

**NIGERIAN JOURNAL OF
SOCIAL WORK EDUCATION**

A white outline map of Nigeria is centered on the cover. The text 'NJSWE' is written in large, white, outlined letters across the map, and 'UNIVERSITY OF IBADAN' is written in red, solid letters below it.

NJSWE
UNIVERSITY OF IBADAN

UNIVERSITY OF IBADAN

**VOL.12, ISSN 1119-28 IX
JUNE, 2013**

**NIGERIAN JOURNAL
OF
SOCIAL WORK EDUCATION**

VOL. 12 ISSN 1119-28-IX

June, 2013

Published by:

Department of Social Work

University of Ibadan, Ibadan, Nigeria

SUBSCRIPTION AND COPYRIGHT INFORMATION

Nigerian Journal of Social Work Education is an international, fully referred journal, reporting on empirical and theoretical aspects of Social Work. It may be said that the significance of Social Work has never witnessed a growing awareness throughout the world as of now. The Journal which is sponsored by the Department of Social Work, University of Ibadan, Ibadan recognized the need for more international research and analysis, and the generation of relevant theory to identify policy needs and trends as well as priorities in the growing area of Social Work. While reporting current research in Social Work, the journal will endeavour to establish further development of research for Social work, more especially in the developing world.

The journal is a necessary reading for policy makers, researchers and practitioners in all the facets of Social work and Social Welfare. Members of the Editorial Board and Advisory Board are selected from several universities to address the need for wide representation and editorial expertise.

All correspondence concerning payments and order for subscriptions, advertisement and back number should be addressed to the publisher: Department of Social Work, University of Ibadan, Ibadan, Nigeria.

The Journal is published once yearly in June.

© Department of Social Work, University of Ibadan, Ibadan.

NOTES FOR CONTRIBUTORS

Unless agreed otherwise, all accepted papers become the copyright of the journal. Contributors should bear mind the international character and linguistic diversity of their audience.

Manuscript should be sent to Dr. T.A Adebowale, Department of Social Work, University of Ibadan, Ibadan, Nigeria or *socialworkjournalofeducation@yahoo.com*. Manuscripts failing to conform to the following guidelines will not be considered for publication. Three complete copies of the manuscript should be submitted. It should be typed double spaced on one side of the paper. It is essential that full postal address be given of the author who will receive editorial correspondence and the proofs.

Figures and tables should have their position clearly marked and be provided from the main text. The captions to figure provided on a separate sheet. Figure number should be shown as Arabic numerals, table number as Latin numerals.

Reference should be indicated in the text by giving the author's name followed by the year in parentheses e.g “Early research by Smith & Jones (1997, p275) showed.....” Alternatively this could be shown as “Early research (Smith & Jones, p. 275) showed....” The full reference should be listed in alphabetical order at the end of the paper, using the following style.

Book

Muir. J. (1976). *Modern Approach of England Grammar: An introduction to systematic grammar*, London: B.T. Batsdford Ltd.

Article in a Journal

Pleck, J.H. (1977). The work family role system, *Journal of Social Problem*, 24, pp 417-427.

Chapter in a Book

Halloway W. (1984) Gender Difference and the production of subjectivity in J. Hentighues, W. Halloway, C. Vem & V. Walkerdine (Eds) *Changing the subject*. London: Methuen.

Please note that Journal titles must be given in full and that author’s full first names or initials may be used. Particular care in the presentation of reference would be greatly appreciated by the Editorial Board and the publisher.

Proofs will be sent to the author designated to receive them, and should be corrected and returned immediately. A complete copy of the journal issues is supplied free of charge to the author shortly after publication.

NIGERIAN JOURNAL OF SOCIAL WORK EDUCATION EDITORIAL BOARD

Guest Editor **Prof. Oyesoji Aremu,**
Faculty of Education
University of Ibadan, Ibadan.

Editor-in-Chief **Prof. Oluremi Ayodele Bamisaiye**
Faculty of Education
University of Ibadan, Ibadan.

Managing Editor: **Dr. Funmi Folaranmi**
Department of Social Work,
University of Ibadan, Ibadan.

