure and Sample Size

The Yamane [33] formula was used to determine the sample size at a 93% confidence interval (e = 0.07), yielding n = 400 students. Stratified random sampling using Probability Proportionate to Size (PPS) was employed to allocate proportional samples across institutions: TTU (n = 139), TTNP (n = 213), and KMTC (n = 48). Following data collection and preliminary data cleaning, 371 questionnaires were deemed suitable for analysis, representing a response rate of 92.75%. Purposive sampling was used to select 10 counsellors from the Voi Youth Center, who were uniquely positioned to provide qualitative insights into how parental conflict shapes young adults' romantic relationship patterns.

Data Collection Instruments

Two data collection instruments were used. The Student Questionnaire comprised four sections. Section B assessed parental conflict frequency using items adapted from the Children's Perceptions of Interparental Conflict Scale (CPIC; [3]), with responses rated on a 5-point Likert scale (1 = Never to 5 = Always). Section C measured romantic relationship satisfaction using items adapted from the Revised Dyadic Adjustment Scale (RDAS; [2]), with responses on a 5-point Likert scale (0 = Strongly Disagree to 4 = Strongly Agree). The CPIC frequency subscale yielded a Cronbach's Alpha of $\alpha = 0.952$, and the RDAS yielded $\alpha = 0.921$, both exceeding the acceptable threshold of $\alpha = 0.70$ (see table 1) ([35]; [36]).

TABLE 1. Reliability Analysis Results

Scale	Cronbach.s Alpha	Item Count	Status
Parental Conflict	0.952	10	Acceptable
Relationship Satisfaction	0.921	10	Acceptable

The Focus Group Discussion (FGD) Guide was administered to 10 counsellors at the Voi Youth Center and comprised 13 open-ended questions organized into four thematic sections, including a dedicated section on the influence of parental conflict on romantic relationship satisfaction. Face and content validity were established through expert review by academics in the School of Social Sciences.

Data Analysis

Quantitative data were analysed using hierarchical linear regression in R-Statistics. Relationship satisfaction was measured using the RDAS, with mean scores interpreted as follows: 0.00–1.33 (low), 1.34–2.66 (moderate), and 2.67–4.00 (high). Pearson correlation and hierarchical regression analyses examined the relationship between parental conflict frequency and relationship satisfaction, with demographic variables (age and gender) entered as control variables in Step 1. Standardised regression coefficients (beta) were interpreted using Cohen's [37] effect size guidelines (small: r = 0.10–0.29; medium: r = 0.30–0.49; large: $r \geq 0.50$). Qualitative data from FGDs were analysed using [4] six-phase thematic analysis framework, with coding conducted inductively and results mapped onto the study objective.

Ethical Considerations

Ethical clearance was obtained from the Maseno University Ethics Review Committee (MUERC), and a research permit was issued by the National Commission for Science, Technology, and Innovation (NACOSTI). All participants gave their informed consent before any data was collected. Participants were told of their right to withdraw at any time without consequence, and participation was optional. Anonymity and confidentiality were maintained through anonymous questionnaires, use of pseudonyms in qualitative data, and secure storage of all data.

VI. Analysis, Interpretation and Discussion

Demographic Characteristics

The study achieved a response rate of 92.75%, with 371 of the 400 sampled questionnaires deemed suitable for analysis. The sample was predominantly aged 21–23 years (37.5%), followed by 18–20 years (26.1%), 24–26 years (21.3%), and 27–29 years (15.1%). The gender distribution was fairly balanced: male respondents accounted for 53.6% (n = 199) and female respondents for 46.4% (n = 172). Age and gender were incorporated as control variables in the hierarchical regression analyses, consistent with prior literature demonstrating their independent associations with relationship outcomes ([27]; [38]). This enabled the isolation of parental conflict's unique predictive effect beyond demographic influences.

Frequency of Parental Conflict

To determine the frequency of parental conflict experienced by young adults, a multi-level descriptive analysis was conducted using the frequency subscale of the Children's Perception of Interparental Conflict Scale (CPIC; [3]). Item-level means and standard deviations were computed for each of the ten conflict behaviours and ranked from most to least frequent. The continuous composite parental conflict mean (PC_Mean) was then categorised into three frequency bands: Low (1.00–2.33), Moderate (2.34–3.66), and High (3.67–5.00), derived by dividing the 5-point Likert scale into approximate thirds.

