

RELATIONSHIP BETWEEN PSYCHO-SOCIAL VARIABLES AND MARITAL ADJUSTMENT AMONG WOMEN IN FEDERAL COLLEGE OF EDUCATION ZARIA, NIGERIA

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Abstract

This study investigated the Relationship between Psycho-Social Variables and Marital Adjustment among Women in Federal College of Education Zaria, Nigeria. Two objectives, two research questions and two null hypotheses. Survey research design was used for the study. The population was 20,045 married female students and the study sample consisted of 322 was derived from Krecjie and Morgan's sample size distribution table. Two instruments were adopted, marital adjustment questionnaire (MAQ) and marital adjustment test (MAT) were tested and certified to be reliable at probability of 0.704 coefficients. All two null hypotheses were tested at 0.05 alpha level of significant using Pearson product moment correlation (PPMC). Findings revealed that significant negative relationship existed between suspicion and marital adjustment among women in federal College of Education Zaria, ($r = - 0.332$) and significant positive relationship existed between communication and marital adjustment among women in federal college of education Zaria, ($r = 0.152$). It was recommended that counsellors in Federal College of Education Zaria, should constantly organize group counselling session for their married students on the need to have a cordial relationship with their spouse so as to avoid suspicion and improve the healthy communication in their relationship as well as marital adjustment life.

Keywords: Psycho-social, marriage, suspicion, communication and women

Introduction

The importance of marital adjustment cannot be over-emphasized; the adjustment of each marriage or family is eventually the growth of the nation at large. Marital adjustment as referred to in this study as individual's subjective experience of marriage in terms of how their needs will be met and how the individual's expectations and desires are to be satisfied. In addition, satisfaction of the needs of each spouse is essential to marital adjustment.

Human beings constantly have to adjust to various roles, environmental demands and pressures. Throughout the course of life, human beings strive for well-being and happiness in various spheres of life - personal, social, economic, marital and work. Achievement and success in these spheres lead to satisfaction in life, whereas inadequacy to do the same may lead to frustration.

Marriage is purely the highest of all human interaction and must never be entered into carelessly. Some married couples face challenges in the beginning of marital relationship so they need to adapt and adjust to everyday life and it needs both external and internal adjustments after marriage. External adjustments refer to making adjustments to fulfil the societal demands. Society's needs and expectations may conflict with couple's need and requirements, whereas, internal adjustments refer to adjusting to different personalities of each other. Marital adjustment is actually the adjustment to some important matters of life. As marriage consists of a life effort and concern, felicitation and melancholy,

illness and health. It consists of being young and becoming old, dealing with small and big problems, coping with internal and external hardships and threats. A lot of days, weeks, months and years are lived jointly. According to Ramcharan, (2008) there are two elements in marriage. One is bodily (sexual, wish) and the other one is divine (love, respect and adore). Towards the end of life both elements are coming closer and closer and at a particular point of time the later aspect (love, respect, and adore) becomes evident. A well-adjusted couple has consensus on financial matters and most importantly how to deal with in-laws.

Marital adjustment has long been a trendy topic in studies of the family, most likely because the idea is supposed to be narrowly associated to the stability of any marriage. Marital adjustment is defined as the condition in which there is usually a feeling of pleasure and contentment in husband and wife and with each other. (Hashmi, Khurshid, & Hassan, 2007). Marital adjustment is not only a value term, but also a relative term. It implies firmness and strength to endure under hard as well as easy circumstances. Marriage and family problems represent a unique but common, category of adjustment difficulty that causes people to seek psychological treatment. Problems can develop in a couple's relationships because of a medical or psychological problem in either person, or in one of their children. Parent-child problems can also create problems within the marriage. (Donald, 2007). Ogunsanmi (2001) made an attempt to define marital adjustment with the assertions that it is a process whereby two individuals, through consent, become husband and wife and are then in a healthy relationship. The husband and wife see each other first as individuals with trait-differentials, different background and orientation, which help them to maintain a "give and take" relationship. That in spite of occasional conflicts, the couple pledges their loyalty to stay together in the amicable settlement of any disagreement. That, the institution of marriage is regarded as a school, where the husband and wife see each other as learners for life and each partner contributes to the success and connectivity of the relationship. Both partners learn to accept a mistake or fault and express apology and finally see themselves as being each other's better choice. In the marriage relationship, fear of a partner's activity and suspicion do not exist. Both husband and wife learn how to inculcate and nurture healthy thoughts. (Yahaya, Ogunsanmi, Eeser & Oniye 2008).