Editors: **Prof. G.G. Ejikeme** M.Sc, MSSN, Ph.D
Department of Sociology,
Faculty of Social Science,
University of Jos, Jos.

Prof. E.O. Olumodeji,
Department of Sociology,
University of Jos, Jos.

Dr. J.O. Fayeye,
Department of Sociology,
University of Ilorin, Ilorin.

Dr. E.O. Okafor,
Department of Sociology,
University of Ibadan, Ibadan.

Dr. J.K Mojinyinola,
Department of Social Work,
University of Ibadan, Ibadan.

Dr. E.M Ajala,
Department of Social Work,
University of Ibadan, Ibadan.

Consulting Editors:

Prof Miu Chung Van,

School of Social Work,
University of British Columbia, Canada.

Prof. Uzo Amicha, B.Sc, MSc. Ph.D

School of Social Work,
York University, Toronto, Canada

Prof. Linda Kreitzer, Ph.D. RSW

Faculty of Social Work,
University of Calgary,
Alberfa, Canada.

Prof. Vishante Seapaul,

University of Kwazulu Natal,
South Africa.

Editorial Advisers:

Prof. A.E. Idyorough M.Sc. MSSW, Ph.D

Faculty of Social Science,
Federal University,
Lafia, Nassarawa.

Prof. Funmi Togonu Bickersteth B.Sc. MSSD, Ph.D

Department of Psychology,
Obafemi Awolowo University,
Ile-Ife, Osun State.

Prof. Omololu Soyombo,

Department of Sociology,
University of Lagos,
Akoka, Lagos.

Business Editor:

Dr. T.A. Adebowale,

Department of Social Work,
University of Ibadan, Ibadan.

EDITORIAL

Editorial Comments

The current issue of Nigerian Journal of Social Work Education (NJSWE) presents fourteen scholarly articles. Like the previous editions of the journals, the selected and published articles demonstrate the wide spectrum of contributions of articles from different strata of fields. The collection of articles was deftly done by the Editorial Board of NJSWE. The articles are structured broadly around the following themes: widowhood, language learning process, occupational safety, retirement wellness, rape, stress management, teachers' development, marital satisfaction, health-seeking behaviour, workers' insurance, students' academic achievement, job satisfaction, and alcoholism. These different thematic areas were put together by scholars from universities and colleges of education; and were both singly and collaboratively authored.

In the lead article, Kester and Iyanda in the article on *Analysis of Stress Management Strategies among Principals of Secondary Schools in Oyo State, Nigeria* canvassed for the utilization of self-management techniques as a means of coping with stress among schools' principals. This is a significant contribution to the extant literature on stress management. In their paper, Olurotimi Babalola and Morayo Dada made a case for language learning process among Junior Secondary School Students in Ekiti State. Olurotimi and Dada then surmised that dictation and reading exercises should be frequently taught in the classroom as a way of improving language learning process of Junior Secondary School Students. The next paper, *Career Aspirations, Job Demands and Social Interests as Determinants of Job Satisfaction of Secondary School Teachers* was written by Moses Ogundokun and Beatrice Komolafe. The authors of the paper significantly contributed to the body of knowledge on career-related studies.

The paper on *Perceptions of Retirees on some Correlates of Retirement Well-being in Ogun State, Nigeria* by Medinat Momoh and Gbeminiyi Adegbola discussed some variables of interests which could influence retirees' wellness. The paper, which was quantitative, was well thought out. Ojedokun and Adesope in their article *Effectiveness of Safety Education Programme on General and Occupational Safety Knowledge among College of Education Students in Oyo State, Nigeria* discussed the imperativeness of occupational safety knowledge among college of education students. The paper from its caption portended safety knowledge of workers only to discover that safety education is also crucial to the wellness of students most especially in colleges of education. The article titled *Barriers to Rape Reporting for Nigerian Women: The Case of Female University Students* was well thought out by Richard Aborishade and John Fayemi.

