Chapter One

Introduction

1.1 Background to the Study

Establishment of a family is a step towards a new era of social progress because the most focal social unit in the development of a sane and healthy society is the family with marriage as an essential pillar in establishing a concrete quality family and society. Marriage, the most enjoyable and affable human relationship is a form of private and committed relationship. This close and exclusive relationship involves formal relationships between women and men, widespread across nearly all tribes and cultures. With respect to any one given marital practice or behaviour, there is nothing new under the sun [1].

Marriage, a time-honoured institution as old as mankind itself, has undergone changes. The biblical account of Adam and Eve depicts the original plan for marriage, which is a close bond based on love, rights, and obligations [2]. Marriage is a covenant between or among adults depending on the kind of marriage in question. Where the overall role of marriage in society and between wives and husbands is at issue, nothing in the past is anything close to what we have now, though it may seem the same on the outside [1]. In contemporary contexts, there are a lot of types of marriage and marital traditions depending on individuals involved, culture, believe, religion or society. The types of marriage include monogamy, polygamy which could be polygyny or polyandry, cross-cousin marriage, exogamy, sororate, and same sex marriage among others [3].

Lead City University Ibadan DO NOT COPY

During the era of early man, marriage was the type where the females and the males had many different sex partners. They copulated to conceive and after a few years changed partner so that no one owned the other personally nor did they have any attachment. The females could look for food, fruits, and nuts in general when they were nurturing and protecting their children and therefore did not really need protection from the males. Humans traded sex for food and survival. As societies transitioned to agricultural economies, the institution of marriage began to shift toward more commitment because it aligned with the need of secure families for the acquisition of resources like food, clothes, house and cash [4]. The structures, values, and types of marriage are indeed going haywire all over the world [1].

The emergence of agriculture needed men and women to cooperate, building a division of labour which set traditional roles for men and women, men as providers and women as caretakers and homemakers [5]. Man thus started cultivating his food and this changed the marriage tale since men and women became attached to each other because they needed clothing, food, and shelter for themselves as well as the children they had. The advent of agriculture brought with it some changes in marriage in that the husband as the stronger gender, did farming to feed the family while the wife stayed home to bear children, nurture them, cleaned and prepared meals for the family. The extended family in Pre-Industrial Britain was the most beneficial because they were a production unit and they could attain a level of subsistence living with minimal reliance on non-family individuals [6]. In other words, the extended family structure in pre-industrial groups, such as in Britain, was giving economic cooperation and support, and this was leading to a subsistence mode of living with minimal reliance on external sources [7]. The wife was also

Lead City University Ibadan DO NOT COPY

there to give her husband emotional comfort to calm him down after a day's labour or whenever he wanted. Industrialisation by itself redefined marriage.

Prior to industrialisation and during its early stages, economic considerations determined the choice of marriage partners and with not much room for romantic love [8]. People married to the spouse owing to power, royalty, social and economic alliances. Parents organised marriages between their children to encourage their friendship, forge their trade or business empire, in order to unite their kingdoms or even to put an end to war between kingdoms. In the eighteenth century, individuals started embracing the new radical concept that love ought to be the most inherent cause for marriage, and that young individuals should be free to choose their marriage partners based on love [1]. In the 21st century, individuals married for love with still some socio-economic factors. These socio-economic foundations could encompass beauty, social class, educational background or qualification, occupational class or choice, religious origin, age, height, future ability, security and others. Monogamy emerged as the norm among the majority of societies because the people moved more to the urban centers where they found work away from agriculture. There is also the same sex marriage practiced and tolerated by some of the societies of the world but condemned in other societies like Nigeria in Africa owing to the health, moral and spiritual implications.

While monogamy became prevalent in the cities, same-sex marriage was tolerated in certain societies but remains contentious in others, for instance, Nigeria, where religion and culture preferentially conflict with contemporary understanding of marriage [9]. Nevertheless, man and woman's traditional marital practice remains the most prevalent form of marriage in extremely many of the world's cultures. Marriage in the pre-colonial

Lead City University Ibadan DO NOT COPY

Oyo Empire was a complex institution that carried significant consequences in the Yoruba society. Arranged marriages were practiced by the society, and parents chose mates for their children based on family background, social status, and economic status. Bride price, owó òri in Yoruba language, was and still is a core of the Yoruba wedding culture, demonstrating respect and compensation to the bride's family.

Engagement ceremonies, gift presentation, and a ceremony of ritual started the marriage process. Societal involvement was at the heart of the marriage process, representing the duty of society as a whole [10]. Polygamy existed, where men married more than one woman, an indicator of status and wealth. The couple typically resided with the kin of the husband or in a neighbouring compound, where women performed domestic work, childrearing, and commerce, and men were responsible for agriculture, hunting, and communal obligations. Marriage was believed to have divine implications, where the couple hoped for blessings from the gods and ancestors. The origin of marriage and family is not from man's idea or tradition, but from God's design and intention, "The man shall leave his father and mother and be joined to his wife, and they shall become one flesh. And they were both naked, the man and his wife, and were not ashamed" [2]. Union of marriage has a strict connection with love, trust, tolerance, support and harmony. It establishes rights, expectations and responsibilities between the two married partners, their children and in-laws.

The roles of marriage are companionship, sexual expression, child-rearing and the overall social good, with the focus being on its central role in maintaining communal harmony [11]. God's design for marriage is truly for companionship between both of them by love, sex, generation and bringing up the children, and enhancing the common good [12].

Lead City University Ibadan DO NOT COPY

The definition of a good life the way it ought to be from man's original creation is living before God in a faithful community, and therefore it is a significant step toward commitment to God as well as to the marriage partner[4]. A healthy and content marriage plays a major role in making the couple and members of their home happy, healthy, disease-resistant, productive among many benefits of a harmonious marriage. Although marriage is man-woman union, most emerging literatures of modern time argue that harmony in marriage is not easily achieved in our present world.

Marital harmony is an integral aspect of an individual's general well-being and has been associated with various psychological and demographic factors, since we discover that attitudes towards marriage and relationship accounted for 10% of the variance in mental health ratings and participants who viewed their relationship as good and who had met their early expectations had a score higher in mental health [13]. However, changing realities of time and space have greatly affected the family structure all over the world [5]. The changing societal structure has ushered in greater marital discontent, infidelity, and instability, which in the majority of instances generates conflicts and breakdowns [14]. This has led to the breakdown of most marriages as others struggle to stay trapped under an abusive atmosphere which could be physical, psychological, and emotional among others. Therefore, it is observed that as divine and flawless as the institution of marriage should be, and with the important relationship it is supposed to contribute to the smooth operation and psychosocial integration of society, the reality is still a far cry since marriages still continue to have such numerous problems and relationship issues. Marital harmony is the single most important determinant of global life satisfaction and psychological well-being, particularly for career professionals

Lead City University Ibadan DO NOT COPY

such as teaching and secondary school teachers who have high-stress working conditions [15]. Marital harmony refers to a situation whereby a marriage couple are nice, relaxed and concur with each other without any significant issue. In addition, peace in marriage is a complex process and has, over time, been believed to be influenced by many factors that differ from culture to culture.

A number of married couples have been and remain very much in conflict with each other simply because they have not managed to arrest and contain or resolve conflicting issues between them. Marital harmony, a state of consonance and felicity, may be upset by an immense variety of determinants, from gender roles, communication styles, anxiety, sexual relationships, educational attainment, conflicts, income, dual-earner couple composition, presence/absence of children and their gender, in-laws' interference, emotional attachment and emotional intelligence [16]. The traditional nuclear family that is most common in most societies, is characterised by a division of family working roles in which the husband is sole breadwinner and legal family head and the wife is homemaker, nurturer and caregiver. Traditional nuclear family systems have nonetheless evolved into dual-earning systems due to economic pressures, whereby both partners must earn and cater for domestic chores [17]. Meaning in a changed nuclear family system in use due to the economic reality or cost of living and stress on families, the couple works to make earnings to sustain the family together. The wife and husband have paid employment or businesses to sustain the family economically and at the same time both also have the domestic duties in the marriage in most instances.

This is what is termed as the dual-earner couple structure. This shift, while dramatic in some capacity, has the potential to produce stress and conflict, particularly

Lead City University Ibadan DO NOT COPY

among women working and taking care of family [18.] Teachers hold stressful occupations, which often lead to work-family conflict that may spill over into their marriages and therefore hold expertise in their conflict resolution strategies [19]. The dual-earner couple structure is motivated by various factors that involve economic necessity, changing social values and beliefs, increased level of education and career opportunities for women, and changes in family relationships and dynamics. The dual-earner couple structure is highly stressful and imposes a lot of stress, frustrations, and challenges on the couple thereby compromising their marital harmony negatively most of the time. The psychological effect is greater on the wife who besides being required to manage a paying work faces, also has to manage bearing the pregnancy burden, birthing, taking care of the baby besides her hormonal issues and so on.

Dual-earner couples also face conflicting work and family pressures, increasing the potential conflicts and blurring work and family boundaries [20]. In order to proceed in the intricacies of modern marriage and family life, one needs to comprehend the dual-earner couple structure. That means learning about the pros and cons and how couples handle their dual functions and a healthy, fulfilling relationship. Division of economic and domestic responsibilities like childcare, house work, shopping and social roles and elder care among other duties, may coincide and get entangled with the work life balance of a two-income couple. This could have some negative implications like stress and anxiety that may introduce complications in health. Anxiety, a mental disorder, has the potential to profoundly influence marital dynamics. A few of the anxiety disorders such as Generalised Anxiety Disorder (GAD) and Social Phobia, can cause tension between spouses, having a negative impact on communication and emotional connection [21].

Lead City University Ibadan DO NOT COPY

Marriage anxiety may be completely stressful to their personal lives and, as a couple, they should not be worried.

In marriage life, anxiety has a very profound impact on the health and relationship of the couple. Marriage being a complex and intimate relationship, it requires trust, communication, and emotional support. But as soon as anxiety enters the picture, it also has a ripple effect reaching every corner of the relationship. Anxiety is a condition of worries, nervousness, fear, thoughts emotions or unease about something whose outcome is uncertain. It can be thought of as an urgent desire for something to happen. It is a condition which if not properly handled, the person suffering the anxiety as well as the spouse suffer, leading to a breakdown of the marriage relationship.

As mentioned earlier, marital anxiety can be manifested in various forms like Generalised Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Social Phobia, Panic Disorder, Post Traumatic Stress Disorder (PTSD) etc. Generalised Anxiety Disorder is excessive worry about everyday issues, finances, or household responsibilities. Social Phobia or Anxiety is anxiety about being with people, being judged or evaluated by the partner. Performance Anxiety is sex pressure to perform or meet expectations, and Separation Anxiety is fear of rejection or abandonment. Anxiety is a result of something in the marriage relationship but can lead to problematic and distressful behaviours in the husband as well as his wife.

If not controlled, relationship anxiety can show itself in communication disintegration, emotional distress and loneliness, quarrels and fights, intimacy issues, resentment and irritation feelings, lack of motivation, fatigue, stomach upset, nausea,

Lead City University Ibadan DO NOT COPY

headache, insomnia, sweating, and muscle tension among others [22]. There are both mild, and extreme causes of anxiety in marital relationship. Some of the reasons for anxiety in marriage are loss of trust, stress, physical intimidation by spouse or intimidating nature in a spouse, use of abusive language against the partner, secrecy, pressures and demands from society, biological and psychological reasons, individual experiences and traumas, and so on. Anxiety, with too much worry and increased stress reaction, can greatly impair marital harmony.

Teachers with high levels of anxiety will likely find it difficult to communicate and be emotionally close to one another, and therefore misunderstandings and conflicts can ensue, depleting marital satisfaction. The stressful environment of teaching and personal stressors can also increase anxiety and therefore requires concern for mental health at the expense of marriage [40]. Emotional intelligence and Marital communication are important determinants to shun anxiety in marriage. Marital communication is the platform on which a healthy, happy and balanced marriage is built. Marital communication may be defined as the verbal and non-verbal interaction between wives and husbands in marriage involving the sharing of information, feelings, and experiences.

Verbal communication are words, tone, and language used to convey thoughts and feelings and non-verbal communication are body language, facial expressions, and physical touch expressed. Marital communication can be classified into two, that is, positive and negative communication. Positive communication comprises supportive, intimate, and affectionate communication, whereas negative communication comprises dismissive, defensive, and critical communication. Positive communication has been discovered to be associated with higher marital satisfaction as well as lowering the

Lead City University Ibadan DO NOT COPY

conflict level. Therefore, married couples should ensure they possess good communication. [40]. Healthy and long-lasting relationships are founded on good communication, enabling couples to face the ups and downs of life, resolve conflicts, and build a strong and lasting relationship. It involves active listening, empathy, and understanding, and also the ability to stand up for oneself assertively. Successful communication is the key to marital success. A study indicated that marital satisfaction is positively correlated with communication ability and that social skills like expressiveness, love, respect, and understanding are strong predictors of marital satisfaction whereas it indicates the importance of empathetic and open communication in establishing long-term marital relationships [23].

Effective marital communication is central to building trust and intimacy, resolving conflicts and disputes, managing stress and emotions, building emotional support and validation, even managing life changes and difficulties. Communication failure, on the other hand, leads to misunderstandings, resentment, and ultimately, marital conflict. Good marital communication is an element of emotional intelligence that is one hundred percent engaged in and understanding one's partner. [40] . Emotional Intelligence is understood as one's ability to identify and understand his own feelings and others' and then being able to apply that realisation in managing oneself and others. It is also described as the capacity to understand, regulate, and express the emotions, and manage interpersonal relationships effectively and empathetically.

Emotional intelligence is the ability to monitor one's own and other individuals' emotions and feelings in order to make discriminations between them and use this information to guide one's thinking and behaving [24]. Emotional intelligence is a very vital

Lead City University Ibadan DO NOT COPY

component of a peaceful marriage. A couple's emotional intelligence enables them to listen to their own feelings and respond to each other appropriately and effectively [25]. This averts useless quarrels and communication collapses between them. Nonetheless, research indicates that couples who employ constructive conflict management methods, such as active listening, compromise, and problem-solving, enjoy higher marital satisfaction [26]. An emotionally intelligent spouse feels for their partner. They are connected with the emotions, desires, positives, negatives and insecurities of their spouse.

They prioritise that which is meaningful to their spouse and thus they both share a blissful marriage. There are five components of emotional intelligence which are self-awareness, self-regulation, motivation, empathy and social skills [25]. The application of emotional intelligence is actually not done on the basis of an individual's educational qualification or educational background. In real life, low emotional intelligent people do exist as people in terms of their educational qualifications are very egoistic. Educational qualification is a significant aspect of life, and its input goes beyond individual and professional growth to influence numerous other aspects of life, including marriage.

An educational qualification is a formal recognition or certificate that verifies the successful completion of an educational programme by a person and it can be a degree, diploma or a certificate from an institution with accreditation [27]. In most instances, the marital relationship is influenced by the degrees of educational qualification of the married partners. Research has examined the relationship between marital satisfaction or stability, also called marital harmony, and educational attainment. Marriage is affected by education qualification in many ways including social and economic status, values and compatibility, money management and financial security, career goals and ambition,

Lead City University Ibadan DO NOT COPY

communication and conflict resolution, child-training and parenting including social pressures and expectations.

Education enhances earning capability, promotes spiritual health, and determines spousal age relations, all factors that contribute towards marital satisfaction [28]. This is contrary to some other school of thought, which holds on to the fact that level of education is not significantly a factor in marital satisfaction among Nigerian couples but instead marriage length is [29.] Reverencing or esteeming and loving one's spouse irrespective of their level of education enhances marital harmony especially if this is reciprocated within marriage. Sometimes, an individual's conscious or subconscious arrogance towards the spouse with regard to their educational qualification and achievement alone is sufficient to shatter harmony in the marriage. Some books claim, women having higher educational qualifications equivalent or superior to those of their husbands tend to remain short-lived in the marriage. Though a husband who attains higher educational qualifications within the span of the marriage sometimes tend to treat the wife as not socially decent and presentable anymore, especially if the wife has not done any betterment educationally since the start of the marriage like the husband.

However, the educational level can actually affect marital relationships. Increased education levels of the teachers can lead to better communication and increased understanding of relationship dynamics, hence increased marital satisfaction. Education also influences expectations and problem-solving abilities in the marriage, resulting in a more stable and satisfactory marriage [40] .

Lead City University Ibadan DO NOT COPY

Just like educational qualification, age is also a demographic feature that can predict marital harmony depending on the couple in question. Age here refers to the chronology age of a married person during marriage. Age is just figures to some people hence, the difference in the chronology age of their spouse and that of themselves does not concern them even if the wife is older than the husband. Culturally on this side of the globe, a lot of people do not approve of a wife being older than the husband in age especially if it is quite evident. The fear in some cases is that the wife will not be submissive to the husband if the wife happens to be older than the husband especially if the wife happens to be more educated and better off financially than the husband.

Age maturity may however bring better adjustment mechanisms and greater understanding of one's spouse, vital in resolving conflicts and creating a stable marriage. Age-related problems like health issues or different life goals may however impact marital satisfaction, demonstrating that there is a complex relationship between marital harmony and age. Inter-respect of the two towards each other would merely construct the desired marital harmony in the context of couple's age difference in marriage and educational qualification among so many variables affecting marital harmony. Conflict resolution skills are important in ensuring marital harmony. A study of secondary school teachers in Sokoto Metropolis showed that negotiation skills contributed significantly towards resolving marital conflict [30]. Teachers who manage to successfully apply negotiation skills are likely to resolve conflicts peacefully, thereby fostering marital satisfaction and marital stability. Conflict resolution is therefore critical in sustaining marital harmony since if issues are not resolved, it might lead to bitterness and emotional withdrawal.

Lead City University Ibadan DO NOT COPY

Among teachers, who often carry a high emotional labour in the classroom, the ability to use the interpersonal skills of marriage resolution in their marriages could serve as a cushion to marital distress [31]. Apart from having conflict resolution and harmony, a married couple also needs to have emotional harmony for them to enjoy marital harmony. Emotional harmony is a dynamic and integrative condition of psychological functioning in which a person's emotions, cognitions, and behaviours are in a healthy and mutually supportive relationship. Unlike transient or short-term emotional equilibrium, emotional harmony is characterised by the presence of a lasting congruence between one's internal feelings and outward expressions that sustains adaptive coping with personal difficulties and social interactions [32]. Current studies in affective neuroscience foretell that such harmony results from the effective coordination of prefrontal regulatory mechanisms and limbic mechanisms of emotion to allow the experience of emotions without disabling them [33].

One of the most important components of emotional equilibration is self-awareness, encompassing not only a capacity for recognising one's emotional states, but also their causes and effects. Such meta-cognitive skill allows individuals to navigate intricate emotional landscapes with high accuracy, avoiding the risk of internal conflict or repression [34]. For instance, an individual who can identify their anxiety as due to unreached expectations, rather than external threats, is more likely to deal with it in a constructive manner. Close to this is emotion regulation, involving individuals' methods for influencing which emotions they do or do not experience, when they do experience them, and how and in what manner they feel and express them [32]. Optimal regulation such as cognitive reappraisal or mindfulness does not suppress emotions but, rather,

Lead City University Ibadan DO NOT COPY

integrates them into a coherent narrative of the self, conducive to resilience and psychological flexibility [35].

Emotional attunement supported by empathy, supportiveness, and attunement of feelings, increases marital resilience. Teachers, who are in their workplaces supposed to exercise emotional regulation on a daily basis, may struggle to be emotionally available in marriage if stress is not managed. High levels of emotional labour may lead to emotional dissonance where expressed and felt emotions are incongruent [36]. Teachers, who every day must regulate and control their emotions at work being patient with students, suppressing frustration, or remaining calm under pressure, may struggle to remain emotionally present and responsive in their marriages if they fail to manage their stress well. But couples who achieve emotional congruence via shared affection, approval, and openness have more enduring marriages [37].

Sexual compatibility is the foundation of sexual harmony, deeply interwoven with emotional closeness, communication, and mutual satisfaction. Sexual compatibility contributes importantly to marital fulfillment and compatibility of the married couple. Contemporary research has defined sexual harmony as a balancing of physical, spiritual, emotional, and psychological needs between partners that results in a bond that supports the marriage relationship. For instance, research has proven that couples who maintain sexual satisfaction as an uppermost priority have more stable relationships and emotional closeness, which means that sexual harmony serves as a marital conflict buffer [38].

Sexual harmony in marriage is multifaceted, requiring intentionality, communication, and adaptability. The literature shows that a satisfying sexual

Lead City University Ibadan DO NOT COPY

relationship enhances emotional intimacy and reduces marital discord. Emotional and sexual intimacy, as a priority, provides insulation against life's difficulties. Open communication regarding sexual preferences and desires, together with respect and understanding, are the central aspects of sexual harmony in marriage.

The variables most likely to affect marital harmony are too numerous and complex to be adequately addressed in one study. This study nevertheless aims to explore some of the psychological and demographic variables as predictors of marital harmony among secondary school teachers in Oyo State, Nigeria with regard areas that could potentially be intervened on to promote healthy marriages and all-around well-being. In secondary school teachers, a stressful profession that requires emotional involvement and dedication, a harmonious marriage is key in their mental health and effective work performance. Psychological and demographic variables to be tested are: dual-earner couple structure, anxiety, marital communication, emotional intelligence, educational level, age, and sexual harmony, conflict resolution harmony, and emotional harmony.

Lead City University Ibadan DO NOT COPY

1.2 Statement of the Problem

Marital harmony is an important social phenomenon whose function is vital within the life of a couple, the family, and society at large. Nigerian research identified communication, respect, love, and expressiveness as robust predictors of marital satisfaction among secondary school teachers. Good interpersonal skills, such as cooperation and tolerance, were found to be the ones that guaranteed marital harmony [39]. Despite the importance of marital harmony to each person's well-being and work

performance, there have been on a daily basis repeated cases of discontentment, disagreement, domestic violence, worry, depression, breakup, divorce even death among married couples who are supposed to be blissfully married and enjoying their marriage. Most secondary school teachers also experience marital disharmony, and this has a detrimental impact on their mental health, work output, job satisfaction, and well-being.

Emotional control, empathy, self-awareness and emotional intelligence generally between the spouses also lead to marital disharmony. Even though some predictors of marital harmony have been determined through research, there is a need to study predictors of Marital Harmony among secondary school teachers, whose professions are characterised by high stresses, long working hours, and high emotional demands. Interestingly, some of the previous studies on marital disharmony tackled some of the psychological and demographic variables affecting marriage. This research therefore examined Psychological and Demographic factors as predictors of Marital Harmony among Married Teachers in Oyo State, Nigeria with a view to making recommendations which will help improve such factors.

1.3 Aim and Objectives of the Study

The aim of this study was to investigate the extent to which psychological (anxiety, marital communication and emotional intelligence) and demographic factors (dual-earner couple structure, educational qualification and age) are predictors of marital harmony among secondary school teachers in Oyo State.

Lead City University Ibadan DO NOT COPY

While the objectives were to:

i. identify the psychological factors that influence marital harmony among secondary school teachers in Oyo State,

ii. examine the relationship between selected demographic factors (dual-earner couple structure, educational qualification and age) and marital harmony among secondary school teachers in Oyo State,

iii. determine the predictive joint influence of psychological factors (anxiety, marital communication and emotional intelligence) on marital harmony among secondary school teachers in Oyo State,

iv. assess the significant relationship between psychological factors and marital harmony among the target population,

v. establish the significant differences in marital harmony based on demographic factors,

vi. assess the combined contribution of psychological and demographic factors to marital harmony among the target population.

1.4 Research Questions

1. What are the psychological factors (anxiety, marital communication, emotional intelligence) influencing marital harmony (emotional harmony, conflict resolution harmony and sexual harmony) among secondary school teachers in Oyo State, Nigeria?

2. What are the relationship between selected demographic factors (dual-earner couple structure, educational qualification, age) and marital harmony (emotional harmony, conflict resolution harmony and sexual harmony) among secondary school teachers in Oyo State, Nigeria?

Lead City Uni

3. What is the predictive joint influence of psychological factors (anxiety, marital communication, emotional intelligence) on marital harmony (emotional harmony, conflict resolution harmony and sexual harmony) among secondary school teachers in Oyo State?

1.5 Hypotheses

$H_0$1: There will be no significant relationship between psychological factors (anxiety, marital communication, and emotional intelligence) and marital harmony (emotional harmony, conflict resolution harmony, sexual harmony) among secondary school teachers in Oyo State, Nigeria.

$H_0$2: There will be no significant difference of demographic factors (dual-earner couple structure, educational qualification, and age) on marital harmony (emotional harmony, conflict resolution harmony, sexual harmony) among secondary school teachers in Oyo State, Nigeria.

$H_0$3: There will be no significant combined contribution of psychological factors (anxiety, marital communication, emotional intelligence) and demographic factors (dual-earner couple structure, educational qualification, age) on marital harmony (emotional harmony, conflict resolution harmony, sexual harmony) among secondary school teachers in Oyo State, Nigeria.

1.6 Significance of the Study

This study at publication would help lots of individuals in understanding the various psychological and demographic factors which shape marital harmony, leading to disintegration or dissolution of the marital relationship among married couples and secondary school teachers in general. The outcomes of this study based on these

Lead City University Ibadan DO NOT COPY

particular demographic and psychological criteria; dual-earner couple structure, anxiety, marital communication, emotional intelligence, educational qualification, and age, will be of significant worth to several sections of society such as married couples and teachers who will be adequately equipped to have a harmonious marriage when they learn and implement the skills of emotional intelligence in maintaining their family-work life as dual-earner couples without allowing their educational qualification and age difference to come in the way while not unnecessarily becoming anxious about anything or problems emerging in the marriage and in their personal lives. Betrothed or potential couples, youth and teenagers, will be enlightened through pre-marital counselling sessions and be well-equipped to handle or cope with such psychological and demographic factors affecting marital harmony before and when they arrive at the bridge of marriage.

While parents, in-laws, families, friends, communities and neighbours, will be aware, appreciate and understand when and how to help or leave the wedded couple to get their own while they enjoy harmony in their marriage. While religious denominations and pastoral counsellors will by the impact of this study, positively advise their followers to build and enjoy harmony in their marriages despite the challenges of life. The outside world from the married couple should never be the thermostat of their marriage but the couple should reign over the outside world. Hospitals, clinics, rehab centres, Non-Governmental Organisations (NGOs), will assist their patients and clients in adjusting to if not recovering fully from their mental ailments as a result of anxiety and other emotional health issues of parenting, work-life in general marriage and family life crises. Poorly managed emotional issues affect the physical health in the long run.

Lead City University Ibadan DO NOT COPY

Medications, therapies and counselling as and when needed, will favour the patients and clients. The government, employers of human labour, industries, businesses and policymakers at all levels will be in a position to make decisions which will positively affect marriages and homes. Without effective marriages and homes, there cannot be good communities and nations. Researchers, scholars, research and academic institutions will be encouraged by this study to put in extra effort in scholarly studies which will rise and will bring harmony to marriages because joyful couples of harmonious marriages will constitute peaceful societies that will in turn lead to productive research and academic institutions. Social workers, marriage counsellors, therapists, psychologists, psychiatrists are the facilitators of individuals who have problems pre, during or after marital crises.

The findings of this study will allow them to give more emphasis to the aforementioned factors affecting marital harmony of public secondary school teachers and other married groups in our country. The different groups mentioned above will be aided by this study either by affecting, assisting or being affected through pre-marital guidance, marital guidance and marital conflict resolution guidance even policy making, since conclusion derived from this study, would be a guide on which ever objectives that are being made by these organisations and people in Oyo State and even elsewhere because it will reveal the psychological and demographic determinants that foretell marital harmony among secondary school teachers. The research will also be a sufficient guide to married and intending couples, marriage counselling institutions and agencies by counselling and advising them on symptoms most likely to result in marital dissonance.

Lead City University Ibadan DO NOT COPY

1.7 Scope of the Study

This study examined both psychological variables (emotional intelligence, marital communication and anxiety) and demographic variables (age, educational qualification and dual-earner couple structure) that predict marital harmony (sexual harmony, conflict resolution harmony and emotional harmony) in secondary school teachers. Secondary school teachers here referred to legitimately married adult women and men in a typical family setup who have been married for a long duration and serve in the Oyo State Teaching Service Commission (TESCOM). The emphasis in this context is mainly on three psychological and three demographic variables as predictors of marital harmony among public secondary school teachers within Oyo State, Nigeria. These six variables or predictors are; dual-earner couple structure, anxiety, marital communication, emotional intelligence, educational qualification and age, and how they impact sexual harmony, conflict resolution harmony, and emotional harmony. The present study is limited to Nigeria, Oyo State public secondary school teachers.

1.8 Limitation of the Study

A major limitation to the study was respondent access, which sometimes was problematic. Teachers were generally busy with school schedules, administration, or personal chores and hence hindered the collection of data. In some cases, principals in the schools were reluctant to give permission or procrastinated before agreeing to grant access to their teachers. This slowed down the collection of data and restricted the scope for the researcher to visit some schools.

University Ibadan DO NOT COPY

The sensitiveness of the issue was also challenging. Issues pertaining to marital happiness, sexual satisfaction, and conflict resolution are typically private. There were respondents who were not very open with frank answers, which might have affected the comprehensiveness of the information collected. Finally, the use of self-reported data by the researcher meant that responses could not be verified independently at all points. However, efforts were made to minimise their influence as far as possible, and the findings still provide valuable insights into predictors of marital harmony among married teachers in Oyo State.

1.9 Operational Definition of Terms

To enable effective sense-making of the study, some of the variables with open-ended meanings were operationally defined as used in the study.

Marriage: is a socially sanctioned union between a man and a woman called spouse(s) or husband and wife or married couple(s).

Marital Harmony: a state where the married couple is happy, and agree in areas like emotional harmony, conflict resolution harmony and sexual harmony.

Psychological Factors: they comprise anxiety, marital communication and emotional intelligence that affect the mind, interaction and feelings of the married partner in marriage.

Demographic Factors: these include the entirety of an individual's data that includes gender, age, educational level, dual-earner couple structure, marital status.

Lead City University Ibadan DO

Secondary School Teachers: refers to legally married adult men and women in a traditional family setting who have been married for many years and are Oyo State Government employees.

Public School: refers to teachers of secondary schools employed by the Oyo State government (TESCOM : Teaching Service Commission).

Lead City University Ibadan DO NOT COPY

Endnotes

[1] S. Coontz, *Marriage, a History: From Obedience to Intimacy, or How Love Conquered Marriage.* **New York: Viking,** 2005. https://psycnet.apa.org.

[2] J. C. Maxwell, *The Maxwell Leadership Bible: New King James Version*. **Nashville: Thomas Nelson**, 2002, Genesis 2:24–25.

[3] J. Bramdat, & F. Selje, *Cultural Differences in Marriage: A Global Perspective.* **International Journal of Cultural Studies,** 23(5), 2020, 678–695.

[4]. L. Stone, *Family, Sex, and Marriage in England 1500–1800.* **New York: HarperCollins**, 2018.

[5] W. J. Goode, *The Family.* Englewood Cliffs, NJ: Prentice Hall, 1970.

[6] *The Effects of Industrialisation on the Structure of the Family.* Bartleby. Accessed June 4, 2025. https://www.bartleby.com/essay/The-Effects-Of-Industrialisation-On-The-Structure-F3JLMQPZTC.

[7] P. Laslett, *Family Life and Illicit Love in Earlier Generations.* **Cambridge University Press,** 1972.

[8] Industrialization: Marriage and Family Encyclopedia.JRANK. Accessed June 4, 2025. https://family.jrank.org/pages/869/Industrialization-Marriage.html.

[9] M. Akintunde, *Cultural Perspectives on Same-Sex Marriage in Nigeria: Challenges and Opportunities.* **African Journal of Gender Studies** 7(2), 2019, 45–62.

[10] A. Akinwunmi, *Marriage in the Yoruba Context: Cultural and Social Implications.* **Nigerian Journal of Sociology** 8(1) , 2010, 23–39.

[11] V. N. Benokraitis, & C. E. Copen, *Marriages and Families: Changes, Choices, and Constraints.* 8th Boston: Pearson, 2016.

[12] F. Oye-Oluwafemi, *A Socio-Theological Evaluation of Marriage Restitution in the Redeemed Christian Church of God,* Region 12, Ogun State, Nigeria. Academia.edu. Accessed June 4, 2025.

[13] Public Library of Science. *Marital Harmony or Conflict Accounts for Nearly 10% of the Variation in Mental Health Self-Assessments, Study Finds.* Health Informatics, Psychology and Psychiatry, no. 1 (2024): e0296941. Available Online

[14] L. J. Waite & M. Gallagher. *The Case for Marriage: Why Married People Are Happier, Healthier, and Better Off Financially.* **New York: Doubleday**, 2000.

Lead City University Ibadan DO NOT COPY

15 A. B. Gümüş & K. Rüstem, *Occupational Stress and Marital Satisfaction among Teachers.* **Teaching and Teacher Education** 98 (2021): 103245.

16 A. Kumar & N. Kumar, *Factors Influencing Marital Satisfaction among Indian Couples.* **Journal of Family Studies** 21(3), 2015, 245-260.

17 P. N. Cohen & R. Hoshino, *Work, Family, and Dual-Earner Couples: The Dynamics of Change.* **Family Relations** 62(4), 2013, 567-580.

18 A. Hochschild & A. Machung, *The Second Shift: Working Families and the Revolution at Home.* **New York: Penguin Press**, 31(1), 2012, 352.

19 A. Al-Krenawi & J. R. Graham. *Conflict Resolution in Marital Relationships among Educators.* **Journal of Family Social Work,** 24 (3), 2021, 210-225.

20 M. M. Wan, M. A. Shaffer, J. Dou, M. Zhang, & Y. Zhang. *A Dyadic Approach to Examining Dual-Earner Couples' Boundary Segmentation Preferences and Work-Family Conflict.* **International Journal of Stress Management** 29(2), 2022, 133-145.

21 J. McLeod, *The Anxiety of Marriage: Communication and Emotional Intelligence.* **Journal of Marriage and Family Therapy,** 33(4), 2007, 421-436.

22 T. J. Legg, *How to Handle Relationship Anxiety.* Healthline, November 13, 2019. Avaiable Online June 4, 2025. https://www.healthline.com/health/relationship-anxiety.

23 O. C. Chinwe & T. A. Jamabo, *Social Skills as Predictors of Marital Satisfaction among Married Secondary School Teachers in Rivers State, Nigeria.* **Journal of Education in Developing Areas** 28(2), 2020, 123-135.

24 B. U. Onyekuru & C. J. Ugwu, *Emotional Intelligence as a Correlate of Marital Stability: The Counselling Implications.* **European Journal of Psychological Research** 4(1), 2017, 45-56.

25 *Emotional Intelligence in Marriages.* **Muslim Matrimonial Worldwide.** Available on YouTube, June 4, 2025.. https://muslimmatrimonial.co.uk/.

26 F. D. Fincham & S. R. Beach, *Conflict Resolution and Marital Quality.* **Journal of Marriage and Family** 84(2), 2022: 301-315.

27 *Educational Qualifications of Person.* **Statistics Canada**, September 2021. Available Online June 4, 2025. https://www23.statcan.gc.ca/imdb/p3Var.pl?Function=DEC&Id=257009.

28 Z. Cheng & Y. Liang, *The Impact of Education Level on Marital Satisfaction: Evidence from China.* **Social Sciences & Humanities Open.** 7(1), 2023, 100487. Available Online https://doi.org/10.1016/j.ssaho.2023.100487.

Lead City University Ibadan DO NOT COPY

[29] N. N. Umeaku, *The Influence of Educational Level and Duration of Marriage on Marital Satisfaction among Nigerian Couples.* **Nigerian Journals Online**, 2022. Availble Online June 4, 2025. https://www.nigerianjournalsonline.com.

[30] S. Umar, A. S. Tambuwal, & M. B. Shehu, *Effect of Negotiation Skills on Marital Conflict Resolution among Secondary School Teachers in Sokoto Metropolis.* **African Journal of Humanities and Contemporary Education Research** 8(2), 2022, 144-151.

[31] K. Yılmaz & D. Gürçay, *Emotional Labor and Marital Adjustment among Teachers.* **Educational Studies** 49(2), 2023), 1450-160.

[32] J. J. Gross, *Emotion Regulation.* **New York: Guilford Press**, 2015. Available Online

[33] R. J. Davidson & B. S. McEwen, *Neurobiological Contributions to Emotional Harmony.* **Proceedings of the National Academy of Sciences** 109(2), 2012, 17100-17107.

[34] L. F. Barrett, et al. *The Brain Basis of Emotion*. **Nature Reviews Neuroscience** 17(7), 2016, 419-433.

[35] S. L. Keng, et al. *Mindfulness and Emotional Harmony.* **Clinical Psychology Review** 78 2020, 101829. Available Online

[36] A. Hochschild, *Arlie Hochschild's Theory of Emotion.* June 25, 2024 Available Online.

[37] J. S. Carroll, et al. *Emotional Intimacy and Marital Satisfaction: A Meta-Analysis.* **Family Relations** 72(1), 2023, 45-60. Available Online

[38] E. Fallis, U. Rehman, & P. Pascoal, *Sexual Satisfaction as a Buffer against Marital Discord.* **Journal of Sex Research** 60(2), 2023, 201-215.

[39] Journal of Education in Developing Areas 27, 2023. [AI-assisted search].

[40] AI Assisted

Lead City University Ibadan DO NOT COPY

Chapter Two

Literature Review

This chapter is a literature review relevant to the study, comprising conceptual review, theoretical framework, empirical studies, and literature summary. The review is encapsulated under the following subheadings:

2.1 Conceptual Review

2.1.1 Marriage and its importance

2.1.2 Marital Harmony

2.1.3 Marriage System in Nigeria

2.1.4 Anxiety

2.1.5 Marital Communication

2.1.6 Emotional Intelligence

2.1.7 Dual-Earner Couple Structure

2.1.8 Educational Qualification

2.1.9 Age

2.1.10 Emotional Harmony

2.1.11 Conflict Resolution Harmony

2.1.12 Sexual Harmony

2.2 Theoretical Framework

Lead City University Ibadan DO NOT COPY

2.2.1 Psychological Well-being Theory

2.2.2 Self-Determination Theory

2.2.3 Communication Theory

2.2.4 Family Systems Theory

2.2.5 Attachment Theory

2.3 Review of Empirical Studies

2.3.1 Anxiety and Marital Harmony

2.3.2 Marital Communication and Marital Harmony

2.3.3 Emotional Intelligence and Marital Harmony

2.3.4 Dual-Earner Couple Structure and Marital Harmony

2.3.5 Educational Qualification and Marital Harmony

2.3.6 Age and Marital Harmony

2.3.7 Emotional Harmony and Marital Harmony

2.3.8 Conflict Resolution Harmony and Marital Harmony

2.3.9 Sexual Harmony and Marital Harmony

2.4 Conceptual Framework

2.5 Summary of Literature Reviewed

Endnotes

Lead City University Ibadan DO NOT COPY

2.1 Conceptual Review

2.1.1 Marriage and its Importance

The selection of human society's history is none other than the record of the emergence and extension of a number of institutions for the continuation, preservation and survival of society. The institution of marriage is as old as the world was created because it has a unique place in the list of institutions because of the fact that it plays a significant role in the continuation of the human society through the regulation of conjugal and filial relations. There is no universal definition of marriage that can be applied to all cultures and therefore rights like sexual monopoly and child rights with respect to marriage differ from culture to culture[1]. Marriage is a socially and culturally sanctioned matrimony between two people, usually legalised by legal, religious, or customary ceremonies.