In the application of some approaches to family counselling, the obvious challenges are those of cognitive limitations of target clients, resistance tendencies from specific family members, group or collective emotions of the family, behavioural nuances and issues of transference and counter transferences in counselling settings and relationships. (Wayas, 2015).

Psychological and social variables will be examined in terms of suspicion, and communication.

Communication is the process of transmitting and receiving ideas, information, and messages. Healthy and poor communication in homes/marriages contributes to the adjustment or maladjustment of such marriage. Communication in marriage is vital to a happy marriage and family life. Without good communication all the marriage adviser/counsellors in the world cannot help rebuild a bad marriage relationship into a good one. It is seen as important which enables each spouse to express their desires, needs and to treat the other persons in an acceptable way (Drescher, 2000).

Another variable of psycho-social is suspicion. Suspicion could be used interchangeably with cheating, jealousy, distrust, mistrust and doubt. Suspicion which is an act of suspecting; the imagination or apprehension of the existence of something (especially something wrong or hurtful) without proof, or upon very slight evidence, or upon no evidence. Suspicion has deprived a large number of people their joy and peace; it has even led to cases of battering, divorce, murder and so on. (Maryam & Phil, 2007). Marital suspicion appears to underlie many social interactions. Thus, it is not surprising that they occupy an important role in various efforts to account for the success or failure of a wide variety of

human relationships. Perceived marital (suspicion) is the act of doubt one's partner, especially something wrong, on little evidence or without proof. (a belief to the disadvantage of another, accompanied by a doubt).

It is against this backdrop that the researchers carried out the study on psycho-social variables on marital adjustment among women in Federal College of Education, Zaria, Nigeria.

Statement of the Problem

The researchers observed poor marital relationship from their interaction with friends both married and divorced women that some of the problems of marital relationship that calls for adjustment have been found to be associated with some psycho-social variable such as in-laws' interference, suspicion, love, jealousy, communication flow, age at marriage, love, trust, sex, absence of children in marriage and homes that causes breakdown in good marital relationship.

Therefore, in this study psychological and social variables in terms of in-laws' interference, suspicion, love and communication will be examined to see how they influence marital adjustment.

The issue of marital adjustment is crucial and important to every society and national development. The danger of uncertainty associated with the problem of adjustment in marriage has therefore created serious challenges to marriage therapists/counsellors. To this Owuamanam and Osankinta, (2005) ascertain that some marriage even breakdown before their first anniversaries that if marriage is healthy and adjustable, and if the couples are satisfied the society in which the family is the foundation would be strongly build. Despite the efforts made by other literatures on marital adjustment and the problems still persist. No single study focused on suspicion and communication as ways of solving marital problem in Federal College of Education, Zaria, Nigeria.

Objectives of the Study

The objectives of the study are to:

1. find out the influence of suspicion on marital adjustment among women in Federal College of Education, Zaria, Nigeria.
2. examine the influence of communication on marital adjustment among women in Federal College of Education, Zaria, Nigeria.

Research Questions

In order to achieve the stated objectives, the study intends to proffer answers to the following research questions:

1. What is the influence of suspicion on marital adjustment among women in Federal College of Education, Zaria, Nigeria?
2. What is the influence of communication on marital adjustment among women in Federal College of Education, Zaria, Nigeria?

Hypotheses

From the itemized research questions raised above, the following null hypotheses will be tested:

HO₁: There is no significant influence of suspicion on marital adjustment among women in Federal College of Education, Zaria, Nigeria.