In the paper, the duo of Aborishade and Fayemi qualitatively advanced the reasons why cases of rape were under-reported by the victims. Among other reasons catalogued in the study

were: lack of confidence in the criminal justice system, fear of retaliation, social stereotypes and prejudice against the victims.

In the paper, *Gender, Age and Job Tenure as Determinants of Health-Seeking Behaviours among Noise-prone Industrial Workers in Nigeria: Implications of the Findings for Counselling*, David Oluwole and Titilayo Adebowale collaboratively reported using a descriptive epidemiologic cross-sectional survey, the need to mount interdisciplinary interventions on the promotion of health-wellness of industrial workers. The paper is seminal, ambitious and illustrative. Olumide Olajide's paper on *Evaluation of Perception, Ownership and Empowerment of National Health Scheme (NHIS) Delivery Among Insured Workers in Federal Establishments in Oyo State* is community-driven. An inference from the qualitative and thematic nature of the paper showed that there were various misconceptions on NHIS. The allusion of Olajide was to use community development approaches to address this.

Using a survey method, Adeyemi Olubusuyi in the article, *Social Studies Knowledge, Skills and Attitudes of Teachers' Development and Administrative Decisions of Primary Schools in Oyo State of Nigeria*, reports that teachers expressed readiness to be more involved in administrative and decision-making. He then made a case for social studies as an intervention in this regard. The implications of the findings of the study speak volume for administration and decision-making in secondary schools.

Adeyemi Adetola in her paper, *Influence of Religiosity and Educational Background on Marital Satisfaction of Couples in Oyo State, Nigeria*, made a strong case for the need of counselling family centres as antidotes to marital stress. Adeyemi's paper was well reported. *Influence of Widowhood Practice on Psycho-Economic Welfare of the Widows in Rural Communities of Imo State, Nigeria* by Olufemi Okoji extrapolated the travails of widows in Imo State, Nigeria.

Olufemi Okoji, arising from his quantitative study made a strong case for legislation on opprobrious practices militating against the wellness of widows in Imo State. The paper made some recommendations that could have policy implications generally. This is a significant contribution to the extant literature on stress management.

Oladeni and Animashaun in the paper titled, *Length of Marriage and Number of Children as Determinants of Marital Satisfaction among Christian Couples in Lagos State, Nigeria* counselled using empirically generated data that couples should give birth to few number of children as an index of stress management. Ogunleye, Odule and Oke in their paper on *Influence of Teachers' Perception of Social Skills on Academic Achievement of Junior Secondary School Boarding Students in Ogun State* reported that prosocial behaviour could promote academic performance.

Lastly but not the least in strength in the current edition of NJSWE is Ruth Adio-Moses's paper, *Determinants of Alcohol Consumption among in-school Adolescents in Oyo State: Consequences for Health and Safety Education*. The paper empirically discussed the effects of alcohol consumption on in-school adolescents.

Oyesoji Aremu, cf., jp.
Professor of Counselling & Criminal Justice Studies
University of Ibadan, Nigeria