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TABLE 2. Item-Level Descriptive Statistics for Parental Conflict Frequency (n = 371)

Rank	Item Description	Mean	SD
1	Nag and complain frequently	3.049	1.527
2	Yell during arguments	2.925	1.652
3	Say mean things during arguments	2.903	1.635
4	Insult/blame partner in front of children	2.898	1.482
5	Argue in front of children	2.846	1.448
6	Involve children in conflicts	2.760	1.587
7	Threaten divorce/separation	2.733	1.569
8	Silent treatment	2.650	1.541
9	Throw things during arguments	2.431	1.541
10	Physical fight in presence of children	2.334	1.469

Note. Items ranked by mean score. Scale: 1 = Never to 5 = Always. Low frequency: M = 1.00–2.33; Moderate frequency: M = 2.34–3.66; High frequency: M = 3.67–5.00.

As shown in Table 2, the most frequently reported parental conflict behaviour was nagging and complaining (M = 3.049, SD = 1.527), followed by yelling during arguments (M = 2.925, SD = 1.652) and saying mean things (M = 2.903, SD = 1.635). The top five behaviours all fell within the moderate frequency range (2.34–3.66), indicating that verbal and emotionally charged conflict manifestations constituted the primary mode of interparental conflict experienced by young adults in Voi Sub-County. Behaviours involving direct child exposure — insulting a partner in front of children, arguing in front of children, and involving children in conflicts — all ranked within the top six items, indicating that child exposure was normative rather than exceptional. More severe physical behaviours showed the lowest frequencies, though their relatively high standard deviations (SD > 1.4) signal that a meaningful subset of young adults encountered them regularly. The wide standard deviations across all items confirm that conflict exposure was far from uniform: while some young adults rarely witnessed these behaviours, others encountered them very frequently, consistent with Schubert's [39] observation that conflict exposure varies considerably across socioeconomic contexts.

TABLE 3. Frequency Distribution of Parental Conflict Categories (n = 371)

Category	Score Range	Count	Percentage	Mean	SD
High Frequency	3.67–5.00	112	30.19%	4.319	0.440
Moderate Frequency	2.34–3.66	97	26.15%	3.089	0.354
Low Frequency	1.00–2.33	162	43.67%	1.469	0.433

Note. Categories derived from the 5-point Likert scale divided into approximate thirds. Combined moderate and high frequency = 56.34%.

Table 3 presents the overall distribution across frequency categories. While 43.67% (n = 162) of respondents fell within the low frequency category, a combined majority of 56.34% reported moderate-to-high frequency parental conflict. Most notably, 30.19% (n = 112) were classified in the high frequency category, representing nearly one-third of the sample. This indicates that for a substantial proportion of young adults in Voi Sub-County, growing up amid parental discord was not an exception but a lived norm, consistent with the county's documented status as one of the highest domestic violence regions in Kenya ([10]; [11]).

FGD data from the 10 counsellors at Voi Youth Center yielded two themes that contextualised these quantitative findings: *psychological burden and emotional entrapment*, and *normalisation of conflict and role adoption*. On the first theme, counsellors described young people as experiencing parental conflict not as an occasional dispute but as a psychologically suffocating condition. Counsellor 1 observed that young people "*often describe it as feeling stuck in the middle of darkness; some feel like they are shouldering the blame or responsibility for their parents' issues*." Counsellor 2 described it as young people "*navigating a minefield, unsure what is going to trigger the next explosion.*" On the second theme, counsellors noted that young people normalised their burden by adopting mediator or caretaker roles. Counsellor 3 estimated that "*one in every five young people are struggling with challenges stemming from parental conflicts; most take on a mediator role, while others withdraw to cope.*" Counsellor 8 described how this role adoption eroded self-worth: "*They start believing they are the glue that holds everyone together, so when things go south, it is like, 'If only I was good enough, they would be okay.' That weight crushes their self-worth*."

These quantitative and qualitative findings directly contextualise the regression analyses that follow. The high prevalence of moderate-to-high conflict (56.34%), the dominance of verbal and child-involving behaviours, and the psychological burden described by counsellors collectively establish that parental conflict was a chronic and normative feature of the developmental environment for the majority of this sample. This contextual backdrop is essential for interpreting the magnitude of parental conflict's effect on relationship satisfaction reported below.

Hierarchical Regression Analysis for Relationship Satisfaction

To examine the influence of parental conflict frequency on romantic relationship satisfaction, a hierarchical linear regression approach was employed. In Step 1, age and gender were entered as control variables. In Step 2, the parental conflict mean score (PC_Mean) was added to determine its additional contribution to the variance in relationship satisfaction. Table 4 presents the model summary.