HO₂: There is no significant influence of communication on marital adjustment among women in Federal College of Education, Zaria, Nigeria.

Methodology

This research study employed survey design in investigating the influence of psycho-social variables

on marital adjustment among women in Federal college of education Zaria. Survey was used in this study due to the larger population covered. According to Akuezuilo and Agu (2002), a survey research method is one in which a group of people or items is studied by collecting and analyzing data from only a few people or items considered to be representative of the entire group. However, in survey research, the sample selected is normally large while the variables studied are limited. The target area of this study is all married female students in Federal College of Education Zaria, (FCE Zaria). The total population of students who are married in aforementioned college is twenty thousand and forty-five (2,045) as at march, 2017.

Out of the seven schools identified in the study area, four schools were randomly selected for the purpose of this study. In essence, the randomly selected schools were School of Science, School of vocational & technology, School of education and School of Arts & social science. However, 10% of the total population will be use for the sampling. This is as recommended by Nwana, (2005) who stated that if the population is large and up to thousands the percentage (%) sample from the population should be a minimum of ten percent (10%) of the total population which is 322. There are two instruments for this study: Psycho-social Variables of Marital Adjustment Questionnaire (MAQ) and Marital Adjustment Test (MAT) was adopted by Locke & Wallace, 1959. The first instrument consists of four sections, A-C, only section A-C was adapted. The first section (A) was to elicit information from the respondents about their background with regards to their age as at the time of marriage, marital status, highest educational qualification, job status, this instrument was adopted and modified. Section B dealt with the scale for marital suspicion consisted of 10 items. The items elicited information on doubts about someone's honesty or fidelity in a marriage relationship. Section C. represented 10 items on Couples Communication Assessment Scale. The instrument was patterned in 4-point Likert Scale Format on a continuum (Strongly Agree = 4 point; Agree = 3 points; Disagree = 2 points; Strongly Disagree = 1 point).

Results

Answer to Research Questions

Research Question One: What is the relationship between suspicion and marital adjustment among women in Federal College of Education, Zaria, Nigeria?

The summary of the data analysis for the Research question is presented as follow

Table 1: Mean response on the relationship between suspicion and marital adjustment of women

S/NO		$\sum fx$	\bar{X}	SD	Decision
1	My husband stays late in the office	955	3.09	0.893	Agree
2	My husband suddenly changes his way of dressing.	927	3.00	0.834	Agree
3	My husband has not been eating regularly at home.	971	3.14	0.797	Agree
4	My husband excuses himself to receive calls	863	2.79	0.982	Agree
5	My husband has withdrawn sexually from me.	987	3.19	0.680	Agree
6	I suspect that my husband has a girlfriend.	987	3.19	0.880	Agree
7	My husband doesn't disclose his personal feelings.	974	3.15	0.845	Agree
8	My husband makes last minute trip	741	2.40	1.023	Disagree
9	My husband is always in a happy mood whenever he comes home	495	1.60	0.860	Disagree
10	We started going out together recently.	633	2.05	0.861	Disagree
	Aggregate mean		2.76		

Source: Field Survey, 2017

KEY= Agreed with the criterion mean of 2.50 and above.

Disagreed with the criterion of 1.4 and below.

X = Mean

SD = Standard deviation

Table above revealed the aggregate mean value of 2.76 which is relatively higher than the 2.5 midpoint of assessment, the aggregate mean score revealed that, suspicion have influence on women marital adjustments. Furthermore, the expressed opinion of respondents indicated that, respondents are highly suspicious as their husband has withdrawn sexually from them, suspecting that my husband has a girlfriend, husband not disclosing personal feelings and husband has not been eating regularly at home. More so, other areas of suspicion are husband stays late in the office as well as husband suddenly changes his way of dressing. The findings had mean scores that ranged between 3.00 to 3.19 which are above the criterion mean of 2.50. The highest, rated item in the table is item 5 and 6 with a mean of 3.19.