UNIVERSITY OF IBADAN LIBRARY

TABLE OF CONTENTS

Article	Page
1. Analysis of Stress Management Strategies among Principals of Secondary Schools in Oyo State, Nigeria- Kester, K. O, Ph.D & Iyanda, V. F.	1
2. Reading and Dictation as Diagnostic Approaches on English Language Learning Process among Junior Secondary School Students in Ado-Ekiti, Ekiti State Dr. Babalola. Joseph Olurotimi, and Dada. Morayo Esther	14
3. Career Aspiration, Job Demands and Social Interest as Predictors of Job Satisfaction of Secondary Schoolteachers- Moses Oluwafemi Ogundokun, Ph.D and Beatrice Iyabo Komolafe	23
4. Perceptions of Retirees on Some Correlates of Retirement Well-Being in Ogun State, Nigeria - Momoh, Agbomehre Medinat, Ph.D and Adegbola, Gbeminiyi Mujahed.	36
5. Effectiveness of Safety Education Programme on General and Occupational Safety Knowledge among College of Education Students, Oyo State, Nigeria Ojedokun, I. M. Ph. D and Adesope. M. E	48
6. Barriers to Rape Reporting for Nigerian Women: The Case of Female University Students- Richard A. Aborisade and John A. Fayemi	59
7. Gender, Age and Job Tenure as Determinants of Health-Seeking Behaviours among Noise-Prone Industrial Workers in Nigeria: Implication of the Findings for Counseling - Adebayo David Oluwole, Ph.D.& Titilayo A. Adebowale, Ph.D.	74
8. Evaluation of Perception, Ownership and Empowerment of National Health Insurance Scheme (NHIS) Delivery of Insured Workers in Federal Establishments in Oyo State, Nigeria- Olajide, O. E. Ph.D	87
9. Social Studies Knowledge, Skills and Attitudes on Teachers' Development and Administrative Decisions of Primary Schools in Oyo State of Nigeria - Adeyemi Oluremi Olubusuyi	96
10. Influence of Religiosity and Educational Background on Marital Satisfaction of Couples in Oyo State, Nigeria - Dr Adeyemi Adetola O.	104
11. Influence of Widowhood Practice on Psycho-Economic Welfare of the Widows in Rural Communities of Imo State, Nigeria- Olufemi Onweazu Okoji, Ph. D	
12. Length of Marriage and Number of Children as Determinants of Marital Satisfaction among Christian Couples in Baptist Churches in Lagos State, Nigeria - Dr. Oladeni, O.O. & Dr. R. A. Animasahun	124
13. Influence of Teachers' Perception of Social Skills on Academic Achievement of Junior Secondary School Boarding Students in Ogun State - Ogunleye. Tolu Ph.D, Odule, Christopher Yemi and Oke, Tunde Dayo	135
14. Determinants of Alcohol Consumption among in-School Adolescents in Oyo State: Consequences for Health and Safety Education - Dr. Ruth Ochanya Adio-Moses	145

INFLUENCE OF RELIGIOSITY AND EDUCATIONAL BACKGROUND ON MARITAL SATISFACTION OF COUPLES IN OYO STATE, NIGERIA

BY

DR ADEYEMI ADETOLA O. (Ph. D)
Department of Guidance and Counselling,
Faculty of Education,
University of Ibadan, Ibadan, Nigeria

ABSTRACT

The purpose of this study is to investigate the influence of religiosity and educational background on marital satisfaction of couples in Oyo State, Nigeria. Two hundred (200) couples constituted the study's sample that was selected through simple random sampling technique in Oyo State, Nigeria. Both the independent and dependent variables were measured with standardized instruments (a self developed scale tagged marital satisfaction Questionnaire was used) with 0.81 reliability coefficient and the data obtained was analyzed using Pearson Product Moment Correlation (PPMC). Two research questions were formulated and answered. The result shows that there is a significant relationship between religiosity and marital satisfaction among selected couples ($r = .771$; $P < 0.05$) and there is a significant relationship between educational background and marital satisfaction of selected couples ($r = .771$; $P < 0.05$). In view of these findings, the study stresses and advocates the need for family counselling centres to be established and be functional in various communities, and couples should be taught the importance of attending and visiting family counseling centers. Marriage seminars and workshops should be introduced to encourage marriage counsellors, religious bodies and other stake holders of family affairs to educate married couples and also the mature singles so as to will help them to re-orientate their knowledge for efficient marriage life ahead.

Keywords: *Religiosity, Educational background, Couples and Marital satisfaction*

Background to the Study

Marriage is perceived as a social institution under which a man and a woman establish their decision to live as husband and wife by legal commitment. One ultimate thing that must be in mind is that marriage institution is not accidental, but meant to achieve certain purposes. Marriage is also a socially acknowledged and approved sexual union between two

adult individuals. It is a unique institution that affirms and supports a distinct sociology in human culture; bridging of the gender gap, facilitates the generation of life through the fusion of sexes; and promotes the birthright of children to know; be connected to; and to be in stable relationship with their natural parents (Papeboes & Whitehead, 2011). Marriage

is a legal union between a man and a woman as husband and wife, which further connotes matrimony, match wedlock, alliance, association, union, to mention a few (Ariyo, 2013).