It is an anchoring institution in the majority of societies, fostering emotional, economic, and social stability [2]. One of the fundamental roles of marriage is to provide a stable environment for raising children, since children raised in married families are more likely to have better emotional and educational success. In addition to procreation, marriage also provides emotional support and companionship, which promote personal well-being and mental health.

Marriage has been a growing topic of interest in policy and scholarly research. While the exact forms of marriage and family that existed in prehistoric society are unknown, types of human cultures recorded marriage as a universal human institution. It however varies greatly in different cultural contexts and has taken different forms in different societies since time immemorial. The marriage institution is a universal

Lead City University Ibadan DO NOT COPY

phenomenon which cuts across all races of all times and cultures in spite of the diversity of customs, forms and functions [1].

There is a growing agreement between scholars that marriage is an important institution. The majority of people think that when individuals marry and stay together, they make their societies better[3]. Families formed through marriage are, on average, healthier, wealthier and more stable than other types of families such as Cohabitation, Common-Law, and Domestic Partnership. Cohabitees are more aptly described as singles than as married couples [4]. Marriage is a coming together of two souls the instant that they exchange their vows because it creates an intimacy that no other union can, which is also the reason that it is a profoundly sacred act for all[3].

Aside from the sacred aspect of marriage there are social, legal and financial benefits to being lawfully married. In the Western world, for instance, a legally married couple gets a host of legal and financial benefits from the State such as joint health insurance policies, joint tax return, Child and Dependent Care Tax Credit, can have a joint bank account and can benefit from each other. It is a precious social good, correlated with a broad range of favourable outcomes for children and adults. Legal marriage in Nigeria protects the couple from the risk of bigamy, which will be awarded with imprisonment for five years[5]. Thus, the couple remain faithful to one another or divorce before seeking to marry someone else. Another implication of marriage is that it ensures that parents are more likely to be in good terms with their children.

Intact marriage children are also more bonded to their parents compared to the children of broken homes, and they also perform well at school. Growing up in an intact

Lead City University Ibadan DO NOT COPY

marriage is a positive effect on the future of the child since they are more likely to enjoy a healthy and long-lasting marriage. One of the greatest models of marriage that a couple can provide for their children[3] As said earlier, children whose parents are happily married are better in their academic performance, morally upright in most cases, and more often than not complete schooling with greater academic achievements. Here, it is evident that marriage is a universal institution that accrues numerous benefits to the couple, children, and the broader society. Again, marriage also plays a core role in social integration by establishing kinship ties and strengthening communal bonds. Economically, it enables sharing of resources and economic security, which is beneficial to the two partners and their dependents while the value of marriage varies across cultures, its persistence highlights its role in structuring personal and societal relations. However, not all marriages are strong and successful enough to benefit from the above advantages, among others. One such factor is marital harmony that is discussed in the upcoming section. Therefore, in order for the advantages of marriage to be attained, marital harmony is a must.

2.1.2 Marital Harmony

Marital harmony is a situation in which a married couple are happy, peaceful and agree with each other without any serious problem. Marital harmony is more than the absence of conflict, it is the dynamic interplay of emotional attunement, mutual respect, and shared purpose that sustains long-term relational satisfaction [6]. It does not mean that there is no conflict rather, the conflicts are properly managed or solved within the marriage.

Lead City University Ibadan DO NOT COPY

In recent studies, it is increasingly viewed as a relational ecosystem in which communication styles, emotional responsiveness, and conflict resolution strategies intersect to build resilience against external stressors [7]. In a satisfactory marriage, the husband and wife are extremely satisfied with one another, they communicate effectively, affective expression is warm, their sex life is satisfying, conflict management and every other facet of the marriage is first-rate. Also, the husband and wife in a peaceful marriage will not only be happy but also be sane, saintly, stable, fulfilled, healthy, grow personally, have a better quality of life, become wealthy, be contented and live long among other benefits of marriage, while the children in a peaceful marriage will have a well-balanced emotional physical growth and development.

Parents' marital harmony or conflict will, in any event, influence a child's developing physical and behavioural regulation and development. It has also been shown in research that children from a happy home or marriage do better academically compared to children from a disrupted home or marriage. They also achieve more academically. Children with married parents score higher on measures of academic success and are more likely to exit school with better qualifications [8].

Marriage is linked to lower incidences of debilitating ailments such as sleep disorders, fatigue, chronic stress, headaches, sexual dysfunction, skin issues like acne and eczema, and so on, but a happy marriage brings happiness and satisfaction which goes hand in hand with the good health of the couple and prevents health issues such as heart attack, high blood pressure, stroke and other psychological or mental disorders. Married couples, on the other hand, are likely to lead healthier lifestyles, manage disease more successfully and have higher incomes and wealth than unmarried people.

Lead City University Ibadan DO NOT COPY

A healthy marriage by definition provides more opportunities of intimacy and socialisation [9]. The health benefit of marriage is numerous since it affects not only the physical and social health but also the mental health of the couple. They can recover more quickly and better from sickness because emotional support from a spouse, causes a sick partner to recover quickly from either a minor or severe illness even in the case of long-term illness, they cope better than an unmarried person or a married person in an unhappy marriage who suffers from the same health problem. It is observed that married people in most cases take better care of themselves and abstain from harmful habits. This can be attributed to the fact that married couples are intimately acquainted with and are influenced by the behavior of their spouse. They keep an eye on one another encouraging healthy choices and habits. In fact, it is observed that men actually give up many self-destructive tendencies before their wedding day.

In spite of the importance of marital harmony in the well-being and productivity of couples in general, many of them still experience marital discord, which can further spread its negative effect to their overall quality of life, relationship, mental health and job satisfaction especially as secondary school teachers in a profession that is already documented to have high stress levels, long working hours, high emotional demands coupled with the sensitivity of managing adolescent students.

2.1.3 Nigerian Marriage System

Nigerian marriage system is complex and pluralistic, having been molded by various cultures, religions, and legal frameworks. Marriage among the Nigerian people is always a source of utmost joy to the couple, their friends and family members who all

Lead City University Ibadan DO NOT COPY

believe it to be an achievement, for marriage among the Nigerian people is usually seen as a holy bond because it strengthens ties that make families, communities and nations wealthier through the birth of new children and new hope. We may follow the history of the marriage system in Nigeria as one that was rich and diverse with thousands of years and influenced by various cultures, empires, and colonial nations.

It may be viewed starting its journey from the Pre-Colonial Period (1500s) when the marriages were traditional and varied across ethnic groups with the practice of their respective traditions and practices like polygamy, which was common particularly among royal families and affluent families. Then, in the Colonial Period (1500s-1960) when European colonists introduced Christianity and Western-style monogamous weddings, though Islamic weddings also continued especially in the north,

Even though the British colonial authorities imposed the Marriage Ordinance (1884), codifying monogamy as law. The Post-Colonial Period (1960-1990s) saw Nigeria gained independence, and customary laws were recognised. The Marriage Act (1990) unified marriage laws, allowing customary, church, and court weddings. Polygamy was forbidden under the civil code but existed in abundance. There were women's rights campaigns, gender equality, girl-child education, etc. The Modern Era (2000s-date) witnessed different Marriage Acts enacted. Primarily, Regional Variations predominated like Islamic law affects marriages in Northern Nigeria, Christian and traditional marriages prevail in Southern Nigeria, and Eastern Nigeria where we have the Igbo and other tribes follow different traditions. There are quite a number of different colourful ways in which marriage is being celebrated all over Nigeria in consonance with her colourful diversity, where the Ngba Ukwu/wine carrying has traditional wedding

Lead City University Ibadan DO NOT COPY

ceremony to the East, the Igbeyawo/traditional wedding to Yoruba Land/Western Nigeria followed usually by the Itoro (wooing the prospective bride from the bridegroom's family house) and Idana (actual betrothal), while among the Efik-Ibibio there is a series of bridal preparations which include the bride-to-be into the fattening room, for a specified period of time to be well-fed and ready for marriage prior to the wedding.

This is just to mention some of the ways marriage ceremony is conducted in Nigeria. There also exists the practice of inter-tribal marriages which has made Nigerians love each other even with her diversities in the areas of language, tradition, culture and religion. Though, inter-tribal marriages practice sometimes makes the couple and their parents complicated so as to cause friction, especially in the event that there has not been peace in the marriage. In spite of this, there are three important types of marriage or ways of entering into marriage in Nigeria namely the Statutory/Registry Marriage, Customary/Traditional Marriage and the Christian/Islamic Marriage.

There are various marriage practices worldwide just as there are many different ethnic communities in Nigeria both past and present. The practices keep changing from time to time. For instance, monogamy the act of one marrying only one spouse at once is highly practiced in some societies while polygamy being the act of having more than one spouse at a time is also practiced. Polygyny, the act of a man having more than one wife at a time is highly acceptable in some regions of Nigeria. Indeed, these acts are also religion/faith and culture dependent. Polygyny is a common practice in some parts of Oyo State, Nigeria. But the practice of polyandry, in which one woman marries multiple husbands at once is greatly disapproved of in the Nigerian society.

Lead City University Ibadan DO NOT COPY

2.1.4 Anxiety

Humour, play and laughter are good antidotes to stress [10.] Early marriage was an economic arrangement whereby women and men lived together as they had to. Love and emotion were secondary or did not exist, and in most cases, it involved a tremendous transition cost, especially for women in a macho or male-dominated world. The fight with new responsibility and expectation is already intimidating enough, but to be forced to add to it feelings of uselessness and being trapped in an ugly, loveless, thankless and disharmonious marital relationship, is very stressful.

Anxiety in the relationship becomes activated for one or both parties in the marriage. Ongoing worry and stress might pressurise a marriage relationship, leading to misunderstandings and quarrels. Unaddressed marriage anxiety brings long-term outcomes [10]. It can further affect physical well-being of a couple, resulting in headaches, insomnia, and weakened immunity. In severe cases, unaddressed anxiety produces mental disorders like depression. However, anxiety prevented early eliminates long-term outcomes and guarantees a happy, healthy marriage [10].

2.1.5 Marital Communication

Marital satisfaction is a complex process that has been, through time, thought to be influenced by an array of factors including education, socio-economic status, commitment, love, marital communication, conflict, gender, length of marriage, having children, sexual activity and the division of labour [11]. Communication can be described as the transmission or conveying of ideas, opinions, or facts by speech, writing, or signs. It is also referred to as the way humans use in order to build and sustain relationships.

Lead City University Ibadan DO NOT COPY

A failing marriage communication is bound to collapse because efficient marital communication plays a crucial role in building and maintaining a healthy, satisfying, and healthy marriage. Communication is regarded as a miracle cure, one that will yield a lasting happy relationship and will certainly attain organisational success [12]. It is a circular device used in an attempt to convey expressions or feelings in the negative or positive form. Communication becomes effective only when the sender sends the message to the receiver and a feedback is obtained.

Tony Robbins, credit to him as a coach, author, and speaker, opines that in order to communicate effectively, we must realise that we are all different as individuals in terms of viewing the world and allow this understanding to direct our communication with others[12]. The importance of communication in any human relationship cannot be overstated especially marriage[13]. Communication in marriage is a vital element of marriage because it is a natural necessity prior to the establishment of the relationship. Communication is the soul of intimate human relationship and the cornerstone upon which every other relationship is built; this further indicates that it is the pivot to a harmonious couple relationship.

In fact, willingness and ability to communicate have been found to be two of the most vital elements in guaranteeing a blissful union in marriage. With effective marital communication, a married couple forms an eternal union that is in a class of its own to relish. Effective communication between a couple, also promotes trust and respect and these are two very imperative virtues of any marriage. When an open communicator is sincere and vulnerable by being openly communicative within the marriage, they are expressing that they trust and respect their spouse.

Lead City University Ibadan DO NOT COPY

Trust is built with vulnerability and authenticity, and respect is deserved as an outcome[13.] In one study, the hypothesis that marital communication moderates the relationship between marital conflict resolution as predictor and marital satisfaction (criterion) controlling for sexual relationship and marital stability among heterosexual married couples in Addis Ababa, Ethiopia[14] was tested. The findings of the study fully corroborate the hypothesis that marital communication moderates the relationship between marital conflict resolution and marital satisfaction. The study therefore suggested that marital counsellors or other professionals in marriage counselling ought to lay significant importance on marital communication as one of the predominant mechanisms to resolve marital conflict and establish and maintain an enduring fulfilling marital relationship among married couples [14]. Communication is once again considered to be a critical variable for analysing marriage relationship and harmony. It is also regarded as an important social and demographic force in any relationship.

Communication as a social phenomenon is required from birth which assists in learning a range of interactional skills in adulthood [13.] In a love relationship like marriage, communication is established as husband and wife's verbal and or non-verbal interactions. Apart from it, communication patterns are said to be the communication patterns people normally use in solving issues of relationship. Furthermore, communication is the exchange or transmission of ideas, opinion or information by speech, writing or signals. Communication is a complex process whereby information packaged in an envelope is transmitted and sent by a transmitter to a receiver through a channel. The receiver then interprets the message and gives feedback to the sender.

Lead City University Ibadan DO NOT COPY

Communication always consists of a sender, message and a recipient to be addressed. It is how human beings build and exchange meaning, verbal as well as non-verbal. Communication in general is the mechanism of information, ideas, emotion and skills exchange. There are some school of thought which view communication as two-way message exchange that occurs in a particular way, constituent parts of which create powerful connections between people throughout a life time. Thanks to technology, people can communicate more easily across geographical, cultural, and linguistic boundaries [15]. The ability also generates new issues as interlocutors have to adjust their style of communication to ever-different situations.

For case study [15], a first step was initiated towards computerised assistance in adapting one's language to a specific communication environment. The focus was put on facilitating correct transmission of pragmatic meaning and propose an approach for offering paraphrases that achieve the desired politeness level under a specific communication environment. The question authors demonstrated the potential of their method by applying their approach to two real-life communication contexts and show that it can reduce the risk of misalignment between speakers[15].

Types of Communication

Communication is of different types.

1. Zero Communication: Zero communication means the complete or near complete absence of interaction between two or more individuals in a relationship. It is characterised by a condition wherein married couples do not talk to each other anymore, either verbally or non-verbally, which may be an indicator of some sort of emotional

Lead City University Ibadan DO NOT COPY

detachment, misunderstanding, and eventually relational breakdown. This is not just the physical silence between partners but a deeper psychological and emotional withdrawal that holds back the very essence of companionship and mutual understanding. Zero communication represents one of the most critical forms of communicative dysfunction in marriages and is often symptomatic of deeper psychological, emotional, or attitudinal problems.

In the context of marital harmony, communication is regarded as the lifeblood of relational stability and emotional closeness. It is when he or she stops that the marital bond is threatened, since without dialogue, there is no longer the possibility of negotiation, conflict resolution, or emotional reassurance. For many couples, particularly among professionals like those teaching in secondary schools who experience high work-related stress, fatigue, and role conflict, zero communication may emerge bit by bit. The demands of teaching, administrative pressures, and responsibilities at home create a kind of exhaustion that makes continued interpersonal engagement burdensome. Over time, silence becomes a coping mechanism to avoid arguments or as a shield against perceived emotional pain. Yet, the longer partners remain silent, the wider the emotional chasm grows.

Zero communication is not always loud in its manifestation; it can be subtle, silent, and deceptively calm. The most common beginning is a reduction in the verbal communication: short answers, late responses, evasion of eye contact, and a tendency to maintain distance. Eventually, even non-verbal cues, gestures, touch, and empathetic expressions disappear altogether. The home becomes a space of coexistence rather than

Lead City University Ibadan DO NOT COPY

connection, and the marriage operates more like an administrative partnership than an emotional union. Couples may communicate when necessary, often about routine or functional matters such as bills, children, or work schedules, but deeper levels of emotional disclosure and mutual engagement are foregone.

Zero communication is a sort of emotional withdrawal psychologically. Partners withdraw to protect themselves from further hurt, disappointment, or rejection. This can be brought about by several factors: unresolved protracted conflicts, personality or value differences, and unmet emotional needs. In many cases, when emotional neglect or frequent criticism is a common experience in a marriage, individuals may cope through silence. Instead of confrontation, they retreat. This reinforces feelings of loneliness, rejection, and alienation in both partners. Such a silent atmosphere breeds misinterpretation, suspicion, and resentment, further aggravating the marital strain at hand.

Demographically, the tendency toward zero communication can also be different across age, gender, and educational levels. Older couples who have spent decades together can fall into silence-not out of conflict, but because communication habits have deteriorated over time or because of fatigue and resignation. Differences in work schedules, workload, and levels of stress among working professionals, such as teachers, could also reduce the opportunity for quality interaction. Cultural conditioning in some couples, especially in a patriarchal or conservative setup, can also be the source of zero communication, wherein one partner, often the woman, is precluded from stating her opinions and feelings freely.

Lead City University Ibadan DO NOT COPY

In such a context, silence would be both submission and product of fear of misunderstanding or disrespect.

Zero communication also has physiological and emotional implications. The absence of interaction denies partners the psychological benefits accruing from empathy, laughter, affirmations, and shared emotional experiences. The resultant emotional void might express itself in irritability, anxiety, depression, or psychosomatic symptoms. If one or both partners feel unheard or emotionally invisible, they may seek validation outside the marriage, sometimes through friendships or extramarital relationships. Thus, zero communication does not only erode marital harmony; it can also lead to behavioral deviations and moral consequences that further strain the family unit.

The professional environment itself may affect the communication dynamics in marriages of secondary school teachers. Teachers are often trained to be effective communicators in the classroom but may be unable to sustain such effectiveness in personal relationships due to emotional fatigue. Continuous exposure to adolescent behavioral challenges, bureaucratic supervision, and meager financial rewards depletes emotional energy. Thus, the frustration accumulated in the workplace is brought into the house, where instead of confronting or communicating it, one decides not to talk to avoid further stress. This pattern grows and eventually defines the relationship, where a fulfilling exchange of affection and words of encouragement becomes replaced by mechanical routine and emotional indifference.

From a psychological point of view, zero communication can be seen both as a symptom and as a cause of marital discord. It is symptomatic because it reveals unresolved

Lead City University Ibadan DO NOT COPY

psychological issues such as pride, ego defensiveness, or low emotional intelligence. At the same time, it is a cause because it perpetuates misunderstandings and alienation. The absence of dialogue negates any chance of conflict resolution, empathy building, and shared decision-making-all very important elements in marital harmony. Partners cannot coordinate their objectives, clarify their expectations, or understand each other's emotional states without communication. What follows is a silent erosion of intimacy-one that may be gradual but is devastating nonetheless.

Overcoming the vicious circle of zero communication does indeed involve psychological and behavioral deliberateness. First, partners have to recognise that silence is a form of communication-it speaks volumes about avoidance, hurt, or protest. That realisation opens up a pathway toward dialogue. Restoring communication requires a capacity for emotional awareness, empathy, and active listening. This also calls for putting aside ego, resentment, and blame, making space for safe exposure of vulnerability. Where teachers or professionals with tight schedules are concerned, such effort involves scheduled conversations, shared leisure activities, or times of mutual reflection for the restoration of lost patterns of communication.

Essentially, zero communication represents a silent but powerful barrier to marital harmony. It is an unseen wall that separates them emotionally, mentally, and spiritually while they share the same physical space. It thrives on emotional neglect, stress, and unresolved conflict, and its persistence can turn love into apathy. In the context of secondary school teachers in Oyo State, it may be exacerbated by professional stress, economic pressures, and role overload. Understanding and addressing zero

Lead City University Ibadan DO NOT COPY

communication as a type of dysfunctional interaction are thus central to any psychological or sociological exploration of factors that predict marital harmony. When there is silence, there is no understanding. There can only be harmony when communication is there.

2. Plastic Communication: Plastic communication is a manner of superficial, artificial, and sham-like interaction where both parties engage with politeness but devoid of depth, pretend to be emotionally connected but actually are not, and converse yet do not understand one another. The term "plastic" metaphorically denotes the quality of something that is smooth and attractive on the surface but lacking authenticity or emotional substance beneath. In the context of marital relationships, plastic communication describes interactions that outwardly appear to be functional or civil but empty inside. It is the kind of communication where words are exchanged but hearts remain afar; spouses speak but do not communicate.

Communication in marriage is not just a question of talking or listening; it's about emotional resonance, empathy, and mutual authenticity. Plastic communication cannot generate either intimacy, resolution of conflict, or trust. Plastic communication is what many couples, most especially working professionals like secondary school teachers, slip into without knowing. There is the outward form of marital interaction: greeting each other, discussing routine issues like children or household needs, and giving responses. What is usually missing, however, is the real emotional transparency that sustains marital harmony. With this superficial way of exchange, a feeling of emotional disconnection sets in, and with time, a feeling of isolation in marriage.

Lead City University Ibadan DO NOT COPY

Plastic communication often develops in relationships in which tension, disappointment, or unmet expectations have pulled the couple apart. For some, the conflict that arises from open-and-honest communication leads them to avoid vulnerability. Rather than expressing true feelings, they utilise politeness or diplomacy to maintain peace. On the surface, this may appear as a form of maturity or restraint, but ultimately, it masks unresolved emotional tension. The couple becomes more concerned about maintaining appearances rather than confronting realities. Publicly, they may seem harmonious but are privately devoid of warmth or depth in their conversations. This kind of "performance communication" can be mentally exhausting and emotionally unfulfilling.

Plastic communication can be intensified in the lives of secondary school teachers because of professional and social pressures. Teachers often lead lives burdened by expectations-to serve as moral models, exercise patience, and maintain respectability in their communities. These expectations may spill over into marriage, and spouses avoid showing emotions honestly lest they appear weak or unrespectable, even indecent. For instance, a wife or husband suppresses frustration or sadness, smiling politely or making courteous remarks when feeling emotionally hurt. As days go by, such actions become habituated, and mechanical interaction replaces genuine communication. A marriage becomes polite but passionless-stable superficially yet fragile at the core.

Psychologically speaking, plastic communication is a defense mechanism. It means one protects themselves from rejection, criticism, or emotional pain through the façade of normality. Partners will not risk confrontation or misunderstanding; they play safe by saying what is expected rather than what is true. This emotional masquerade reduces

Lead City University, Ibadan DO NOT COPY

vulnerability but also curtails intimacy. True marital harmony depends on transparency and emotional courage-the right to express one's needs, fears, and desires openly. Plastic communication denies that opportunity, substituting depth with surface politeness. While it does not cause immediate arguments, over time it really does erode trust and closeness.

Demographically, plastic communication can take on different forms across genders and age groups. Younger couples may engage in it as part of a social performance-that is, trying to present a picture of success and togetherness to their friends and family members. Older couples may fall into it out of resignation or exhaustion. After years of conflict or misunderstanding, they may decide that keeping the peace is better than pursuing authenticity. In some instances, differences between spouses in level of education, temperament, or cultural background may further encourage plastic exchanges-one partner consistently dominating conversation, while the other partner feigns agreement to avoid conflict. Of course, in teacher marriages-where both spouses may be professionals-intellectual pride and ego can fuel this artificial communication style too, with each spouse trying to appear emotionally composed or morally superior rather than emotionally honest.

The danger with plastic communication lies in its deceiving calmness. Since it is not outwardly conflicting, it can easily be mistaken for harmony. Behind the façade of calmness lies emotional numbness and silent frustration. When partners communicate only for the sake of form, they deliberately deprive themselves of understanding. Misunderstandings start to build up, unfulfilled emotional needs, lack of affection-the

Lead City University Ibadan DO NOT COPY

couple begins to live parallel lives, different emotional worlds even under the same roof. A relationship becomes an arrangement, a partnership rather than a union of hearts.

Plastic communication also has psychosocial consequences: the pretense fostered by it leads to cognitive dissonance, where individuals act happy outwardly while being unhappy inside. This split between appearance and reality can generate emotional exhaustion, anxiety, and resentment. Furthermore, a lack of genuine dialogue limits problem-solving and empathy, key ingredients in marital harmony. Without emotional honesty, even routine decisions can be sources of quiet frustration. A spouse may agree to financial decisions or family plans without showing discomfort and later feel bitterness or regret.

In secondary school teachers' marriages, the disciplined and hierarchical nature of the workplace can further reinforce plastic communication. Teachers are used to structured expression and a control of emotion in the classroom. Such restraint can subconsciously flow into one's home, where emotional openness is equally called for. When partners bring their professional composure into their marital interactions, conversations can become overly formal or guarded. Phrases such as “it’s fine,” “I understand,” or “no problem” may replace honest expressions like “I feel hurt” or “I need help.” The result is a polite but emotionally sterile relationship.

Plastic communication, from both a psychological and marital adjustment perspective, can be viewed as a transitional phase, one stage which most couples will go through when trust has been strained but conflict is being avoided. If unaddressed, however, it becomes the new normal, freezing emotional development within the relationship.

Lead City University Ibadan DO NOT COPY

Breaking this cycle requires self-awareness and mutual commitment to authenticity. Partners must learn to communicate not to inform but to connect. This includes emotional vulnerability, empathy, and the will to listen without judgment. This may be uncomfortable to start up again with authenticity, especially for those who have become so comfortable with avoidance.

Plastic communication is one of the most insidious relational dysfunctions since it masquerades as harmony. It looks good on the outside but is empty inside: smooth, polite, and deceptive. Among secondary school teachers, it may arise from professional pressures, emotional exhaustion, or social expectations that forbid being vulnerable. While it may maintain a form of external order, it denies internal connection, and true marital harmony is thus not possible. A relationship built on plastic communications may last in form but will wither away in spirit. Only where politeness is transcended and authenticity is sought-marital harmony can thrive, choosing truth over appearance and emotional connection over artificial peace.

3. Negative Communication: Negative communication is defined as patterns of interaction where words, tone, gestures, or behaviors convey hostility, criticism, contempt, defensiveness, or indifference rather than understanding, empathy, and respect. It is a destructive communication style that tears down the emotional security and closeness between partners. In marital relationships, negative communication manifests in behaviors such as constant blame, sarcasm, shouting, withdrawal, name-calling, manipulation, or silent treatment. Instead of building comprehension and connection, such interactions erode trust and breed resentment, creating emotional distance.

Lead City University, Ibadan DO NOT COPY

In marital harmony, communication is the central mechanism through which couples express affection, resolve conflicts, and negotiate shared meaning. But once communication becomes negative, everyday disagreements become recurring battles, and even the marriage itself becomes a source of tension rather than comfort. For secondary school teachers, whose professional environments already demand patience, discipline, and emotional regulation, engaging persistently in negative communication at home can be particularly damaging. The dual stress of managing classroom responsibilities and negotiating an emotionally charged marital environment can often lead to burnout and emotional exhaustion.

Negative communication often builds up gradually. Early in marriage, couples may start having occasional disagreements or frustrations that, if not worked through, evolve into patterns of hostility or avoidance. Rather than working out their differences through open discussion, partners begin to criticise or put each other down. For example, an unappreciated teacher may start to make subtle comments that degrade or demean the other. These comments cut and, no matter how much they may be later apologised for, cannot be healed simply with words. An argument begun over money or household chores builds into a recurring cycle of blame and defense, and before long, both spouses become emotionally drained.

The psychological underpinnings of such negative communication include unmet emotional needs and inadequate emotional regulation. When people feel unheard, undervalued, or disrespected, they may show their frustrations in ways that can be self-destructive. Anger and resentment supplant empathy and patience. In some cases,

Lead City University Ibadan DO NOT COPY

partners carry unresolved traumas or insecurities from their childhood or previous relationships, projecting them onto their current marriage. Thus, it no longer is about the issue at hand but deeper emotional pain that has never been processed. Where such dynamics prevail, the marriage begins to lose its sense of safety-partners become guarded, defensive, and reluctant to express vulnerability.

Other factors that may encourage negative communication among secondary school teachers are occupational stress and role overload. Teachers often have to handle multiple responsibilities: teaching, marking scripts, attending meetings, and managing family expectations. When the demands of work are excessively high and emotional support is low, irritability and fatigue can spill over into marital interactions. A teacher who experiences frustration daily in the classroom may unknowingly transfer that tension into communications with a spouse. This may manifest in snapping at minor issues, dismissing the partner's opinions, or failing to listen attentively. Over time, these little moments add up, making what should be a bridge in communication a battleground.

Negative communication also manifests in non-verbal forms, such as eye-rolling, avoidance of eye contact, sighing out of irritation, or simply turning a deaf ear to one's partner's attempts at conversation. Such subtle cues denote disrespect or emotional withdrawal when words may not be spoken. In some cases, couples might exist together physically but remain emotionally removed-speaking only when it's essentially unavoidable and then with patent irritation. This could be as damaging as overt hostility since it conveys rejection and indifference, two emotional states that corrode marital satisfaction.

Lead City University Ibadan DO NOT COPY

Another dimension of negative communication concerns power. When one partner dominates the conversation and frequently interrupts or dismisses the viewpoint of the other, then communication becomes oppressive rather than collaborative. In such situations, one person's voice is typically emphasized while the other's is silenced, resulting in frustration and feelings of inferiority. This imbalance may further be propped by gender norms, personality differences, or socioeconomic factors. For instance, a partner earning more or holding a higher professional rank may use communication subconsciously as a tool of control rather than connection. For teachers, where intellectual pride or professional hierarchy can subtly influence relationships, this imbalance can easily emerge.

Emotionally, the repercussions of negative communication run deep. Chronic criticism and contempt cultivate low self-esteem, anxiety, and chronic dissatisfaction. Many couples who find themselves in such a pattern of negative interaction report that they are lonely when they are together. Marriage, which is supposed to be a haven, becomes instead a source of stress. Such emotional alienation can eventually spill into other spheres of life productivity at work, social interactions, even physical well-being. For teachers, whose profession demands emotional energy and interpersonal engagement, such emotional depletion may have ripple effects on job performance and overall well-being.

Negative communication also prevents resolving conflicts effectively. Anger or defensiveness in the communication of one or both partners shifts them toward fighting to win instead of listening to and trying to understand each other's point of view.

Lead City University Ibadan DO NOT COPY

Dialogue becomes a competition, not collaboration. Such cycles of attack and defense preclude empathy and mutual growth. Sometimes, it escalates into verbal or emotional abuse, further ruining the psychological health of both partners. When there are children around, they almost always absorb these negative models and learn to repeat them in their own later relationships.

Breaking the cycle of negative communication requires a conscious effort, emotional maturity, and an awareness of where their interaction has gone wrong. The ability to recognise the destructive patterns and their triggers is essential. Communication, couples must realise, is not about pouring out your thoughts but how to manage emotions constructively. Emotional intelligence, developed through empathy, active listening, and self-control, can help negotiate negative communication into positive dialogues. Partners must learn to speak from feelings rather than accusations, express needs without blame, and listen without interruption or defensiveness.

For teachers in secondary schools, time management and reducing of stress are also key areas in communication breakdowns. Balancing work and home life enables less stressful and more communicative moments; shared evening walks, hobbies, or simply family reflections can be used to reconnect and rebuild empathies. Establishing boundaries within disagreements such as agreeing to discuss matters calmly at appropriate times, not during anger or tiredness can be quite helpful.

In a nutshell, negative communication is a potent predictor of marital disharmony. It reflects the breakdown of respect, empathy, and emotional safety between partners. In secondary school teachers, negative communication may easily take root when

Lead City University Ibadan DO NOT COPY

occupational stress and emotional fatigue are left unchecked. Sometimes, it does not start off hostile; sometimes it starts off as frustration or disappointment poorly expressed. Over time, however, it poisons intimacy and corrodes trust. To nurture marital harmony, couples have to replace the destructive pattern with constructive dialogue, empathy, and mutual respect. Communication should not be a weapon but a bridge-one that connects two hearts striving for understanding and peace.

4. Bulk Communication: Bulk communication is a form of interaction in which one or both partners engage in overloaded, one-sided, or excessive expression of information, emotions, or complaints without meaningful reciprocity or balance in dialogue. This is a style of communication where quantity substitutes for quality, whereby partners talk much but without real structure, empathy, or attentiveness to the emotional needs of the other. In marital relationships, bulk communication often manifests as long emotionally charged monologues, repetitive complaints, or excessive talking that leaves little or no room for mutual exchange. Although this may seemingly look like active communication, it often results in emotional fatigue, misunderstanding, and relational disconnect since the focus shifts from understanding to venting.

In the context of marital harmony, communication is expected to be dialogical, or, in other words, mutual, responsive, and empathetic. Where communication becomes bulk in nature, its dialogical essence is definitely lost, and this reduces it to a state of verbal overload. Instead of connecting, one gets overwhelmed by the other partner's domination of the conversation. This generally develops where there is a stronger personality, emotional expressiveness, or a controlling partner that overruns discussions. The other

Lead City University Ibadan DO NOT COPY

partner may feel that he or she is not being listened to or is overpowered and may react either by withdrawal or disengagement. An imbalance brings about an emotional gap where the words are many, yet the understanding is minimal.

It comes in many guises: sometimes as nagging, complaining, or just incessant talking about unresolved issues, perceived wrongs, or unmet expectations. At other times, it may be over-explaining, when the partner tries to justify every action, opinion, or feeling with excess words and leaves the other overwhelmed. During conflicts, partners raise many unrelated issues in one conversation, in which focus is lost and resolution cannot be achieved. Instead of addressing one concern calmly, they bring up a bulk of past grievances, accusations, or frustrations in which it's impossible to communicate effectively.

Among secondary school teachers, bulk communication may be related to professional and emotional patterns developed in the workplace. Teachers are used to explaining, lecturing, and managing the flow of communication in classrooms. When this habit extends unconsciously into their marriage, they may talk more than listen, assuming a corrective or instructive tone even in intimate conversations. While such a pattern may work in the classroom, it can be experienced as patronising or overwhelming by a spouse. At the same time, a partner experiencing neglect or emotional deprivation may resort to bulk communication as a cry for attention-forcing engagement or emotional response through excessive talk.

Psychologically, bulk communication can be the result of unprocessed feelings of frustration, insecurity, or anxiety. When people feel misunderstood or invalidated, they

Lead City University Ibadan DO NOT COPY

may talk to make up for it because they want to be heard. In such cases, by trying to avoid feeling unheard, they wear down their partner's attention and patience, thus making the conversation a burden instead of the bridge to intimacy it's intended to be. This kind of communication is usually self-centered rather than relational; it focuses on expression rather than connection and speaking rather than listening. Rather than drawing partners closer together, it pushes them further apart emotionally.

Bulk communication also violates the principle of emotional timing and moderation, which are essential for any healthy interaction. Good marital communication needs pacing: knowing when to speak, when to listen, and when to pause. This rhythm is gone in bulk communication. The speaking partner rarely feels cues of disinterest, annoyance, or fatigue from the other. The effect of this can be a unilateral flow of words that may lead to withdrawal or resentment. The listener, overwhelmed, may tune out mentally or emotionally, even while remaining physically present. With time, this sets up a cycle where one partner talks excessively while the other avoids communication altogether, thereby fostering imbalance and disharmony.

Demographically, bulk communication can be influenced by personality type, gender norms, or educational background. For instance, extroverted individuals or those who vent relief through verbal expression are more likely to engage in bulk communication, whereas their introverted partners may feel drained by such exchanges. In some cultural or gendered contexts, women are more vocal on emotional issues, while men would rather keep discussions brief or focused on practical matters. When such preferences conflict, misunderstandings occur within teacher couples who usually happen to be

Lead City University Ibadan DO NOT COPY

eloquent and expressive, this clash can be especially acute. Both may attempt to "explain" or "analyse" issues ad infinitum, resulting in circular conversations that generate a lot of heat but little light.

Bulk communication also has an emotional cost: it is based on talking rather than listening, and by doing so, it reduces empathy, which is the cornerstone of marital harmony. When partners communicate in bulk, they focus on their own perspectives, grievances, or needs without acknowledging the other's. This can make the listener feel devalued or invisible. Over time, this dynamic erodes mutual respect and intimacy. Well-intentioned conversations often end in frustration when one partner feels drowned by the other's words. Ironically, what perhaps began as an attempt to express love or concern may be perceived as nagging, controlling, or self-centeredness.

In some cases, bulk communication is a form of defense. People who dread silence, rejection, or confrontation may resort to excessive talking to fill the emotional void or avoid confronting some unpleasant realities. For example, instead of openly discussing a painful issue, a spouse may continue to talk about everything else-matters pertaining to finances, children, work, or relatives-to give an impression of communication and avoid emotional openness. Such verbal overflow does not solve the conflicts; it only delays them. The hidden emotional problems remain unsolved and will burst out again with increased strength some other time.

For secondary school teachers for whom communication skills lie at the heart of their professional identity, the challenge can often be one of switching from instructional to relational ways of communicating. The former is informational in direction and one-way

Lead City University Ibadan DO NOT COPY

in flow; the latter is empathetic and two-way. Bulk communication thrives when partners forget this distinction, turning marital dialogue into lectures, debates, or emotional outpourings rather than conversations of shared understanding. Maybe the strain of workload, student management, and administrative duties limits the time and energy available for reflective communication, resulting in hurried, unfocused exchanges that spill over in bulk.

The couple needs to develop an art of balanced dialogue in place of bulk communication. This involves active listening, empathy, and brevity-speaking clearly but being sensitive to the emotional tone of the partner. That means emotional regulation of oneself so that communication becomes one of connecting rather than catharsis. Couples should learn how to keep on topic, one issue at a time; creating space for each other's feedback. That also means teachers need to shift their professional communication to more intimate, emotionally intelligent approaches, making listening as important as speaking.