TABLE 4. Hierarchical Regression Model Summary for Relationship Satisfaction (n = 371)

Step	Variables Entered	R	R^2	Adjusted R^2	ΔR^2	Description
Step 1:	Age and Gender	0.280	0.078	0.073	—	Control variables only
Step 2: Added PC_Mean	Age, Gender, Parental Conflict	0.461	0.213	0.206	0.134	Added parental conflict

Note. ΔR^2 represents unique variance explained by adding parental conflict in Step 2.

The control block (age and gender) accounted for 7.8% of variance in relationship satisfaction (R^2 = .078, Adjusted R^2 = .073). Adding parental conflict in Step 2 increased explained variance to 21.3% (R^2 = .213, Adjusted R^2 = .206). Most critically, the R^2 change was ΔR^2 = .134, indicating that parental conflict explained an additional 13.4% of unique variance beyond demographics. This represents a meaningful increment

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demonstrating that parental conflict exposure influences relationship satisfaction independent of demographic factors. Table 5 presents the regression coefficients.

TABLE 5. Regression Coefficients for Relationship Satisfaction (n = 371)

Variable	B	β	t	p-value	Significance
(Intercept)	3.163	—	19.448	0.000	Significant
Age	−0.199	−0.183	−3.827	0.000	Significant
Gender	0.129	0.060	1.276	0.203	Not Significant
PC_Mean	−0.319	−0.376	−7.917	0.000	Significant

Note. B = unstandardized coefficient; β = standardized coefficient; PC_Mean = Parental Conflict Mean Score.

Parental conflict demonstrated a significant negative association with relationship satisfaction ($B = -0.319$, $\beta = -0.376$, $t = -7.917$, $p < .001$). The standardized coefficient indicates that for each standard deviation increase in parental conflict, satisfaction decreased by 0.376 standard deviations. According to [37] guidelines, this represents a moderate-to-large effect. Age also emerged as a significant negative predictor ($\beta = -0.183$, $p < .001$), suggesting older participants reported lower satisfaction. Gender was not a significant predictor ($\beta = 0.060$, $p = .203$).

Qualitative Findings: Themes from FGD with Counsellors

Analysis of FGD data from the 10 counsellors at the Voi Youth Center yielded two dominant themes: *emotional baggage and trust deficits*, and *communication breakdown and distorted relational expectations*.

On the theme of *emotional baggage and trust deficits*, counsellors described young adults from high-conflict homes as carrying relational baggage that impaired their capacity for trust and intimacy. Counsellor 2 noted that these young people often find it tough to trust or open up, and may be hypersensitive to signs of conflict. Counsellor 7 further described these young people as hyper-alert to signs of trouble, often misinterpreting normal relationship events as indicators of conflict and struggling to communicate their needs without emotional explosion.

On the theme of *communication breakdown and distorted relational expectations*, counsellors described parental conflict as a maladaptive relational blueprint that distorted young adults' expectations of love, trust, and communication. Counsellor 5 observed that parental conflict sets the stage for young people expecting love to be tumultuous, trust to be fragile, and communication to be confrontational; a blueprint they carry into their own relationships. Counsellor 9 similarly noted that if young adults saw love as volatile or untrustworthy, they were likely to expect the same in their own romantic relationships, making trust difficult to build and communication feel like walking on eggshells. Notably, all ten counsellors confirmed a dose-response pattern: the more intense and frequent the parental conflict, the greater the relational difficulty observed.

Interpretation and Discussion

The finding that parental conflict frequency significantly and negatively predicts relationship satisfaction ($\beta = -0.376$, $p < .001$), accounting for 13.4% of unique variance, is consistent with [20], who noted that parental conflict significantly influences relationship satisfaction during adolescent romantic development. These results also provide empirical support for the claims of [3] and [6] regarding the damaging effects of destructive parental conflict on offspring's relational adjustment. The finding directly contradicts [23], who found no relationship between these variables in an Irish sample. This discrepancy highlights the importance of contextual factors: in Voi, where conflict frequencies are high (56.34% reporting moderate-to-high exposure) and socioeconomically normalized, the impact on satisfaction is substantial and empirically measurable.

The negative effect of age on satisfaction ($\beta = -0.183$, $p < .001$) may reflect [8] intimacy versus isolation developmental crisis, in which older young adults facing more serious relationship tasks feel the weight of their parents' negative relational models more acutely. The non-significance of gender suggests that the relational damage of parental conflict is not gendered in this context, affecting male and female young adults equally.