Deducing from the definitions given above, certain purposes that constitute marriage are unveiled as follows: companionship; social integration of persons, approved sexual union; mutual commitment; mutual growth, bridging of the gender gap; and promoting the birthright of children. Ariyo (2013) shows that what people consider being very important in marriage are love, sexual fidelity and ability to talk about feelings have been fairly similar over past two decades. It is also discovered that a person's beliefs about marriage and how marital satisfaction was achieved might significantly affect one's expectations and readiness for marriage (Ariyo, 2013; Papeboes & Whitehead, 2011). The beliefs of people in the Western World and in Africa about marriage and how marital satisfaction is achieved could affect their readiness and expectation for marriage.

Marriage as a matter of fact can be defined as a legal term describing certain relationships concerning individuals in order to fulfill three different types of needs: material, sexual and psychological. Many factors may contribute to relationship satisfaction, but satisfaction or lack of it ultimately motivates people to remain together or break up. People who are satisfied with their relationships tend to remain together. People who are not satisfied with their relationships tend to separate or divorce. Report shows that only one third of married persons are

happy with their marriage which had taken place for half a decade. Independent of divorce, relationship research suggests that most, if not all, couples go through difficult periods that cause significant distress and put individuals at risk for symptom development. Marital distress can lead to higher levels of depression and anxiety, and can negatively affect children of the union, which can lead to negative outcomes later in life (Bradbury, Fincham and Beach, 2010).

The connection between relationship distress or dissatisfaction and personal emotional turmoil emphasizes the importance of researching causes for relationship distress and implementing effective intervention strategies to circumvent either the dissolution of a marriage or the entering into a marriage that would later end in divorce (Snyder, 2005). Understanding the underlying elements that lead to marital satisfaction is essential for identifying how to approach couples seeking treatment for distress in their marriages. Since the 1950s, researchers such as Papeboes & Whitehead (2011) and Ariyo, (2013) have been examining factors that contribute to marital satisfaction. Physical attractiveness, affection, negativity, age at marriage, socio-economic background, similar goals and interests, and sexual activity are all factors that have been considered to affect marital satisfaction (Matthais cited in Ariyo, 2013).

The concept of marital satisfaction is used to describe the extent to which a person enjoys his/her marriage. Marital satisfaction means good feeling of marriage. Kaplan and Maddux (2012) state

that marital satisfaction is an individual experience in marriage which can only be evaluated by each person in response to the degree of marital pleasure. It depends upon the individual's expectations, needs and desires in their marriage. Marital satisfaction refers to the degree of satisfaction between the couple. This satisfaction can be addressed both from the wife's perspective towards her husband and the husband's perspective towards his wife. Some researchers like Bradbury (2010) find that in a violent couple relationship, lower level of relationship satisfaction existed as compared to a non-violent couple relationship. Jose and Alfons (2007) argue that marital satisfaction has a negative relationship in relation to physical violence. While, Lewis and Fremouw (2011) state that violence and marital satisfaction are bidirectional, which means that there may be a low satisfaction in the past that leads to violence.

Given that education level generally, increases as age increases (e.g. people do not decrease in education level) and that age is positively correlated with marital satisfaction, it seems reasonable to suggest that education level would be positively correlated with marital satisfaction as well. Research has indicated that education level may predict marital satisfaction in some populations, though past studies were focused on whether women continued their education beyond time of marriage or have shown whether educational attainment pre- and post-nuptials was related to marital satisfaction. While studies have explored whether continued education for women

could be predictive for marital instability has been explored, no studies have been devoted specifically to whether education level pre and post-nuptials is related to marital satisfaction (Emily, 2010).

Davis and Bumpass (2006) studied continued education among women. They discover that women with eight or less years of schooling at the time of marriage were less likely to continue with their education, though this was attributed to less initial commitment to education. They also find that women who had some college certificates at the time of marriage were more likely to continue their education past the time of their status and those women who were divorced or separated also tend to continue their education. However, there is no confirming or discontinuing evidence that a desire to continue education is what led to the marital instability that caused the disruption. It would, therefore, be interesting to explore whether education level could lead to marital instability, especially, when Cherlin (2009) and Kalmijn (2009) all discover that highly educated women had higher rates of unstable marriages. Jose and Alfons (2007) also observe that as education level increases, there are indications of increased sexual adjustment problems.