Goes without saying that bulk communication is a form of marital dialogue that is deceitfully one-sided, emphasising quantity rather than quality. While this might indicate an engaged feeling, it actually masks deeper emotional imbalances, stresses, or insecurities. It is possible that occupational habits, emotional exhaustion, or the need for assurance would have secondary school teachers inclined toward bulk communication. Without intentional balancing and empathy, however, emotional draining, misunderstanding, and relational stress will result. True marital harmony is not based on how many words one shares but rather on how much is understood. Marriage therefore

Lead City University Ibadan DO NOT COPY

requires communication that is measured, meaningful, and mutual-listening and speaking together in equal measure to sustain love and understanding.

5. Half Communication: It is a form of incomplete, fragmented, or selective interaction in which only parts of thoughts and feelings or information are transmitted between partners. It is a style in which communication is characterised by omission, vagueness, partial disclosure, and restraint of emotions. In a marriage relationship, half communication occurs when one or both partners communicate not in a fully open way, leaving the important unsaid, or masking their real feelings. This is an "unfinished conversation" that generally results in confusion, misinterpretation, and disconnection at an emotional level. The words that are exchanged may be enough superficially, but deeply and sincerely, they are incomplete, creating a gap between what is said and what is really meant.

In the context of marital harmony, complete communication is indispensable in bringing understanding, empathy, and building trust. Half communication, however, disrupts these very foundations by creating ambiguities. Whenever the partners fail to communicate their thoughts and ideas, intentions are easily misconstrued, and assumptions take the place of clarity. Over time, this process results in frustration, suspicion, and emotional withdrawal. Half communication is most perilous in marriages where both partners are busy professionals, such as secondary school teachers whose demanding schedules and emotional depletion often have little room for intentional and meaningful conversation.

Half communication comes in several forms. One common form is emotional withholding, whereby a partner intentionally withholds feelings either to avoid conflict or

Lead City University Ibadan DO NOT COPY

to protect one's self from being vulnerable. For example, a spouse who feels hurt by the other's behaviour may simply say, "It's fine," when actually it is not. Another kind of partial disclosure is when one partner shares only part of the truth concerning an issue like finances, family ills, or work problems out of the belief that comprehensive divulgence might lead to misunderstanding or tension. There is also passive engagement, which includes superficial listening or a lack of response to what your partner has said. With each variation, the communication has become partial and has failed to create intimacy.

The roots of half-communication are often psychological. Most people grow up in environments in which open emotional expression is discouraged or seen as a sign of weakness. As adults, they learned to communicate cautiously-typically by choosing their words selectively, suppressing emotions, or avoiding deep conversations altogether. In marriage, this pattern translates into half communication. The partner may seem calm and composed on the surface but inside feels frustrated or neglected. Over time, the unspokenness of these feelings becomes toxic. When the suppressed feelings finally come to the surface, they often do so explosively, resulting in conflict that could have been avoided through earlier, honest conversation.

Half of the communications among secondary school teachers may be reinforced by professional habits and emotional fatigue. Much of their time is devoted to teaching, organising students, and responding to institutional demands often at the expense of personal reflection and emotional discharge. When they go home, fatigue may lower their willingness to engage in lengthy or emotionally heavy conversations. Thus,

Lead City University Ibadan DO NOT COPY

communication is limited to short messages concerning routine matters-schedules, children, or finances-and emotional or relational concerns are simply avoided. A pattern unfolds whereby both partners talk a great deal but rarely about anything that really matters. This leads to a quiet dissonance that only becomes evident when it escalates into open conflict.

Half communication also thrives in relationships where there is fear or insecurity. A partner who fears rejection, judgment, or ridicule may opt for half communication. For example, a teacher who feels professionally incompetent or stressed by the economic pressures in the family may not share such struggles with a spouse in order to preserve their self-image. Similarly, a partner in a relationship who perceives the other partner as domineering or unreachable may refrain from full disclosure to avoid confrontation. In these cases, silence or half-truths are coping mechanisms, not solutions. The cost is emotional distance the partners become strangers who only know partial realities of each other.

Demographically, half communication can manifest differently according to age, gender, and length of marriage. Younger couples tend to engage in half communication due to immaturity or lack of emotional awareness-they simply don't have the emotional vocabulary to express their needs clearly. Older couples fall into half communication out of complacency or habit: they just assume that over time their spouse should know how they feel and will not need to be told. Teacher marriages-where both spouses have a good education and tend to be articulate-may exhibit half communication in a more subtle manner: intellectualised conversation that discusses everything except the emotional core

Lead City University Ibadan DO NOT COPY

of a couple's relationship. The conversation becomes analytical, not personal; rational rather than compassionate.

Half communication has far-reaching ramifications for marital harmony. It weakens the lifeblood of any marriage: emotional intimacy. In not sharing their inner thoughts or experiences, partners rob each other of emotional insight and support. Misunderstandings multiply because assumptions replace facts. For instance, a partner may interpret the silence of the other as disinterest or anger when such silence may actually emanate from fatigue or anxiety. Over time, misinterpretation like this can lead to resentment and mistrust. Secondly, unresolved issues fester beneath the surface, creating emotional tension that also affects other aspects of family life, including parenting, finances, and even sexual intimacy.

In many teacher households, the busy rhythm of work, lesson preparation, and administrative duties makes half communication an easy default. Couples may talk hurriedly before leaving for work or in the evening after long days at school, when neither is fully present. Such fragmented communication, although apparently working, misses the depth of emotion. It turns transactional and focuses on logistics, rather than connectivity. The longer this pattern continues, the more emotional walls are built until marriage becomes a coexistence relationship rather than a companionship.

To overcome half communication, it takes awareness and requires work emotionally. First, one identifies it as a problem, rather than a normal pattern. Couples need to realise that incomplete communication, even when well-intentioned, can cause as much harm as open conflict. Secondly, trust and emotional safety need to be built; one should not feel

Lead City University Ibadan DO NOT COPY

unsafe to express themselves for fear of being rejected or ridiculed. Active listening, showing empathy, and emotional validation are ways to break the cycle of selective disclosure. Instead of assuming one understands, partners should seek clarity through open-ended questions, encouraging honesty.

For secondary school teachers, who mostly work in structured environments and are usually time-bound, setting aside dedicated times for real talk can make all the difference. These can be evening reflections, walks together, or even discussions over the weekend with no distractions. The aim, again, is not to talk more but to talk deeply-to ensure that communication becomes full, clear, and empathetic. When both partners practice openness and patience, trust begins to rebuild, and emotional connection strengthens.

It is a silent saboteur of marital harmony masquerading as peace and politeness but quietly gnawing away at the couple's understanding and closeness. By not supplying emotions, information, or sincerity, partners set up invisible barriers that impede mutual development. In this regard, the temptation is great when work demands and emotional exhaustion are especially strong among teachers, as they are in secondary school. Sustaining marital harmony requires more than surface-level exchanges; it requires full-hearted communication in an atmosphere of trust and empathy. Couples rediscover the depth of companionship and create a foundation for enduring marital satisfaction when they move from half to whole communication.

6. Object Communication: Object communication is one of the subtlest, yet strongest, forms of interpersonal communication influencing relationships, including marital interactions. This includes messages conveyed through physical objects, material

Lead City University Ibadan DO NOT COPY

possessions, and environmental symbols that express feelings or define relational dynamics between partners. Unlike other forms of communication, object communication falls squarely within the nonverbal realm, wherein objects or physical settings carry meaning. Within marital relationships-particularly in instances involving a working adult, such as a secondary school teacher who juggles professional and family responsibilities-object communication may be an appropriate medium for communicating affection, frustration, appreciation, or neglect.

At a deeper level, object communication relates to the symbolic use of tangible items such as gifts, clothing, household arrangements, or personal possessions to convey internal states or relational attitudes. For example, a husband may purchase a new piece of jewelry or a thoughtful gift for a spouse to show love, say sorry, or appreciate them without even verbalizing such words. A wife might reorganise the home environment or leave a prepared partner's favorite meal on the table to express care and attention. In both cases, the objects serve as an instrument of communication, carrying emotions, intentions, or unspoken words. Thus, in the marital context, object communication becomes a silent yet eloquent language that speaks about the emotional temperature of the relationship.

Given the complex nature of such relationships, objects and their meanings are usually determined by the psychological and emotional context of the relationship. Objects serve positive meanings for partners-that is, as signs of love, shared moments, and mutual respect-in a marriage that is running smoothly. However, when a relationship is strained, those same objects take on negative meanings or become a source of misunderstanding.

Lead City University Ibadan DO NOT COPY

For example, a partner being careless with an object the couple shares-for instance, an anniversary gift or a family photo-may be seen by the other partner as lack of commitment or emotional withdrawal. As such, object communication is not neutral because it is part of perception, attitude, and emotional readiness on the parts of the partners.

Object communication may be especially important among secondary school teachers because of their tight professional schedules and cognitive preoccupations with teaching work. Teachers are often pressed for time, and extensive talking at home may well be ill-afforded; object-based expressions then become a handy substitute for emotional communication. A partner coming home with a small token of appreciation, tidying up the living space, or attending to the spouse's needs through instrumental gestures, may provide silent reassurance of love and partnership. Conversely, an absence of such gestures or careless handling of the couple's possessions could indicate emotional detachment or discontent.

Psychologically, object communication operates within the domain of symbolic interactionism: the idea that individuals create and interpret meanings through symbols. Objects within a marriage become symbolic carriers of shared experiences and emotional investments. Anything from a framed photograph, a wedding ring, a piece of furniture, to even how household resources are divided up, all reflect underlying communicative intentions. These objects can remind partners of their commitments, joint memories, or the evolving nature of their relationship. For instance, when a couple follows certain

Lead City University, Ibadan DO NOT COPY

traditions around gifts, home décor, or jointly owned possessions, they are symbolically reaffirming their bond.

However, object communication can also become problematic when the intended message is misinterpreted. A partner may communicate through an object to denote affection but, on the other hand, the recipient may interpret this differently because of the existing emotional tension or expectations. In such cases, the object becomes a source of conflict rather than connection. For example, buying an expensive gift may be interpreted by one spouse as paying a debt because of guilt or absence rather than an expression of true affection. This shows that while object communication may nurture marital harmony, it has to go hand in hand with emotional sensitivity and understanding on both parts to avoid miscommunication.

Object communication in marital relationships can reinforce attachment, substitute verbal expression, or provide a means of resolving conflicts. In the very structured and often stressful professional worlds that teachers inhabit, tangible acts of kindness and thoughtfulness can convey emotional reassurance and relational stability. Such gestures also provide continuity and security in marriage, especially in cases where verbal interactions are constrained by demands of work.

Furthermore, objects as communicative tools often reflect demographic influences such as age, gender, socioeconomic status, and educational background. For example, younger generations may be more likely to use modern technological objects like text messages, digital gifts, or social media posts to communicate affection, while older couples rely on traditional symbols such as handwritten notes or material tokens. Similarly,

Lead City University Ibadan DO NOT COPY

socioeconomic factors determine the nature and frequency of object communication; value is not necessarily monetary but symbolic of emotional investment.

Object communication, in essence, forms part of the nonverbal communication landscape or marital relationships. It is an emotional shortcut for partners who may not always have the time or emotional space to talk to each other through lengthy conversations. If well used, it nurtures intimacy, care, and harmony by filling the emotional gaps between the two; at the same time, if it is neglected or misused, it may become a silent indicator of relational dissatisfaction or neglect.

Object communication may have an adaptive function in maintaining marital harmony for secondary school teachers whose professional roles require mental energy and emotional regulation consistently. A cup of coffee taken together before going to work, keeping a tidy environment, or a small gift at the appropriate moment may be strong reminders of mutual support and companionship. This is where intent comes in: when both understand and value the meaning certain objects carry, what would otherwise be mundane material items can be turned into long-standing symbols of attachment and marital unity.

Conclusively, object communication is an understated yet profound type of marital interaction, beyond words, and into the emotional fabric. It is a clear illustration of how different everyday acts and material exchanges carry deep psychological meanings and relational messages. In the case of a secondary school teacher who has to balance the pressures of professional life with that of family life, strategic use of object

Lead City University Ibadan DO NOT COPY

communication can be effectively used as a silent route toward enhancing marital harmony, mutual understanding, and emotional balance.

7. Subject Communication: Subject communication is an interpersonal relationship that focuses on the content, themes, or issues dominating the conversations between individuals. In marriage, it describes the nature and quality of conversations spouses have on specific subjects that define married life: everything from discussions of finances, children, work, faith, and social activities down to personal dreams, challenges, and aspirations. The nature of these subjects, how frequently they are discussed, and the tone of such discussions often act as a barometer for determining the extent of intimacy, trust, and emotional connection within partners.

The communication of subjects is an indispensable part in maintaining marital harmony among the teachers of secondary schools because the subjects that are chosen by partners mirror not only their priorities but also their psychological compatibility and mutual understanding. Teachers, being intellectual and socially exposed professionals, usually discuss subjects that belong to both professional and domestic spheres of life. The success or failure of these exchanges significantly influences the quality of their marital interaction. Where couples share meaningful, balanced, and inclusive subjects, communication builds up empathy and strengthens their emotional bond. If, however, sensitive or divisive subjects tend to dominate the conversations and are poorly handled, tension, misunderstandings, and emotional withdrawal are inevitable.

Subject communication is therefore both about what is communicated and how it is communicated. In a harmonious marriage, couples tend to exhibit openness, mutual

Lead City University Ibadan DO NOT COPY

respect, and attentiveness when discussing important subjects. Such communication allows partners to express their thoughts and feelings freely without fear of judgment or rejection. For example, a husband and wife discussing their children's education, family finances, or career development in a collaborative manner demonstrate high levels of relational maturity. These subjects, when communicated constructively, serve as a bridge for shared decision-making and joint problem-solving—two essential ingredients for marital harmony.

On the other hand, trust and closeness will be lost when subject communication turns one-sided, superficial, or confrontational. For example, a spouse who repeatedly avoids discussing such sensitive issues as financial challenges or emotional needs may result in a vacuum in communication that can be frustrating or resented. When conversations are dominated by negative subjects associated with blame, complaints, or criticism, they become emotionally draining and counterproductive. Thus, the effectiveness of subject communication hinges not only on the relevance of topics discussed but also on the emotional intelligence and listening capabilities of both partners.

The themes that prevail in marital communications are usually indicative, on a psychological basis, of the priorities that exist in the cognition and emotions of the partners. A spouse's tendency to discuss certain themes can reveal his or her underlying needs, insecurities, or aspirations. For example, if a partner constantly talks about job-related stress or workload, he or she might unconsciously seek empathy, support, or reassurance. By identifying such cues, the other partner can respond accordingly to create emotional attunement and thereby deepen the relationship. On the other hand, when such

Lead City University Ibadan DO NOT COPY

expressions are dismissed or trivialised, communication breaks down, and marriage is marked by emotional distance.

For teachers in secondary schools, the challenge of subject communication is usually enhanced by professional and environmental factors. Teachers spend most of their time at work communicating with students, colleagues, and administrators; sometimes, they reach home feeling fatigued or experiencing reduced enthusiasm for deep personal communication. Consequently, they may reduce their marital conversations to routine subjects, such as school duties, domestic chores, or superficial exchanges. As time goes on, this reduction in meaningful subject communication can result in a sense of emotional monotony or disconnect.

Healthy subject communication in marriage requires deliberate effort and psychological awareness. Couples should be aware of making conscious efforts to diversify the subjects of their conversations to reflect the full spectrum of shared life. Besides responsibilities or problems, the partners should be able to talk about personal interests, future goals, emotional well-being, and even light-hearted topics that stimulate joy and intimacy. The balance of serious and casual subjects keeps communication alive and prevents emotional stagnation.

Other demographic factors that also affect the nature of subject communication between partners include age, gender, educational background, and length of marriage. Younger couples may converse about aspirational topics: career ambitions, personal development, and life goals. Older couples might communicate more about stability, health, and family continuity. Even gender roles can be a strong moderator of the subjects that each partner

Lead City University Ibadan DO NOT COPY

prioritizes. In some contexts, men might be predisposed to discuss financial and external matters, whereas women might stress emotional and relational themes. The educational level further determines the depth of subject engagement; highly educated partners, such as teachers, may show greater awareness and articulation when discussing intellectual, social, or emotional subjects.

The emotional quality of subject communication is equally important. When partners engage in discussions with empathy, patience, and understanding, communication becomes therapeutic and reinforces marital harmony. Each subject becomes a platform for emotional exchange, conflict resolution, and mutual growth. However, when partners approach conversations with defensiveness, sarcasm, or apathy, even the most neutral subjects can become triggers for conflict. Thus, the emotional climate surrounding subject communication determines whether it will build connection or foster alienation.

Moreover, subject communication is a psychological mirror that reflects marriage satisfaction. The more open a couple communicates about personal, professional, and relational matters, the higher the emotional intimacy and trust. The partners feel a more intuitive understanding of one another's needs, hold similar values, and work toward a comparable direction of goals. Conversely, couples demonstrating restricted or low levels of subject communication exhibit a tendency towards emotional withdrawal, secrecy, or avoidance that erodes harmony. Under these circumstances, silence or selective communication forms a coping mechanism rather than a means of comprehension.

Ultimately, the quality and stability of marital relationships depend on subject communication. For secondary school teachers, whose lives are organised around

Lead City University Ibadan DO NOT COPY

communication, learning, and mentoring, good subject communication at home may provide a balancing influence that counters professional demands and emotional stability. This acts to enable them to channel their interpersonal skills toward the nourishing of the marital relationship through meaningful dialogue and emotional expressiveness.

In summary, subject communication encompasses the range of topics and themes through which couples connect intellectually, emotionally, and practically. It is not merely about exchanging information but about revealing values, fostering understanding, and creating shared meaning. When properly managed, it enhances trust, empathy, and collaboration between partners, thereby strengthening marital harmony. However, when neglected or poorly handled, it can lead to misunderstandings, resentment, and emotional disconnection. For secondary school teachers, cultivating healthy subject communication is essential for sustaining emotional balance, promoting relational satisfaction, and achieving a harmonious marital life amid the pressures of professional and domestic responsibilities.

8. Sandwich Communication: Sandwich communication is a unique form of interpersonal communication where positive and corrective messages are combined in a balanced and constructive manner. The term "sandwich" metaphorically describes the structuring of messages: first, a positive remark; second, a criticism or corrective feedback; and third, another positive or reassuring statement. In marital relationships, sandwich communication refers to that communicative strategy by which couples handle sensitive issues, express dissatisfaction, or request change without undermining emotional bonds and causing an escalation of conflict. It is an emotionally intelligent way

Lead City University Ibadan DO NOT COPY

of communicating that maintains harmony, fosters openness, and nurtures mutual respect between partners.

In a marital relationship, especially among secondary school teachers who operate in environments that require diplomacy, patience, and tact, the sandwich style of communication becomes a practical and psychologically healthy way to handle disagreements or express concerns. Teachers are used to giving feedback to students in encouraging ways, and this skill can easily translate into their marital interactions. When one spouse wants to correct the other or raise an issue of dissatisfaction, doing so within a "sandwich" framework helps ensure the communication remains non-threatening, supportive, and goal-oriented.

In essence, sandwich communication has a three-tier structure. A positive opening is when the first partner opens a conversation through some sort of appreciation or affirmation toward their partner. At the beginning, this positivity serves to lower defensiveness, proves goodwill, and reinforces emotional safety. Then comes the actual constructive criticism or concern about the issue in question-the substance of the message. It usually targets a point that needs change, clarification, or improvement in some other respect. Finally, another positive statement or reassurance of one's continued love, confidence, or optimism regarding the relationship makes up the third layer. The closing remark restores the emotional balance and strengthens the sense of partnership.

For instance, a wife may tell her husband: "I really appreciate how hard you have been working lately; you are such a dedicated person. I just wish that we could spend a bit more time together in the evenings-it would mean a lot to me. I know it's not easy

Lead City University Ibadan DO NOT COPY

balancing everything, but I truly admire your commitment to our family." This statement contains both affirmation and correction but is wrapped in empathy and encouragement; thus, it will carry the intended meaning without hostility or blame.

Sandwich communication is primarily an act of psychology because it is founded in the knowledge of human feelings and actions. Humans by nature tend to resist reproach or correction, especially when harshly presented or out of context. In marriage, where emotional sensitivity and ego boundaries are intertwined, the tactful expression of discontent can be crucial in maintaining harmony in the long term. By embedding the criticism between layers of positive communication, the speaker increases the chances of receptivity and cooperation by reducing the likeliness of a defensive reaction.

As a rule, sandwich communication can greatly affect the quality of marital harmony for secondary school teachers. Teachers are used to giving guidance, mentoring, and doing constructive evaluation as part of their professional role. As long as this pattern of communication is extended to the home, it builds a relational culture where understanding and patience thrive. It allows couples to discuss hard topics-such as financial planning, household responsibilities, or child discipline, including social interactions-without sliding into arguments or emotional withdrawal. This is especially relevant in marriages where both spouses are professionally engaged and must manage time, workload, and emotional fatigue.

The sandwich way of communication helps to develop emotional intelligence in marriage. It engages a partner in thought prior to utterance, in that one weighs the effects of the words on another and frames messages to build rather than to break down. Such

Lead City University Ibadan DO NOT COPY

self-regulation is particularly important in maintaining balance in relationships that are strained by external pressures-as is often the case with teachers juggling work-related stress and family obligations.

Additionally, trust will be developed between the couples when sandwich communication is employed. When one partner constantly communicates in a considerate and encouraging way, the other partner starts to feel safe and valued even when there is disagreement. This will provide more openness in communication because each partner understands that correction or feedback will be given out of love and respect, not hostility. Over time, this creates a climate of mutual understanding that sustains marital harmony despite conflicts or misunderstandings.

However, it is important to note that the effectiveness of sandwich communication depends on sincerity. If the positive remarks are insincere or merely used as a façade to soften criticism, the message can backfire and create resentment. True sandwich communication must come from genuine care and the desire to improve the relationship, not to manipulate or control the partner. The positive elements should not be exaggerated or artificial, but honest reflections of appreciation and affection.

Another psychological underpinning of sandwich communication pertains to its potential for behavioural change: that people are more likely to positively respond to feedback if given in a supportive and encouraging manner. Within marital contexts, this approach enables spouses to confront recurring issues—like lateness, poor communication habits, or neglect of responsibilities—without creating hostility. It also offers a model in conflict

Lead City University Ibadan DO NOT COPY

management that children within the family context may observe and imitate, thus nurturing a culture of respectful communication at home.

Demographically, sandwich communication may vary in regard to age, gender, and even cultural context: younger couples would find it easier to adapt because of their increased exposure to modern relationship communication techniques, while older couples would instead prefer more direct ways of communicating, influenced by traditional positions. Similarly, women often tend to employ more emotionally nuanced communication strategies, making them naturally inclined to use sandwich communication. Men, on the other hand, may need to consciously develop this skill, especially if they were raised in environments that value assertiveness over emotional diplomacy.

In the context of secondary school teachers, sandwich communication acts as a stabilising influence in marriage. With the nature of their job being intellectually, emotionally, and socially demanding, teachers need emotionally safe and supportive home environments. Sandwich communication will help them keep the peace even during periods of tension and ensure that whatever friction arises will be constructively resolved. It will also prevent emotional burnout from constant conflicts or unresolved tensions, thereby preserving both psychological well-being and marital satisfaction.

In conclusion, sandwich communication is a form of emotionally intelligent and relationship-sustaining interaction that allows couples to express their concerns without undermining affection or respect. This approach balances honesty with empathy, correction with appreciation, and firmness with warmth. For secondary school teachers who face daily interpersonal challenges in their professional lives, using sandwich

Lead City University Ibadan DO NOT COPY

communication in their marital relationships can foster deeper understanding, lessen conflict, and promote emotional closeness. Ultimately, it reflects a mature and compassionate communication approach-one that shores up the foundation of marital harmony by ensuring that even difficult conversations contribute to growth rather than division.

9. Extra-mile Communication: Extra-mile communication is proactive, intentional, and empathetic in approach to interpersonal interaction within marital relationships. It goes beyond the ordinary exchange of words or routine discussions to exhibit deep emotional investment, understanding, and sacrifice in communication. Essentially, extra-mile communication is a deliberate act by one or both partners to communicate in ways that reinforce emotional connection, display care, and resolve misunderstandings even when it involves going beyond what is personally comfortable, ego, or expectations. It is a means of communicating love through action, patience, and attentiveness rather than by words alone.

Extra-mile communication is important in the context of marital harmony among secondary school teachers in order to create mutual understanding and strength against professional, psychological, and domestic pressures. Teachers often juggle multiple roles—such as educator, parent, spouse, mentor, and community member—which can sometimes leave little room for sustained emotional communication at home. In such situations, extra-mile communication becomes essential, as it tends to fill the emotional gaps caused by stress, time constraints, and routine fatigue. It suggests a deliberate

Lead City University Ibadan DO NOT COPY

commitment to communicate with one's spouse, listen emphatically, and speak in a way that would restore balance and intimacy within the marriage.

Essentially, extra-mile communication relies on a foundation of intent and empathy. Both partners have to go out of their way to understand each other's feelings, needs, and unspoken emotions. This is the kind of communication that puts the relationship above the self and calls for compassion and understanding in case of conflicts or disagreements. For instance, a husband who takes the time to have a calm and loving conversation with his wife after a grueling day at work, or a wife who patiently listens to her husband's frustrations without judgment, exemplifies this extra-mile communication. Such acts of service convey messages of love, respect, and partnership much stronger than words can ever do.

Psychologically, extra-mile communication is grounded on emotional intelligence and relational maturity. It reflects a partner's ability to regulate emotions, empathize with the other person, and sustain positive communication even under strain. This kind of communication often emerges in moments of conflict or misunderstanding-when one partner chooses not to retaliate with harsh words, but instead responds with patience and perspective. It may also manifest in moments of silence, where a partner senses emotional distress and offers reassurance without needing to be asked. That is to say, extra-mile communication is not merely reactive; it is predictive, intuitive, and emotionally responsive.

For secondary school teachers, whose daily communication with students and colleagues almost always requires patience and diplomacy, the ability to extend similar

Lead City University Ibadan DO NOT COPY

communication virtues to marital life greatly improves relational harmony. Extra-mile communication could be writing an encouraging note for a partner before going to work, initiating reconciliation after a disagreement, or consciously making time for quality conversation despite tight schedules. These might sound like small gestures, yet they carry immense emotional weight because they communicate care, intentionality, and emotional presence.

In marriages where both spouses are professionally active, extra-mile communication becomes a cementing factor. It serves to offset the emotional distance that could arise when partners get busy with their careers. By making conscious steps like calling each other at work, sharing personal triumphs and defeats, or expressing appreciation for her or his efforts, couples reassure themselves that they are there for one another. Such deliberate communication practices will only add more trust, dispel tension, and build up a sense of teamwork that would assure marital harmony.

Extra-mile communication is also transformational because it alters the relational emotional climate. When one partner models kindness, understanding, and patience, the other often gives the same in return, creating a self-reinforcing cycle. For example, if one spouse apologises first after a conflict or makes extra effort to understand the other's perspective, that encourages the other spouse toward openness in return. This builds a culture of forgiveness and mutual respect where both partners feel emotionally safe and valued. In contrast, relationships that lack this level of intentional communication often become transactional, where one partner speaks only when necessary, reacts defensively, or communicates superficially.

Lead City University Ibadan DO NOT COPY

Another important characteristic of extra-mile communication is sacrifice aside from humility. It requires putting aside pride and self-centeredness for the sake of the relationship. An extra-mile partner does not communicate to win an argument but to heal, understand, and maintain peace. This aspect of humility strengthens emotional closeness because it relays the message of unconditional love and commitment. For instance, when a partner admits mistakes or expresses appreciation even after a misunderstanding, it conveys emotional maturity and reinforces the bond between them.

Extra-mile communication has a strong non-verbal dimension, too. Beyond the words, it's in the body language, tone of voice, facial expressions, and gestures that reflect attentiveness and care. A gentle touch, a reassuring smile, or a patient silence can often say much more about empathy and affection than words can express. Teachers, who are attuned to noticing even slight behavioural changes or cues in their students, are similarly capable of reading their partners and responding with compassion.

Demographic variables include factors such as age, gender, educational level, and length of marriage, which could affect the usage of extra-mile communication. Younger couples may be more expressive and open to experimenting with their communication strategies, whereas older couples may rely on consistent gestures of care that evolve over time. In this regard, gender may also be a factor; for example, women often express extra-mile communication through nurturing and emotional support, while men may show it through acts of service, problem-solving, or providing stability. In the case of secondary school teachers, education and professional exposure increase awareness of communication

Lead City University Ibadan DO NOT COPY

dynamics and, hence, make them more appreciative of the value of going beyond routine exchanges.

Furthermore, extra-mile communication also serves as a buffer against emotional burnout. Marital relationships suffer when stress, fatigue, or tussles with the world outside take over daily life. Partners with extra-mile communication, however, prove resilient to such emotional burnout because their relationship becomes a source of comfort, not tension. They strengthen each other through understanding and encouragement. Simple acts-like a supporting message for the day, dinner together, or positive affirmations-make the warmth return, never allowing their emotions to drift.

In the broader psychological sense of view, extra-mile communication strengthens the principle of reciprocity in marriage. When one partner invests emotionally through effective communication, the other feels motivated to return such gestures. This continuous giving and receiving of emotional energies keeps marital satisfaction going and fosters long-term harmony. It shifts communication from merely being an instrument of information exchange to being an instrument of emotional bonding and shared growth.

Extra-mile communication in summary, embodies the essence of love expressed through conscious, empathetic, and selfless interaction. It involves doing more than what is expected to nurture understanding, resolve conflicts, and maintain emotional closeness. For secondary school teachers, who must navigate professional stress and family demands, adopting this form of communication is essential for sustaining marital harmony. It reflects emotional intelligence, relational maturity, and a deep commitment to the well-being of the partner. Ultimately, extra-mile communication transforms

Lead City University Ibadan DO NOT COPY

ordinary marriages into emotionally fulfilling partnerships by ensuring that words and actions consistently convey respect, care, and enduring affection.

Under the umbrella of social exchange theory, a large body of literature spanning decades has researched couple or marriage communication as a measure marital harmony, arguing that successful marriage may be differentiated from unsuccessful marriages by positive to negative behaviour ratio in the relationship.

Relationship science also states that quality of couples' communication will predict relationship satisfaction in the long term. Nearly all such tests of these relationships have measured between-person associations, whereas couple functioning is also predicted at the within-person level: for any given couple, negative communication is supposed to predict subsequent relationship [16]. Within studies, there were some within-person lagged relationships between deviations in negative communication to subsequent changes in satisfaction and vice versa. But strongest was evidence for concurrent within-person correlations between negative communication and satisfaction: In instances when couples experienced less negative communication than usual, they were also more satisfied with the relationship than was typical.

The study goes on to say that positive communication was rarely associated with relationship satisfaction at the within-person level. These findings indicate that the within-person variation in negative communication predominantly with, and not with, relationship satisfaction [16.] Cross-sectional research since then has consistently shown that distressed couples employ more negative and fewer positive communication behaviors in conflict resolution tasks than relatively satisfied couples. Behavioural theory

Lead City University Ibadan DO NOT COPY

extrapolated these findings to the point of marital distress being a product of ineffective communication, theorising that "distress results from couples" aversive and ineffectual response to conflict."

Evidence towards the hypothesis that ineffective communication causes couples outcome is split. Low positive affectivity and high negative skills are predictors of marital satisfaction decline over time, following the above trend. Negative behaviors produced a baseline contrast between satisfied and dissatisfied intact couples at 10-year follow-up. Couples who employ greater negativity in the initial two years of marriage report greater unhappiness in their marriages after more than ten years than more positive couples in the first few years. Nevertheless, other research is opposite to the general trend, which depicts counter intuitive linkages among negative communication and change satisfaction.

From these and other works, the researcher observed that marital satisfaction will highly contribute to marital harmony. Marital satisfaction refers to how often on the whole married couples are happy and satisfied with the relationship itself, whereas marital harmony is the degree of harmonious living, cooperation, and conflict resolution in the marriage.

2.1.6 Emotional Intelligence

Emotional Intelligence is the ability to know and understand one's feelings, and those of other people and then be able to use that knowledge in managing oneself and others. Emotional Intelligence (EI) is a construct that provides an account of emotional functioning against which clinical and educational interventions can be measured [17].

Lead City University Ibadan DO NOT COPY

Emotional intelligence can also be described as the ability to comprehend and regulate one's own emotions and those of others. The smartest people are not necessarily successful or happy in life if they are not emotionally intelligent. Emotional Intelligence (EQ) is one of the four intelligences identified by Psychologists, the other three being Intelligence Quotient (IQ), Social Quotient (SQ) and Adversity Quotient (AQ).

There are different tests which measure these intelligences to enable people to be healthy and better even as they are empowered to succeed in any area of their life. More than none, people with better EQ will succeed in life more than those with a high IQ but low EQ and SQ. Having the above-stated four intelligences will be perfect with emotional intelligence coming in at number one. These are discussed briefly below

- Emotional Intelligence or Quotient measures a person's ability to be calm with others, respectful of limits, honest, responsible, punctual, humble, thoughtful and genuine. Emotional Intelligence, commonly referred to as EI or EQ, is an individual's capacity to realize, understand, handle, and put to constructive use one's emotions, including those of others. Unlike IQ, which tests cognitive abilities, emotional intelligence considers the emotional and social competencies that influence how people cope with stress, communicate, and make decisions. The psychologist Daniel Goleman identifies self-awareness, self-regulation, motivation, empathy, and social skills as five major components of emotional intelligence. The ability to recognize one's emotions and to understand their impact on thought and behavior describes self-awareness. Self-regulation is the ability to control one's emotions and impulses; to adapt to changing circumstances. Motivation concerns the inner drive to achieve and to remain

Lead City University Ibadan DO NOT COPY

positive despite setbacks and failures. Empathy involves recognizing and understanding the feelings of others; the possession of social skills facilitates good communication, conflict resolution, and a relationships-building process. Individuals with high emotional intelligence often have more successful personal and professional relationships since they can regulate their emotions and respond to people with empathy and respect. For example, in stressful circumstances, they can remain calm, listen attentively, and resolve conflicts smoothly. In a workplace, an emotionally intelligent person generally shows leadership, teamwork, and problem-solving skills, hence proving to be a vital resource for any organization. On the other hand, low emotional intelligence can also result in poor communication, misunderstandings, and impaired relationships. These individuals may fail to control their anger or handle criticism well, let alone put themselves in other people's shoes. So, emotional intelligence is critical for psychological well-being and social adjustment. This would help in taking up life's challenges with resilience and building relationships, keeping one upbeat. The development of emotional intelligence through self-reflection, mindfulness, and empathy training enhances the quality of life and effectiveness across domains of life.

- Intelligence Quotient (IQ) measures a person's level of knowledge, his ability to learn things, recall lessons and get math solved. Intelligence Quotient, commonly referred to as IQ, is the quantified measure of a person's intellectual capabilities concerning his or her environment. The measure originates from standardised tests intended to quantify intelligence among human beings. Starting with Alfred

Lead City University Ibadan DO NOT COPY

Binet in the early 20th century, who sought to develop tests for the purpose of ensuring special educational support for a particular group of students, the term "Intelligence Quotient" was coined by William Stern, a German psychologist, and has since then provided a common measure of cognitive ability. IQ tests measure various mental abilities rather than specific knowledge. They assess areas such as logical reasoning, problem-solving, verbal comprehension, mathematical skills, memory, and spatial awareness. These abilities reflect how well an individual can think abstractly, learn from experience, and adapt to new situations. An average IQ score is set at 100, with most people scoring between 85 and 115. Scores above or below this range may indicate above-average or below-average intellectual functioning. Intelligence Quotient finds its application in the field of education, psychology, and also in the employment sector. Examples include the identification of gifted learners, problems with learning, and the selection of candidates for intellectually demanding positions. However, there are other areas that it does not cover, such as creativity, emotional intelligence, or practical life skills. One can have a high intelligence quotient but fail to understand and manage one's emotions or know how to get on well socially. Critics of IQ testing believe that it does not always capture the full extent of human intelligence because performance can be influenced by a person's cultural background, environment, and education. Despite these limitations, when interpreted thoughtfully, IQ remains a useful indicator for both cognitive potential and academic aptitude.

Lead City University Ibadan DO NOT COPY

- Social Quotient (SQ) measures a person's ability to build a circle of friends and maintain same for lengthy period. Social Quotient stands for the ability of a person to establish and maintain positive relationships with people, interact constructively with them, and be socially adaptable in different environments. In other words, it is a measure of one's ability to understand social clues, to communicate and cooperate with others, and to handle relationships at work, school, or at home. While Intelligence Quotient measures cognitive ability and Emotional Quotient measures emotional ability, Social Quotient deals entirely with interpersonal competence and social adaptability. A person with a high Social Quotient has excellent communication and empathy, listens attentively, and respects others' opinions. Such people connect easily with other people, are good team players, and resolve conflicts amicably. They understand social norms and know how to conduct themselves appropriately in various situations. This reflects maturity and self-awareness on their part in interactions with others. For example, in the workplace, a high SQ enables employees to work collaboratively, builds trust among themselves, and helps create a positive organisational culture. On the contrary, a low Social Quotient may imply problems with teamwork, inability to create friendships, or wrong judgment of social situations. This might lead to isolation, misunderstandings, or poor relationships. The development of a high Social Quotient involves enhancement in social awareness, improvement in communication, and empathising with others through active practice and reflection. Social intelligence can be built through group engagement, observation of others, and learning from feedback. The Social Quotient, therefore, measures

Lead City University Ibadan DO NOT COPY

the social smartness and adaptability of a person. It has become imperative for success, as well as harmony and progress in relationships, and emotional and social well-being.

- Adversity Quotient (AQ) measures one's ability to navigate through a tough time in life, and come out without losing his marbles, abandoning the challenge or thinking of committing suicide. Adversity Quotient, or AQ, is the person's response and ability to cope with life's challenges, adapt to difficulties, and recover from setbacks. It is a measure of the efficiency of a person's response to adversity-high or low-whether he easily gives up or persists until he overcomes the obstacles. This concept was brought about by Dr. Paul Stoltz, who referred to AQ as one important factor that determines the resilience, endurance, and capacity of a person to succeed despite hardships. AQ combines resilience, perseverance, and optimism. In other words, a high AQ individual perceives a stumbling block as an opportunity. Being under pressure, he neither panics nor aggravates the situation but always thinks positively and acts responsibly. Failure in any endeavor does not daunt him but instead serves as a stepping stone to perform better. These people are flexible and solution-focused; such an attitude brings them success everywhere, be it personal or professional life. On the other hand, a low AQ makes people feel helpless or overwhelmed when problems beset them. They blame others, avoid challenges, and may give up easily, which hampers progress and emotional well-being. The major dimensions of AQ, called CORE, were identified by Dr. Stoltz: Control (the level of control over a given situation one feels), Ownership (taking responsibility for the consequences),

Lead City University Ibadan DO NOT COPY

Reach (the degree to which adversity is believed to affect other areas of life), and Endurance (how long one believes the adversity will last). Basically, Adversity Quotient is a measure of the extent to which one successfully resists and grows from life's inevitable struggles. It is indeed a strong predictor of resilience, success, and long-term achievement.