Theoretically, these findings align with the Internal Working Models (IWMs) tenet of Attachment Theory. As posited by [19], young adults exposed to frequent conflict form IWMs that expect rejection or instability. The data confirms this: higher conflict frequency, representing the input to the IWM, predicts lower satisfaction. The insecure attachment styles; banxious or avoidant, identified by [18] as outcomes of unstable early environments likely act as the mechanism through which parental conflict reduces satisfaction, as those from high-conflict homes struggle with emotional regulation and openness in their romantic relationships. The significant negative coefficient ($\beta = -0.376$) reflects the cumulative relational damage produced by the two qualitative themes: young adults carrying emotional baggage and operating from a conflict-as-normal blueprint are systematically less able to achieve the trust, security, and open communication that underpin relationship satisfaction as measured by the RDAS. The dominance of verbal conflict behaviours; nagging ($M = 3.049$), yelling ($M = 2.925$), and saying mean things ($M = 2.903$), in this population's experience of parental conflict further supports the Social Learning Theory perspective ([41]), whereby the parental relationship provides a salient model for children's own conflict resolution repertoires ([42]). Frequent exposure to maladaptive verbal conflict models is likely to undermine young adults' belief in their own ability to resolve conflict constructively ([14]), thus lowering relationship satisfaction.

VII. Other Recommendations

Based on the finding that parental conflict frequency significantly reduces romantic relationship satisfaction ($\beta = -0.376$, $p < .001$), the following recommendations are advanced:

i. Educational institutions and counsellors in Voi Sub-County should integrate relationship education into their curricula or offer specialized workshops focusing on healthy relationship dynamics and conflict management, to equip young adults with the relational skills their family backgrounds may not have provided.

ii. Counsellors at youth centers should receive professional training to address the unique challenges faced by young adults from high-conflict backgrounds, helping them develop secure

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attachment styles and positive Internal Working Models (IWMs). Providing psychoeducation on the impact of family-of-origin experiences can empower young adults to navigate their relational challenges more effectively.

iii. Policymakers and community leaders should prioritize the development of community-based conflict resolution programs in Voi Sub-County that promote constructive communication for parents, mitigating the long-term effects of parental discord on children's relational development and breaking the intergenerational cycle of unhealthy relationship patterns.

iv. Longitudinal studies should be conducted to establish causal links between parental conflict exposure in childhood and long-term romantic relationship satisfaction in adulthood, given that the cross-sectional design of the current study precludes causal inferences.

APPENDICES

Appendix A1: Introduction Letter and Consent Form for Study Participants

My name is Dorcas Tama Mwachia, I am a student at Maseno University. I am undertaking a study on *Influence of Parental Conflict on Young Adults' Romantic Relationships in Taita-Taveta County*, for the award of Degree in Masters of Arts in Counselling Psychology. The research is for educational purpose and may give information useful in developing programs for counselling young people and parents experiencing marital conflicts. You are not required to write your name on this questionnaire. You are kindly requested to participate in this study by responding to the questionnaire. Take time to read the instructions for each section carefully and give a response for each question as honestly as possible. Responses to questions are based on what you really know or have experienced. There is no right or wrong response — only your most sincere response is required. Your response will be handled with confidentiality and will only be used for this purpose. Completing the questionnaire is voluntary.

Please confirm that you have read the above information and accepted to participate in the survey by signing the following consent form.

Consent

I have read the above information and understand that the survey is voluntary and that confidentiality and anonymity are guaranteed to me as a participant. I therefore hereby accept to participate in the survey.

Participant's signature: _____ Date: _____

Appendix A2: Student Questionnaire (Sections Relevant to Objective 2)

Study Title: Influence of Parental Conflict on Young People's Romantic Relationships in Voi Sub-County, Taita-Taveta County, Kenya

My name is Dorcas Tama Mwachia, a postgraduate student at Maseno University pursuing a Master of Arts in Counselling Psychology. The study aims to examine how the frequency of parental conflict experienced during upbringing influences romantic relationship satisfaction and commitment among young adults aged 18 to 29 years. Your responses will be kept strictly confidential and used solely for academic purposes. Participation is entirely voluntary.

SECTION A: FREQUENCY OF PARENTAL CONFLICT

Adapted from the Children's Perceptions of Parental Conflict Scale – [3]

How often do you experience the following parental conflicts in your household? (Use the scale: 1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always)

Parental Conflict Situation	1	2	3	4	5
My parents often argue in front of me	☐	☐	☐	☐	☐
My parents often insult or blame each other	☐	☐	☐	☐	☐
My parents often physically fight (push, slap, etc.)	☐	☐	☐	☐	☐
My parents often involve me in their arguments	☐	☐	☐	☐	☐
My parents often go for long periods without speaking	☐	☐	☐	☐	☐
My parents often threaten to separate or get a divorce	☐	☐	☐	☐	☐
My parents often nag or complain about each other	☐	☐	☐	☐	☐
My parents often break or throw things during an argument	☐	☐	☐	☐	☐
When my parents have an argument they say mean things to each other	☐	☐	☐	☐	☐
When my parents have an argument they yell at each other	☐	☐	☐	☐	☐