In contrast with the aforementioned findings, Janssen (2008) and Kalmijn (2009) find that marital dissolution is lower among women who are more religious. In fact, he concludes that religiosity at marriage plays the greatest role in accounting for trends in marital dissolution, and stated that women who marry religious partner have more

stable marriages. He also found that marriages were more stable if the husband is religious or more educated, but not if the wife is religious or more educated. Additionally, he realizes that wives that are less educated than their husbands tend to have stable marriage than the other wives who are more educated. Tucker and O'Grady (2011) also include a discussion of intelligence, as measured by educational attainment level, in their study. They investigate factors related to marital satisfaction, including religiosity, attractiveness, education level, and age at marriage. There was a positive relationship between religion of spouse and marital satisfaction of the couples.

Marital satisfaction refers to the couple's relationship inside the family. It is one of the factors that play an important role in women's aggression. Quarreling and aggression in the family and marital relationships are inevitable and do not indicate that the marital relationship must be cut off or end in divorce. The ability to communicate and handle aggression is the two most important elements for a satisfying marriage. In view of this, the present study examines the predictive influence of religiosity and educational background on marital satisfaction of couples in Oyo State, Nigeria.

Statement of the Problem

The issue of marital happiness and joy which suddenly turn soar often constitute the subject of discussion all over the world. Marital relationships depreciate in value so fast that dissatisfaction is expressed by marriage partners. Globally, divorce has become a world problem as many are affected by the effect of it. Those

whose laws prohibit divorce totally complain of the non-existence of a way to escape from unsuccessful and unsuitable marriages. On the other hand, those who have opened the door for divorce, equally for both men and women complain about the growing rate of divorce and the instability of domestic life and its harmful effects. In a nutshell, reasons for high rate divorce in Nigeria include, lack of courtship, incompatibility, background differences and unemployment. There have been stable divorce rate of approximately 50% of married couples (Kreider and Fields, 2012). Only one third of married persons report being "very happy" with their marriage, which is down more than half from 25 years ago. Independent of divorce, relationship research suggests that most, if not all, couples go through difficult periods that cause significant distress and put individuals at risk of symptom development. Marital dissatisfaction has brought about high levels of depression and anxiety, and has negatively affected children of broken homes, which has lead to negative outcomes later in life and also make children from such home to engage in anti-social behaviour in the society. In view of the above assertion, the researcher concentrates on the influence of religiosity and educational background on marital satisfaction of couples in Oyo State, Nigeria.

Purpose of the Study

The purpose of this study is to examine predictive influence of religiosity and educational background on marital satisfaction among selected couples in

Oyo State, Nigeria. Specifically, other purposes of the study include:

1. to examine the relationship between religiosity and marital satisfaction among selected couples;
2. to investigate the relationship between educational background and marital satisfaction among selected couples

Research Questions

1. What is the relationship between religiosity and marital satisfaction among selected couples in Oyo State?
2. What is the relationship between educational background and marital satisfaction among selected couples in Oyo State?

Significance of the Study

The study will add to the body of knowledge on marital satisfaction. It will also help families to handle various hurdles which affect their marital satisfaction, and know necessary factors that can influence marital satisfaction. The study will also help policy makers to formulate and execute relevant policies that would enhance Nigerian family success and satisfaction. It will also aid the counselors and give them appropriate knowledge about families/couples and necessary ways to solving marital dissatisfactions. The study will also be a resource and reference source to teach singles about things and factors to be considered for marital satisfaction and how to avoid marital hurdles when they are married in the future.

It is important to note that findings in this study will also serve as a source of reference for other researchers who may

want to conduct the same or similar study on other subjects in the part of the country.

METHODOLOGY

Research Design

The study adopts descriptive survey research design of *ex-post-facto* type. This is a type of research study which test for relationship among variables. Data from this study will only be measured without any manipulation so as to determine the relationship among the independent variables (religiosity and educational background) and dependent variables (marital satisfaction among selected couples) in Oyo State.