On the other hand, respondents disagreed to three items with the mean value ranging from 1.60 to 2.40 which is relatively lower than 2.5 midpoint of assessment. From the identified disagreed items, the least rated item in the table is item 9 with a mean of 1.60 indicating that husband is not always in a happy mood whenever he comes home. Others are husband do not make last minute trip as well as spouse going out together for a long time. The values of the standard deviation are clear indication that the respondents are homogenous in their suspicion.

Research Question Two: What is the relationship between communication and marital adjustment among women in Federal College of Education, Zaria, Nigeria?

The summary of the data analysis for the Research question is presented as follows:

Table 2: Mean response on the relationship between communication and marital adjustment of women

S/n		$\sum fX$	\bar{X}	SD	Decision
1	My spouse dominate our conversation	894	2.89	0.768	Agree
2	My spouse interrupt me when talking	957	3.10	0.627	Agree
3	My partner refused to talk about a problem concerning us	941	3.05	0.809	Agree
4	My spouse disagreed annoyingly with something I said	974	3.15	0.725	Agree
5	My spouse didn't want to talk about his problem with me	939	3.04	0.929	Agree
6	My spouse refused to talk on an important issue to enable us take decision	865	2.80	0.986	Agree
7	My spouse still talk about past bad experiences	850	2.75	1.041	Agree
8	My spouse responded "I don't know" without thinking about the question	799	2.59	1.244	Agree
9	We talk about personal day-to-day happenings	475	1.54	0.736	Disagree
10	We had a fruitful conversation about family management	541	1.75	0.946	Disagree
Aggregate Mean			2.67		

Source: Field Survey, 2017

KEY= Agreed with the criterion mean of 2.50 and above.

Disagreed with the criterion of 1.4 and below.

X = Mean, SD = Standard deviation

Table 2: above shows that there is significant relationship between communication and marital adjustment among women in Federal College of Education, Zaria. This is revealed from the aggregate mean value of 2.67 which is relatively higher than the 2.5 midpoint of assessment. The expressed opinion of respondents revealed that respondents agree to the statement that, my spouse disagreed annoyingly with something I said, my partner refused to talk about a problem concerning us, my spouse interrupt me when talking and my spouse didn't want to talk about his problem with me. Furthermore, respondents agree that my spouse dominate our conversation, my spouse refused to talk on an important issue to enable us take decision, my spouse still talk about past bad experiences as well as my spouse responded "I don't know" without thinking about the question, this is observed from the mean score ranging from 2.59 to 3.15 which is greater than the 2.5 midpoint of assessment. However, respondents disagreed to item 9 and 10 which were: we had a fruitful conversation about family management and we talk about personal day-to-day happenings, this is observed from the mean score ranging from 1.54 to 1.75 which falls below the 2.5 midpoint of assessment. Thus, the relationship between communication and martial adjustment of women is the annoying disagreement of spouse with something said by wives, spouse interruption when talking, partner refusal to talk about problems as well as spouse not wanting to talk about his problem.

Table 3: Mean response on Marital Adjustment Test (MAT)

S/N	Category	ΣfX	\bar{X}	SD	Decision
1	My spouse and I jointly meet the financial needs of the family	1048	3.39	0.586	Agree
2	We both agreed on the number of children to produce	1052	3.40	0.795	Agree
3	The gender of our children is satisfactory	1049	3.39	0.664	Agree
4	My spouse demonstrate his affection to me	1066	3.45	0.666	Agree
5	We jointly agreed over family decision	1082	3.50	0.501	Agree
6	My spouse and I spend reasonable hours together	1052	3.40	0.661	Agree
7	My sexual relationship with my spouse is satisfactory	1065	3.45	0.923	Agree
8	My spouse expresses his feelings to me	1082	3.50	0.737	Agree
9	My spouse understand my philosophy of Life	1067	3.45	0.735	Agree
10	My relationship with in-laws is satisfactory	1051	3.40	0.794	Agree
11	My spouse and I jointly settling children's school fees	1083	3.50	0.590	Agree
12	We jointly discipline our children	1066	3.45	0.740	Agree
13	We jointly agreed on children's diet	1065	3.45	0.744	Agree
14	We both agreed on Children career choice	884	2.86	1.150	Agree
15	My spouse participates freely in performing all aspects of household task.	1050	3.40	0.490	Agree

Source: Field Survey, 2017

KEY= Agreed with the criterion mean of 2.50 and above.

