UNIVERSITY OF NAIROBI

DEPARTMENT OF PHILOSOPHY AND RELIGIOUS STUDIES
FACULTY OF ARTS

COLLEGE OF HUMANITIES AND SOCIAL SCIENCES

PASTORAL COUNSELING: A STUDY OF PASTORAL
MARITAL COUNSELING SERVICES IN THE AFRICA INLAND
CHURCH AND THE ROMAN CATHOLIC CHURCH WITHIN
MACHAKOS AND NAIROBI COUNTIES IN KENYA

BY

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A THESIS SUBMITTED IN FULFILMENT OF REQUIREMENTS
FOR THE AWARD OF DOCTOR OF PHILOSOPHY DEGREE IN
PHILOSOPHY AND RELIGIOUS STUDIES, UNIVERSITY OF
NAIROBI

2013
ABSTRACT
Pastoral counseling is one of the major strategies used by churches to ensure stability in marriages and families. Besides the establishment of pastoral marital counseling to Christians, families have continued to face different challenges including high rates of divorce and family break ups. This study aimed at investigating the pastoral marital counseling in Africa Inland Church (A.I.C) and Roman Catholic Church (R.C.C) in Machakos and Nairobi Counties in Kenya. The study was guided by the following specific objectives: to establish the status of pastoral marital counseling, to assess the professional level of training of marital pastoral Counselors, to evaluate the content of pastoral counseling training and to investigate the perception of different categories of people towards marriage and marital counseling. The study was carried out in Africa Inland Church (A.I.C) and Roman Catholic Church (R.C.C) in Machakos and Nairobi Counties in Kenya. Descriptive survey research design was used for the study. The study targeted church ministers, teachers/instructors in pastoral institution, married or once married, unmarried, and professional Counselors, Sociologists, Lawyers and “Administrative” officers. Purposive sampling technique was used to sample the respondents for the study. Both primary and secondary data was used for the study. Secondary data was collected through library research while primary data were collected using questionnaires and interview schedules. Questionnaires were used to collect data from church ministers, teachers/instructors in training institutions, married or once married and the unmarried while interview schedules were used to collect data from the professionals and area administrators. A total of 334 respondents were targeted by the study including 32 church ministers, 128 married or once married, 128 unmarried, 20 teachers and instructors from training institutions, 4 chiefs, 4 doctors, 4 family planning officers, 4 Sociologists, 4 Lawyers and 6 professional Counselors. Out of the total targeted population, 248 responded including 28 church ministers, 94 married or once married, 90 unmarried, 16 Teachers/instructors, 3 Chiefs, 2 Doctors, 2 family planning officers, 4 Sociologists, 3 Lawyers and 6 professional Counselors giving a response rate of 74%.