Population of the Study

The population of the study includes randomly selected couples in five LGA of Oyo state, Nigeria.

Sample and Sampling Technique

Stratified random technique was used in selecting participants from five Local Government areas in Oyo State. Two hundred and twenty questionnaires were distributed among them. At the end, two hundred couples were able to complete the questionnaires which the researcher used in collating the data.

Research Instrument

A self developed scale tagged Marital Satisfaction Questionnaire (MSQ) was used to measure the variables in the study. The scale consists of three sections A-C. Section A consists of personal data such as age, gender, educational qualification among others and section B consists of items that measure the religiosity of the respondents. Section C consists of the items that measure the marital satisfaction of the respondents. The instrument was, however, revalidated

and the result yielded reliability coefficient of 0.81 which was considered adequate for the usage.

Procedure for Data Collection

The instruments were administered to the participants in their workplaces and offices. The researcher was assisted by research assistants in the administration and collection of the instruments. In each of the selected local governments, the administration and collection of instruments were done on the same day. The whole data collection lasted for approximately two weeks.

Method Data Analysis

Pearson Product Moment Correlation (PPMC) statistical analysis was

used to analyse the data. This was used to establish the relationship among the independent variables and dependent variable.

Results and Discussion of Findings

This Section presents the results and summary of findings. The study investigates the predictive influence of religiosity and educational background on marital satisfaction among selected couples in Oyo State, Nigeria. The results are presented below:

Research Question One: What is the relationship between religiosity and marital satisfaction among selected couples?

Table 1: Religiosity and Marital Satisfaction of Couples

Variable	Mean	SD	DF	N	R	P	Remark
Religiosity	28.05	15.44	198	200	.771	.000	Significant
Marital Satisfaction	46.00	21.85					

The table 1 above shows that there is significant relationship between religiosity and marital satisfaction among selected couples ($r = .771$; $P < 0.05$). This means that relationship between religiosity has significant influence on marital satisfaction among couples. This is in line with the finding of Cherlin (2009) and Kalmijn (2009) that marital dissolution is lower among women who are more religious. In fact, he concludes that religiosity at marriage plays the greatest role in accounting for trends in marital dissolution, and stated that women who

marry religious partners have more stable marriages. He also discovers that marriages are more stable if the husband is religious or more educated than if the wife is religious or more educated. Tucker and O'Grady (2011) also include a discussion of intelligence, as measured by educational attainment level in their study. They investigate factors, related to marital satisfaction, including religiosity, attractiveness, education level, and age at marriage. There was a positive relationship between religion of spouse and marital satisfaction of the couples.

Research Question Two: What is the relationship between educational background and marital satisfaction among selected couples?

Table 2: Educational Background and Marital Satisfaction of Couples

Variable	Mean	SD	DF	N	R	P	Remark
Educational background	24.85	12.49	198	200	.771	.000	Significant
Marital Satisfaction	46.00	21.85					

The table 1 above shows that there is significant relationship between educational background and marital satisfaction among selected couples ($r = .771$; $P < 0.05$). This means that relationship between religiosity has significant influence on educational background among couples. This is consistent with finding of Davis and Bumpass (2006) who study continued education among women. They find that women with eight or less years of schooling at time of marriage were less likely to continue with their education, though this was attributed to less initial commitment to education. They also found that women who had some college certificates at the time of marriage were

Recommendations

Based on the results and findings of the study, the following recommend-ations are made:

1. family counseling centers should be established in various communities, and couples should be taught the importance of attending and visiting family counseling centres, which have the tendency to enhance their marital satisfaction;

more likely to continue their education past the time of their images and those women who were divorced or separated also tended to continue their education. However, there was no confirming or discontinuing evidence that a desire to continue education is what led to the marital instability that caused the disruption (Bumpass and Sweet, 2005). It would, therefore, be interesting to explore whether education level could lead to marital instability, especially when Cherlin (2009) and Kalmijn (2009) all find that highly educated women had higher rates of unstable marriages. Jose and Alfons (2007) also find that as education level increased, there were indications of increased sexual adjustment problems.

