

## **ABSTRACT**

Marriage stability is pegged on spousal connectivity and agreement where sexuality is a central activity between husband and wife. Lessons on romance and intimacy are mandatory during premarital counselling and or education, as well as a conspicuous part of popular applied psychology. It involves married life's vulnerability in crossing personal boundaries. Couples are expected to share feelings of attachment, intimacy, emotional connection, love and closeness, which are central to passion and commitment. The study surveyed romantic behaviours among married men and women; guided by Bazizomenyi-Nagi's Contextual Family Therapy and Ellis's Rational Emotive Behaviour theories. This study aimed at finding out the influence of premarital counselling on romance and its contribution to marriage stability in Langata and Dagoretti South Constituencies, of Nairobi County, Kenya. Out of a total population of 355,005 in the two constituencies a sample of 416 married men and women participated in the study. The study revealed that gaps existing in access to the dissemination of premarital counselling are being addressed through trained counsellors, counselling psychologists and trained clergy. Further, findings revealed that romance in marriage, enhanced and maintained by cordial and intimate relationships, between husband and wife; together with fidelity and confidentiality, where mutual love, openness, lifelong commitment to the union, is maintained.

**Key Words:** Romance, sexuality, connection/cohesion, longevity, emotional fulfilment