Disagreed with the criterion of 1.4 and below.

\bar{X} = mean

SD = Standard deviation

The result of the analysis presented in table 3 above indicate that all the items of the instrument on Marital Adjustment Test (MAT) are effective strategies in resolving marital conflicts. The findings had mean scores that ranged between 1.10 to 3.50. The highest rated item in the table is item 9 and 11 with a mean of 3.45 and 3.50 respectively, it implies that respondents are of the view that their spouse understand their philosophy of life and spouse jointly settling children’s school fees, this can be said to enhance marital adjustment among women in Zaria. On the other hand, respondents disagreed to the view that their spouse do not demonstrate his affection to them, they do not jointly agree over family decision, they do not spend reasonable hours together, their spouse do not express his feelings to them their relationship with the in-laws is not satisfactory as well as their spouse do not participates freely in performing all aspects of household task. The values of the standard deviation are clear indication that the respondents are homogenous in their rating patterns.

Research Hypotheses

Null Hypothesis One: There is no significant relationship between suspicion and marital adjustment among women in Federal College of Education, Zaria, Nigeria.

Table 4: Descriptive statistics on the relationship between suspicion and marital adjustment among women in Federal College of Education, Zaria

Category of married	N	Mean	STD	Df	r-value	p-value
Suspicion	309	2.6388	.69149	308	-0.332	0.000
MAT	309	3.3996	.39379			

Source: Field Survey, 2017.

Result of PPMC computation on the relationship between suspicion and marital adjustment among women in Federal College of Education, Zaria on table 4 shows the p-value of 0.000 is less than the 0.05 alpha levels of significance at a correlation coefficient of $r = -0.332$ at the df of 308 indicating that the higher the suspicion the lower the adjustment in marriage. Therefore, this evidence revealed that there is a significant negative relationship between suspicion and marital adjustment among women in Federal College of Education, Zaria. Hence, the null hypothesis is rejected.

Null Hypothesis Two: There is no significant relationship between communication and marital adjustment among women in Federal College of Education, Zaria, Nigeria.

Table 5: Descriptive statistics on the relationship between communication and marital adjustment among women in Federal College of Education, Zaria

Category of married	N	Mean	STD	Df	r-value	p-value
Suspicion	309	2.6650	.36165	308	0.152	0.000
MAT	309	3.3996	.39379			

Source: Field Survey, 2017

Result of PPMC computation on the relationship between communication and marital adjustment among women in Federal College of Education, Zaria on table 5 shows the p-value of 0.000 is less than the 0.05 alpha levels of significance at a correlation coefficient of $r = 0.152$ at the df of 308 indicating that the higher the communication the higher the adjustment in marriage. Therefore, this evidence revealed that there is a significant positive relationship between communication and marital

adjustment of women in Federal College of Education, Zaria. Hence, the null hypothesis is rejected.

Summary of Major Findings

The findings of the study are summarized as follows:

1. Suspicion is significantly related with marital adjustment of women in Federal College of Education, Zaria ($r = -0.332$, $p = 0.000$).
2. Communication is significantly related with marital adjustment of women in Federal College of Education, Zaria ($r = -0.152$, $p = 0.000$).

Conclusion

Based on the findings made, it is therefore concluded that, this study presents psycho-social variables as an important tool for enhancing the marital adjustment. This aspect has equally brought to limelight the fact that various psycho-socio variables could be applied in the marital adjustment in all levels.

Recommendations

On the basis of these findings it was recommended that counsellors in Federal College of Education Zaria, Nigeria should constantly organize group counselling session for their married students on the need to have a cordial relationship with their spouse so as to avoid suspicion and improve the healthy communication in their relationship, and marital adjustment life among others.

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