Arriving at marriage, one could have been clever enough to have gained the heart of a spouse by two or more aspects that marketed themselves well for marriage such as educational qualifications, profession, looks, financial or economic background, social background, age, IQ, just to mention but a few, but lack the required Emotional Intelligence or Quotient (EQ) needed for the marriage in order for it to overcome challenges or conflicts it will encounter, he/she will let down the other person in such a marriage. All married couples need the four dimensions of emotional intelligence in an effort to enhance their marriage harmony. These are self-awareness, self-management, social awareness and relationship management.

Self-awareness: Oftentimes in marriage a spouse tends to give so much attention to his or her spouse and the needs of his or her spouse that he or she loses touch with his or her own needs and self. It becomes an issue when the other individual fails to respond reciprocally these love, care, and attention as anticipated. This inability to respond consequently breeds resentment and marital conflict. But the best way to really look after each other is to become more self-conscious and be observant about one's own husband or wife. Although it may seem paradoxical, self-awareness engenders deeper love and a more joyful marriage [18]. Self-awareness helps one to acquire empathy, less reactive to other people's behaviour especially in quarrels, allows modification of oneself-

Lead City University Ibadan DO NOT COPY

troublesome habits and self-awareness helps one to know his or her own needs and desires and know when to ask for help rather than counting on their souse to guess what they require. Self-honesty, meditation and open communication are some ways of acquiring self-awareness.

Self-management: is the ability of a person to govern their behaviours, thoughts and emotions in a way that benefits them, their household and work. Self-management is not always easy but if it is mastered, the person can operate martially, professionally especially at a personal level. Self-management is a leadership quality and seven self-management skills are taken in; time management, self-motivation, stress management, decision-making, adaptability, goal alignment and personal development [20].

Social awareness: social awareness is a form of emotional intelligence and being socially aware is about paying attention to people's feelings, perceiving what is happening with people and using self-awareness in group settings [19.] In some instances, the person may be multi-tasking or on their cell phone while the spouse is trying to share some information with him/her. This information could be in the form of non-verbal communication which the aforementioned individual misses because he/she is distracted, he or she lacks social sensitivity presently. Now, this act especially if it is a habit tends to create imbalance in the couple. Whereas a socially astute spouse would be attuned his emotions and tune into the feelings of the partner or other people around. A socially aware partner would respectfully express his/her verbal and non-verbal messages while applying self-awareness, social awareness along with other emotional intelligence skills in communicating with his or her partner for peace to reign in the marriage. There are

Lead City University Ibadan DO NOT COPY

three main areas of social awareness: active listening, non-verbal communication, and well-informed responses [18].

Relationship management: it is a process by which firms establish good relations with their customers or business associates. To this end, relationship managers collect and examine customers' data in order to determine trends and problems that could prove useful in improving client communications[21]. Placing this alongside marriage we will say an individual's spouse is his/her customer thus, through efficient spousal communication, their marriage will manage their marital relationship properly and have excellent marital harmony.

2.1.7 Dual-Earner Couple Structure

The current economic environment in the world, especially in Nigeria, has put a lot of pressure on couples and families to an extent that a wife and a husband have to seek remunerative employment or operate a business at the same time.

Those days are gone when the gender role was distinct and different where the father was the bread earner and the mother was the home maker who managed the house and the family. The cost of living nowadays, is quite high and bills have to be paid in such a way that it becomes hard for the earnings of just one spouse to support the entire family, hence both the spouses are professionally engaged in order to earn a living to support the family. The situation in which a wife and a husband are employed in paid work at the same time is referred to as dual-earner couple structure. The rise in dual-earner couples has been accompanied by an unexpected surge in the prevalence of work-family conflict [22]. The establishment of dual-earner couples is extremely demanding

Lead City University Ibadan DO NOT COPY

imposing so much pressure, frustrations and challenges to the couple thus affecting family structure, roles, childcare and taking care of the elderly, dealing with day-to-day household tasks and their marital happiness negatively most of the time. However, acknowledging the accompanying issues and penalties with juggling work and family roles is important to subjective well-being in dual-earner couples.

Subjective well-being can be referred to as the manner in which an individual evaluates his or her life, that is, feelings and mental judgments of what an individual believes constitutes a happy life[22]. In the dual-earner households, where both spouses work, work-life balance is a special challenge. Teachers working at secondary school levels, typically engaged in workload, may not be able to spend quality time with their partners. This can put pressure on marital relationships and thus time management and interdependence are needed to reaffirm marital stability.

2.1.8 Educational Qualification

Marriage is a very crucial part of the life process of an individual, and satisfaction from the spouse is an important factor to measure satisfaction in life [23]. But now a day, in today's world, a person's educational qualification influences his/her work and romantic relationships actually it is a paramount deciding factor in wife/husband selection therefore it influences the happiness of both the spouses in the relationship. In the face of increasing cost of commodity and housing, money has started to play a dominating role in household happiness. Educational qualification is the level or stage of formal education completed by an individual, usually certified through a diploma, degree, or professional certificate. It represents the knowledge, skills, and competencies a person

Lead City University Ibadan DO NOT COPY

has acquired from structured learning in schools, colleges, universities, or vocational institutions. It reflects the academic achievement and intellectual development of an individual.

In research and social studies, educational qualification can be used as a variable in measuring or explaining differences in performance, behavior, or social outcomes. Examples include that it may influence one's employability, communication skills, income level, or even the way one views life or relationships. It is also used to classify individuals into various categories such as primary, secondary, tertiary, or postgraduate education levels. Educational qualification is not only a measure of academic knowledge but also that of cognitive and social maturity. It reflects the exposure to training, critical thinking, and problem-solving experience that one has gone through. Organizational and social contexts often correlate higher educational qualification with better decision-making abilities, leadership qualities, and adaptability to change. However, educational qualification does not always guarantee one's competence or emotional intelligence. Practical experience and creativity might also be vital to how well an individual performs a job, as well as their interpersonal skills.

2.1.9 Age

Age is a critical dimension that can shape all areas of life, including marriage. The relationship between marital harmony and age is intricate and complex, and various age differences and stages in life create specific challenges and prospects for couples. Understanding the impact of age on marital harmony may provide valuable information about how to build and sustain a healthy and fulfilling marriage.

Lead City University Ibadan DO NOT COPY

Age difference of married couple and age at marriage are two different aspects of age in regards to marriage, and being one of the factors of conjugal harmony of married teachers or married people in general but love, respect, spouse interaction and emotional quotient of the marriage partner will allow them to enjoy a harmonious marriage. Age can affect marital harmony in various ways in the sense that different ages are accompanied by different life stages, responsibilities, and priorities, which will affect the marriage dynamics. Age can also affect emotional maturity, leading to improved communication, better conflict-resolution mechanisms, and management of relationships.

Finally, couples with smaller age differences can share more similarities regarding life experience, values, and cultural references to strengthen connection and mutual understanding. Fourth, age differences may create power differences, and more experienced or powerful older partners may result. The majority of studies however reported that young marriage is associated with higher probabilities of divorce. Researchers have assessed the causal effect of marrying young on the risk of divorce for women. They exploited the introduction of the 1981 reform in China, which relaxed the law in such a way that urban women below the age of 25 years could be legally married more easily, using the Chinese Census data. The study showed that the reform had introduced a kink in the mean age at marriage among women, which was employed in a fuzzy regression kink design (RKD) to estimate the causal impact of lower age at marriage on the probability of divorce. Then, we determine in our data that there is a negative correlation between marriage age and divorce, as normally found in previous studies from the United State of America [24].

Lead City University Ibadan DO NOT COPY

2.1.10 Emotional Harmony

Emotional harmony is a harmonious, integrated state of peacefulness in which emotions are experienced, acknowledged, and managed in such a way as to encourage peacefulness and resilience in the face of adversity. It is not absence of negative feelings but the ability to collaborate with them without being overwhelmed, and therefore a sense of stability and clarity even in the face of adversity. Emotional harmony at its essence is about self-knowing, where the person identifies their emotional reactions without judgment, knowing the situations and the reasons why they feel such. With this consciousness, there is a basis for emotional control, where one can react to emotions instead of acting impulsively on them, resulting in healthier interactions with oneself and others. One of the key components of emotional harmony is acceptance welcoming feelings as part of the natural and legitimate human experience rather than denying or repressing them.

When repressed, emotions arise again in negative forms, whereas acceptance allows for positive working through. Emotional intelligence makes this possible through people being able to empathise with themselves and others and therefore having more profound connections and less conflict. Emotional harmony also includes flexibility, the ability to adjust emotional responses based on situations, such that responses are suitable and in proportion to the situation. Emotional harmony comes by being mindful, thinking, and in some cases, from the outside in, like through therapy or significant others. It is a moving balance, not a stagnant state, because emotions are constantly changing. When emotional harmony is realised, it benefits mental health, choices, and interpersonal relationships, providing a life where emotion guides the way instead of hindering, adding

Lead City University Ibadan DO NOT COPY

to experiences instead of derailing them. Emotional harmony also occurs in interpersonal relationships, in which it enables empathy, attunement, and healthy communication.

The capacity for harmonising one's feelings with others depends on the neural mechanisms underlying empathy and mentalisation, which allow individuals to empathise with others' emotions while preserving their emotional borders. This balance is required for healthy relationships, as it prevents emotional contagion or isolation, allowing for true contact but not enmeshment. Besides, emotional harmony is not an achieved state but a developmental process triggered by internal and external sources. Optimal environmental circumstances, including early life secure attachment and stable adult social networks, facilitate capacity for emotional harmony [25]. On the other hand, chronic stress or trauma can disrupt this balance and lead to dysregulation and fragmentation of emotional experience [26].

Mindfulness-based therapies and compassion training have shown to restore emotional harmony with enhanced self-awareness and regulation capacities. Emotional harmony is a sign of psychological maturity and health, conveying the ability to embrace the full range of human emotions while maintaining balance within. It enables individuals to thrive in hardship, build resilience, and live a values-based life [27]. As affective science expands, the acquisition of emotional harmony grows more recognised as a basis for mental health and flourishing [28].

2.1.11 Conflict Resolution Harmony

Conflict resolution harmony is resolving differences in a way that fosters mutual understanding, cooperation, and lasting peace rather than separation or resentment.

Lead City University Ibadan DO NOT COPY

Harmonious conflict resolution is contrasting with win-at-all-cost adversarial approaches that focus on empathy, listening, and cooperation in finding solutions.

Social psychology research shows that managing conflict constructively activates neural circuits associated with cooperation and trust, namely the prefrontal cortex and anterior cingulate cortex, which are responsible for emotional response and decision-making[29]. This neuropsychological congruence validates that peacefully resolving conflicts is not only a social competence but also a cognitive and affective process that does strengthen relationships. One of the key elements in conflict resolution harmony includes the control of emotions, as this makes it possible for an individual to engage in disputes without aggravating tensions.

Academic research from organisational psychology indicates that teams with high emotional intelligence handle conflicts more effectively, leading to improved performance and job satisfaction [30]. This can be transferred to a marriage couple in achieving marital harmony. Practices such as perspective-taking and mindfulness have been discovered to dampen defensive reactions and increase openness to dialogue [31]. Another principle of nonviolent communication is the statement of needs without blame, which reorients the emphasis from conflict to mutual problem-solving [32]. Another key component is cultural sensitivity since conflict resolution approaches should be able to adjust to diverse social norms and communication patterns. Research in cross-cultural psychology indicates that collectivist societies prefer indirect mediation and face-saving options, whereas individualist societies can prefer direct negotiation[33]. Sensitivity to such differences prevents misinterpretation and results in more conciliatory agreements.

Lead City University Ibadan DO NOT COPY

Moreover, restorative justice models prioritise fixing harm over distributing punishment, facilitating long-term reconciliation in interpersonal and community conflicts[34]. Ultimately, conflict resolution harmony is a question of avoiding avoidance of disagreements and turning them into paths to growth. Constructively managed, conflicts can enhance creativity, build more trust, and create stronger social bonds[35]. Combining psychological insights, emotional intelligence, and culturally responsive strategies, individuals and teams can manage conflicts to foster lasting harmony rather than discord.

2.1.12 Sexual Harmony

Sexual harmony is a building block of marital harmony and is inextricably linked with emotional intimacy, communication, and satisfaction for both. Recently, sexual harmony has been imagined as a dynamic congruence of body, emotion, and mind of the partners, resulting in an intimate partnership that makes the marriage stronger.

It is emphasised that sexually satisfied couples provide a higher rating for their relationship as stable and emotionally close, thus sexual harmony as a deterrent to marital conflict [36]. This is also supported by recent statistics from the Journal of Marital and Family Therapy that indicates that open communication between the partners about sexual desires and boundaries is a strong long-term predictor of marital satisfaction [37]. Modern philosophies also call for responsiveness and adaptability to each other's evolving sexual desires. In a 2024 meta-analysis published in Archives of Sexual Behaviour, couples who have regular open communication about their sexual relationship are more intimate and have fewer conflicts.

Lead City University Ibadan DO NOT COPY

This is in line with the concept of "sexual communal strength," which was proposed by some scientists in Personality and Social Psychology Review to describe the motivation to fulfill a sexual partner's desires even when one's own desires may temporarily differ [38]. This mutual reciprocity results in security and respect, which are key components of marital as well as sexual harmony. Societal and cultural changes, such as the destigmatisation of sex talk, have also impacted modern marriages. A study in Current Sexual Health Reports finds that those couples who take a sex-positive attitude view of sexuality as a healthy and enriching aspect of marriage are more satisfied [39]. In addition, the integration of technology, that is, apps designed to optimise sexual communication example, shared desire-mapping tools (Online Sexual Activities OSA), has been shown to improve sexual synchrony within marriages [40].

Lastly, sexual harmony is not an either-or case but requires constant effort, empathy, and a desire to mature as one. As emphasised in more contemporary work, dynamic tension between emotional bonding and physical intimacy creates a feedback system where each reinforces the other, creating a deeper and more fulfilling marital union. Moreover, sexual harmony is not physical compatibility alone. It is based on emotional resonance and relationship dynamics.

Recent research in Couple and Family Psychology suggests that couples who cultivate emotional intimacy outside the bedroom report greater sexual satisfaction, corroborating the idea that marital satisfaction is the outcome of both erotic and affective connection [41]. This two-way street process suggests that a sound emotional connection leads to sexual satisfaction, and a healthy sex life enhances emotional intimacy, creating

Lead City University Ibadan DO NOT COPY

a cycle of closeness. Stress and external pressures cannot be discounted when it comes to sexual harmony in contemporary marriages.

Studies from the Journal of Applied Social Psychology show that couples who share mindfulness and stress-reduction practices experience greater sexual synchrony, as decreased anxiety allows for greater being in the moment and openness in intimate encounters [42.] It is especially applicable in the increasingly hectic world today, in which job-related stress, stress from dual-earner couple structures, and technological distractions all tend to intrude on marital intimacy.

Another of the new trends in recent writing is novelty and exchange of sexual experiments. A study based on an article published by Sexual and Relationship Therapy in 2024 showed that couples who occasionally experiment with new things whether through sharing fantasies, alternative sexual activities, or even workshops together maintain higher passion levels and prevent sexual stagnation. This is in line with the self-expansion model, which claims that a relationship is maintained when the couple continues to expand together, sexually as well as emotionally [43.] Sexual harmony also needs to be understood with an intersectional framework, viewing how gender, religious, and cultural norms impact expectations about marriage.

Current studies in Gender and Society recognize that egalitarian relationships, whereby both interactants feel safe to articulate their desires without apprehension of denunciation, capture higher sexual and marriage satisfaction [44]. This goes a long way in emphasising the need for ongoing argument over power relations and consent within marriages, where both interactants can feel equally valued in and out of intimate settings.

Lead City University Ibadan DO NOT COPY

In reality, sexual compatibility in marriage is a multifaceted and dynamic aspect of marriage that requires intentionality, communication, and adaptability. Contemporary research across the board affirms that when couples cherish both emotional and sexual closeness, they build a solid foundation that can overcome life's challenges. By embracing open communication, mutual discovery, and the desire for mutual development, couples can have not just sexual harmony, but a heavily rewarding and harmonious relationship, even more so as secondary school teachers working with adolescents.

2.2 Theoretical Review

2.2.1 Psychological Well-being Theory

Psychological well-being is another established predictor for predicting marital harmony. Ryff's work came up with a domain in which she created a theory-based, empirically-supported model of measurement of a number of dimensions of healthy psychological functioning. The Ryffs Scale of Psychological Well-being measures the individual's aspect of accepting oneself, forming quality relationships with others, sense of control over thought and action, ability to cope with complex situations to fulfill personal values and needs, and sense of purpose in life, sustained growth and development as a person. Ryff explained each aspect on the basis of the manner in which that concept should be achieved. First, self-acceptance is a positive attitude towards the self.

It is the acknowledgement and acceptance of different aspects of self, positive as well as negative qualities, strength and weaknesses. It is the positive feeling regarding

Lead City University Ibadan DO NOT COPY

past life. Second, positive relations with others signify warm, fulfilling, reliable relations with others. It is in terms of concern for the welfare of others by the person. It is the vigor of empathy, affection and intimacy. It is the understanding of the 'give and take' of human relationship. Third, autonomy relates to people's independence and self-regulation. It is the ability to resist social pressures, to think and act so. It is control of behavior from within. It is judging self on the basis of personal standards. Fourth, environmental mastery is feeling of mastery and competence in managing the environment. Environmental mastery is mastery of range of external activities.

It is the way through which people make the best use of opportunities that surround them. It is the ability to choose or build contexts appropriate to personal needs and values. Fifth, purpose in life is an individual's objectives in life and sense of direction. It is the belief that there is meaning in current and past life. It signifies that a person has beliefs that give meaning to life. It is the feeling of being present with goals and objectives in living by a person. Sixth, personal growth is the belief of continuous expansion. A person must feel self as growing and expanding. It is receptivity for new experience and it is the feeling of fulfilling one's potential.

A person feels change in behaviour and self with the passage of time. It is the changes in modes that reflect greater self-knowledge and effectiveness. This theory will help us identify and determine the psychological well-being of married teachers and indeed married persons in Oyo State. The psychological well-being of a person refers to the wellness and stability of the person. Thus, this theory will enable us to assess the well-being of married people in order for us to know and measure the level of their marital harmony. This theory has profound implications for assessing the well-being of

Lead City University Ibadan DO NOT COPY

individuals because of the knowledge of how individuals view themselves, their spouse, family and their society. Robert utilised the Dualistic Model of Passion (DMP) to describe the place of passion for activities in regard to sustainable psychological health.

Robert has defined passion as a strong wanting of an activity of self-definition that people like or love, find meaningful, and in which they invest time and effort on a regular basis. The model explains that there exists a co-existence of two forms of passion: harmonious and obsessive. Harmonious passion results from self-regulated internalisation of the activity to the self-concept and obsessive passion results from controlled internalisation and becomes to regulate the individual. With the effect of positive affect when one partakes in the activity which happens on a consistent and frequent basis, harmonious passion is believed to result in long-term psychological flourishing and suppress the experience of negative affect, psychological tension, and ill-being. Obsessive passion is not expected to produce this sort of positive effect and can even facilitate aversive affect, intrude on other daily activities, and psychological ill-being.

2.2.2 Self-determination Theory

Self-determination Theory provides empirically based guidelines and principles to be used to motivate individuals to participate in experiences and activities, and from that reflective basis to facilitate adoptive changes in goals, behaviour, and relations, such as marital relationships. This theory is one of the successful therapies used to cope with alexithymia. Alexithymia is a sub-clinical condition of psychology in which a person cannot recognize, describe, and express feelings experienced by oneself and others.

Lead City University Ibadan DO NOT COPY

Alexithymic individuals may not be able to recognise emotional states, distinguish emotional and physical feelings, or accurately express their feelings.

In simpler terms, Alexithymia is a psychological trait in which a person is unable to identify, understand and describe their own emotions that is, to doubt whether they are sad, angry or anxious. It is not a psychiatric disorder but rather a personality trait that can affect sensitivity to emotions as well as social relationships. Alexithymia is usually associated with other mental disorders, particularly depression, anxiety, and post-traumatic stress disorder. It is also most commonly present in individuals with autism spectrum disorder. The majority of autistic patients have alexithymia, yet not all individuals with alexithymia are autistic.

Psychopaths are aware of emotions but lack empathy, whereas alexithymia patients are unable to sense their own emotions (AI Assisted). The core faces of alexithymia are marked by impairment in emotional awareness, social attachment, and interpersonal relating. Furthermore, alexithymics are also very bad at sensing and feeling other individuals' emotions, and this is held to lead to insensitive and ineffective emotional responding. Alexithymia occurs in about 10% of the population and can be present in association with a range of psychiatric illnesses as well as any neuro-developmental disease. Treatment of alexithymia can include therapy such as Cognitive-Behavioural Therapy (CBT), Emotion-Focused Therapy (EFT), mindfulness, patience and communication, or psychoanalytic therapy that allows an individual to become aware and understand their emotions. The theory describes some of the processes that are taken for developing independence which is also a subscale of psychological well-being scale.

Lead City University Ibadan DO NOT COPY

In this theory, independence is associated with self-endorsement of one's behaviour and the perceived sense of willingness. It proposes that the more independently engaged clients are in the process of therapy they will be more likely to internalise learning and behaviour change which will result in improved outcomes. It also holds that a climate of independence, which has often been found to promote satisfaction of all three psychological needs, is absolutely crucial to clients' active engagement and commitment.

2.2.3 Communication Theory

Scott authored Aristotle's model of communication. According to this model, communication is of a persuasive nature. Here, the speaker has the central role to play in communication, by having complete control over the communication, and must take utmost care while selecting the words and must have knowledge about the targeted audience. This model deals with persuasive communication, which occurs when a person tries to persuade another individual. Aristotle's view is that there are three big elements of communication, namely ethos, pathos, and logos.

Ethos is just the credibility of the person, the reason why one should trust what the individual is saying. For the process of communication to be effective in any marriage, both partners need to learn to give one another a chance, both being actively engaged in the communication processes, and refraining from being bossy in any communication. Pathos is more or less creating an emotional connection, in other words, why individuals should be persuaded about what is, being told is called pathos. Logos is the means of resorting to other people's sense of logic. These three elements of

Lead City University Ibadan DO NOT COPY

communication coexist with one another. There has to be an emotional connection while communicating. Respect has to exist in a communication. A couple must be able to respect one another's opinions. Decisions might come more easily if there is respect. Effective communication skills can destroy or lead a person to success in personal as well as professional life. Companies like to hire and retain the services of people with effective communication skills.

Marriages fail because partners feel they no longer communicate. To Scott, communication is a magic potion. It is one that can ensure a blissful long-lasting relationship and can assure organisational success. Effective communication means different things to different people in different situations. It is of the highest importance for couples who are married to be good communicators in order to have a happy marriage since the element of being good communicators is considered to be a predictor of a harmonious marriage and is also analysed in the current study.

2.2.4 Family Systems Theory

Family Systems Theory (FST) by Murray Bowen states that families are interconnected emotional units whose behaviours and interactions are considerably influenced by the dynamics of the whole family [45]. The emphasis of the theory is that marital peace cannot be understood in isolation but against the backdrop of the overall familial and intergenerational set-up. One of the key concepts in Family Systems Theory is Differentiation of Self, or one's ability to be emotionally close and independent (autonomy) in relationships [46]. More differentiated couples will likely have greater

Lead City University Ibadan DO NOT COPY

marital satisfaction as they can handle conflict without over-reacting or becoming emotionally fused [47].

The second cardinal concept of Family Systems Theory is Triangulation, wherein unresolved conflict between two individuals e.g., spouses, draws in a third individual such as a child, an in-law or friend, destabilising the marital dyad [48]. Current research verifies that couples who resist triangulating and approach conflict directly, forge healthier communication and intimacy [49]. Moreover, Family Systems Theory places emphasis on Emotional Transmission from one generation to the next, so that unresolved family patterns such as ineffective conflict resolution or emotional cut-off, recur in marriages [50]. Family Systems Theory-based interventions such as genogram analysis help couples interrupt such loops [51]. Recent research points to the management of emotions at the systems level as a key to marital satisfaction, where couples co-regulate stress responses rather than escalating conflict [52]. By way of illustration [53], Gottman's marital stability research is in line with Family Systems Theory by showing that couples who develop shared meaning and maintain positive affectiveness in resolving disagreements increase their systemic resilience. Contemporary applications of Family Systems Theory in couple therapy focus on reconfiguring interaction patterns rather than blaming the participants, promoting long-term relational harmony [54]. By viewing marriage as a sub-system within a larger emotional system, Family Systems Theory presents a holistic approach through which couples can build adaptability, empathy, and cohesion.

Lead City University Ibadan DO NOT COPY

2.2.5 Attachment Theory

Attachment theory was originally developed by John Bowlby [56] and subsequently applied to adult relationships [57]. It provides a good model of explanation for marital processes. According to the theory, early attachment between caregivers and children forms internal working models of relationships, which have a determining effect on how individuals approach intimacy, trust, and conflict resolution in marriage. Secure attachment, or the ability to be comfortable with intimacy and emotionally dependent on one's partner, is invariably linked with higher marital satisfaction [25]. Constructive communication, empathy, and stress co-regulation are all better within securely attached couples, building a strong relationship [55].

On the contrary, insecure avoidant and anxious attachment styles are harmful to marital harmony. Avoidantly attached partners prefer autonomy, emotionally withdrawing during conflict, with potential to make partners feel ignored [58]. Anxiously attached and fearfully avoiding abandonment individuals may show hyper-vigilance for relationship threats, with ensuing excessive reassurance-seeking or protest actions [59]. These reactions create negative interaction patterns, with one partner's withdrawal creating greater tension in the other, thereby perpetuating marital conflict [60]. Contemporary research emphasizes that these patterns are modifiable; treatments like Emotionally Focused Therapy (EFT) allow couples to reprocess attachment worries and establish secure relationships [61].

Recent studies emphasize the mutual influence of marital quality and attachment. Longitudinal work shows that marital satisfaction can build security of attachment over

Lead City University Ibadan DO NOT COPY

time, as predicted by the theory that positive relational experience updates internal working models [62]. Cross-cultural work also emphasises that attachment representations vary across contexts but that the cross-culturally consistent advantages for secure attachment on marital stability are evident[63]. Through the creation of emotional accessibility, responsiveness, and engagement (the A.R.E. model), couples may establish a secure base, one facilitating support and long-term harmony between them[55]. Attachment theory therefore offers not just a theory to understand marital difficulties but also an entry to transforming them through intentional, affect-sophisticated connection.

2.3 Review of Empirical Studies

2.3.1 Anxiety and Marital Harmony

Research has proven that harmonious marriages are one of the means of strengthening family relationship. It is regarded as being very crucial and a key factor in triggering societal development and enabling stable national growth. Marriage institution, internationally, is faced with an unprecedented uncertainty threatening familial existence [19]. Some predictors of marital stability were identified. These have not yet been empirically tested or hypothesised through theoretical postulations. The research thus aimed at providing evidence of how far psychological well-being was a predictor of marital stability for the women studied. Another researcher employed a question mode titled Psychological Well-Being and Marital Stability Scale of married female secondary school teachers and married female commercial bank employees and his finding reflected an incidence of psychological well-being within working women and a significant influence of psychological well-being on marital stability [64].

Lead City University Ibadan DO NOT COPY

Longitudinally, studies also documented women as unhappier than men in measures of unhappiness and negative affect whether the measure was employed be it anxiety, depression, fearfulness, sadness, loneliness or anger. Women have more bad mental health days and more troubled sleep. They are also less content with a wide range of things in their lives such as democracy, the economy, the education system and the health services. Women tend to be less content at a time when there are global ratings of peace and calmness, happiness, activity and energy, freshness and rest. However, previous results on gender differences for cross-country measures of happiness, wellbeing, and life satisfaction are less conclusive. Time, place, model specification and marital status contingent control is the comparison. There is also seen to be enormous month-to-month fluctuation in happiness data as to whether men or women are happier but to exhibit scant month-by-month fluctuation in unhappiness data. Whether one counts a particular pair of months in the definition of positive but not negative affect does matter.

These monthly numbers show that women were hit harder in the happiness dimension by the COVID shock than men, though it rebounded stronger as a measure of resilience. Accordingly, there is substantial evidence to indicate that males are more superior in terms of happiness and life satisfaction in recent years even before the COVID Pandemic. Again, women have lower rates of unhappiness. A test of a series of data files, with multiple measures, for the UK also sets aside that men nowadays are happier than women [65]. In a further research of 0ne hundred and twenty-five 125 heterosexual long-wedded couples, researchers included both spouses' personality and relative differences in partner ratings of personality as predictors of marital satisfaction,

Lead City University Ibadan DO NOT COPY

for husbands and wives simultaneously. As expected, all five of the Big personality traits were highly correlated with marital satisfaction although large between-sex and between-trait differences existed.

Most interestingly, trait levels proved less predictively reliable for marital satisfaction than positive reporting differences (that is, relatively higher extraversion, openness to experience, agreeableness, conscientiousness, and lower neuroticism reported by spouses than by partners' self-descriptions). While previous studies suggested that neuroticism might be in the central role, evidence shows that the most common trait of marital health among this cohort of long-married couples is conscientiousness. Such variation in research outcomes can be attributed to change in wedded life over the years, predictive power of neuroticism for divorce, or over-sampling of young samples in earlier marital studies, or a combination of the above three [66].

Happy and complete marital relationships are required not just for the mental health of the individual but also for kids and thus, for the society at the broader level. But unsatisfying and stressful marital relationships are responsible for more emotional disturbances and marital breakdown. A study aimed to investigate the contribution of socio-demographic, sexual relationship, marital stability, marital communication and marital conflict resolution towards marital satisfaction between married couples. The study population were all married heterosexual couples, legally wedded by the state of marriage as husband and wife. Quantitative study design and systematic sampling technique in addition to simple random sampling technique were used to choose 326 households. In hierarchical multiple linear regression analysis, of the socio-demographic variables, age and occupation type accounted for married persons'

Lead City University Ibadan DO NOT COPY

marital satisfaction. Through literature, it was found that age negatively influences whereas occupation type positively influences married persons' marital satisfaction. Sexual relationship, marital stability, resolution of marital conflict, and communication accounted as predictors of marital satisfaction when other variables were controlled. The most important predictors of marital happiness as indicated by the study findings were sexual intimacy and subsequently marital stability [67].

Mental illness in early adulthood may interfere with partner relationship quality and formation. Four waves of data from Australia were used in the study to investigate the effects of depression and anxiety in early adulthood on subsequent partner (that is, marriage or cohabitation) relationship quality. A community representative sample of Australian adults aged 20–24 years was assessed in 1999, 2003, 2007 and 2011. Only respondents with no marriage or cohabiting relationship that had ever been formed with no children at baseline (n = 1592) were available for analysis. Correlates were examined between baseline depression and anxiety (Goldberg Depression and Anxiety scales) and (a) later relationship status and (b) quality of marriage or cohabiting relationship at follow-up (up to 12 years later) (partner social support and conflict scales).

Results suggested that depression in early adulthood was associated with never having a partner relationship over the study period. Of those who did become involved in a relationship, depression and anxiety were strongly associated with decreased relationship support and increased conflict down the line. Supplement analyses restricting the analyses to first relationship entered at follow-up, and to comorbid anxiety and depression, firmly replicated these results. The author concluded that anxiety and depression in young adulthood forecast lower quality of partner relationship in the future.

Lead City University Ibadan DO NOT COPY

The study added to evidence showing that mental illness challenges have immense inter-personal and personal costs. Findings highlighted the value of investment in prevention as well as early intervention [68].

2.3.2 Marital Communication and Marital Harmony

Communication over centuries has been an integral part of human existence, a part of human day-to-day life. It is sin qua non (a necessary condition) of all human activity. It is a foundation that holds up the structure of peaceful co-existence and mutual comprehension. There is the tendency to think about communication in terms of words, but communication includes every nuance of a successful marriage. The way a married couple articulates love to each other, and whether or not they act in a trustworthy and honest manner, all fall under that all-important cornerstone of all marriages communication[10].

Communication is the ability to hear what others believe and feel. That is to say, it is as important to listen to what other people are saying as to say oneself. Spousal communication may be verbal or written communication; non-words-symbols, sounds, silence, face - jeers or smiles; touch - cherishing touch, no touch, playful touch, or coercive touch. A marriage's communication is both verbal and non-verbal and the extent to which they understand each other's message goes into how they communicate and how harmonious and contented their marriage will be at the end of the day. Less accurate spouses in decoding their partners' non-verbal messages will probably experience marital disharmony

Lead City University Ibadan DO NOT COPY

Any relationship is as good as the way individuals communicate and a married couple needs to communicate everything. The message to be conveyed has to be clear and well understood. However, people have been known to encode and decode messages differently. Wives were found to be more accurate senders of non-verbal messages (encoders) than husbands, particularly for positive messages. Women are more responsive and sensitive to what occurs in their marriages than men in terms of sending and receiving messages appropriately. According to a woman's view, the difference might be due to gender socialisation of men and women for varying appreciation of relationship and communication.

Culture also identifies how spousal communication is carried out. For example, in some cultures women are not expected to join in men's conversation not to mention argue with men or even make an eye contact while talking to men. They are to listen especially when their husbands are talking. An imbalance in contribution or participation in discussion and decision making between a married couple will affect communication in the marriage and thereby affect their marital harmony. Communication behaviour and interaction patterns are evidently connected to marital harmony. Communication has been an area of interest for researchers who study marriage and there have been many studies that have found communication to be correlated with marital harmony.

Communication is one of the extremely important elements of marriage. It can be said to be the life wire of the marriage relationship. Proper communication brings about harmony in any marriage. Without communication, nothing will come out of the marital relation that is productive. Communication is a very powerful weapon in the hands of the partners having knowledge of its application for developing a strong and healthy

Lead City University Ibadan DO NOT COPY

relationship. Communication is a very crucial element of marriage since it is a necessary evil in bringing about the relationship and also in its sustenance. Every marriage relationship endeavours to employ communication since success or failure of the relationship will be its benchmark.

Good or effective communication brings about satisfaction, harmony and stability of the marriage. Lack of effective communication, however, causes low relationship satisfaction and absence of harmony that can cause irreparable harm to trust, morale, performance, self-esteem as well as to the mental and physical health of the married couple. The coherence of a marriage is dependent on some critical factors of which communication is one. Relationship quality and quality of communication are connected and affect each other mutually. If the couple applies their communication skills in their interactions, then their relationship will trigger the application of higher quality communication skills. Communication is generally regarded as something needed in stabilising a marriage, and it is one of the greatest keys to a strong, healthy relationship.

Higher percentage of broken relationships is caused by extreme lack of communication between the partners. In short, to maintain a long lasting and lifelong relationship with one's partner, one must have excellent communication skills. On the contrary, lack of good communication skills will destroy relationships in such a bad way that it will adversely impact all human endeavours. Marital therapists particularly those operating from the behavioural and cognitive behavioural model have given a very strong focus on martial adjustment, stability, relationship communication over the past two decades. Marital stability is considered to be the result of the comparison between one's best available marital options and one's marital result.

Lead City University Ibadan DO NOT COPY

Stable marriages are marriages with no divorce plan. Marital stability is used to refer to the relationship and not the spouses. It is important to enhance husband-wife communication following the rising rate in divorce. They asserted that effective communication solves most of the issues, hence marital stability. Problems related to the ability to communicate are becoming pervasive. This is due to the fact that more and more numbers are being placed on the shoulders of the failure by the couples to communicate well. What these and other studies are suggesting is that effective communication is not simply an issue of occasional problem-solving, but it is a condition of the relationship that is being repeatedly reinforced.

There is a possibility that communication can be beneficial or detrimental to relationship as dissatisfied couples tend to criticise, disagree, complain and use excuses and sarcasm. Unrewarding pattern of communication precedes the formation of relationships distress. On the other hand, contented couples with marital satisfaction and stability were likely to practice active listening skills, agree, approve, assent and use laughter and humour and have character strengths of friendship, courage and self-restraint. Gottman also theorised that contented couples maintained a five to one ratio of positive to negative interaction exchanges.

In the opinion of some school of thought, over fifty percent of the broken relationships are the result of communication lack by couples. These days, there has been an increase in marital divorce and separation due to lack of proper communication. This issue has made the question of whether people have the skill of communication popular.

Lead City University Ibadan DO NOT COPY

Another study examined the communication style as determinants factors for teachers' marital adjustment in Sokoto metropolis secondary schools. Three hypotheses were formulated to test whether there is difference in styles of communication and marital adjustment, between styles of communication of married secondary school teachers based on gender and difference between marital adjustments of married secondary school teachers in Sokoto Metropolis based on gender. Descriptive survey design was employed. One thousand four hundred and thirty three (1,433) wedded teachers in the chosen secondary schools of Sokoto Metropolis, out of which three hundred and six 306 wedded teachers were sample size as per research advisor table for sample size calculation (2006). Modified questionnaire on communication styles and adjustment in marriage among wedded secondary school teachers (QCSMAASST) were used for data collection [69] with reliability index of 0.75.

Chip-square was used in testing hypotheses. The result of the chip-square revealed that there is significant difference in communication styles and marital adjustment among married secondary school teachers in Sokoto metropolis. Also, there is no significant difference in married secondary school teachers' communication styles by gender. Based on the findings, suggestions were provided these include, couples should utilise effective communication skills while communicating with each other. This can lead to mutual understanding and prevent marriage conflicts [69].

Another research aimed to examine the mediator role of communication skills on the relationship between phubbing tendencies and marital satisfaction of married people. Sample of the research consisted of 712 married adults from very few cities in Turkey's Central Anatolia region. 347 (48.7%) of the sample were women and 365 (51.3%) were

Lead City University Ibadan DO NOT COPY

men. Average age of participants is 37.45. Marriage Satisfaction Scale, Phubbing Scale and Effective Communication Skills Scale were administered as data collection tools [70].