2. marriage seminars and workshops should be introduced by marriage counselors, religious bodies and other stake holders of family affairs in Nigeria to teach married couples and also the mature singles which will help them to re-orientate their knowledge for efficient marriage life ahead;
3. parents should also be taught the pattern at which they can intervene in marriage as wrong intervention can also militate against couples' marital satisfaction;

4. the film industry in Nigeria can use the media as a medium of reaching the populace on educating them about marriage, which can also have a higher impact on married couples' marital satisfaction;
5. couples should also endeavour to read books, listen to tapes, watch educating marriage movies and films, attend seminars and programmes that will enhance the marital satisfaction in their family;
6. the Federal Government of Nigeria should find a way of giving attention to family at individual level, because the family is known to be the minute part of the community and national development. Problems in individual families can jeopardize community and national development.

REFERENCES

- Ariyo, A. D. 2013. Religion and family in the 1980s: Discovery and development. *Journal of Marriage and the Family*, 52, 983-992.
- Bradbury, R., Fincham, J and Beach, T. 2010. Factors contributing to increasing marital stability in the United States. *Journal of Family Issues*, 23, 3: 392-409.
- Bumpass, M and Sweet, G. 2012. Age at marriage and marital satisfaction: A multivariate analysis with implications for marital stability. *Journal of Marriage and the Family*, 39(3), 493-504.
- Cherlin, K. 2009. Marriage and the Spiritual Realm: The Role of Proximal and Distal Religious Constructs In Marital Functioning. *Journal of Family Psychology* 13:321-338.
- Davis, K and Bumpass, P. 2006. Families coping with illness: The resiliency model of family stress, adjustment and adaptation. In, C.B. Danielson, B. Hamel - Bissel, and P. Winstead-Fry, Families, health and illness: Perspectives on coping and intervention. St. Louis: Mosby.
- Emily, F. O. 2010. Are premarital prevention programs reaching couples at risk for marital dysfunction? *Journal of Consulting and Clinical Psychology*, 65: 24-30.
- Janssen. J. 2008. The instability of marital and cohabitating relationships in the Netherlands. *Mens en Maatschappij*, 73: 4-26.
- Jose, O and Alfons, V. 2007. Do demographics affect marital satisfaction? *Journal of Sex and Marital Therapy*, 33:73-85.
- Kalmijn, M. 2009. Father involvement in childrearing and the perceived stability of marriage. *Journal of Marriage and Family*, 61: 409-421.
- Kaplan, H and Maddux, D. 2012. Long-Term Satisfying Marriages: Perceptions of Contributing Factors. *The American Journal of Family Therapy* 24:153-170.
- Kreider, R. M and Fields, J. M. 2012. Number, timing and duration of marriages and divorces: In *Current Population Reports* (No. P70-80).

- Washington, D. C.: U. S. Census Bureau.
- Lewis, F and Fremouw, C. 2011. The Effect Of Religiousness On Marital Satisfaction: Testing The Mediator Role Of Marital Problem Solving Between Religiousness And Marital Satisfaction Relationship, *Contemporary Family Therapy*, Volume 27, Number 1, 123-136.
- Matthais, S. A. 2007. Making marriages last. *Family Matters*, 60, 81-89. Retrieved June 14, 2014, from <http://www.aifs.gov.au/institute/pubs/fin2001/fin60/rp.pdf>.
- Papeboes & Whitehead. 2011. Social dysfunction and mental illness in a community sample. *Canadian Journal of Psychiatry*, 40, 15-20.
- Snyder, Y. W. 2005. Marriage satisfaction over the family life Cycle. *Journal of Marriage and the Family*, 32: 20-28.
- Teachman, J. D. 2013. Premarital sex, premarital cohabitation, and the risk of subsequent marital dissolution among women. *Journal of Marriage and the Family*, 65(2): 444-456.
- Tucker, H and O'Grady, L. 2011. Stability across cohorts in divorce risk factors. *Demography*, 39(2): 331-