SECTION B: RELATIONSHIP SATISFACTION

Adapted from the Revised Dyadic Adjustment Scale – [2]

How strongly do you agree or disagree with the following statements about your current or past romantic relationship(s)? (Use the scale: 0 = Strongly Disagree, 1 = Disagree, 2 = Neutral, 3 = Agree, 4 = Strongly Agree)

Relationship Satisfaction Factors	0	1	2	3	4
I am satisfied with how we communicate in my relationship	☐	☐	☐	☐	☐
My partner and I agree on most important issues (e.g., future goals)	☐	☐	☐	☐	☐
My partner and I rarely argue	☐	☐	☐	☐	☐
I feel emotionally close to my partner	☐	☐	☐	☐	☐
My partner and I enjoy doing activities together	☐	☐	☐	☐	☐
I feel happy and fulfilled in my relationship	☐	☐	☐	☐	☐
We have never considered or discussed terminating our relationship	☐	☐	☐	☐	☐
I never regret being in this relationship	☐	☐	☐	☐	☐
My partner and I engage in stimulating conversations	☐	☐	☐	☐	☐

Appendix A3: Focus Group Discussion Guide (Section on Relationship Satisfaction)

My name is Dorcas Tama Mwachia, a postgraduate student at Maseno University pursuing a Master of Arts in Counselling Psychology. The purpose of this Focus Group Discussion is to gather qualitative insights from professional counsellors regarding how parental conflict influences the romantic relationships of young adults in Voi Sub-County. The session will take approximately 60 to 90 minutes and will be audio-recorded with your consent. All responses will be treated with strict confidentiality, and participants will be identified only by number (e.g., Counsellor 1, Counsellor 2) in the final report.

Mwachia, D., Omae, P. O., & Maina, E., "Parental Conflict Frequency and Romantic Relationship Satisfaction Among Young Adults: Evidence from Voi Sub-County, Taita-Taveta County, Kenya," *International Journal of Multidisciplinary Research and Publications (IJMRAP)*, Volume 8, Issue 12, pp. 762–769, 2026.

Section 3a: Influence of Parental Conflict on Relationship Satisfaction

1. In your experience, do young people from conflict-ridden families express difficulty in maintaining satisfying romantic relationships? If so, how?

2. What common relationship challenges do young people from high-conflict homes face?

3. How does parental conflict shape young people's expectations of love, trust, and communication in their romantic relationships?

4. Do you observe differences in relationship satisfaction among young people based on the severity or frequency of parental conflict they experience?

Appendix A4: Statistical Assumption Tests — Relationship Satisfaction Model

Normality of Residuals — The Shapiro-Wilk test assessed whether residuals from the Relationship Satisfaction regression model were normally distributed ([36]). For the Relationship Satisfaction model, residuals were normally distributed ($W = 0.997$, $p = 0.747$), confirming this assumption was fully satisfied.

Homoscedasticity — The Breusch-Pagan test assessed whether the variance of residuals was constant across all levels of the predictor (Breusch & Pagan, 1979). The Relationship Satisfaction model met this assumption ($\chi^2 = 2.370$, $p = 0.499$), indicating homoscedasticity.

Independence of Errors — The Durbin-Watson test evaluated autocorrelation of residuals. The Relationship Satisfaction model showed a $DW = 1.738$ ($p = 0.005$). While marginally significant, values between 1.5 and 2.5 are generally considered acceptable ([36]), and the cross-sectional nature of the data makes true serial correlation unlikely.

Multicollinearity — Variance Inflation Factor (VIF) and tolerance values confirmed no multicollinearity concerns for the Relationship Satisfaction model (PC_Mean: VIF = 1.05, Tolerance = 0.950; Age: VIF = 1.07, Tolerance = 0.936; Gender: VIF = 1.01, Tolerance = 0.985). All values were well within acceptable thresholds (Hair et al., 2019).

Linearity — Scatterplots with regression lines confirmed linear relationships between parental conflict and relationship satisfaction, with no evidence of curvilinear patterns or systematic deviations ([43]). The data met all fundamental assumptions of linear regression.

Mwachia, Dorcas, "Influence of Frequent Parental Conflicts on Romantic Relationship Satisfaction Among Young People in Voi Sub-County, Taita-Taveta County,"

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