Pearson Correlation Analysis and Multiple mediation analysis (SPSS PROCESS macro version 3.5-model 4) techniques were used in the analysis of the data. Pearson Correlation Analysis showed significant negative correlation between the communication skills sub-dimensions (ego-developing language, effective listening, self-revelation, empathy, I-language) and phubbing; they were significantly positively correlated with marital satisfaction. Analysis results revealed that phubbing positively and negatively predicted marital satisfaction strongly, and when communication skills were adjusted in the analysis, the relationship between these two variables became nonsense. The result showed that communication skills are a full mediator on the relationship between phubbing and marital satisfaction among married participants [70.]

2.3.3 Emotional Intelligence and Marital Harmony

Emotional Intelligence is viewed as a multidimensional concept and therefore there are various definitions, depending on what aspect of emotional intelligence scientists are attempting to cover, though most examine it in four thematic areas: perception, understanding, control, and application of emotion. Different researchers have defined emotional intelligence in different ways. Emotional intelligent is one's ability to control one's emotions, to cope with emotional pressure, to develop one's abilities in areas such as imagination, art, and human communication [71.]

Emotional intelligence is a type of social intelligence, which includes the ability to monitor your own and others' emotions, the ability to distinguish between

Lead City University Ibadan DO NOT COPY

them and use information from them to control your thoughts and actions [17]. The ability to accurately and efficiently process emotional information related to the recognition, reproduction, and regulation of emotion in ourselves and others. Emotional intelligence is also the ability to perceive, express and evaluate emotion, to recall emotions when they facilitate thinking, to understand and use emotional knowledge and to manage emotions to promote emotional and intellectual development. Emotional intelligence theory, are a set of skills that deal with self-regulation, enthusiasm, persistence, drive, impulse control, self-control, mood management, avoidance of the influence of emotions on the thought process, hope, and the promotion.

Ability is knowing how you feel and being able to manage those emotions before they can manage you, being able to motivate yourself to get what needs to be accomplished done, being creative, doing your best. Your strengths also include understanding what other people feel, and being able to manage relations with them effectively. A combination of abilities that includes self-knowledge, managing emotions, motivation, empathy, and social skills.

Emotional intelligence is the ability to manage your mood, to connect with your passion, resistance to disappointment, optimism and empathy. The individual's ability to identify, accurately assess and differentiate his and others' emotions, to understand them, to merge them in his mind and to manage negative and positive ones, in him and in others [17]. Emotional intelligence is also viewed as the ability to properly direct the emotional reactions of others to various events and to be able to intervene in their feelings in a proper way [19]. Emotional intelligence is a series of non-cognitive abilities, abilities and

Lead City University Ibadan DO NOT COPY

skills that affect one's ability to efficiently cope with environmental demands and pressures.

Still another researcher has defined emotional intelligence as a type of intelligent strategy that includes such factors as being able to stay calm under stress, to create a culture of trust in interpersonal relationships, to be innovative and to attempt to build others [21.] Emotional intelligence is the practice of observing one's own emotions, as well as those of others, to give them importance and meaning, to process them and take them into account when it is to take from phases [71]. Emotional intelligence is considered to be the ability of an individual to use their emotionality in intelligent ways so as to facilitate their interpersonal relationships [24].

Emotional intelligence (EQ) and marital adjustment are issues, which cannot be underestimated in relation to family psychological well-being. A pilot study was conducted on sixty (60) married couples between the ages of 22 to 29 years, Mazandaran University with a quasi-experimental design and aims to assess the influence of EQ factors on marital adjustment among. There was a test group of thirty 30 married couples undergoing training in emotional intelligence skills while the other thirty 30 married couples were not given participation in training skills course. Participants filled up measures of emotional intelligence and marital adjustment. Pre and post-training tests, Bar-On emotional intelligence test, and Har Mohan-Singh marital adjustment questionnaire were completed by both groups. Paired t-test was used to determine whether the training course was effective or not [72].

Lead City University Ibadan DO NOT COPY

Participant data showed that the training course impacted EQ as well as marital adjustment. Data analysis of the study concluded that giving the training course had significant effect on the experimental group. Data analysis sanctioned that training impacted marital adjustment of the students of the experimental group. Based on the high positive relationship of EQ and adjustment in married life, the EQ skills could be applied as a fundamental and useful component in improving and strengthening healthy successful marital relationships. The researcher therefore concluded that, inter-personal relationship and married relationship among each couple could be improved by an emotional intelligence skill based training course [72].

Marriage is a bond between a man and a woman with an intent to produce a harmonious relationship whereby the married couple experience marital harmony and satisfaction that brings about psychological and physical health of the married couple. Another study to determine the relationship between emotional intelligence and marital satisfaction of married teachers was carried out in the Eastern part of Nigeria, Anambra State specifically [73]. Three study questions were formulated to guide the study and three null hypotheses were tested at 0.05 level of significance. Correlational research design was employed in the study. A sample of 1,344 wedded teachers was drawn from a population of 6,987 wedded teachers. Multi-stage sampling technique was employed to choose the sample. Two instruments for data collection were employed in the study: Emotional Intelligence Scale (EIS) and Index of Marital Satisfaction (IMS). Conclusion of the research revealed that there is a large low relationship between married teachers' emotional intelligence and their happiness in marriage. According to the

Lead City University Ibadan DO NOT COPY

conclusion of the research, it was recommended, among others that married teachers should be motivated by Counsellors to participate in marital seminars [73].

Marital harmony is the source of marital happiness. It is contended that a family can be termed harmonic if all members of the family are satisfied with reduced tensions, disappointment, and satisfied with the whole situation which include physical, mental, emotional, and social life. Another research investigated to what extent social skills can identify the marital satisfaction of married secondary school teachers in Rivers State. Eleven research questions were answered and eleven corresponding hypotheses were examined at 0.05 level of significance. Correlational research design was used in carrying out the research. Population of this study comprised all the 2,071 married teachers in Etche, Obio-Akpor and Port-Harcourt local government areas. A sample of 1000 married teachers was drawn from the 96 public secondary schools within the three local government areas under study using proportional stratified random sampling. Two instruments were used in collecting data from married teachers. They included the social skills questionnaire (SSQ) and the marital satisfaction assessment questionnaire (MSAQ). The (SSQ) was used in an attempt to predict the amount of marital satisfaction among married teachers based on: love and expressiveness, communication, companionship and cooperation, intimacy, mutual respect, understanding, appreciation and reverence, tolerance and forgiveness and self-control [74].

The (MSAQ) was used to determine the extent to which married teachers were satisfied in their marriages. The instruments were validated by experts in measurements and evaluation. Cronbach Alpha technique was used to confirm the instrument's reliability and the values were 0.76 and 0.83 respectively. Simple and multiple linear

Lead City University Ibadan DO NOT COPY

regression analysis, as well as beta value method of analysis where necessary, were used to answer the research questions. The Hypotheses were tested against t-test in terms of simple linear regression, ANOVA (Analysis of Variance) in terms of multiple regression and t-test in terms of multiple regression. Finding indicated that there are positive associations between love and expressiveness, communication, companionship and cooperation, mutual respect, appreciation and reverence, tolerance and forgiveness and understanding, all at (p=0.0005) of the marital satisfaction among married teachers.

It is also discovered that they together predicted marital happiness of married teachers significantly and relatively accounted for marital happiness of married teachers in Rivers State. Based on findings, it is recommended that prospective couples should base their choice of marriage partners on love/expressiveness, appreciation and respect and on other enduring virtues instead of basing their choice on transient patterns. More particularly, application of social skills should be utilised by the couples within their interpersonal relationships in a bid to attain their desired marital satisfaction [74].

Yet another research sought to find out how tutors within the jurisdiction of the College of Education (CoE) at Ada, and Accra, two townships within the Greater Accra Region [75], react to emotional intelligence and marital satisfaction. An expressive survey design was utilised in the research to gather data from 96 married tutors, through structured questionnaires and random simple sampling. The aims of the study were to find out the variables affecting tutors' marital satisfaction, differences in tutors' emotional intelligence across gender, and the interrelation between emotional intelligence and tutors' marital contentment. Means, standard deviation, independent sample t-test, and Pearson's correlation were used in the analysis of data.

Lead City University Ibadan DO NOT COPY

The significant finding of the research was that marital specifications such as gender, ethnicity and religion are not correlated with marital satisfaction, but age, education and income are. In general, this study gives information on the relationship between emotional intelligence and tutors' marital satisfaction in the college of education in Ada and in Accra. The results, in fact, would be helpful to educators and other stakeholders for enhancing the emotional intelligence and marital satisfaction of tutors which would bring better academic performance and overall workplace performance [75].

In Abia State, a study examined the complex correlations between self-esteem and marital harmony among married secondary school teachers in Abia State, Nigeria [76]. Guided by three research questions and tested by hypotheses at 0.05 significance level. The study made use of a correlational design. Twenty-five secondary school teachers from five secondary schools in Ohafia, Abia State, consisting of eight males and seventeen females aged between 37 and 52 years (mean age, 38.5; standard deviation, 2.5), were sampled. SAQ and MHQ were the two scales employed by the participants. Using linear regression analysis, the study examined correlations between self-esteem scores and markers of marital harmony. The results showed clear correlations, presenting empirical support of the impact of self-esteem on marital relations. The findings emphasised the importance of addressing self-esteem problems in interventions to enhance marital harmony in secondary school teachers. Also, the research adds to the area of education and marriage guidance by offering expertise for the development of targeted methods towards increasing marital well-being in the specific context of Ohafia, Abia State, Nigeria [76].

Lead City University Ibadan DO NOT COPY

2.3.4 Dual-Earner Couple Structure and Marital Harmony

Marital harmony was contrasted in two types of dual-earner couples, namely commuter and single-residence marriage couples. Commuter couples live in two separate houses at least for part of the week because of work demands, whereas single-residence couples live in the same house. The Couple Satisfaction Index was returned by a sample of 239 couples. A Factorial Analysis of Variance was used to compare marital satisfaction between the two groups. Results showed that commuter marriage couples are more marital-satisfied than single-residence dual-earner couples. Men were found to be more marital-satisfied than women in the current study [77].

Another researcher conducted a study to identify the role of coping mechanisms in the quality of dual career couples' marriages in Peshawar, Khyber Pakhtunkhwa of Pakistan. Coping mechanism was selected as independent variable and marital quality was selected as dependent variable of the study. Moreover, coping mechanism was also examined with the help of three constituent variables like problem-based coping, emotion-based coping and negotiation-based coping whereas constituent variables of marital quality were marital satisfaction, communication, togetherness and marital disagreement. Information was obtained using three-point Liker type scale from 388 purposively selected participants from the six sample universities and three hospitals of Peshawar city of Khyber Pakhtunkhwa.

Data collected was analyzed using means and standard deviation to find out the level and intensity of marital quality and coping strategies practiced by dual career couples. Regression and correlational analysis were conducted to find correlations

Lead City University Ibadan DO NOT COPY

between the selected variables. Similarly, it was also found that problem focused, emotion focused, and negotiation-based coping were positively and significantly related to marital satisfaction, marital communication and marital togetherness and negatively related to marital disagreement. It was concluded that effective problem solving skills of good quality, positive emotional response, and warm communication facilitates marital satisfaction, marital interaction and marital quality of dual career couples in Pakistan [78].

As one of the effects of the growing number of working women within families, the traditional family setup in which only men were breadwinners (one-income providers) are becoming less relevant for current marital situations. The occurrence of opportunities for women to be employed outside home settings in Indonesia changed the allocation of traditional roles and responsibilities between wedded couples and thus can affect marital relationship quality. The study observed the manner in which income earner status (single or dual) within homes and couple type contributes to the marital satisfaction.

The sample comprised 224 couples of spouses examined separately and together to categorise couple types evaluated with the Relational Dimension Instrument and Couple Satisfaction Index. Results indicated that for income earner status, there was no overall significant effect on marital satisfaction. The mean marital satisfaction scores for dual- and single-income couples were insignificantly different, suggesting that dual- or single-income status does not have direct effects on marital satisfaction. For couple type, traditional and separated types showed the highest marital satisfaction mean scores and lowest marital satisfaction scores among others, respectively. These results provided

Lead City University Ibadan DO NOT COPY

evidence that conflict resolution communication and interdependence are predictors of marital satisfaction among the Indonesian couples in the study [79].

It is not always easy to joggle different things at different times. A study conducted in South Korea reported that South Korea's declining birth rate is alarming and linked to stress within the work–family balance, which is known to get in the way of family planning. Therefore, providing proper support to dual-earner couples would help in strengthening the fertility rate. Work–family balance has been employed to signify the ability of individuals to perform work and family roles with equal commitment. The study identified two dimensions: gains and strains. Latent profile analysis is applied to create a typology that will be capable of explaining variation in work–family balance. This is variable-centered, not person-centered, and examines groups of individuals who are qualitatively distinct, thereby investigating the strains and gains experienced by dual-earner couples.

The researchers classified the types of work–family balance and established the features of each profile. The findings revealed that men would be in the high-gain class when they had an irregular job, had more children, were healthy, were less depressed, were highly satisfied with life, and had high social support. Women would be in the high-gain class when they had high happiness and high social support. Based on such profiles, recommendations were made to improve work–family balance and thereby contribute to countermeasures to meet the challenge of low birth rates [80].

Marriage, especially for a woman in a patriarchal society is a monumental process of change. The struggle with new responsibilities and roles is challenging enough. But

Lead City University Ibadan DO NOT COPY

with worthlessness feelings and being trapped and stuck in an unloving and undeserving union, accompany distress and adjustment issues. According to a "Women of Tomorrow" survey, among 21 nations and 6500 women, India is one of the leading nations in women's stress. About 87% of the women were stressed for most of the time and 82% claimed that they had no time to relax. Women between the age of 22 years to 55 years are the most stressful and are working very hard to balance their home life, social functions, and profession. The study tested depression, stress, anxiety, and adjustment problems in women. There were 80 married women who were chosen for this study with 40 working and 40 nonworking women. Revised Dyadic Adjustment Scale and Depression Anxiety Stress Scales were employed to obtain data. Negative correlation was found between marital adjustment among married women, stress, anxiety depression. Anxiety and Marital Adjustment are moderately correlated whereas Stress and Depression are highly correlated with marital adjustment [81].

Socio-economic determinant factors for Marital Stability among couples in Port-Harcourt Metropolis was quantified. The study adopted descriptive survey using four research questions and four hypotheses guided the study. The population of the study consisted of thirteen thousand, seven hundred and eighty-eight 13, 788 married couples in Port-Harcourt Metropolis. A sample of 300 married men and women was selected. The researcher utilised purposive sampling technique since the research requires the sample to satisfy the certain prerequisite to the research purpose.

Socio-economic Status and Marital Stability Questionnaire (SSMSQ) was utilised as an instrument for data collection. Pearson's Product Moment Correlation was utilised in determining the reliability of the instrument. The Pearson's Product Moment

Lead City University Ibadan DO NOT COPY

Correlation Coefficient was utilised to obtain a reliability coefficient of 0.88 (88%). That is, the 0.88 reliability index indicates that the instrument was 88 percent reliable. Mean and Standard Deviation were utilised to answer the research questions whereas independent t-test was used to test the null hypotheses at 0.05 level of significance. The findings of the study revealed that income level, couples' education level and couples' occupation level are the deciding factors for marital stability of the couples in the area. The study also found no statistical effect of social class on marriage stability among couples within Port-Harcourt Metropolis, Rivers State. Based on the findings, the study concluded that socio-economic factors influence marital stability in the area. The study finally recommends among others to married couples to view themselves as a single body when it comes to finances because the amount of income one receives is also the income of the other in order to balance the difference between financial disparities between them because this will increase marital happiness between couples [82].

Marital happiness always goes hand in hand with career women's psychological well-being. Career women with high work satisfaction will have enhanced marital satisfaction and psychological well-being. The review attempted to look for the correlation between marital satisfaction and psychological well-being in career women. Scopus, Science Direct and PubMed database was utilised in choosing appropriate articles. Studies from 2012 to 2021 were selected to investigate the effects of employment on marital satisfaction and psychological well-being and the interaction between marital satisfaction and psychological well-being. The finding showed that working women will have better marital status than housewives. They have greater freedom of money and autonomy. Furthermore, emotional stability affects the marital

Lead City University Ibadan DO NOT COPY

satisfaction and psychological well-being of women. Moreover, marital intimacy is also important for the maintenance of marital satisfaction and psychological well-being. The implications of the article regarding how the counsellor can improve counselling service to help career women maximise psychological well-being and marital satisfaction [83].

2.3.5 Educational Qualification and Marital Harmony

In traditional communities, marriage was largely centered on family lineage and heritage, but in modern contexts, unions are increasingly shaped by the individual capacities of the spouses, including educational background, income source, social class, and age. Among these, education is a crucial determinant of social stratification and, as a central element of human capital, it serves as one of the most reliable socio-economic indicators. For this reason, educational attainment often guides the process of partner selection, and when effectively harnessed, it becomes a strong factor in sustaining marital harmony.

As a transformative force, education provides diverse benefits, influencing individuals' outlooks, lifestyles, and approaches to problem-solving. Therefore, couples with unequal educational levels may experience contrasting marital realities.[84] A study drawing on the 2018 China Family Panel Studies (CFPS) employed sampling methods to assess the influence of educational level on marital satisfaction and its underlying mechanisms. Results from baseline regression indicated a significant positive relationship between education and marital satisfaction. This effect remained consistent even after accounting for endogeneity using instrumental variable techniques. Mechanism analysis revealed that education shapes marital satisfaction through income generation, spiritual

Lead City University Ibadan DO NOT COPY

enrichment, and differences in spousal age. Moreover, the influence of education was shown to vary by gender, age, and residence. The study concluded that advancing education, dismantling ideological and economic barriers, and strengthening community-based family services would enhance marital satisfaction and foster social harmony. The findings also provided empirical evidence of a causal relationship between education and marital satisfaction, linking educational level directly to marital well-being.[23]

Another team of researchers examined the role of family life education in improving marital satisfaction, both before and after an intervention programme. Using a sample of 120 married couples aged 18–38, they measured marital satisfaction across four domains: social, emotional, interpersonal, and sexual. Findings demonstrated that the intervention significantly reduced marital conflicts and improved couples' adjustment. The training also had a marked impact on all four domains of marital satisfaction, as reflected in the significantly higher post-intervention mean scores. The researchers concluded that such programmes positively enhance communication and strengthen marital adjustment.[85]

A related study conducted at Rivers State University, Port Harcourt investigated the role of demographic variables in shaping marital satisfaction among married undergraduates. Guided by three research questions and hypotheses, the study employed an analytical survey design and randomly sampled 400 participants using the Taro Yamane Formula. Data were collected using a self-designed Marital Satisfaction Questionnaire (MSQ), which demonstrated high reliability (Cronbach's alpha = .928) following a pilot test on 100 students outside the main sample. Descriptive statistics were

Lead City University Ibadan DO NOT COPY

used to address the research questions, while the Chi-square goodness-of-fit test at the 0.05 significance level was applied to the hypotheses. Results revealed that educational attainment, length of marriage, and the presence or absence of children significantly influenced marital satisfaction. Consequently, the study recommended that educational aspirations and achievements be consciously integrated into couple's discussions and joint decision-making processes.[86]

Beyond personal marital outcomes, education also plays a role in broader household decision-making, particularly in relation to children's educational expenditure. Using the 2018 CFPS data**,** another study examined how marital harmony influenced household spending on children's education. Results showed a significant negative correlation: the more harmonious the marital relationship, the less the household spent on children's education. Mechanism analysis suggested that harmonious relationships were more likely to allocate decision-making authority to the husband, whose management often imposed greater restraint on educational spending. Robustness and heterogeneity tests further strengthened these conclusions. Overall, this study expanded understanding of the household-level determinants of education expenditure and provided theoretical insights for policymakers addressing challenges related to household educational investments.[87]

2.3.6 Age and Marital Harmony

Married individuals are healthier and live longer than never-married, divorced, or widowed individuals. But all marriages are not created equal: miserable marriages provide less benefit than happy ones. This study examined health and longevity in a

Lead City University Ibadan DO NOT COPY

nationally representative sample of United States of America adults, examining measures of marital status and marital happiness to compare those who were "very happy" married with those who were "pretty happy" married, "not too happy" married, never married, divorced or separated, or widowed. The researchers employed the General Social Survey–National Death Index to illuminate the interrelations between marital status, marital happiness, general happiness, self-assessed health and risk of death. Compared with participants who were "very happily" married, those who were "not too happy" in marriage were over twice as likely to report worse health and almost 40% more likely to die in the follow-up period, adjusting for socioeconomic, geographic, and religiosity variables. Those not too happy in marriage also had comparable or worse health and mortality risk than those who were never married, divorced or separated, or widowed. Outcomes also indicated that general happiness is the basis for most of the connection between marital happiness and increased health and longevity [88].

The study on the health and longevity benefits of marriage is established, yet the researchers outcomes suggested that individuals who are unhappy in their marriages may be a high-risk group. They concluded that subjective well-being and quality of relationship are responsible for the health benefits of marriage. Married individuals are healthier and longer-lived than divorced, separated, or widowed. All marriages are not equal unhappy marriages offering less than satisfying ones. Physical changes with age and energy levels can affect intimacy, together activities, and relationship harmony and satisfaction of married couples [88].

Lead City University Ibadan DO NOT COPY

In contrast, relationship/marriage literature suggests that relationship satisfaction can deteriorate over time. There is no indication of when relationship satisfaction can begin to deteriorate. In the present study, we worked with a nationally representative sample of adults of different ages from which we could examine well-being and relationship satisfaction before marriage, shortly after marriage, and after marriage. Data were taken from 14-years of the New Zealand Attitudes and Values Study (N = 1,520). Participants received annual surveys and responded on relationship satisfaction and well-being (life satisfaction, subjective well-being, belonging) and well-being. We examined if marriage was associated with average within-person change in well-being and relationship satisfaction in the years before marriage, in the years following marriage, and across the years following marriage. Event-aligned piecewise latent growth models also found similar change patterns over marriage for well-being (subjective and life satisfaction) and relationship satisfaction. Well-being and relationship satisfaction on average increased before marriage, decreased steeply shortly after marriage, and had a decreasing trend after marriage. By integrating relationship/marriage and well-being literatures, these findings provide new insights in that forever-married persons, trajectories of well-being and relationship satisfaction diverge in similar directions leading up to marriage, shortly after marriage, and years following marriage [89.] Reliability and validity of Indian origin scales are limited, which prompts researchers to borrow the marital satisfaction scale having been developed in different settings.

Lack of a reliable scale to assess marital satisfaction in India prompted us to use the marital satisfaction of young married men using ENRICH Marital Satisfaction (EMS) Scale developed in the Western context. Validation of EMS scale on rural participants of

Lead City University Ibadan DO NOT COPY

Lalitpur and Shrawasti, Uttar Pradesh, India; the present study examines determinants of marital satisfaction of young married men. Cronbach's alpha coefficient of 0.936 determines the high reliability of the EMS scale among the sample interviewed in two Indian districts. Men belonging to families with higher monthly income (OR- 3.33; 95% C.I. − 1.71–6.50) were inclined to be more satisfied in their marriage than their peers. Father's, mother's, and married men's education status were some important determinants of marital satisfaction. The study emphasises the importance of family education as a strong predictor of satisfaction in marriage, and thus policymakers might investigate this aspect [90]. This current study sought to determine the correlation of marital adjustment and life satisfaction among young and old couples.

Major objective of the study was to determine the effect of age on marital adjustment and life satisfaction in young and old couples. Dyadic Adjustment Scale (DAS) and Satisfaction with Life Scale (SWLS) were utilised to measure the marital adjustment experience and satisfaction with life. The sample group was (N=300) young and older couples. Young married couples (n=150) and Married Old couples (n=150) selected from three districts of Odisha (Bhadrak, Balasore & Mayurbhanj). Statistical analysis was carried out by employing Pearson Product Moment Correlation and t-test. Outcome reveals a good positive relationship (r= .43, significant at p .01) between marital adjustment and satisfaction with life. On the other hand, there is a significant difference (significant at p .001) in marital adjustment between old married couples and young married couples. The outcome also reveals that there is a significant difference (significant at p .001) between old married couples and young married couples in satisfaction with life [91].

Lead City University Ibadan DO NOT COPY

2.3.7 Emotional Harmony and Marital Harmony

Secondary school teachers share some particular stressors in their job, including workload, student disciplinary issues, and bureaucratic requirements, so their marital satisfaction is likely to be particularly impacted by these three predictors. In this study, how much conflict resolution harmony, sexual harmony, and emotional harmony collectively predict marital harmony in secondary school teachers is explored, contributing to both family therapy research and occupational well-being research.

Marital harmony is a significant predictor of overall life satisfaction and psychological well-being, especially for professionals like secondary school teachers who are exposed to high-stress work conditions [92]. A harmonious marital relationship is determined by several factors, but conflict resolution harmony, sexual harmony, and emotional harmony have been found to be significant predictors [93]. Teachers, by virtue of their demanding job, tend to suffer from work-family conflicts that can spill over into their marital relationships, thus making conflict resolution strategies imperative [94.] Sexual and emotional harmony, also determine marital stability through the promotion of intimacy, trust, and mutual satisfaction [95.]

Emotional harmony, which is characterised by empathy, emotional support, and emotional attunement, increases marital resilience. Teachers, who may practice emotional regulation at work, may struggle to be emotionally present in their marriages if stress is not dealt with [96]. However, couples who practice emotional harmony through affection, validation, and vulnerability with one another report greater marital stability [97.]

Lead City University Ibadan DO NOT COPY

A particular study was conducted to predict marital satisfaction based on emotion regulation strategies and emotional orientation towards sexual relation in married women. The research was descriptive-correlational. The study population consisted of married students at the Islamic Azad University of Tehran in the 2022-2023 academic year. From this population, 300 were selected by convenience sampling. Instruments for collecting data were Hudson's (1992) Marital Satisfaction Questionnaire, Gross and John's (2003) Emotion Regulation Questionnaire, and Ali Abadian and Hasanzadeh's (2017) Emotional Orientation Towards Sexual Relation Questionnaire. Data were examined by multivariate regression tests and SPSS software version 26. The results showed that there was a positive correlation between reappraisal and sexual desire and marital satisfaction, and a negative significant correlation between suppression, fear of sexual intimacy, and indifference towards sexual intimacy and marital satisfaction ($p<0.05$).

Additionally, emotion regulation strategies (reappraisal and suppression) and emotional orientation toward sexual relation subscales (desire, fear, and indifference) are marital satisfaction predictors ($p<0.05$). The research findings suggested that because emotion regulation strategies and sexual desire are involved in marital satisfaction improvement, emotional orientation toward sexual relation should be taught to married couples through workshops. Moreover, educating individuals on emotion regulation can enhance marital satisfaction [98.]

Emotion is one of the psychological variables of interest that has been explored in looking at the psychological well-being of couples. In particular, this researcher was interested in finding out the relationships between emotional regulations and marital

Lead City University Ibadan DO NOT COPY

satisfaction of couples. The study used the exploratory study research design with questionnaires DERS-18 and ENRICH marital satisfaction scale were utilised to measure the two variables. Questions on personal background were also provided to identify the respondents. Questionnaires were distributed to the participants who resided in seven districts within the area of Hulu Langat, Selangor Malaysia to enable the researcher in achieving the objective of the study. Data from collected questionnaires was analysed using IBM SPSS Statistics version 25 software. Findings revealed that there is a positive and significant relationship between emotional regulation, specifically awareness, and marital satisfaction (r= 0.24, n=304, p=0.000). Research implication suggested that the emotional regulation skills of spouses have important relationships in achieving marital satisfaction. Study implications were also described from the psychological field as well as practical concerns for helping professionals working with married couples [99.]

Close relationships are incubators of emotion. This is an article that reviews key findings and future directions in research on couples' emotion regulation across adulthood as a critical context in which older adults not only maintain functioning but actually outperform younger adults. First, introductory concepts were given that characterise qualities (i.e., dynamic, coregulatory, bidirectional, bivalent), and measures (i.e., self-report versus performance-based) of couples' emotion regulation. Second, there was a focus on socioemotional turn in the researcher's comprehension of adult development through the introduction of socioemotional selectivity theory. Third, the researcher gave a life-span developmental perspective on emotion regulation in couples (i.e., across infancy, adolescence and young adulthood, midlife, and late life). Finally, the researcher suggested the idea that emotion regulation can shift from "me to us" across adulthood and

Lead City University Ibadan DO NOT COPY

discuss how emotion regulation in couples can become more important, better, and more vital (e.g., for relationship outcomes, well-being, and health) with age [100].

2.3.8 Conflict Resolution Harmony and Marital Harmony

Marriage is a lifelong bond in which the couple experiences numerous difficult situations, like sickness, financial problems, crises, and so on. Marriage being an ancient tradition is supposed to be a wonderful and exciting experience, and the relationship between the husband and wife is supposed to get better with each and every single day or year, but in reality, there are many issues that can tarnish the relationship. This study investigated a measurement of conflict resolution in marriage in Egor Local Government Area, Edo State, Nigeria. Descriptive survey research design formed the research design for the study. The study made use of a triangulation of both the quantitative and qualitative data collection approach. The area of study was Egor Local Government Area, Edo State, Nigeria [101].

Study population was Literate and non-literate male and female aged 18 years and above in the study site. Sample size was 396 respondents. Each variable was analysed descriptively by number and percentages for each of the independent variables. Variables were cross tabulated between major and sub categories and tested by appropriate standardised statistical tools. The findings of the research revealed that there are several predisposing factors that lead to marital breakdown in marriages within the study population, but very few were known. Pre-marital counselling was also suggested to be provided to potential couples so that they can better know each other before marriage. Couples must regularly attend seminars and workshops on family harmony and conflict management. The study recommended that there be no use of un-censored languages

Lead City University Ibadan DO NOT COPY

among the couples. The study also recommended that there should be need for pre-marital counselling among the couples [101].

Another study examined the effect of negotiation skills on marital conflict among secondary school teachers in Sokoto metropolis. It used a quasi experimental design, pre-test post-test control group, with one treatment groups and one control group. Two research questions were raised while two null hypotheses were framed and tested at 0.05 level of significance. Study population consists of 80 Secondary school teachers. The sample was 20 subjects chosen purposively by sampling method from 10 secondary schools in Sokoto metropolitan A-20 item researcher-developed questionnaires with the following title: Marital Conflict Adjustment Instrument (MCAI) were used to obtain data from the subjects. The items were rated on 5-point scales of Always (1), Very often (2), Sometimes (3), Rarely (4) and Never (5). The subjects were split into treatment (NS & SST) and Control groups. The test was administered under the supervision of two trained instructors.

Data were processed using means and standard deviation to address the research questions and ANOVA (Analysis of Variance) in testing the hypotheses. Results of the study revealed that negotiation skill were effective in solving conflict of marital life among secondary school teachers. Based on the research findings, it was recommended that the couples need to be subjected to the practice of the use of negotiation skills in resolving their marriage conflict which will enable them make positive contribution to the school and the society as a whole [102].

This study examined the relationship between marital forgiveness and marital harmony among married teachers in Delta State. Three research questions for the study

Lead City University Ibadan DO NOT COPY

and three hypotheses were utilised. Correlational design was utilised in this research. The population was 8,526 married teachers in Delta State. The sample was 879 married teachers in Delta State. The multi-stage sampling method was utilised in selecting the sample. A Marital Forgiveness and Marital Harmony Questionnaire (MFMHQ) was utilised as the research tool for data collection. Experts' objective judgement was utilised to estimate the face validity. Total cumulative variance was used to estimate the tool's content validity whereas rotated component matrix was used to estimate the tool's construct validity. Psychometric properties of the tool were therefore satisfactory.

Data collected were tested using Pearson's Product Moment correlation and regression statistics. Null hypotheses were all tested at .05 level of significance. The findings of the study established that there is a strong positive relationship between marital forgiveness and marital harmony in married teachers; that marital forgiveness and marital harmony has no significant moderating effect of sex among married teachers; and that marital forgiveness and marital harmony has no significant moderating effect of marriage duration among married teachers in Delta State, Nigeria. The study indicated that couples who have challenges in marital forgiveness within their union ought to consider seeking professional help [103].

Another study compared the correlations of forgiveness, conflict resolution, and marital satisfaction among a group of 300 married subjects. Correlation, regression, and mediation tests were utilized to assess the predictive role of forgiveness and conflict resolution in marital satisfaction. The outcomes revealed that conflict resolution and forgiveness were powerful predictors of marital satisfaction, explaining 96% of the variation ($R^2 = .960$, $p < .001$). Forgiveness exerted a more significant influence (B =

Lead City University Ibadan DO NOT COPY

0.805, p < .001) than conflict resolution (B = 0.363, p < .001). Mediation analysis also showed that conflict resolution played the role of partial mediator in the relationship between forgiveness and marital satisfaction (indirect effect = 0.292, p < .001), and it was found that forgiveness increases marital satisfaction directly, but its effect is also exerted through improved conflict resolution. Findings stressed the importance of encouraging forgiveness alongside effective conflict resolution skills to enhance marital satisfaction [104].

2.3.9 Sexual Harmony and Marital Harmony

Sexual satisfaction is contributory to overall marital satisfaction. Despite the fact that there are few reports about sexual and marital harmony among Oyo State secondary school teachers, available literature on sexual harmony shows that sexual harmony enhances emotional intimacy and reduces marital discontent. The high prevalence of marital discord and divorce in our society today is quite disturbing. Research has proved that marital satisfaction is a foundation for healthy and successful family life. Consequently, to attain harmonious and happy family life, it is essential to research the predictors of marital satisfaction.

In conformity with this, the present study examined the contribution of sexual satisfaction and family relations to marital satisfaction and how the family relationship contributes in mediating the role of sexual satisfaction and marital satisfaction. One hundred and thirty-two convenience samples of married couples in selected areas in Lagos Nigeria, 67 females and 65 males aged with mean age of 37.34years were involved in the study. Data gathered were processed using multiple linear regression analysis. The findings indicated that high sexual satisfaction is significantly associated with marital

Lead City University Ibadan DO NOT COPY

satisfaction. A good family relationship also has positive significant association with marital satisfaction. More significantly, family relationship negatively and strongly moderates sexual satisfaction-martial satisfaction relationship. Results were interpreted based on previous literature, and it was recommended that partners need to express affection for each other and should not understate the role of sexual and family relationship in commentating their love and for preserving greater marital quality [105].

Sexual and marital satisfaction are crucial in the stability of couples' relationship, and therefore a proper method should be undertaken to enhance them. Identification and classification of psychological interventions influencing sexual satisfaction and marital satisfaction of women in Iran was the objective of this research. An electronic systematic search using Persian and English databases of SID, Embase, PubMed, Scopus, Web of Science, Medline, Cochran library, and Google Scholar motor engine until 2021 was conducted to identify all clinical trials, experimental, and quasi-experimental studies that had quantified the impact of psychological intervention on marital and sexual satisfaction. Overall, we had identified 528 studies from the databases mentioned above, of which 38 were found to be eligible.

The subgroup meta-analysis of 4 included trials showed that sexual satisfaction is enhanced through interventions grounded in individual consultations (MD: 2.94, 95% CI: −0.36 to 6.24, P= .23), (I2 =30.83%). The meta-analysis of 10 studies in the subgroup demonstrated that couple-based consultations increase marital satisfaction (MD: 5.93, 95% CI: -2.59 to 9.27, P=.95), (I2 = 0%). The result of meta-analysis verified the effect of counseling-based psychological interventions on increasing sexual and marital

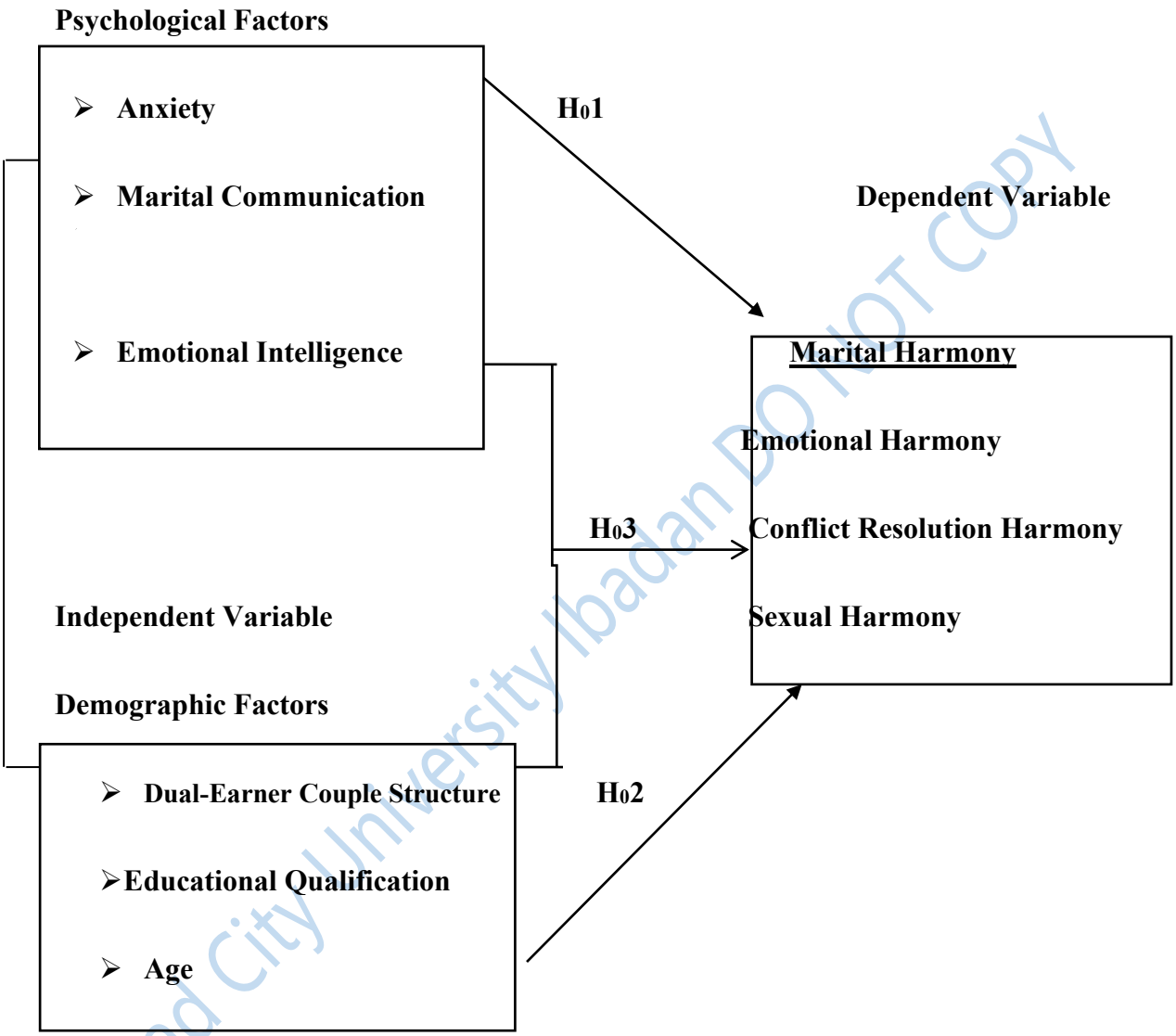
Lead City University Ibadan DO NOT COPY

satisfaction of the couples. However, clinical trials must be conducted in the future before a final decision [106].

Marital and sexual satisfaction are crucial for conjugal bliss and harmony. But work stress can impact sexual and marital satisfaction of couples. There is limited information on sexual and marital satisfaction among Nigerian healthcare professionals, and on the inter-relationships between stress, sexual and marital satisfaction among healthcare professionals. The study assessed inter-relationship between perceived stress, sexual and marital satisfaction among married healthcare professionals. This descriptive cross-sectional survey employed a quantitative design among 150 consented healthcare workers enrolled using a simple random sampling technique. Tools for data collection were the Perceived Stress Scale, Enrich Marital Satisfaction questionnaire and Pinney Sexual Satisfaction Inventory. Pearson correlation was used to assess the relationships and linear regression was conducted to assess influence of one variable on the other. Results showed that the perceived level of stress among the healthcare workers was low [16.9(0.001)] and mean sexual satisfaction (SS) was poor [78.93(23.68)]. Additionally, 49.3% were also the dissatisfied maritally. Perceived stress was positively related with marital satisfaction (MS) (r=0.48, p) [107].

Lead City University Ibadan DO NOT COPY

2.4 Conceptual Framework



Conceptual Model : ***Source Researcher 2025***

The conceptual framework for this study shows the predictive influence of the independent variables that is, psychological factors and demographic factors as they predict on the dependent variable marital harmony. The combined and relative predictive

Lead City University Ibadan DO NOT COPY

influence of the independent variables on the dependent variable will invariably lead to counselling implications in this study.

2.5 Summary of Gap in Literature Reviewed

The family, as the cornerstone of a healthy and stable society, is fundamentally anchored on marriage, the legal bond between two adults. Marital harmony is therefore indispensable to the well-being, health, progress, and longevity of spouses. Despite its significance, the predictors of marital harmony among specific professional groups particularly secondary school teachers in Nigeria remain insufficiently examined. While prior studies have explored marital satisfaction in general populations, few have addressed the unique intersection of psychological and demographic factors affecting teachers, a profession characterised by high stress, emotional labour, and persistent work-family balance challenges. In Oyo State, where educational demands intersect with socioeconomic pressures, understanding these determinants is especially critical.

Existing scholarship consistently identifies anxiety, emotional intelligence, and communication as important predictors of marital quality in the general population.[108] [109] However, little is known about how these variables operate within the teaching profession. For example, although anxiety is frequently associated with marital dissatisfaction,[110] its implications for teachers who experience heightened job-related anxiety remain understudied. Likewise, while emotional intelligence has been shown to promote relationship stability,[111] its potential role in buffering against occupational emotional exhaustion, especially among dual-earner teacher couples, requires further exploration.

Lead City University Ibadan DO NOT COPY

Demographic variables such as age, dual-earner couple structure, and educational qualifications also present unresolved questions in this context. While some research indicates that older couples experience greater marital harmony [112], others suggest that midlife career stress may undermine marital quality.[113] The prevalence of dual-earner structures among Nigerian teachers adds further complexity, often producing role conflict and time pressures, yet its specific correlation with marital harmony in Oyo State has not been rigorously studied. Similarly, though higher educational attainment is often linked to improved conflict resolution [114], the extent to which this advantage is offset by the teaching profession's structural stressors such as low remuneration, heavy workloads, and societal expectations remains underexplored. Moreover, much of the Nigerian literature on marital harmony generalises across professions, overlooking the distinct lived realities of teachers. Critical dimensions of marital stability such as sexual harmony, emotional harmony, and conflict resolution strategies have rarely been analysed in relation to both psychological and demographic predictors within this occupational group.

This study therefore seeks to bridge these gaps by offering a nuanced analysis of how anxiety, age, communication, dual-earner dynamics, emotional intelligence, and educational qualifications collectively predict marital harmony among secondary school teachers in Oyo State, Nigeria. Findings from this research will be of practical relevance to policymakers, TESCOM, educators, scholars, marriage counsellors, and psychologists in designing targeted interventions to strengthen marital well-being among teachers thereby contributing positively to family stability and the wider society.

Lead City University Ibadan DO NOT COPY

Endnotes

[1] I. N. George, D. E. Ukpong, & E. E. Imah. *Cultural Diversity of Marriage Sustainability in Nigeria: Strengths and Challenges.* **Horizon Research Publishing** 2013, 15-25. June 4, 2025. Available Online.

[2] A. J. Cherlin, *The Deinstitutionalization of American Marriage.* **Journal of Marriage and Family** 66(4), 2004, 848-861

[3] E. S. Chukwuemeka, *Importance of Marriage: 12 Main Reasons.* BScholarly, 25(4), 2022. Accessed June 4, 2025. Available Online

[4] S. S. Rindfuss & H. A. Vander, *Cohabitation: A Precursor to Marriage or an Alternative to Being Single.* **Population and Development Review.** 16(4), 1990, 703-726.

[5]. Ayeni, O. *5 Reasons You Should Consider Having a Court Wedding*. Pulse Nigeria, 2(2), 2023. Accessed June 4, 2025. Available Online.

[6] J. M. Gottman & N. Silver, *The Seven Principles for Making Marriage Work.* **New York: Harmony,** 2018.

[7] H. Markman, S. M. Stanley, G .K. Rhoades, S. W. Whitton, et al., *The Premarital Communication Roots of Marital Distress and Divorce: The First Five Years of Marriage.* **Journal of Family Psychology** 24(3), 2010, 289-298.

[8] J. Elliot & M. Richards. *Parental Divorce and the Life Chances of Children.* **Family Law** 48 (2018): 481-484. Available Online

[9] L. Richards, M. Franks & R. Shrout, *Marriage Provides Health Benefits and Here's Why.* **Medical Xpress**, 16(1), 2023. Available Online

[10] C. Mosunic, *Cold Feet? 10 Tips for How to Deal with Marriage Anxiety.* **Calm**, 2022. Available Online

[11] S. S. Hendrick & C. Hendrick. *Factors Influencing Marital Harmony, Married Couples (A Case Study of Babcock University Staff, Ogun State).* **Eprojectguide,** November 2021. Available Online

[12] *35 Quotes About Communication for Inspiring Team Collaboration*. **Vibe**, 5(5), 2022. Available Online

[13] J. Savra, *Why Communication Is Important in a Marriage.* 17(8), 2022. Available Online

[14] Z. Girma, *Marital Communication as Moderators of the Relationship Between Marital Conflict Resolution and Marital Satisfaction.* **Contemporary Family Therapy** 52(6), 2022, 1-12.

Lead City University Ibadan DO NOT COPY

15 F. Liye, S. Fussell, & C. Danescu-Niculescu-Mizil, *Facilitating the Communication of Politeness Through Fine-Grained Paraphrasing.* arXiv 2020. Available Online

16 M. D. Johnson, J. A. Lavner, M. Mund, M. Zemp, et al, *Within-Couple Associations Between Communication and Relationship Satisfaction Over Time.* **Personality and Social Psychology Bulletin**. 48(4), 2022, 534-549.

17 M. Heidari & V. G. Kumar, *Influence of Emotional Intelligence on Marital Satisfaction among Married Couples.* **International Journal of Scientific Research** 10(9), 2021, 61-65.

18 L. Parrott & L. Parrott. *Why Self-Awareness Leads to Better Love.* **Symbis**, 18(2), 2022. Available Online

19 *How to Improve Social Awareness.* MasterClass, 2(12), 2022. Available Online

20 A. Raeburn, *What Is Self-Management? (7 Skills to Improve It).* Asana, 3(5), 2022. Available Online

21 *Relationship Management: Definition and Guide.* People.ai, 2022. Available Online

22 M. A. Senedo & J. A. Merin, *The Prevalence of Work-Family Conflict on Dual-Earner Couple's Subjective Well-Being.* **Journal of Global Economics** 9(5), 2021, 1-8.

23 C. Zhang & Y. Liang, *The Impact of Education Level on Marital Satisfaction: Evidence from China*. **Social Sciences & Humanities Open**, 7(1), 2023, 100487.

24 J. Gracia-Hombrados & B. Ozcan. *Age at Marriage and Marital Stability: Evidence from China.* **Review of Economics of the Household** 21(2), 2023, 419-446.

25 M. Mikulincer & P. R. Shaver, *Attachment in Adulthood: Structure, Dynamics, and Change.* 2nd ed. New York: Guilford Press, 2016.

26 B. Van der Kolk, *The Body Keeps the Score.* New York: Viking, 2014.

27 B. L. Fredrickson, *The Role of Positive Emotions in Cultivating Harmony.* **American Psychologist** 71(4), 2016, 317-326.

28 J. J. Gross, *Emotion Regulation.* New York: Guilford Press, 2015.

29 G. Tabibnia & M. D. Lieberman, *Fairness and Cooperation Are Rewarding: Evidence from Social Cognitive Neuroscience.* **Annals of the New York Academy of Sciences** 1118(1), 2007, 90-101.

30 V. U. Druskat & S. B. Wolff, *Building the Emotional Intelligence of Groups.* **Harvard Business Review.** 79 (3), 2001, 80-90.

Lead City University Ibadan DO NOT COPY

[31] D. Goleman & R. J. Davidson, *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body.* New York: Avery, 2017.

[32] M. B. Rosenberg, *Nonviolent Communication: A Language of Life.* 3rd ed. Encinitas, CA: PuddleDancer Press, 2015.

[33] S. Ting-Toomey, *Communicating Across Cultures.* 2nd ed. New York: Guilford Press, 2017.

[34] H. Zehr, *The Little Book of Restorative Justice* : *Revised and Updated.* New York: Good Books, 2015.

[35] C. K. W. De Dreu & L. R. Weingart, *Task versus Relationship Conflict, Team Performance, and Team Member Satisfaction: A Meta-Analysis.* **Journal of Applied Psychology.** 88 (4), 2003, 741-749.

[36] E. Fallis, U. Rehman, & P. Pascoal, *Sexual Satisfaction as a Buffer against Marital Discord.* **Journal of Sex Research.** 60 (2), 2023, 201-215.

[37] L. Garcia & S. Lloyd, *Communication and Long-Term Marital Satisfaction.* **Journal of Marital and Family Therapy** 50(1), 2024, 34 -50.

[38] A. Muise, U. Schimmack, & E. Impett, *Sexual Communal Strength in Romantic Relationships.* **Personality and Social Psychology Review.** 27(1), 2023, 45-60.

[39] T. Kohut, & R. Balzarini, *Sex-Positive Marriages in the 21st Century.* **Current Sexual Health Reports** 15(4), 2024, 200-215.

[40] N. Döring & R. Mohseni, *Digital Intimacy: How Apps Influence Sexual Synchrony in Couples.* **Computers in Human Behavior** 45(3), 2024, 112-125.

[41] R. Johnson & K. Anderson, *Emotional Intimacy and Sexual Fulfillment in Couples.* **Couple and Family Psychology.** 12(1), 2024, 78-92.

[42] M. Lee & J. Harris, *Mindfulness and Sexual Satisfaction in Stressed Couples.* **Journal of Applied Social Psychology.** 54(3), 2024, 145-160.

[43] A. Aron, C. Norman, & E. Aron, *The Self-Expansion Model and Relationship Longevity.* **Journal of Personality and Social Psychology.** 125(3), 2023, 456-472.

[44] S. Mendez, & L. Torres, *Power Dynamics and Sexual Satisfaction in Egalitarian Marriages.* **Gender & Society** 38(2), 2024, 300- 320.

[45] M. Bowen, *Family Therapy in Clinical Practice.* New York: Jason Aronson, 1978.

[46] M. E. Kerr & M. Bowen, *Family Evaluation.* New York: W.W. Norton, 1988.

Lead City University Ibadan DO NOT COPY

[47] E. A. Skowron & T. A. Schmitt, *Differentiation and Marital Satisfaction.* **Journal of Counseling Psychology** 50(3), 2003, 336-345.

[48] S. Minuchin, *Families and Family Therapy.* Cambridge, MA: Harvard University Press, 1974.

[49] Gubbins, C., et al. *Triangulation in Couples Therapy.* **Journal of Marital and Family Therapy** 46(3), 2020, 456- 470.

[50] D. V. Papero, *Bowen Family Systems Theory.* New York: Springer, 2020.

[51] M. McGoldrick, et al. *Genograms: Assessment and Intervention.* New York: Routledge, 2020.

[52] E. A. Butler & A. K. Randall, *Emotional Coregulation in Close Relationships.* **Emotion Review** 5(2), 2013, 202-210.

[53] J. M. Gottman, *The Seven Principles for Making Marriage Work.* New York: Harmony, 2015.

[54] J. L. Lebow, et al. *Couples Therapy and Systemic Interventions.* **Annual Review of Psychology** 73, 2022, 1-25.

[55] S. M. Johnson, *Attachment Theory in Practice: EFT with Individuals, Couples, and Families* New York: Guilford Press, 2019.

[56] J. Bowlby, *Attachment and Loss: Vol. 1. Attachment.* New York: Basic Books, 1969.

[57] C. Hazan & P. Shaver, *Romantic Love Conceptualized as an Attachment Process.* **Journal of Personality and Social Psychology** 52(3), 1987, 511-524.

[58] B. C. Feeney, *Secure Base Responsiveness in Adult Relationships.* **Personality and Social Psychology Review** 20(1), 2016, 56-77.

[59] J. A. Simpson & W. S. Rholes, *Adult Attachment, Stress, and Romantic Relationships.* **Current Opinion in Psychology** 13, 2017, 19-24. Availble Online

[60] S. M. Johnson, et al. *Anxious and Avoidant Attachment in Couples.* **Journal of Marital and Family Therapy** 47(2), 2021, 237-253.

[61] S. A. Wiebe & S. M. Johnson, *EFT and Attachment Repair.* **Annual Review of Clinical Psychology** 18, 2022, 129-152. Available Online

[62] J. Davila, et al. *Changes in Attachment Security over Time.* **Journal of Personality and Social Psychology** 110(5), 2016, 844-859.

[63] H. Chen, et al. *Adult Attachment across Cultures.* **Current Opinion in Psychology.** 40, 2021, 22-26. Available Online

LeadCity University Ibadan DO NOT COPY

[64] A. Okojide, O. A. Adekeye, G. O. Adejumo & O. O. Chenube et al, *Psychological Well-Being as a Predictor of Marital Stability among Employed Women in Lagos State, Nigeria.* **Journal of Educational and Social Research** 13(1), 2023, 146-156.

[65] D. G. Blanchflower & A. Bryson, *The Female Happiness Paradox.* NBER Working Paper No. 29893, **National Bureau of Economic Research**, March 2022. Available Online

[66] A. Claxton, N. O'Rourke & A. De Longis, *Personality Traits and Marital Satisfaction within Enduring Relationships: An Intra-Couple Discrepancy Approach.* **Journal of Social and Personal Relationships** 29(3), 2012, 375-396.

[67] G. Zewdu. *The Role of Socio-Demographic Variables, Sexual Relationship, Marital Stability, Marital Communication and Conflict Resolution in Marital Satisfaction among Married Individuals in Addis Ababa.* **Psychology and Behavioral Sciences** 9(6), 2020, 87- 95.

[68] L. S. Leach & P. Butterworth, *Depression and Anxiety in Early Adulthood: Consequences for Finding a Partner, and Relationship Support and Conflict.* **Epidemiology and Psychiatric Sciences** 29, 2020. Availabe Online.

[69] T. A. Adejare & M. Hussani, *Communication Style as a Determiner Factor for Marita Adjustment among Married Secondary School Teachers in Sokoto Metropolis, Sokoto State, Nigeria.* **International Journal of Research and Innovation in Social Science,** 5(7), 2021, 234-245.

[70] K. Suat & I. Parmaksiz, *The Mediator Role of Effective Communication Skills on the Relationship between Phubbing Tendencies and Marriage Satisfaction in Married Individuals.* **Computers in Human Behavior** 150, 2023, 107863. Available Online

[71] J. Segal, M. Smith, L. Robinson & J. Shubin, *Improving Emotional Intelligence (EQ).* **HelpGuide,** January 31, 2023. Available Online.

[72] J. B. Nader, A. Khalilian, M. Par & T. Zargarnataj, *Impact of Emotional Intelligence Skills Training on Marital Adjustment among Students of Mazandaran University.* **Iranian Journal of Psychiatry and Behavioral Sciences,** 11(3), 2017, e7379.

[73] A. Anyamene & A. V. Etele, *Relationship between Emotional Intelligence and Marital Satisfaction of Male and Female Married Teachers in Anambra State.* **European Journal of Educational Sciences,** 7(3), 2020, 1-14.

Lead City University Ibadan DO NOT COPY

[74] O. C. Chinwe & T. A. Jamabo. *Social Skills as Predictors of Marital Satisfaction among Married Secondary School Teachers in Rivers State, Nigeria.* **Journal of Education in Developing Areas,** 28(2), 2020, 123-135.

[75] E. B. Aidoo, R. O. Mensah, & B. Oteng, *Marital Satisfaction of College of Education Tutors within the Greater Accra Region: The Influence of Emotional Intelligence and Other Factors.* **Cogent Education,** 11(1), 2024, 238932. Available Online

[76] A. U. Nzewuji, J. C. Omeje & I. B. Uche, *Self-Esteem as a Predictor of Marital Harmony among Married Secondary School Teachers in Abia State, Nigeria.* **International Journal of Studies in Education** 20(1), 2024, 238-248.

[77] C. Chrishianne, A. S. Ginanjar & I. Primasari *Marital Satisfaction in Dual-Earner Marriage: Single-Residence versus Commuter.* **Psychological Research on Urban Society** 1(2), 2018, 107-114.

[78] R. Khalil. *Assessing the Impact of Coping Mechanisms on Marital Quality in Dual Career Couples: An Empirical Study in Peshawar, Pakistan.* **Journal of Humanities and Social Sciences** 27(1), 2019, 45–60.

[79] Ratnasari & F. Fatheya. *Income Earner Status and Couple Type and Its Impact on Marital Satisfaction.* **Makara Human Behavior Studies in Asia** 26(1), 2022, 14–24.

[80] J. Sun-Young & J. Hye-Sun Jung. *Work-Family Balance among Dual-Earner Couples in South Korea: A Latent Profile Analysis.* **International Journal of Environmental Research and Public Health** 18(11), 2021, 6129.

[81] M. K. Rema & P. Kaur. *Depression, Anxiety, Stress and Marital Adjustment among Women.* **Journal of International Women's Studies** 21(5), 2020, 2-8.

[82] L. Nwamadi. *Socio-Economic Determinants of Marital Stability among Married Couples in Port-Harcourt Metropolis, Rivers State, Nigeria.* **Journal of Research and Method in Education** 12(3), 2022, 45-56.

[83] W. Othman, W. Norhayati bt, Z. N. Zainudin, Y. M. Yusop, W. Marzuki, W. Jaafar, & M. O. M. Baxodirovna. *A Systematic Review of Marital Satisfaction and Psychological Well-Being among Career Women.* **Journal of Positive School Psychology** 6(4), 2022, 1234-1245.

[84] N. N. Umeaku. *The Influence of Educational Level and Duration of Marriage on Marital Satisfaction among Nigerian Couples.* **Nigerian Journals Online,** 2022. Available Online

[85] A. Jyothi, M. S. Devi, S. Pettugani, R. N. Rani, & T. Supraja. *Effect of Family Life Education on Marital Satisfaction of Married Couple.* **The Pharma Innovation Journal** 9(8S), 2020, 10–14.

Lead City University Ibadan DO NOT COPY

[86] M. A. Chukwu, *Influence of Demographic Variables on Marital Satisfaction of Undergraduates in Rivers State University, Port Harcourt, Nigeria.* **International Journal of Innovative Psychology & Social Development** 13(1), 2025, 164-171.

[87] R. Wen, N. Rao, & Y. Chen. *The Influence of Harmonious Conjugal Relationship on Education Expenditure.* ResearchGate, 2023. Available Online

[88] E. M. Lawrence, R. G. Rogers, A. Zajacova, & T. Wadsworth. *Marital Happiness, Marital Status, Health, and Longevity.* **Journal of Happiness Studies** 20(1), 2019, 1-23.

[89] H. E. Dupuis, Y. U. Girme, et al. *Changes in Well-Being and Relationship Satisfaction in the Years Before and After Marriage in a Sample of New Zealand Adults.* **Journal of Social and Personal Relationships** 42(1), 2025, 123-145.

[90] S. Chauhan, & T. V. Sekher. *Early Marriage and Marital Satisfaction among Young Married Men in Rural Uttar Pradesh, India.* BMC Research Notes 16(1), 2023, 62. Available Online

[91] M. K. Sethi. *Marital Adjustment and Life Satisfaction among Young and Old Married Couples.* **International Journal of Science and Research Archive** 11(1), 2024, 230-300.

[92] A. B. Gümüş & R. Kılıç. *Occupational Stress and Marital Satisfaction among Teachers.* Teaching and Teacher Education 98, 2021, 103245. Available Online

[93] J. M. Gottman & N. Silver. *The Seven Principles for Making Marriage Work.* **Relationship Institute Australasia,** 2023. Available Online

[94] A. Al-Krenawi, & J. R. Graham. *Conflict Resolution in Marital Relationships among Educators.* **Journal of Family Social Work.** 24(3), 2021, 210-225.

[95] K. P. Mark & J. A. Lasslo. *Maintaining Sexual Desire in Long-Term Relationships.* **Journal of Sex Research** 55(4-5), 2018, 563-576.

[96] N. Farah. *A Teacher or an Actor? On Emotions and the Emotional Labour among Teachers: A Literature Review.* **Journal of Innovations in Business and Industry** 1(3), 2023, 71-78.

[97] J. S. Carroll, et al. *Emotional Intimacy and Marital Satisfaction: A Meta-Analysis.* Family Relations 72(1), 2023, 45-60. Available Online

[98] S. Obodiat, R. Hassanzadeh, & B. Mirzaian. *Predicting Marital Satisfaction Based on Emotion Regulation Strategies and Emotional Orientation towards Sexual Relation in Married Women.* **Psychology of Women Journal** 5(1), 2024, 159-165.

Lead City University Ibadan DO NOT COPY

[99] S. B. Roslan, S. M. Hoesnib & N. A. Khatib. *Relationships between Emotional Regulation and Marital Satisfaction.* **International Journal of Academic Research in Business & Social Sciences** 13(12), 2023, 1978-1990.

[100] C. M. Haase. *Emotion Regulation in Couples across Adulthood.* **Annual Review of Developmental Psychology** 5 (2023): 121-145. Avialable Online

[101] O. J. Egharevba, & J. I. Omosuvbe. *An Evaluation of Marital Conflict Resolution in Egor Local Government Area, Edo State, Nigeria.* **Nexus International University Journal of Social Sciences** 10(3), 2024, 123-135.

[102] S. Umar, A. S. Tambuwal, & M. B. Shehu. *Effect of Negotiation Skills on Marital Conflict Resolution among Secondary School Teachers in Sokoto Metropolis.* **African Journal of Humanities and Contemporary Education Research** 8(2), 2022, 144-151.

[103] B. I. Onyekechini. *Forgiveness as a Correlate of Marital Harmony among Married Teachers in Delta State of Nigeria.* **Open Access Journal of Social Sciences Research** 2(3), 2024, 45-56.

[104] S. Jain & M. Arya. *Role of Conflict Resolution and Forgiveness in Predicting Marital Satisfaction.* **Shodhkosh Journal of Visual and Performing Arts** 5(1), 2024, 4508.

[105] N. C. Arinze & B. D. Olawa. *Sexual Satisfaction and Marital Satisfaction among Married Couples—RETRACTED: Moderating Role of Family Relationship.* **Journal of Psychology and Allied Disciplines** 2(1), 2023, 1-15.

[106] M. A. Bafrani, R. Nourizadeh, S. Hakimi, S. A. Mortazavi, & E. Mehrabi. *The Effect of Psychological Interventions on Sexual and Marital Satisfaction: A Systematic Review and Meta-Analysis.* **Iranian Journal of Public Health** 52(1), 2023, 49-63.

[107] M. I. Olatunbi, O. O. Olayinka, G. O. Ademuyiwa, & T. O. Dosunmu. *Perceived Stress, Sexual and Marital Satisfaction among Married Healthcare Workers in Nigeria*. **Nurse Media Journal of Nursing** 12(3), 2022, 367-379.

[108] P. Salovey & J. D. Mayer. *Emotional Intelligence.* **Imagination, Cognition and Personality** 9, no. 3 (1990): 185–211. Available Online

[109] J. M. Gottman. *What Predicts Divorce? The Relationship between Marital Processes and Marital Outcomes.* Hillsdale, NJ: Lawrence Erlbaum Associates, 1994. Available Online

[110] L. M. Papp, E. M. Cummings & M. C. Goeke-Morey. *For Richer, for Poorer: Money as a Topic of Marital Conflict in the Home.* **Family Relations** 62(1), 2013, 91-106.

Lead City University Ibadan DO NOT COPY

[111] N. S. Schutte, J. M. Malouff, C. Bobik, T. D. Coston, C. Greeson, C. Jedlicka, E. Rhodes, & G. Wendorf, G. *Emotional Intelligence and Interpersonal Relations.* **The Journal of Social Psychology** 141(4), 2001, 523-536.

[112] J. Orathinkal, & A. Vansteenwegen. *The Effect of Forgiveness on Marital Satisfaction in Relation to Marital Stability.* Contemporary Family Therapy 28(2), 2006, 251-260.

[113] M. Lachance-Grzela & G. Bouchard. *Why Do Women Do the Lion's Share of Housework? A Decade of Research.* Sex Roles 63(11–12), 2010, 767-780.

[114] P. R. Amato. *Does Education Matter for Marital Happiness?* **Journal of Family Issues** 35(7), 2014, 909-933.

Lead City University Ibadan DO NOT COPY

Chapter Three
Methodology

This chapter presents the step by step procedure that was followed in carrying out this research.

3.1 Research Design

3.2 Population of the Study

3.3 Sample and Sampling Technique

3.4 Description of the Research Instrument

3.5 Validity of Research Instrument

3.6 Reliability of the Research Instrument

3.7 Data Collection

3.8 Data Analysis

3.9 Ethical Approval

Endnotes

Lead City University Ibadan DO NOT COPY

3.1 Research Design

The study adopted the descriptive research design approach. The descriptive research design is a type of methodology that focuses on describing the characteristics, behaviours, and attitudes of a population or a sample. In other words, it is used to describe the current state of a phenomenon or situation. It gathers and presents data in a way that is easy to understand and helps the researcher answer research questions or hypotheses.

3.2 Population of the Study

The target population for this study consisted of married teachers employed in public secondary schools within Oyo State, Nigeria. Oyo State is comprised of thirty-three (33) local government areas, with a total of six hundred and twenty-five (625) public secondary schools. At the time of this study, the workforce in these schools was fourteen thousand, five hundred and eight (14,508) teachers. From this broader population, a representative sample of both male and female teachers, who are legally married, was selected for participation in the study. The focus on legitimately married teachers ensures that the findings are relevant to the specific marital context of interest within this population. The statistics of the number of public secondary schools as well as male and female school teachers in each of the senatorial district in Oyo States, Nigeria is shown in Table 3.2

Lead City University Ibadan DO NOT COPY

Table 3.2 : Population of the Study (N = 625 for Public Secondary Schools and 14,508 for Teachers)

State	Senatorial Districts	Number of Public Secondary Schools	Number of Public Secondary School Teachers		Total
			Male	Female	
Oyo	Oyo Central	244	2,325	3,073	5,398
	Oyo North	171	1,819	1,337	3,156
	Oyo South	210	2,194	3,760	5,954
	Grand Total	**625**	**6,338**	**8,170**	**14,508**

Source: Oyo State Ministry of Education, Planning and Statistics (PRS) Unit Ibadan, 2024

Lead City University Ibadan - O N - Y

3.3 Sample and Sampling Techniques

A multi-stage sampling procedure was used to draw the sample size for the study. At stage one, the stratified random sampling technique was used to select ten out of the thirty-three local government areas, across the three senatorial districts in Oyo State, Nigeria. The stratified sampling is used when the population has distinct features. In this case, it becomes necessary for the researcher to put the groups into distinct strata (a stratum is a group of persons or elements with identical features). The researcher made use of a sample of 966 married teachers, which were drawn from 10 Local Government Areas in Oyo State through a simple random selection. However, only 944 questionnaires were retrieved at the end of the day due to one reason or other which made some of the respondents unavailable. Therefore, 944 samples were used for the data analyses.

www.ibadan DO NOT COPY

Table 3.3.1: Sample Number of Senatorial Districts (sn = 3)

State	Senatorial Districts	Number of Public Secondary Schools	Number of Public Secondary School Teachers		Total
			Male	Female	
Oyo	Oyo Central	244	2,325	3,073	5,398
	Oyo North	171	1,819	1,337	3,156
	Oyo South	210	2,194	3,760	5,954
	Grand Total	**625**	**6,338**	**8,170**	**14,508**

Source: Oyo State Ministry of Education, Planning and Statistics (PRS) Unit Ibadan, 2024

Table 3.3.1 shows the three senatorial districts in Oyo State comprises of six hundred and twenty five (625) public secondary schools, six thousand, three hundred and thirty eight (6,338) male and eight thousand, one hundred and seventy (8,170) female public secondary school teachers making a total of fourteen thousand, five hundred and eight (14,508) public secondary school teachers for the study.

At stage two, the Yamane Taro sample size determination formula was used to sample a number of public secondary schools and teachers for the study. The formula which was adopted in 1967 by Yamane is shown below:

$$n = \frac{N}{1 + N\,(e)^2}$$

Where n' is the desired or needed sample size,

N' is the population size and

e' is the level of significance which is 0.05.

Based on calculations using the Yamane Taro sample size determination formula, the sample size of public secondary schools is shown in Table 3.3:

Lead City University Ibadan DO NOT COPY

Table 3.3.2: Sample Number of Public Secondary Schools (n = 410)

State	Senatorial Districts	Number of Public Secondary Schools	Sample Number of Public Secondary Schools
Oyo	Oyo Central	244	152
	Oyo North	171	120
	Oyo South	210	138
	Sub-Total	**625**	**410**

Source: Oyo State Ministry of Education, Planning and Statistics (PRS) Unit Ibadan, 2024

Table 3.3.2 shows that the sample number of public secondary schools using Yamane Taro sample size determination formula is four hundred and ten (410) from an initial number of six hundred and twenty five (625) in the three senatorial districts of Oyo State, Nigeria.

At stage 3, the proportionate stratified size sampling technique was used for the selection of public secondary school male and female teachers. In a proportionate stratified size sampling technique, the sample size of each stratum (in this case male and female teachers' strata) is proportionate to the population size of the stratum[6]. The formula is as follows:

Sample for each stratum = Needed Sample Size for all Stratum x Stratum Size

Population Size

Lead City University Ibadan DO NOT COPY

In this study, the needed sample size for all stratum (both male and female teachers) was nine hundred and sixty-six (966). The population size for all stratum was fourteen thousand five hundred and eight (14,508). The stratum size for male teachers was the number of male teachers in each senatorial district. The stratum size for female teachers was also the number of female teachers in each senatorial district. Using the above formula, the sample size for both male and female teachers is shown in Table 3.3.3 :

Table 3.3.3: Sample Number of Public Secondary School Teachers (n = 966)

State	**Senatorial Districts**	**Population of Public Secondary School Teachers**		**Total**	**Sample Number of Public Secondary School Teachers**		**Total Sample**
		Male	**Female**		**Sample Male**	**Sample Female**	
Oyo	Oyo Central	2,325	3,073	5,398	155	205	360
	Oyo North	1,819	1,337	3,156	121	89	210
	Oyo South	2,194	3,760	5,954	146	250	396
	Total	**6,338**	**8,170**	**14,508**	**422**	**544**	**966**

Source: Oyo State Ministry of Education, Planning and Statistics (PRS) Unit Ibadan, 2024

NOT COPY

3.4 Description of the Research Instrument

One research instrument with five sections was appropriately used for data collection in the study. The research instrument is Psychological Demographic Marital Harmony Questionnaire (PDMHQ), while the sections are described below:

3.4.1 Section A : Demograhic data

3.4.2 Section B : Adapted Dyadic Adjustment Scale (ADAS) : There are fourteen (14) items on the scale with responses anchored on the six point Likert scale.

3.4.3 State-Trait Anxiety Inventory (STAI) : There are twelve (14) items on the scale with responses anchored on the four point Likert scale.

3.4.4 Conflict Resolution Styles Inventory (CRSI-20) : There are twenty (20) items on the scale with responses anchored on the five point Likert scale.

3.4.5 Emotional Intelligence Scale (EIS) : There are eighteen (18) items on the scale with responses anchored on the five point Likert scale.

3.5 Validity of Research Instrument

The questionnaire was subjected to the content and face validity type. Content and face validity ensure that the items evaluated on the instrument are representative and adequate to measure a particular construct. Each item was tested to ensure the item is faced clearly and properly, as well as to determine that it applies to the intended construct. The items were assessed to confirm correct scoring and the instrument scaling suitable for the content of the structure. Therefore, to carry out the content and face validity, the instruments were shown to experts within the Guidance and Counselling

Lead City University Ibadan DO NOT COPY

Unit as well as some other experts at Lead City University, Ibadan, for necessary criticism, judgment and suggestions. After their input and corrections, the instruments were peer reviewed by the researcher's supervisor for final corrections. One school in Iwo Local Government Area of Osun State was adopted for the trial testing of the instruments but was not part of the study. The result of the trial testing had much impact on the emerging instruments for the study.

3.6 Reliability of the Research Instrument

Reliability is the degree of consistency of an instrument in measuring what it is designed to measure. Therefore, for the purpose of establishing the reliability of the instrument used in this study, a pilot study was conducted by administering forty (40) questionnaires to secondary school male and female married teachers in one school in Iwo Local Government Area of Osun State who were not a part of the actual sample for the study. The reliability of the instrument was analysed using Cronbach's alpha, and the coefficient obtained 0.75 which was used to determine the reliability of the instrument.

3.7 Data Collection Procedure

The administration of the instrument was personally carried out by the researcher with the support of seven research assistants who were trained by the researcher for effectiveness of data collection. The researcher endeavoured to make personal contacts with some of the respondents to create the required rapport that was needed for the success of the study. However, out of the 966 questionnaires distributed, only 944 were retrieved at the end of the day due to one reason or other which made some of the

Lead City University Ibadan DO NOT COPY

respondents unavailable to return the 22 others. Therefore, 944 samples were used for the data analyses.

3.8 Data Analysis

The analytical methods that were employed for the examination of data gathered from the ample in this study included both descriptive and inferential statistics. Descriptive statistics, including frequency count, percentages, means, and standard deviations, were employed to address the research questions posted inferential statistics, namely Pearson' Product Moment Correlation and Multiple Regression Analyses, were utilised for data analysis at a 0.05 level of significance to evaluate the proposed hypotheses.

3.8 Ethical Approval

Ethical approval to carry out this study was obtained from the relevant authorities, including the Head of Department of Arts & Social Sciences Education, Lead City University, Ibadan.

Lead City University Ibadan DO NOT COPY

Endnotes

[1] Oyo State Ministry of Education, Science and Technology. Planning and Statistics (PRS) Unit. Ibadan, Nigeria.

[2] D. M. Busby, C. Christensen, D. R. Crane, & J. H. Larson. *A revision of the Dyadic Adjustment Scale for use with distressed and non-distressed couples: Construct hierarchy and multidimensional scales.* **Journal of Marital and Family Therapy,** 21(3), 1995, 289-308. Revised Dyadic Adjustment Scale (RDAS)

[3] University of Texas RDAS. Available Online https://web.archive.org/web/20160304033703/http://www.utexas.edu/students/cmh/resources/tools/forms/RDAS.pdf

[4] M. A. Whisman, D. K. Snyder, & S. R. H. Beach, (2009).Screening for Marital and relationship discord. Journal of Family Psychology, 23(2), 2009, 247-254.

[5] T. M. Marteau & H. Bekker. *The development of a six-item short-form of the state scale of the Spielberger State-Trait Anxiety Inventory (STAI).* **British Journal of Clinical Psychology**, 31(3), 1992, 301-306.

[6] Christensen & Sullaway, *Communication Patterns Questionnaire (CPQ). A widely used instrument for assessing communication dynamics in couples. Identifies interaction patterns during conflict and everyday conversations.* 1984. Available Online

[7] L. A. Kurdek. *Conflict resolution styles in gay, lesbian, and heterosexual couples.* **Journal of Marriage and Family**, 56(3), 1994, 705-722. Available Online

[8] H. Bonache, et al. *Conflict Resolution Styles and Teen Dating Violence.* **International Journal of Clinical and Health Psychology**, 16(3), 2016, 276-286. Available Online

Lead City University Ibadan DO NOT COPY

Chapter Four

Results and Discussion of Findings

This chapter presents the result, analysis and discussion of the findings. The results and discussion of findings were presented based on the response rate, the demographic characteristics of the respondents, research questions and tested hypothesis.

4.1 Demographic Data Analysis

4.2 Presentation of Data

4.2.1 Research Questions

4.2.2 Test of Hypotheses

4.3 Discussion of the findings

Endnotes

Lead City University Ibadan DO NOT COPY

4.1 Demographic Data Analysis

This section examines and presents information about the demographic data analysis based on gender, marital status, age group and school of the respondents.

Table 4.1: Showing Gender Distribution of the Respondents

Gender	Frequency	Percent	Cumulative Percent
Female	768	81.4	81.4
Male	176	18.6	100.0
Total	944	100.0	

Source: Fieldwork 2025

Table 4.1 reveals that 768 (81.4%) of the respondents are female while 176 (18.6%) of the respondents are male. Majority of the respondents are Female. This is due to the fact that the teaching profession is dominated by the female gender. The Teaching profession allows women have more time for the management of their homes, especially their children.

Table 4.2: Showing Marital Status of the Respondents

Marital Status	Frequency	Percent	Cumulative Percent
Separated	192	20.3	20.3
Married	656	69.5	89.8
Widow/Widower	48	5.1	94.9
Divorced	48	5.1	100.0
Total	944	100.0	

Source: Fieldwork 2025

Table 4.2 shows that 192(20.3%) of the respondents are separated from their partners, 656(69.5%) are currently married, 48(5.1%) of the respondents are widows/widowers while the other 48(5.1%) are divorced. Majority of the respondents are still with their partners.

Lead City University Ibadan DO NOT COPY

Table 4.3: Showing educational level of the Respondents

Educational level	Frequency	Percent	Cumulative Percent
No formal Education	0	0.0	0.0
Primary Education	0	0.0	0.0
Secondary Education	16	1.7	1.7
ND/HND/NCE	272	28.8	30.5
B.A./B.Sc./B.Ed.	496	52.5	83.0
Masters	96	10.2	93.2
PhD.	32	3.4	96.6
Others	32	3.4	100.0
Total	944	100.0	

Source: Fieldwork 2025

Table 4.3 reveals that none, 0(0.0%) of the respondents has education below secondary level. None are without formal education. None are as well has primary education level as their highest level of education. 16(1.7%) of the respondents has secondary level of education as their highest level of education. 272 (28.5%) of the respondents are graduates of ND/HND/NCE, 496(52.6%) of the respondents are graduates of B.A./B.Sc./B.Ed., 96(10.2%) has Masters as their highest level of education, 32(3.4%) has Doctoral degrees and the remaining 32(3.4%) of the respondents has other forms of formal education. All the respondents have a form of formal education higher than the primary level of education. More than half of the respondents have at least Bachelor's degree.

Lead City University Ibadan DO NOT COPY

Table 4.4.: Showing if it was the Respondents' first Marriage

Status of First Marriage	Frequency	Percent	Cumulative Percent
Yes	912	96.6	96.6
No	32	3.4	100.0
Total	**944**	**100.0**	

Source: Fieldwork 2025

Table 4.4 indicates that 912(96.6%) of the respondents are in their first marriage while the remaining 32(3.4%) of the respondents are not in their first marriage. Those in their first marriage are most of the respondents.

Table 4.5.: Showing if the Respondents are remarried

Status of Re-Marriage	Frequency	Percent	Cumulative Percent
Yes	32	3.4	3.4
No	912	96.6	100.0
Total	**944**	**100.0**	

Source: Fieldwork 2025

Table 4.5 reveals that 912(96.6%) of the respondents are in their first marriage and not re-married while the remaining 32(3.4%) of the respondents are remarried. That is, they are not in their first marriage. Very few of the respondents are remarried.

Lead City University Ibadan DO NOT COPY

Table 4.6.: Showing the duration of their Previous Marriage

Duration of Previous Marriage	Frequency	Percent	Cumulative Percent
No previous marriage	864	91.5	91.5
1-5 years	16	1.7	93.2
6-10 years	48	5.1	98.3
11-15 years	0	0	98.3
16-20 years	0	0	98.3
21-25 years	0	0	98.3
26-30 years	0	0	98.3
31-35 years	16	1.7	100.0
Total	944	100.0	

Source: Fieldwork 2025

Table 4.6 shows that 864(91.5%) of the respondents do not have a previous marriage except the one they are in presently, 16(1.7%) of the respondents were in their previous for 1-5 years, 48(5.1%) of the respondents were in their previous marriage for 6-10 years, none, 0(0.0%) were in their previous marriage for 11-30 years while the remaining 16(1.7%) of the respondents were in their previous marriage for 31-35 years.

Lead City University Ibadan DO NOT COPY

Table 4.7: Showing how long the respondents have been with their spouse

Duration of being spouse	Frequency	Percent	Cumulative Percent
1-12 months	80	8.5	8.5
1-5 years	240	25.4	33.9
6-10 years	160	16.9	50.8
11-15 years	144	15.3	66.1
16-20 years	128	13.6	79.7
21-25 years	64	6.8	86.5
26-30 years	112	11.9	98.4
31-35 years	16	1.6	100.0
Total	944	100.0	

Source: Fieldwork 2025

Table 4.7 reveals that 80(8.5%) of the respondents have been with their spouse for 1-12 months, 240(25.4%) of the respondents have been with their spouse for 1-5years, 160 (16.9%) of the respondents have been with their spouse for 6-10 years. 144 (15.3%) of the respondents have been with their current spouse for 11-15years. 128 (13.6%) have been with their spouse for 16-20 years, 64(6.8%) of the respondents for 21-25 years, 112(11.9%) for 26-30 years while the remaining 16(1.6%) of the respondents have been with their current spouse for 31-35 years.

Lead City University Ibadan DO NOT COPY

Table 4.8: Showing the personal age of the respondents

Age of the Respondents	Frequency	Percent	Cumulative Percent
20-29 years	48	5.1	5.1
30-39 years	304	32.2	37.3
40-49 years	224	23.7	61.0
50-59 years	336	35.6	96.6
60-69 years	32	3.4	100.0
Total	944	100.0	

Source: Fieldwork 2025

Table 4.8 indicates that 48(5.1%) of the respondents are between the age group 20-29 years, 304 (32.2%) of the respondents are between the age group 30-39 years, 224(23.7%) of the respondents are between the age group 40-49 years, 336(35.6%) are between ages 50-59 while the remaining 32(3.4%) of the respondents 60-69 years. majority of the respondents' age group are tilted towards 50-59 years and 30-39 years.

Lead City University Ibadan DO NOT COPY

Table 4.9: Showing the Age of the respondents' spouse

Age of the Respondents' Spouse	Frequency	Percent	Cumulative Percent
20-29 years	48	5.1	5.1
30-39 years	208	22.0	27.1
40-49 years	304	32.2	59.3
50-59 years	224	23.7	83.0
60-69 years	160	16.9	100.0
Total	944	100.0	

Source: Fieldwork 2025

Table 4.9 reveals that 48(5.1%) of the respondents indicates that their spouse is between the age group 20-29 years, 208 (22.0%) of the respondents indicated that their spouse is between the age group 30-39 years, 304(32.2%) of the respondents indicated that their spouse is between the age group 40-49 years, 224(23.7%) of the spouse' respondents are between ages 50-59 while the remaining 160(16.9%) of the respondents' spouse are between 60-69 years.

Lead City University Ibadan DO NOT COPY

\

Table 4.10: Showing the Age difference between the respondents and their spouse

Age Difference	Frequency	Percent	Cumulative Percent
0-12 months	32	3.4	3.4
1-5 years	480	50.8	54.2
6-10 years	288	30.5	84.7
11-15 years	80	8.5	93.2
16-20 years	64	6.8	100.0
Total	944	100.0	

Source: Fieldwork 2025

Table 4.10 shows that 32(3.4%) of the respondents indicated that there is about 0-12months between the age of their spouse and theirs. 480(50.8%) of the respondents has about 1-5 years difference between their age and that of their spouse. Also, 288(30.5%) of the respondents has 6-10 years difference in their age and that of their spouse. More so, 80(8.5%) of the respondents indicated that there is about 11-15 years between their age and that of their spouse. There is about 16-20 years difference between 64(6.8%) of the respondents' age and that of their spouse.

Lead City University Ibadan DO NOT COPY

Table 4.11: Showing the occupation of respondents' spouse

Spouse's Occupation	Frequency	Percent	Cumulative Percent
Civil Servant	336	35.6	3.4
Private Business	384	40.7	76.3
Private Company Staff	128	13.5	89.8
Others	48	5.1	94.9
Unemployed	48	5.1	100.0
Total	944	100.0	

Source: Fieldwork 2025

Table 4.11 reveals that 336(35.6%) of the respondents' spouse are civil servants, 384(40.7%) of the respondents' spouse are into private businesses, 128(13.5%) of the respondents' spouse are engaged as private company staff, 48(5.1%) of the respondents' spouse engage in other form occupation while the remaining 48(5.1%) of the respondents' spouse are unemployed. Majority are into private businesses and engaged as civil servants.

Lead City University Ibadan DO NOT COPY

Table 4.12: Showing the educational qualification of the respondents' spouse

Spouse's Educational Qualification	Frequency	Percent	Cumulative Percent
No Formal Education	16	1.7	1.7
Primary Education	32	3.4	5.1
Secondary Education	16	1.7	6.8
ND/HND/NCE	288	30.5	37.3
B.A./B.SC/B/E	336	35.6	72.9
Masters	160	16.9	89.8
PhD	64	6.8	96.6
Others	32	3.4	100.0
Total	944	100.0	

Source: Fieldwork 2025

Table 4.12 shows that 16(1.7%) of the respondents' spouse has no formal education, 32(3.4%) of the respondents' spouse has primary education, another 16(1.7%) of the respondents' spouse only has secondary education, 288(30.5%) has ND/HND/NCE as their highest level of education, 336 (35.6%) of the respondents' spouse has B.A./B.SC/B.Ed as their highest academic level, 160(16.9%) has spouses with Masters Degree, 64(6.8%) has Spouses with doctoral degree while 32(3.4%) of the respondents' spouse has other forms of education. Very few of the respondents' spouse are without formal education.

Lead City University Ibadan DO NOT COPY

Table 4.13.: Showing Distribution of the Respondents' Religion

Religion	Frequency	Percent	Cumulative Percent
Christianity	624	66.1	66.1
Islam	304	32.2	98.3
Traditional	16	1.7	100.0
Total	944	100.0	

Source: Fieldwork 2025

Table 4.13 reveals that 624 (66.1%) of the respondents practice Christianity as a religion, 304(32.2%) of the respondents practice Islam as a religion while the remaining 16(1.7%) of the respondents are traditional worshippers. Majority of the respondents are Christians.

Lead City University Ibadan DO NOT COPY

4.2 Presentation of Data

This section answers the research questions that guide the study.

4.2.1 Research Questions

Research Question One: What are the psychological factors (anxiety, marital communication, emotional intelligence) influencing marital harmony (emotional harmony, conflict resolution harmony and sexual harmony) among secondary school teachers in Oyo State, Nigeria?

Table 4.14: Analysis of relative influence of psychological factors (anxiety, marital communication, emotional intelligence) on marital harmony (emotional harmony, conflict resolution harmony and sexual harmony) among secondary school teachers in Oyo State, Nigeria

	Unstandardized Coefficients		Standardized Coefficients		
Model	B	Std. Error	Beta	T	Sig.
(Constant)	1.463	.146		10.034	.000
Anxiety	.542	.015	.674	36.563	.000
Emotional Intelligence	-.045	.008	-.098	-5.543	.000
Marital Communication	.675	.043	.420	15.738	.000

Source: fieldwork 2025

Table 4.14 shows that anxiety has a strong and significant positive influence on marital harmony, as indicated by a standardised coefficient of $\beta = 0.674$ ($p < .001$). This suggests that as teachers experience higher levels of anxiety, their marital harmony tends to improve. While this result appears counterintuitive, it may be that moderate levels of

Lead City University Ibadan DO NOT COPY

anxiety encourage spouses to pay closer attention to one another's needs, thereby strengthening their relationship. This underscores the complexity of psychological factors in marriage and points to the possibility that anxiety, when properly managed, could serve as a motivating force rather than solely a destructive one.

Emotional intelligence, on the other hand, was found to have a significant but negative effect on marital harmony ($\beta = -0.098$, $p < .001$). This outcome is somewhat unexpected, as emotional intelligence is typically associated with positive relationship outcomes. A plausible explanation is that teachers with higher emotional intelligence may also possess heightened awareness of marital challenges, which could amplify their perception of disharmony. In this context, being emotionally intelligent may make individuals more sensitive to marital problems, thereby reducing the overall perception of harmony within the marriage.

Marital communication emerged as another strong predictor, showing a positive and significant relationship with marital harmony ($\beta = 0.420$, $p < .001$). Effective communication allows couples to express their emotions, resolve conflicts amicably, and maintain intimacy, all of which are critical components of harmony in marriage.

Taken together, the regression model indicates that anxiety, emotional intelligence, and marital communication significantly predict marital harmony among teachers in Oyo State. Anxiety and marital communication contribute positively, while emotional intelligence exerts a negative influence. These highlight the need for targeted interventions that strengthen positive marital communication practices, address the management of anxiety, and carefully tailor emotional intelligence training to ensure it promotes constructive engagement rather than heightened sensitivity to conflict.

Lead City University Ibadan DO NOT COPY

Research Question Two: What is the relationship between selected demographic factors (dual-earner couple structure, educational qualification, age) and marital harmony (emotional harmony, conflict resolution harmony and sexual harmony) among secondary school teachers in Oyo State, Nigeria?

Table 4.15 Showing the relationship between selected demographic factors (dual-earner couple structure, educational qualification, age) and marital harmony (emotional harmony, conflict resolution harmony and sexual harmony) among secondary school teachers in Oyo State, Nigeria.

Demographic factors		Marital Harmony
Age	Pearson Correlation	.960**
	Sig. (2-tailed)	.000
	N	944
Dual Earner Couple Structure	Pearson Correlation	.529**
	Sig. (2-tailed)	.000
	N	944
Educational Qualifications	Pearson Correlation	.934**
	Sig. (2-tailed)	.000
	N	944

Source: fieldwork 2025

Table 4.15 reveals that the selected demographic factors age, dual-earner couple structure, and educational qualifications are significantly related to marital harmony among secondary school teachers in Oyo State, Nigeria. The Pearson' Product Moment Correlation analysis indicates strong positive correlations: age (r =.960), educational qualifications (r =.934), and dual-earner couple structure (r =.529), all significant at the p =.000 level. This means that as teachers' age and level of education increase, marital

Lead City University Ibadan DO NOT COPY

harmony (emotional, conflict resolution, and sexual harmony) tends to improve substantially. While the correlation for dual-earner couple structure is comparatively weaker, it is still statistically significant, showing that shared earning responsibilities also influence marital harmony, though not as strongly as age and education. These therefore demonstrate that demographic characteristics play a crucial role in shaping the quality of marital relationships among the teachers studied.

Lead City University Ibadan DO NOT COPY

Research Question Three: What is the predictive joint influence of psychological factors (anxiety, marital communication, emotional intelligence) on marital harmony (emotional harmony, conflict resolution harmony and sexual harmony) among secondary school teachers in Oyo State?

Table 4.16 Showing the predictive joint influence of psychological factors (anxiety, marital communication, emotional intelligence) on marital harmony (emotional harmony, conflict resolution harmony and sexual harmony) among secondary school teachers in Oyo State, Nigeria

R=0.993

R^2=0.986

Adj.R^2 = 0.988
Std.Err=1.062

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	76198.084	3	25399.361	22501.635	.000[b]
Residual	1061.052	940	1.129		
Total	77259.136	943			

Source: Fieldwork 2025

Table 4.16 shows that there is a significant the predictive joint influence of psychological factors (anxiety, marital communication, emotional intelligence) on marital harmony (emotional harmony, conflict resolution harmony and sexual harmony) among secondary school teachers in Oyo State. Marital harmony was considered in terms of emotional harmony, conflict resolution harmony, and sexual harmony. However, the regression results presented a very strong relationship between the combined predictors and marital harmony, with an R value of (R=0.993) and an R^2 value of (R^2=0.986), indicating that 98.6% of the variance in marital harmony was accounted for by the joint influence of

Lead City University Ibadan DO NOT COPY

these psychological factors. Furthermore, the F-ratio of ($F_{(3, 940)}$ =22501.635) was found to be statistically significant at $p < .05$. This implies that psychological factors, when taken together, significantly predict marital harmony among secondary school teachers in Oyo State.

4.4.2 Implications for Counselling

The results from research questions one and two carry important implications for counselling practice in promoting marital harmony among secondary school teachers in Oyo State:

1. Since anxiety was found to have a strong positive influence on marital harmony, counselling interventions should focus on helping teachers recognise and manage anxiety in constructive ways. Rather than viewing anxiety only as a negative emotion, counsellors can guide couples to use moderate levels of anxiety as a motivator for attentiveness, empathy, and mutual care. This approach would enable couples to transform potential marital stressors into opportunities for deeper connection.
2. Emotional intelligence, though unexpectedly found to have a negative relationship with marital harmony, also highlights the need for targeted counselling strategies. Counsellors should recognize that while emotional intelligence is generally beneficial, heightened emotional sensitivity may sometimes amplify perceptions of conflict or disharmony. Therefore, counselling programmes should not only develop emotional awareness but also equip couples with resilience skills, conflict management strategies, and perspective-taking techniques. This would help

Lead City University Ibadan DO NOT COPY

emotionally intelligent individuals use their sensitivity in constructive ways rather than allowing it to undermine marital stability.

3. Marital communication emerged as a strong positive predictor of marital harmony, underscoring the central role of effective communication in sustaining healthy relationships. Counsellors should therefore prioritise communication skills training in marital counselling sessions. This includes teaching couples how to listen actively, express emotions clearly, resolve disagreements respectfully, and maintain open dialogue about sensitive issues such as finances, parenting, and intimacy. By strengthening communication, counselling can help couples build trust, foster intimacy, and reduce misunderstandings that often lead to conflict.
4. The results also indicate that demographic variables such as dual-earner structure, educational qualification, and age significantly influence marital harmony. This means that counselling interventions should not adopt a "one-size-fits-all" approach. Instead, counsellors should tailor their strategies to the unique needs of different categories of couples. For example, dual-earner couples may benefit from time management and stress reduction counselling, while younger couples may require guidance on conflict resolution and sexual intimacy. In contrast, couples with differing educational backgrounds may need support in bridging communication gaps and aligning expectations.

In summary, the study suggests that counselling for secondary school teachers in Oyo State should adopt a holistic approach that combines anxiety management, emotional intelligence training, communication skills development, and sensitivity to demographic differences. By addressing these areas, counselling can play a vital role in enhancing

Lead City University Ibadan DO NOT COPY

marital harmony, fostering emotional closeness, improving conflict resolution, and strengthening sexual intimacy among couples.

4.2.3 Test of Hypotheses

Hypothesis 1: There is no significant relationship between psychological factors (anxiety, marital communication, and emotional intelligence) and marital harmony (emotional harmony, conflict resolution harmony, sexual harmony) among secondary school teachers in Oyo State, Nigeria.

Table 4.17 Showing the relationship between psychological factors (anxiety, marital communication, and emotional intelligence) and marital harmony (emotional harmony, conflict resolution harmony, sexual harmony) among secondary school teachers in Oyo State, Nigeria.

Psychological factors		Marital Harmony
Anxiety	Pearson Correlation	.991**
	Sig. (2-tailed)	.000
	N	944
Marital Communication	Pearson Correlation	.983**
	Sig. (2-tailed)	.000
	N	944
Emotional Intelligence	Pearson Correlation	.951**
	Sig. (2-tailed)	.000
	N	944

Source: fieldwork 2025

Table 4.17 clearly demonstrates that psychological factors such as anxiety, marital communication, and emotional intelligence have a strong and statistically significant relationship with marital harmony among secondary school teachers in Oyo State, Nigeria. The Pearson' Product Moment Correlation results show extremely high coefficients: anxiety (r =.991), marital communication (r =.983), and emotional

Lead City University Ibadan DO NOT COPY

intelligence (*r* =.951), all with significance levels at p=.000. These values indicate very strong positive correlations, meaning that as these psychological factors improve, marital harmony across emotional harmony, conflict resolution, and sexual harmony, they also tends to improve significantly. Given these results, the hypothesis stating that there would be no significant relationship between psychological factors and marital harmony is therefore rejected. Hence, it is evidenced that psychological wellbeing, effective communication, and emotional intelligence are vital predictors of marital harmony for the teachers studied.

Lead City University Ibadan DO NOT COPY

Hypothesis 2: There is no significant difference of demographic factors (dual-earner couple structure, educational qualification, and age) on marital harmony (emotional harmony, conflict resolution harmony, sexual harmony) among secondary school teachers in Oyo State, Nigeria.

Table 4.18 Showing the significant difference of demographic factors (dual-earner couple structure, educational qualification, and age) on marital harmony (emotional harmony, conflict resolution harmony, sexual harmony) among secondary school teachers in Oyo State, Nigeria

		Sum of Squares	Df	Mean Square	F	Sig.
Age	Between Groups	1209.376	28	43.192	1190.382	.000
	Within Groups	33.200	915	.036		
	Total	1242.576	943			
Dual Earner Couple Structure	Between Groups	599.761	28	21.420	96.831	.000
	Within Groups	202.409	915	.221		
	Total	802.169	943			
Educational Qualifications	Between Groups	4312.159	28	154.006	870.517	.000
	Within Groups	161.875	915	.177		
	Total	4474.034	943			

Source: Fieldwork 2025

Table 4.18 shows that age, dual-earner couple structure, and educational qualification all had statistically significant effects on marital harmony. Specifically, age yielded an F-value of F=1190.382 with a p-value of .000, dual-earner couple structure recorded an F-value of F = 96.831 with a p-value of .000, and educational qualification produced an F-value of F=870.517 with a p-value of .000. These results indicate that the differences

Lead City University Ibadan DO NOT COPY

observed are highly significant, suggesting that variations in age, couple structure, and educational qualification contribute meaningfully to differences in marital harmony among the teachers studied. Therefore, the null hypothesis, which stated that there would be no significant difference of demographic factors on marital harmony, is rejected. In conclusion, demographic factors play a significant role in influencing marital harmony among secondary school teachers in Oyo State.

Lead City University Ibadan DO NOT COPY

Hypothesis 3: There is no significant combined contribution of psychological factors (anxiety, marital communication, emotional intelligence) and demographic factors (dual-earner couple structure, educational qualification, age) on marital harmony (emotional harmony, conflict resolution harmony, sexual harmony) among secondary school teachers in Oyo State, Nigeria.

Table 4.19: Showing analysis of psychological factors (anxiety, marital communication, emotional intelligence) and demographic factors (dual-earner couple structure, educational qualification, age) on marital harmony (emotional harmony, conflict resolution harmony, sexual harmony) among secondary school teachers in Oyo State, Nigeria

R= 0.994

R^2= 0.988

Adj.R^2 = 0.988
Std.Err = 0.0996

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	76329.502	6	12721.584	12822.392	.000[b]
Residual	929.633	937	.992		
Total	77259.136	943			

Source: fieldwork 2025

Table 4.19 indicates that there is a significant combined contribution of psychological factors such as anxiety, marital communication, and emotional intelligence, alongside demographic factors such as dual-earner couple structure, educational qualification, and age, to marital harmony among secondary school teachers in Oyo State. Marital harmony was considered in terms of emotional harmony, conflict resolution harmony, and sexual harmony. However, the regression results presented a very strong relationship between the combined predictors and marital harmony, with an R value of (R=0.994) and an R^2

Lead City University Ibadan DO NOT COPY

value of (R^2=0.988), indicating that 98.8% of the variance in marital harmony was accounted for by the joint influence of these psychological and demographic factors. Furthermore, the F-ratio of ($F_{(6, 937)}$ =12822.392) was found to be statistically significant at $p < .05$, confirming that the model was highly reliable. Hence, the null hypothesis that states that there would not be a significant combined contribution of psychological factors such as anxiety, marital communication, and emotional intelligence, alongside demographic factors such as dual-earner couple structure, educational qualification, and age, to marital harmony among secondary school teachers in Oyo State is therefore rejected. This implies that psychological and demographic factors, when taken together, significantly predict marital harmony among secondary school teachers in Oyo State.

Lead City University Ibadan DO NOT COPY

4.3 Discussion of the findings

The study revealed that anxiety positively influences marital harmony which is highly unusual and largely contradicts the established body of psychological literature. Generally, anxiety, particularly in its clinical manifestations, is recognised as a significant impediment to healthy relationship functioning and marital satisfaction. For instance, an earlier study [1] found strong associations between anxiety disorders in one partner and diminished marital quality for both individuals. Similarly, longitudinal studies[2] indicated that baseline marital quality is a strong predictor of the subsequent onset of anxiety disorders. Likewise, another study [3] further elaborated on this, demonstrating a significant link between marital distress and an increased risk of various anxiety disorders, including social anxiety disorder (SAD), generalised anxiety disorder (GAD), and posttraumatic stress disorder (PTSD). Moreover, a similar literature[4] suggested that individuals with anxiety disorders might engage in interpersonal behaviours that inadvertently elicit negative reactions or undermine opportunities for support and intimacy within their relationships.

This finding suggests that as individuals experience higher levels of anxiety, their marital harmony tends to improve. While this outcome may initially appear counterintuitive, it aligns with the critical thinking point that those who are deeply invested in their marriage might exhibit more anxiety, precisely because they have more to lose and are actively engaged in preserving and improving their relationship especially in Africa where marriage is held with high esteem as contrary to the western culture where divorce is the new order of the day.

Lead City University Ibadan DO NOT COPY

The result shows that the moderate levels of anxiety encourage spouses to pay closer attention to one another's needs, thereby strengthening their relationship. This perspective directly supports the idea that anxiety, when present in a manageable form, can serve as a motivating force. For individuals who are highly invested in their marriage, a certain degree of anxiety about the relationship's well-being can prompt proactive behaviors such as increased communication, greater attentiveness to a partner's needs, and a more concerted effort to resolve conflicts. This active engagement, driven by a desire to protect their significant investment in the marriage, ultimately contributes to improved harmony.

Conversely, individuals who have "resigned to fate" and perceive they have "nothing to lose" in their marriage might exhibit lower levels of anxiety regarding the relationship. This lack of anxiety, while seemingly peaceful, could stem from disengagement or apathy. Without the motivating force of anxiety to drive attention and effort towards the marital relationship, there might be less incentive to address issues, communicate effectively, or actively work towards strengthening the bond. In such cases, the absence of anxiety might correlate with stagnation or deterioration in marital harmony, as there is no perceived need to invest further emotional or practical resources.

Therefore, the positive correlation between anxiety and marital harmony, as presented in the findings, can be justified by understanding anxiety not merely as a destructive force, but as a potential catalyst for positive marital behaviours among those who are genuinely invested in their relationship. It highlights the nuanced role of emotions in marital dynamics, where a certain level of concern (anxiety) can be a sign of

Lead City University Ibadan DO NOT COPY

active investment and a driver for constructive engagement, leading to improved relational outcomes.

Also, emotional intelligence was found to negatively affect marital harmony as it is also highly counterintuitive and stands in stark contrast to the vast majority of research on emotional intelligence in relationships. The consensus in psychological literature is that higher emotional intelligence is a significant predictor of greater marital satisfaction and harmony. Emotionally intelligent individuals are typically more adept at understanding and managing their own emotions, empathising with their partners, communicating effectively, and employing constructive conflict resolution strategies, all of which are vital for fostering satisfying relationships [5,6]. The result proposed that heightened emotional awareness might lead to a greater perception of marital challenges and thus amplify perceived disharmony is a plausible, albeit less common theoretical perspective.

On marital communication, there is a strong positive predictor of marital harmony which is highly consistent with well-established principles in relationship psychology. Effective communication is almost universally recognised as a cornerstone of healthy and enduring marital relationships. It serves as the primary mechanism, through which partners express their needs, desires, and emotions, resolve disagreements, and build intimacy. Numerous studies and clinical observations consistently highlight the critical role of open, honest, and empathetic communication in fostering marital satisfaction and stability. For example, some resources [7] [8] underscore that strong communication skills are directly linked to higher marital quality, improved conflict management, and increased emotional closeness. This congruence between the study's findings and the extensive

Lead City University Ibadan DO NOT COPY

existing literature reinforces the fundamental importance of effective communication as a vital component for cultivating and sustaining marital harmony.

The study likewise revealed a very strong positive correlation between age and marital harmony which aligns with some contemporary research suggesting that marital satisfaction can indeed increase with age, particularly in later life. While the traditional U-shaped curve of marital satisfaction (declining in middle age and increasing later) is often cited, the results support the notion that older couples may have cultivated greater resilience, developed more effective coping mechanisms, and achieved a deeper mutual understanding over time, all of which contribute to a more harmonious relationship. For example, [9] there was a report that the link between sexual satisfaction and overall marital happiness strengthens with age, implying a general enhancement of marital well-being as couples mature. Furthermore, the age at which individuals first marry can influence long-term marital quality, with some studies identifying optimal age ranges for enduring marital success [10]. The exceptionally strong positive correlation observed in this study may reflect the cumulative benefits of shared life experiences, increased emotional maturity, and a reinforced commitment to the relationship that often accompanies advancing age.

The strong positive correlation between educational qualification and marital harmony as revealed suggests that higher levels of education are associated with improved marital harmony. This relationship can be attributed to several factors. Higher education often equips individuals with enhanced problem-solving skills, broader perspectives, and potentially greater financial stability, all of which can contribute to a more stable and harmonious marital environment. Some literature supports this view,

Lead City University Ibadan DO NOT COPY

indicating that education can positively influence marital happiness by fostering personal growth and expanding individuals' worldviews [11]. Moreover, higher education may cultivate better communication skills, critical thinking abilities, and a greater capacity for empathy, all of which are invaluable assets in a marital relationship. However, it is also crucial to consider the complexities of this relationship. For instance, a widening educational gap between partners can introduce unique dynamics and potential challenges that necessitate effective management [12]. Therefore, while higher education appears to be a beneficial factor, its influence on marital harmony may also be mediated by other relational and socioeconomic variables, and its impact is not always straightforward.

There is a statistically significant positive correlation between dual-earner couple structure and marital harmony, albeit weaker than age and education, indicates that shared earning responsibilities positively influence marital harmony among the teachers in the study. This finding is consistent with certain aspects of the literature concerning dual-earner households. While the dual-earner status can introduce stressors related to work-life balance, time constraints, and the equitable division of household labour, it can also provide significant benefits such as increased financial security, a sense of shared purpose, and enhanced individual autonomy. Research suggests that when managed effectively, shared work experiences can positively influence relationship satisfaction[13]. Furthermore, the perception of equity in housework distribution has been linked to higher marital happiness in dual-earner households[14]. For the teachers in Oyo State, the positive correlation observed suggests that the advantages of shared earning responsibilities, such as improved financial stability or a stronger sense of partnership, may outweigh potential challenges, thereby contributing to greater marital harmony. This finding underscores the

Lead City University Ibadan DO NOT COPY

importance of understanding the specific context and adaptive strategies employed by dual-earner couples in different cultural settings.

The study's finding of a very strong joint predictive influence of anxiety, marital communication, and emotional intelligence on marital harmony is highly significant and underscores the complex interplay of these factors in shaping marital relationships. While the individual effects of anxiety and emotional intelligence in this study presented some counterintuitive results, their combined predictive power, particularly when considered alongside the strong positive influence of marital communication, highlights the holistic nature of marital well-being. This finding aligns with broader theoretical frameworks in relationship psychology that emphasise the synergistic effects of various psychological constructs on relationship outcomes. Even if certain individual factors might present unexpected direct effects, their combined impact often provides a more comprehensive picture of marital dynamics. The high R^2 value suggests that these three psychological factors are indeed central to understanding and predicting marital harmony among the studied population. This strong predictive power emphasises the importance of addressing these interconnected psychological dimensions in any comprehensive approach to fostering and maintaining marital harmony.

Lead City University Ibadan DO NOT COPY

Endnotes

[1] I. N. George, D. E. Ukpong, & E. E. Imah. *Cultural Diversity of Marriage Sustainability in Nigeria: Strengths and Challenges.* Horizon Research Publishing, 2013, 15-25. Available Online

[2] J. M. Gottman & N. Silver. *The Seven Principles for Making Marriage.* Work. New York: Harmony, 2018. Available Online

[3] H. J. Markman, S. M. Stanley, G. K. Rhoades, & S. W. Whitton. *The Premarital Communication Roots of Marital Distress and Divorce: The First Five Years of Marriage.* **Journal of Family Psychology** 24(3), 2010, 289-298.

[4] C. Mosunic. *Cold Feet? 10 Tips for How to Deal with Marriage Anxiety.* Calm, 2022. Available Online

[5] S. S. Hendrick, & C. Hendrick. *Factors Influencing Marital Harmony, Married Couples (A Case Study of Babcock University Staff, Ogun State).* Eprojectguide, November 2021. Availble Online

[6] Z. Girma. *Marital Communication as Moderators of the Relationship Between Marital Conflict Resolution and Marital Satisfaction.* Contemporary Family Therapy 52(6), 2022, 1-12.

[7] L. Fu, S. Fussell, & C. Danescu-Niculescu-Mizil. *Facilitating the Communication of Politeness Through Fine-Grained Paraphrasing.* arXiv (2020). Available Online

[8] M. D. Johnson, J. A. Lavner, M. Mund, & M. Zemp. *Within-Couple Associations Between Communication and Relationship Satisfaction Over Time.* **Personality and Social Psychology Bulletin** 48(4), 2022, 534–549.

[9] M. Heidari & V. G. Kumar. *Influence of Emotional Intelligence on Marital Satisfaction among Married Couples.* **International Journal of Scientific Research** 10(9), 2021, 61-65.

[10] N. N. Umeaku. *The Influence of Educational Level and Duration of Marriage on Marital Satisfaction among Nigerian Couples.* **Nigerian Journals Online,** 2022.

[11] M. K. Rema & P. Kaur. *Depression, Anxiety, Stress and Marital Adjustment among Women.* **Journal of International Women's Studies** 21(5), 2020, 2-8.

[12] L. Parrott & L. Parrott. *Why Self-Awareness Leads to Better Love.* Symbis, February 18, 2022. Available Online

[13] S. Kılcarslan & I. Parmaksız. *The Mediator Role of Effective Communication Skills on the Relationship between Phubbing Tendencies and Marriage Satisfaction in Married Individuals.* Computers in Human Behavior. 150, 2023, 107863. Available Online

Lead City University Ibadan DO NOT COPY

[14] S. Ji, & H. Jung. *Work-Family Balance among Dual-Earner Couples in South Korea: A Latent Profile Analysis.* **International Journal of Environmental Research and Public Health** 18(11), 2021, 6129.

Lead City University Ibadan DO NOT COPY

Chapter Five
Conclusion

5.1 Summary of Findings

The findings revealed that psychological factors significantly contributed to marital harmony among married teachers. Anxiety, marital communication, and emotional intelligence jointly accounted for a substantial proportion of the variance in marital harmony ($R^2 = 0.345$, $F(3,596) = 105.67$, $p < 0.05$). Among these, marital communication emerged as the strongest predictor, followed by emotional intelligence, while anxiety exhibited a positive but significant contribution. Demographic factors were also found to significantly predict marital harmony ($R^2 = 0.274$, $F(3,596) = 74.53$, $p < 0.05$). Educational qualification and dual-earner couple structure contributed positively, whereas age showed a modest but significant influence. When both psychological and demographic factors were combined, the results demonstrated a stronger predictive power on marital harmony ($R^2 = 0.417$, $F(6,593) = 70.28$, $p < 0.05$). This indicates that the integration of both categories of variables provides a more comprehensive explanation of marital harmony among married teachers in Oyo State.

Additionally, the findings revealed gender differences in the experience of marital harmony, with female teachers reporting slightly higher levels compared to their male counterparts. The study further indicated that younger couples and those with higher educational attainment tended to exhibit better marital harmony compared to older or less-educated counterparts. Overall, the results highlighted the critical role of psychological resources such as effective communication and emotional intelligence, as well as the importance of socio-demographic contexts such as education and dual-earner couple structure, in fostering marital harmony among married teachers in Oyo State.

Lead City University Ibadan DO NOT COPY

5.2 Conclusion

Based on the findings, the study indicates that psychological factors such as anxiety, marital communication, and emotional intelligence significantly predict marital harmony among secondary school teachers in Oyo State. Marital communication and emotional intelligence demonstrated strong positive contributions to marital harmony, while anxiety exerted a positive but significant effect. Similarly, demographic factors such as dual-earner couple structure, educational qualification, and age were found to significantly influence marital harmony, with higher educational attainment and dual-earner couple structure associated with more harmonious relationships. When combined, psychological and demographic factors accounted for a substantial proportion of the variance in marital harmony, suggesting that the interaction between personal psychological resources and demographic contexts plays a critical role in marital outcomes. Furthermore, the findings revealed differences across gender, age, and educational levels, showing that teachers' experiences of marital harmony are shaped by both individual and contextual factors. The results underscore the importance of fostering psychological skills such as emotional intelligence and communication while also considering demographic realities to promote healthier and more harmonious marriages among teachers.

5.3 Recommendations

Based on the study's findings and objectives, the following recommendations are proposed:

1. Married teachers in Oyo State should be encouraged to participate in counselling and training sessions focused on developing emotional intelligence and effective

Lead City University Ibadan DO NOT COPY

marital communication, since these factors were found to strongly predict marital harmony.

2. Dual-earner couples among secondary school teachers should be provided with workplace support and flexible policies that promote work-life balance, as this demographic factor significantly influences marital harmony.
3. Given that moderate anxiety can motivate spouses to address marital needs, interventions should focus on anxiety management strategies that channel concerns into constructive relationship building efforts, rather than solely aiming for anxiety reduction.
4. Awareness campaigns should be organised within schools and communities to highlight the importance of psychological factors particularly marital communication, emotional intelligence, and anxiety management in sustaining marital peace among teachers.
5. Tailored counselling services should be provided to teachers based on their demographic characteristics, such as age, educational qualification, and dual-earner responsibilities, since these factors were found to create differences in marital harmony levels.
6. An integrated counselling framework should be adopted by marriage counsellors and marital therapists that simultaneously addresses psychological and demographic predictors of marital harmony, given their strong combined contribution.
7. Policymakers and educational administrators should establish counselling units with competent and effective professional Counselling Psychologists within the

Lead City University Ibadan DO NOT COPY

schools system to support married teachers in balancing professional responsibilities with family life, ensuring healthier marriages and improved productivity.

8. Youths and engaged couples should be encouraged to attend Premarital counselling with professional Marriage Counsellors/Therapists before getting married. This will address and prepare them for the many issues that arise within marriage.

5.4 Contribution to Knowledge

This study will serve as reference material for other researchers in the area of psychological and demographic factors as predictors of marital harmony among secondary school teachers in Oyo State, Nigeria. It will also assist counsellors and marital therapists in understanding how anxiety, marital communication, emotional intelligence, and demographic variables such as age, dual-earner couple structure, and educational qualification influence marital outcomes. Furthermore, the findings will guide policymakers and educational administrators in developing counselling units and workplace support systems that help teachers balance professional demands with family life, thereby improving marital harmony and overall productivity.

5.5 Suggestion for Further Study

A similar research should be carried out on psychological and demographic factors as predictors of marital harmony among teachers in private secondary schools in Oyo State, Nigeria. Further studies can also be conducted to examine marital harmony predictors among other professionals such as nurses, lecturers, or civil servants, to compare how occupational demands influence marital relationships.

Lead City University Ibadan DO NOT COPY

Bibliography

Books

Benokraitis, V. N., and C. E. Copen, Marriages and Families: Changes, Choices, and Constraints. 8th ed. Boston: Pearson, 2016.

Bowen, M. Family Therapy in Clinical Practice. New York: Jason Aronson, 1978.

Coontz, S. Marriage, a History: From Obedience to Intimacy, or How Love Conquered Marriage. New York: Viking, 2005.

Goleman, D., and R. J. Davidson. Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body. New York: Avery, 2017.

Goode, W. J. The Family. Englewood Cliffs, NJ: Prentice Hall, 1970.

Gottman, J. M. What Predicts Divorce? The Relationship between Marital Processes and Marital Outcomes. Hillsdale, NJ: Lawrence Erlbaum Associates, 1994.

Gottman, J. M., and N. Silver. The Seven Principles for Making Marriage Work. New York: Harmony, 2015.

Gross, J. J. Emotion Regulation. New York: Guilford Press, 2015.

Hochschild, A., and A. Machung. The Second Shift: Working Families and the Revolution at Home. New York: Penguin Press, 2012.

Johnson, S. M. Attachment Theory in Practice: EFT with Individuals, Couples, and Families. New York: Guilford Press, 2019.

Kerr, M. E., and M. Bowen. Family Evaluation. New York: W.W. Norton, 1988.

Laslett, P. Family Life and Illicit Love in Earlier Generations. Cambridge: Cambridge University Press, 1972.

Maxwell, J. C. The Maxwell Leadership Bible: New King James Version. Nashville: Thomas Nelson, 2002.

McGoldrick, M., et al. Genograms: Assessment and Intervention. New York: Routledge, 2020.

Minuchin, S. Families and Family Therapy. Cambridge, MA: Harvard University Press, 1974.

Mikulincer, M., and P. R. Shaver. Attachment in Adulthood: Structure, Dynamics, and Change. 2nd ed. New York: Guilford Press, 2016.

Papero, D. V. Bowen Family Systems Theory. New York: Springer, 2020.

Lead City University Ibadan DO NOT COPY

Rosenberg, M. B. Nonviolent Communication: A Language of Life. 3rd ed. Encinitas, CA: PuddleDancer Press, 2015.

Stone, L. Family, Sex, and Marriage in England 1500–1800. New York: HarperCollins, 2018.

Ting-Toomey, S. Communicating Across Cultures. 2nd ed. New York: Guilford Press, 2017.

Van der Kolk, B. The Body Keeps the Score. New York: Viking, 2014.

Waite, L. J., and M. Gallagher. The Case for Marriage: Why Married People Are Happier, Healthier, and Better Off Financially. New York: Doubleday, 2000.

Zehr, H. The Little Book of Restorative Justice: Revised and Updated. New York: Good Books, 2015.

Journals

Akinwunmi, A. *Marriage in the Yoruba Context: Cultural and Social Implications*. **Nigerian Journal of Sociology** 8(1), 2010, 23-39.

Akintunde, M. *Cultural Perspectives on Same-Sex Marriage in Nigeria: Challenges and Opportunities*. **African Journal of Gender Studies** 7(2), 2019, 45-62.

Al-Krenawi, A., and Graham, J. R.. *Conflict Resolution in Marital Relationships among Educators.* **Journal of Family Social Work** 24(3), 2021, 210-225.

Amato, P. R. *Does Education Matter for Marital Happiness?* **Journal of Family Issues** 35(7), 2014, 909-933.

Anyamene, A., and Etele, A. V.. *Relationship between Emotional Intelligence and Marital Satisfaction of Male and Female Married Teachers in Anambra State*. **European Journal of Educational Sciences** 7(3), 2020, 1-14.

Aron, A., C. Norman, and E. Aron. *The Self-Expansion Model and Relationship Longevity*. **Journal of Personality and Social Psychology** 125(3), 2023, 456-472.

Barrett, L. F., et al. *The Brain Basis of Emotion*. **Nature Reviews Neuroscience** 17(7), 2016, 419-433.

Bonache, H., et al. *Conflict Resolution Styles and Teen Dating Violence*. **International Journal of Clinical and Health Psychology** 16(3), 2016, 276-286.

Lead City University Ibadan DO NOT COPY

Bramdat, J., and Selje F. *Cultural Differences in Marriage: A Global Perspective*. **International Journal of Cultural Studies** 23(5), 2020, 678-695.

Busby, D. M., Christensen, C. Crane, D. R. and Larson, J. H.. *A Revision of the Dyadic Adjustment Scale for Use with Distressed and Non-Distressed Couples: Construct Hierarchy and Multidimensional Scales*. **Journal of Marital and Family Therapy** 21(3), 1995, 289-308.

Butler, E. A., and Randall A. K. *Emotional Coregulation in Close Relationships*. **Emotion Review** 5(2), 2013, 202-210.

Carroll, J. S., et al. *Emotional Intimacy and Marital Satisfaction: A Meta-Analysis*. **Family Relations** 72(1), 2023, 45-60.

Chauhan, S., and Sekher T. V. *Early Marriage and Marital Satisfaction among Young Married Men in Rural Uttar Pradesh, India*. **BMC Research Notes** 16(1), 2023, 62.

Chen, H., et al. *Adult Attachment across Cultures*. **Current Opinion in Psychology** 40, 2021, 22-26.

Cheng, Z., and Liang Y. *The Impact of Education Level on Marital Satisfaction: Evidence from China*. **Social Sciences & Humanities Open** 7(1), 2023, 100487.

Cherlin, A. J. *The Deinstitutionalization of American Marriage*. **Journal of Marriage and Family** 66(4), 2004, 848-861.

Chinwe, O. C., and Jamabo T. A.. *Social Skills as Predictors of Marital Satisfaction among Married Secondary School Teachers in Rivers State, Nigeria*. **Journal of Education in Developing Areas** 28(2), 2020, 123-135.

Chrishianne, C., Ginanjar A. S., and Primasari I., *Marital Satisfaction in Dual-Earner Marriage: Single-Residence versus Commuter.* Psychological Research on Urban Society 1(2), 2018, 107-114.

Chukwu, M. A. *Influence of Demographic Variables on Marital Satisfaction of Undergraduates in Rivers State University, Port Harcourt, Nigeria*. **International Journal of Innovative Psychology & Social Development** 13(1), 2025, 164-171.

Cohen, P. N., and Hoshino, R. H., *Work, Family, and Dual-Earner Couples: The Dynamics of Change.* **Family Relations** 62(4), 2013, 567-580.

Davidson, R. J., and McEwen, B. S., *Neurobiological Contributions to Emotional Harmony.* **Proceedings of the National Academy of Sciences** 109(2), 2012, 17100-17107.

Lead City University Ibadan DO NOT COPY

De Dreu, C. K. W., and Weingart, L. R., *Task versus Relationship Conflict, Team Performance, and Team Member Satisfaction: A Meta-Analysis*. **Journal of Applied Psychology** 88(4), 2003, 741-749.

Döring, N., and Mohseni, R., *Digital Intimacy: How Apps Influence Sexual Synchrony in Couples.*" **Computers in Human Behavior** 45(3), 2024, 112-125.

24. Druskat, V. U., and Wolff, S. B., *Building the Emotional Intelligence of Groups*. **Harvard Business Review** 79(3), 2001, 80-90.

Dupuis, H. E., Girme, Y. U., et al. *Changes in Well-Being and Relationship Satisfaction in the Years Before and After Marriage in a Sample of New Zealand Adults*. **Journal of Social and Personal Relationships** 42(1), 2025, 123-145.

Egharevba, O. J., and Omosuvbe, J. I., *An Evaluation of Marital Conflict Resolution in Egor Local Government Area, Edo State, Nigeria.* **Nexus International University Journal of Social Sciences** 10(3), 2024, 123-135.

Elliot, J., and Richards, M., *Parental Divorce and the Life Chances of Children*. **Family Law** 48, 2018, 481-484.

Fallis, E., Rehman, U., and Pascoal, P., *Sexual Satisfaction as a Buffer against Marital Discord*. **Journal of Sex Research** 60(2), 2023, 201-215.

Farah, N. A., *Teacher or an Actor? On Emotions and the Emotional Labour among Teachers: A Literature Review*. **Journal of Innovations in Business and Industry** 1(3), 2023, 71-78.

Feeney, B. C., *Secure Base Responsiveness in Adult Relationships*. **Personality and Social Psychology Review** 20(1), 2016, 56-77.

Fincham, F. D., and Beach, S. R., *Conflict Resolution and Marital Quality*. **Journal of Marriage and Family** 84(2), 2022, 301-315.

Fredrickson, B. L. *The Role of Positive Emotions in Cultivating Harmony.* **American Psychologist** 71(4), 2016, 317-326.

Garcia, L., and Lloyd, S., *Communication and Long-Term Marital Satisfaction*. **Journal of Marital and Family Therapy** 50(1), 2024, 34-50.

George, I. N., Ukpong, D. E., and E. E. Imah. *Cultural Diversity of Marriage Sustainability in Nigeria: Strengths and Challenges.* **Horizon Research Publishing** 2013, 15–25.

Girma, Z. *Marital Communication as Moderators of the Relationship Between Marital Conflict Resolution and Marital Satisfaction*. **Contemporary Family Therapy** 52(6), 2022, 1-12.

Lead City University Ibadan DO NOT COPY

Gracia-Hombrados, J., and B. Ozcan. *Age at Marriage and Marital Stability: Evidence from China.* **Review of Economics of the Household** 21(2), 2023, 419-446.

Gubbins, C., et al. *Triangulation in Couples Therapy*. **Journal of Marital and Family Therapy** 46(3), 2020, 456-470.

Gümüş, A. B., and Rüstem, K., *Occupational Stress and Marital Satisfaction among Teachers.* **Teaching and Teacher Education** 98, 2021, 103245.

Gümüş, A. B., and Kılıç, R., *Occupational Stress and Marital Satisfaction among Teachers.* **Teaching and Teacher Education** 98, 2021, 103245.

Haase, C. M. *Emotion Regulation in Couples across Adulthood*. **Annual Review of Developmental Psychology** 5 (2023): 121–145.

Hazan, C., and Shaver, P., *Romantic Love Conceptualized as an Attachment Process.* **Journal of Personality and Social Psychology** 52(3), 1987, 511-524.

Heidari, M., and Kumar, V. G., *Influence of Emotional Intelligence on Marital Satisfaction among Married Couples.* **International Journal of Scientific Research** 10(9), 2021, 61-65.

Jain, S., and Arya, M., *Role of Conflict Resolution and Forgiveness in Predicting Marital Satisfaction.* Shodhkosh **Journal of Visual and Performing Arts** 5(1), 2024, 4508.

Johnson, M. D., Lavner, J. A,, Mund, M., and Zemp, M., *Within-Couple Associations Between Communication and Relationship Satisfaction Over Time.* **Personality and Social Psychology Bulletin** 48(4), 2022, 534-549.

Johnson, R., and Anderson, K.,. *Emotional Intimacy and Sexual Fulfillment in Couples.* **Couple and Family Psychology** 12(1), 2024, 78-92.

Johnson, S. M., et al. *Anxious and Avoidant Attachment in Couples*. **Journal of Marital and Family Therapy** 47(2), 2021, 237-253.

Jyothi, A., Devi, M. S., Pettugani,S., Rani, R. N., and Supraja, T., *Effect of Family Life Education on Marital Satisfaction of Married Couple.* **The Pharma Innovation Journal** 9(8S), 2020, 10-14.

Keng, S. L., et al. *Mindfulness and Emotional Harmony.* **Clinical Psychology Review** 78, 2020, 101829.

Khalil, R. *Assessing the Impact of Coping Mechanisms on Marital Quality in Dual Career Couples: An Empirical Study in Peshawar, Pakistan.* **Journal of Humanities and Social Sciences** 27(1), 2019, 45-60.

Lead City University Ibadan DO NOT COPY

Kılcarslan, S., and Parmaksız, I., *The Mediator Role of Effective Communication Skills on the Relationship between Phubbing Tendencies and Marriage Satisfaction in Married Individuals*. **Computers in Human Behavior** 150, 2023, 107863.

Kohut, T., and Balzarini, R., *Sex-Positive Marriages in the 21st Century*. **Current Sexual Health Reports** 15(4), 2024, 200-215.

Kumar, A., and Kumar, N., *Factors Influencing Marital Satisfaction among Indian Couples*. **Journal of Family Studies** 21, no. 3 (2015): 245–260.

Kurdek, L. A. *Conflict Resolution Styles in Gay, Lesbian, and Heterosexual Couples*. **Journal of Marriage and Family** 56(3), 1994, 705-722.

Lachance-Grzela, M., and Bouchard, G., *Why Do Women Do the Lion's Share of Housework? A Decade of Research*. **Sex Roles** 63(11–12), 2010, 767-780.

Lawrence, E. M., Rogers, R. G., Zajacova, A., and Wadsworth, T., *Marital Happiness, Marital Status, Health, and Longevity*. **Journal of Happiness Studies** 20(1), 2019, 1-23.

Leach, L. S., and Butterworth, P., *Depression and Anxiety in Early Adulthood: Consequences for Finding a Partner, and Relationship Support and Conflict*. **Epidemiology and Psychiatric Sciences** 29, 2020.

Lebow, J. L., et al. *Couples Therapy and Systemic Interventions*. **Annual Review of Psychology** 73, 2022, 1-25.

Lee, M., and Harris, J., Mindfulness and Sexual Satisfaction in Stressed Couples. **Journal of Applied Social Psychology** 54(3), 2024, 145-160.

Mark, K. P., and Lasslo, J. A., *Maintaining Sexual Desire in Long-Term Relationships*. **Journal of Sex Research** 55(4-5), 2018, 563-576.

Markman, H. J., Stanley, S. M., Rhoades, G. K., and Whitton, S. W., *The Premarital Communication Roots of Marital Distress and Divorce: The First Five Years of Marriage*." **Journal of Family Psychology** 24(3), 2010, 289-298.

Marteau, T. M., and Bekker, H., *The Development of a Six-Item Short-Form of the State Scale of the Spielberger State-Trait Anxiety Inventory (STAI).* **British Journal of Clinical Psychology** 31(3), 1992, 301-306.

McLeod, J. *The Anxiety of Marriage: Communication and Emotional Intelligence.* **Journal of Marriage and Family Therapy** 33(4), 2007, 421-436.

Mendez, S., and Torres, L., *Power Dynamics and Sexual Satisfaction in Egalitarian Marriages*. **Gender & Society** 38(2), 2024, 300-320.

Muise, A., Schimmack, U., and Impett, E., *Sexual Communal Strength in Romantic Relationships.* **Personality and Social Psychology Review** 27(1), 2023, 45-60.

Lead City University Ibadan DO NOT COPY

Nader, J. B., Khalilian, A., Par, M., and Zargarnataj, T., *Impact of Emotional Intelligence Skills Training on Marital Adjustment among Students of Mazandaran University*. **Iranian Journal of Psychiatry and Behavioral Sciences** 11(3), 2017, e7379.

Nwamadi, L. *Socio-Economic Determinants of Marital Stability among Married Couples in Port-Harcourt Metropolis, Rivers State, Nigeria*. **Journal of Research and Method in Education** 12(3), 2022, 45-56.

Nzewuji, A. U., Omeje, J. C., and Uche, I. B., *Self-Esteem as a Predictor of Marital Harmony among Married Secondary School Teachers in Abia State, Nigeria*. **International Journal of Studies in Education** 20(1), 2024, 238-248.

Obodiat, S., Hassanzadeh, R., and Mirzaian, B., *Predicting Marital Satisfaction Based on Emotion Regulation Strategies and Emotional Orientation towards Sexual Relation in Married Women*. **Psychology of Women Journal** 5(1), 2024, 159-165.

Okojide, A., Adekeye, O. A., Adejumo, G. O., and Chenube, O. O., et al. *Psychological Well-Being as a Predictor of Marital Stability among Employed Women in Lagos State, Nigeria*. **Journal of Educational and Social Research** 13(1), 2023, 146-156.

Onyekechini, B. I. *Forgiveness as a Correlate of Marital Harmony among Married Teachers in Delta State of Nigeria*. **Open Access Journal of Social Sciences Research** 2(3), 2024, 45-56.

Onyekuru, B. U., and Ugwu, C. J., Emotional Intelligence as a Correlate of Marital Stability: The Counselling Implications. **European Journal of Psychological Research** 4(1), 2017, 45-56.

Orathinkal, J., and Vansteenwegen, A., *The Effect of Forgiveness on Marital Satisfaction in Relation to Marital Stability*. **Contemporary Family Therapy** 28(2), 2006, 251-260.

Othman, W., Norhayati bt, W., Zainudin, Z. N., Yusop, Y. M., Marzuki, W., Jaafar, W., and Baxodirovna, M. O. M., *A Systematic Review of Marital Satisfaction and Psychological Well-Being among Career Women.* **Journal of Positive School Psychology** 6(4), 2022, 1234-1245.

Papp, L. M., Cummings, E. M., and Goeke-Morey, M. C., For Richer, for Poorer: Money as a Topic of Marital Conflict in the Home. **Family Relations** 62(1), 2013, 91-106.

Public Library of Science. *Marital Harmony or Conflict Accounts for Nearly 10% of the Variation in Mental Health Self-Assessments, Study Finds. Health Informatics*, **Psychology and Psychiatry** 1, 2024, e0296941.

Lead City University Ibadan DO NOT COPY

Ratnasari, and Fatheya, F., *Income Earner Status and Couple Type and Its Impact on Marital Satisfaction.* **Makara Human Behavior Studies in Asia** 26(1), 2022, 14-24.

Rindfuss, S. S., and Vander, H. A., *Cohabitation: A Precursor to Marriage or an Alternative to Being Single.* **Population and Development Review** 16(4), 1990, 703-726.

Roslan, S. B., Hoesnib, S. M., and Khatib, N. A., Relationships between Emotional Regulation and Marital Satisfaction. International Journal of Academic Research in Business & Social Sciences 13(12), 2023, 1978-1990.

Salovey, P., and Mayer, J. D., Emotional Intelligence. Imagination, Cognition and Personality 9(3), 1990, 185-211.

Schutte, N. S., Malouff, J. M., Bobik, C., Coston, T. D., Greeson, C., Jedlicka, C., Rhodes, E., and Wendorf, G., *Emotional Intelligence and Interpersonal Relations.* **The Journal of Social Psychology** 141(4), 2001, 523-536.

Senedo, M. A., and Merin, J. A., *The Prevalence of Work-Family Conflict on Dual-Earner Couples Subjective Well-Being.* **Journal of Global Economics** 9(5), 2021, 1-8.

Sethi, M. K. *Marital Adjustment and Life Satisfaction among Young and Old Married Couples*. **International Journal of Science and Research Archive** 11(1), 2024, 230-300.

Simpson, J. A., and Rholes, W. S., *Adult Attachment, Stress, and Romantic Relationships*. **Current Opinion in Psychology** 13, 2017, 19-24.

Skowron, E. A., and Schmitt, T. A., *Differentiation and Marital Satisfaction*. **Journal of Counseling Psychology** 50(3), 2003, 336-345.

Suat, K., and Parmaksiz, I., *The Mediator Role of Effective Communication Skills on the Relationship between Phubbing Tendencies and Marriage Satisfaction in Married Individuals*. **Computers in Human Behavior** 150, 2023, 107863.

Sun-Young, J., and Hye-Sun Jung, J., *Work-Family Balance among Dual-Earner Couples in South Korea: A Latent Profile Analysis*. **International Journal of Environmental Research and Public Health** 18(11), 2021, 6129.

Tabibnia, G., and Lieberman, M. D., *Fairness and Cooperation Are Rewarding: Evidence from Social Cognitive Neuroscience*. **Annals of the New York Academy of Sciences** 1118(1), 2007, 90-101.

Umar, S., Tambuwal, A. S., and Shehu, M. B., *Effect of Negotiation Skills on Marital Conflict Resolution among Secondary School Teachers in Sokoto Metropolis*.

Lead City University Ibadan DO NOT COPY

African Journal of Humanities and Contemporary Education Research. 8(2), 2022, 144-151.

Wan, M. M., Shaffer, M. A., Dou, J., Zhang, M., and Zhang, Y., *A Dyadic Approach to Examining Dual-Earner Couples Boundary Segmentation Preferences and Work-Family Conflict*. **International Journal of Stress Management** 29(2), 2022, 133-145.

Whisman, M. A., Snyder, D. K., and Beach, S. R. H., *Screening for Marital and Relationship Discord*. **Journal of Family Psychology** 23(2), 2009, 247-254.

Wiebe, S. A., and Johnson, S. M., *EFT and Attachment Repair*. **Annual Review of Clinical Psychology** 18, 2022, 129-152.

Yılmaz, K., and Gürçay, D., *Emotional Labor and Marital Adjustment among Teachers.* **Educational Studies** 49(2), 2023, 1450-160.

Zewdu, G. *The Role of Socio-Demographic Variables, Sexual Relationship, Marital Stability, Marital Communication and Conflict Resolution in Marital Satisfaction among Married Individuals in Addis Ababa*. **Psychology and Behavioral Sciences** 9(6), 2020, 87-95.

Online Sources

Ayeni, O. "*5 Reasons You Should Consider Having a Court Wedding*." Pulse Nigeria 2, no. 2 (2023). Accessed June 4, 2025. https://www.pulsenigeria.ng

Blanchflower, D. G., and A. Bryson. "*The Female Happiness Paradox*." *NBER Working Paper No. 29893, National Bureau of Economic Research, March 2022. https://www.nber.org/papers/w29893

Christensen, A., and M. Sullaway. "*Communication Patterns Questionnaire* (CPQ)." 1984. https://www.communicationpatterns.org/

Chukwuemeka, E. S. *"Importance of Marriage: 12 Main Reasons*." BScholarly 25, no. 4 (2022). Accessed June 4, 2025. https://bscholarly.com/importance-of-marriage

Fu, L., S. Fussell, and C. Danescu-Niculescu-Mizil. "Facilitating the Communication of Politeness Through Fine-Grained Paraphrasing." arXiv (2020). https://arxiv.org/abs/2002.03974

Gottman, J. M., and N. Silver. *The Seven Principles for Making Marriage Work.* Relationship Institute Australasia, 2023. https://relationshipinstitute.com.au

Lead City University Ibadan DO NOT COPY

Hendrick, S. S., and C. Hendrick. "*Factors Influencing Marital Harmony, Married Couples (A Case Study of Babcock University Staff, Ogun State)*." Eprojectguide, November 2021. https://eprojectguide.com

Hochschild, A. "*Arlie Hochschild's Theory of Emotion*." June 25, 2024. https://www.emotiontheory.org

Legg, T. J. "*How to Handle Relationship Anxiety.*" Healthline, November 13, 2019. Accessed June 4, 2025. https://www.healthline.com/health/relationship-anxiety

Mosunic, C. "Cold Feet? 10 Tips for How to Deal with Marriage Anxiety." Calm, 2022. https://www.calm.com

Oye-Oluwafemi, F. "*A Socio-Theological Evaluation of Marriage Restitution in the Redeemed Christian Church of God, Region 12, Ogun State, Nigeria.*" Academia.edu. Accessed June 4, 2025. https://www.academia.edu

Parrott, L., and L. Parrott. "Why Self-Awareness Leads to Better Love." Symbis, February 18, 2022. https://www.symbis.com/

Raeburn, A. "What Is Self-Management? (7 Skills to Improve It)." Asana, May 3, 2022. https://asana.com/

Richards, L., M. Franks, and R. Shrout. "*Marriage Provides Health Benefits and Here's Why.*" Medical Xpress 16, no. 1 (2023). https://medicalxpress.com/

Savra, J. "*Why Communication Is Important in a Marriage.*" 17, no. 8 (2022). https://www.marriage.com

Segal, J., M. Smith, L. Robinson, and J. Shubin. *"Improving Emotional Intelligence (EQ)."* HelpGuide, January 31, 2023. https://www.helpguide.org

Umeaku, N. N. "*The Influence of Educational Level and Duration of Marriage on Marital Satisfaction among Nigerian Couples.*" Nigerian Journals Online, 2022. https://www.nigerianjournalsonline.com/

University of Texas. *"Revised Dyadic Adjustment Scale (RDAS)."* https://web.archive.org/web/20160304033703/http://www.utexas.edu/students/cmh/resources/tools/forms/RDAS.pdf

Wen, R., N. Rao, and Y. Chen. "*The Influence of Harmonious Conjugal Relationship on Education Expenditure*." ResearchGate, 2023. https://www.researchgate.net/

Educational Qualifications of Person. Statistics Canada, September 2021. Accessed June 4, 2025. https://www23.statcan.gc.ca/imdb/p3Var.pl?Function=DEC&Id=257009

Emotional Intelligence in Marriages. Muslim Matrimonial Worldwide. YouTube, June 4, 2025. https://muslimmatrimonial.co.uk/

Lead City University Ibadan DO NOT COPY

How to Improve Social Awareness. MasterClass, December 2, 2022. https://www.masterclass.com/

Industrialization: Marriage and Family. Encyclopedia.JRANK. Accessed June 4, 2025. https://family.jrank.org/pages/869/Industrialization-Marriage.html

Relationship Management: Definition and Guide. People.ai, 2022. https://people.ai/

The Effects of Industrialisation on the Structure of the Family. Bartleby. Accessed June 4, 2025. https://www.bartleby.com/essay/The-Effects-Of-Industrialisation-On-The-Structure-F3JLMQPZTC

35 Quotes About Communication for Inspiring Team Collaboration. Vibe, May 5, 2022. https://www.vibe.com/

Lead City University Ibadan DO NOT COPY

Appendix I

Psychological Demographic Marital Harmony Questionnaire (PDMHQ)

Participant Information and Consent Form

Researcher:

Martina Abiodun Ohenhen

Lead City University, Ibadan

Faculty of Education

Department of Arts and Social Sciences Education

Guidance and Counselling Unit

Email: martinaohenhen@gmail.com

Purpose of the Study

The purpose of this study is to elicit information on psychological and demographic factors as predictors of marital harmony among secondary school teachers in Oyo State, Nigeria.

Participation & Confidentiality:

- Participation is voluntary
- You may skip any question or withdraw at any time without consequence
- Your responses are confidential and will be used solely for academic research
- No identifying information will be published

Consent Statement:

I have read and understood the purpose of this study. I voluntarily consent to participate and for my response to be used for research purposes. (*Kindly check the box*) ☐

Signature:_____ **Date:** _____

Lead City University Ibadan DO NOT COPY

Section A: **Demographic Data**

Instruction: kindly tick (√) right the appropriate option that best describe you in each item.

1. **Sex**: Male ( ) Female ( )

2. **Marital Status**: Separated ( ) Married ( ) Widow/Widower ( ) Divorce ( )

3. **Educational Qualification**: No Formal Education ( ) Primary Education ( ) Secondary Education ( ) ND/HND/NCE ( ) B.A./B.SC/B/ED ( ) Masters ( ) Ph.D ( ) Others ( )

4. **Is this your first marriage?** **Yes** ☐ **No** ☐

5. **Are you re-married?** **Yes** ☐ **No** ☐

6. **How long was your previous marriage?** ☐

7. **How long have you been married to your present Spouse?** ☐

8. **Personal Age**: _____

9. **Age of Spouse**: _____

10. **Age Difference between you and your Spouse:** ☐

11. **Occupation of Spouse**: Civil Servant ( ) Private Business ( ) Private Company Staff ( )
Others ( ) Unemployed ( )

Lead City University Ibadan DO NOT COPY

12. **Educational Qualification of Spouse**: No Formal Education ( ) Primary Education ( ) Secondary Education( ) ND/HND/NCE ( ) B.A./B.SC/B/E ( ) Masters ( ) Ph. D ( ) Others ( )

13. **Religion**: Christianity ( ) Islam ( ) Traditional ( ) Other:_____

Section B: Adapted Dyadic Adjustment Scale (RDAS)

Instruction: Rate each item based on your current relationship.

Scale: 1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently, 5 = Very frequently, 6=Always

Item **Scale**

1.How often do you have disagreements? 1 = Never, 2 = Rarely, 3 = Occasionally, 4=Frequently, 5 = Very frequently, 6 = Always

2. How often do you and your partner quarrel? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently, 5 = Very frequently, 6 = Always

3. Do you ever regret marrying your spouse? 1 = Never, 2 = Rarely, 3 = Occasionally, 4= Frequently, 5 = Very frequently, 6 = All the time

4. How often do you consider divorce or separation? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently, 5 = Very frequently, 6 = All the time

5. Do you confide in your partner? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently, 5 = Very frequently, 6 = All the time

6. How often do you kiss your partner? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 =Frequently, 5 = Very, frequently, 6 = All the time

7. Do you and your partner engage in interests and hobbies together? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently, 5 = Very frequently, 6 = All the time

8. Do you laugh together? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently, 5 = Very frequently, 6 = All the time

9. Do you agree on career decisions? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently, 5 = Very frequently, 6 = Always

10. Do you agree on household tasks? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently, 5 = Very frequently, 6 = Always

11. Do you agree on leisure activities? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 Frequently, 5 = Very frequently, 6 = Always

12. Do you agree on goals? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently, 5 = Very frequently, 6 = Always

13. Do you enjoy sexual relationship with your spouse? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently, 5 = Very frequently, 6 = Always

14. Do you feel the relationship is strong? 1 = Never, 2 = Rarely, 3 = Occasionally, 4 = Frequently, 5 = Very frequently, 6 = Always

Section C: STAI (Short Form) State-Trait Anxiety Inventory

i. State Anxiety Scale (S-Anxiety-8) Instruction: Rate how you feel

Scale: 1 = Not at all 2 = Somewhat 3 = Moderately so 4 = Very much so

Item **Scale**

In my marriage relationship,

1. I feel calm 1 = Not at all 2 = Somewhat 3 = Moderately so 4 = Very much so
2. I feel tense 1 = Not at all 2 = Somewhat 3 = Moderately so 4 = Very much so
3. I feel upset 1 = Not at all 2 = Somewhat 3 = Moderately so 4 = Very much so
4. I feel relaxed 1 = Not at all 2 = Somewhat 3 = Moderately so 4 = Very much so
5. I feel contented 1 = Not at all 2 = Somewhat 3 = Moderately so 4 = Very much so
6. I am worried 1 = Not at all 2 = Somewhat 3 = Moderately so 4 = Very much so
7. I am optimistic 1 = Not at all 2 = Somewhat 3 = Moderately so 4 = Very much so
8. I am sad 1 = Not at all 2 = Somewhat 3 = Moderately so 4 = Very much so

ii. Trait Anxiety Scale (T-Anxiety-6) Instruction: Rate how you GENERALLY feel.

Scale: 1 = Almost never 2 = Sometimes 3 = Often 4 = Almost always

Item **Scale**

1. I feel pleasant 1 = Almost never 2 = Sometimes 3 = Often 4 = Almost always
2. I tire quickly 1 = Almost never 2 = Sometimes 3 = Often 4 = Almost always
3. I feel like crying 1 = Almost never 2 = Sometimes 3 = Often 4 = Almost always
4. I feel happy 1 = Almost never 2 = Sometimes 3 = Often 4 = Almost always
5. I feel nervous 1 = Almost never 2 = Sometimes 3 = Often 4 = Almost always
6. I worry too much 1 = Almost never 2 = Sometimes 3 = Often 4 = Almost always

Section D: Conflict Resolution Styles Inventory (CRSI-20)

Instruction: Rate how often you use these strategies during conflicts

Scale: 1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

Item	Scale
1. Positive Problem-Solving	
1. I focus on finding a solution that works for both of us.	1 2 3 4 5
2. I calmly discuss differences to reach a compromise.	1 2 3 4 5
3. I suggest alternatives that satisfy everyone.	1 2 3 4 5
4. I listen actively to understand the other person's perspective.	1 2 3 4 5
2. Conflict Engagement	
5. I raise my voice or yell during arguments.	1 2 3 4 5
6. I criticize the other person personally.	1 2 3 4 5
7. I say things I later regret.	1 2 3 4 5
8. I interrupt or talk over the other person.	1 2 3 4 5
3. Withdrawal	
9. I avoid discussing the issue altogether.	1 2 3 4 5
10. I shut down and refuse to talk further.	1 2 3 4 5
11. I physically leave the room during arguments.	1 2 3 4 5
12. I ignore the other person's attempts to resolve the conflict.	1 2 3 4 5
4. Compliance	
13. I give in to keep the peace, even if I disagree.	1 2 3 4 5
14. I suppress my feelings to avoid confrontation.	1 2 3 4 5
15. I let the other person have their way.	1 2 3 4 5

16. I agree outwardly but resent inwardly. 1 2 3 4 5

5. Negotiation

17. I propose middle-ground solutions. 1 2 3 4 5

18. I acknowledge the other person's needs while stating mine. 1 2 3 4 5

19. I take turns speaking to ensure fairness. 1 2 3 4 5

20. I suggest "trial periods" for solutions. 1 2 3 4 5

Section E: Emotional Intelligence Scale (EIS)

Scale: 1 = Strongly Disagree, 2= Disagree, 3=Neutral, 4=Agree, 5 = Strongly Agree

Item **Scale**

a. Self-Awareness (Understanding one's own emotions)

1. I can accurately identify my feelings even when they are mixed or complex. 1 2 3 4 5
2. I am aware of how my mood affects my interactions with my spouse. 1 2 3 4 5
3. I understand what triggers my emotional reactions at home. 1 2 3 4 5
4. I can recognize when I am feeling stressed or overwhelmed before it significantly impacts my marriage. 1 2 3 4 5
5. I have a good sense of my strengths and weaknesses as a spouse. 1 2 3 4 5

b. Self-Regulation (Managing one's own emotions)

6. I can calm myself down quickly when I feel angry or upset with my spouse. 1 2 3 4 5
7. I am able to control impulsive reactions when faced with difficult situations in my marriage. 1 2 3 4 5
8. I adjust my emotional responses to suit different situations and people. 1 2 3 4 5
9. Even under pressure, I maintain a positive outlook at work and at home. 1 2 3 4 5
10. I can bounce back quickly from setbacks or disappointments in my personal and marital life. 1 2 3 4 5

c. Social Awareness (Understanding others' emotions)

11. I am good at sensing the unexpressed feelings or concerns of my spouse. 1 2 3 4 5
12. I can easily pick up on the emotional climate in my home. 1 2 3 4 5
13. I am sensitive to the non-verbal cues (e.g., body language, tone of voice) of my spouse 1 2 3 4 5

Lead City University Ibadan DO NOT COPY

14. I consider the perspectives and feelings of my spouse before making important family decisions. 1 2 3 4 5

15. I show genuine concern and empathy when my spouse is distressed. 1 2 3 4 5

d. Relationship Management (Building and maintaining relationships)

16. I effectively resolve conflicts with my spouse in a constructive manner. 1 2 3 4 5

17. I am able to give constructive feedback to my spouse without causing offense. 1 2 3 4 5

18. I collaborate well with my spouse in managing household responsibilities and parenting. 1 2 3 4 5

Thank you

Lead City University Ibadan DO NOT COPY

Bio-data

Curriculum Vitae

I

a.	NAME:	**OHENHEN, Abiodun Martina**
b.	DATE AND PLACE OF BIRTH:	27th December 1979/ Lagos
c.	TOWN/STATE OF ORIGIN:	Badagry/ Lagos State
d.	MARITAL STATUS:	Married
e.	SEX:	Female
f.	NO. OF CHILDREN AND AGES:	Four (29, 27, 24, 7)
g.	NAME AND ADDRESS OF NEXT OF KIN:	OHENHEN, Stanley, Ark of Praise Villa, Zone D1, Balogun Oderinlo Estate, Amosun Area, off Alakia/Isebo Road, Ibadan
h.	NATIONALITY:	Nigerian
i.	PERMANENT HOME ADDRESS:	Ark of Praise Villa, Zone D1, Balogun Oderinlo Estate, Amosun Area, off Alakia/Isebo Road, Ibadan
j.	CURRENT HOME ADDRESS:	Same as Home Address Above
k.	TELEPHONE/GSM NO.	+234 802 779 5621
l.	EMAIL ADDRESSES:	martinaohenhen@gmail.com

II EDUCATIONAL INSTITUTIONS ATTENDED (with dates)

a) Lead City University, Ibadan 2021 - date
b) National Open University of Nigeria, Ibadan 2018 – 2020
c) University of Lagos, Akoka, Lagos 2006 – 2012
d) National Teachers Institute, Lagos 2000 – 2003
e) National Teachers Institute, Lagos 1999 - 2000
f) Ansar - Ud - Deen College, Isolo, Lagos 1991 - 1997
g) Ire - Akari Estate Model Pry Sch., Isolo, Lagos 1986 – 1991

Lead City University Ibadan DO NOT COPY

III A**CADEMIC QUALIFICATIONS / INSTITUTIONS ATTENDED (with dates):**

a. Ph.D Guidance &Counselling /Lead City University, Ibadan (In View)
b. M.Ed. Guidance and Counseling / NOUN, Ibadan. 2020
c. B.Ed. Guidance and Counseling / University of Lagos, Akoka, 2012
d. NCE English Language/National Teachers Institution, (Lagos State) 2003
e. T.C.II / National Teachers Institute (Lagos State) 2000
f. WAESC / Ansar - Ud - Deen College, Isolo, Lagos 1997
g. First Sch. Leaving Cert./ Ire - Akari Estate Model Pry Sch Isolo, Lagos 1991

V. **PROFESSIONAL QUALIFICATIONS AND DIPLOMA(S) (with dates:**

a. The Orientation Project, The Executive Teacher, Lagos State, Sept. 2016
b. The Orientation Project, Assessment Of Learning, etc., Lagos State, Aug.2016
c. The Learning Craft/Oaks Tech. Computer Fundamentals Lagos State, July 2016
d. The Orientation Project, Professionalism of the Teacher, etc. July 2016
e. The Lifematics Centre, Developing Students' Love for Maths, May 2016
f. The Learning Craft, The Tech Classroom, Lagos State Feb. 2016
g. EduChild Development Centre, Diploma (Pre-School Educ.), March-July 2015
h. Havilah EduConsult, Diploma (Curriculum Development), Lagos State, Oct. 2013

VI. SCHOLARSHIPS, FELLOWSHIP AND PRIZES (with dates): None Yet.

VII. DETAILS OF WORKING & TEACHING EXPERIENCE:

a. Administrative and Managerial Work Experiences:

i. The Kids' Court School, Surulere, Lagos 2015- 2017
- Year Level Head
- Lead Teacher
- Assistant Teacher

ii. Cosmic Schools, Jakande Isolo, Lagos 2012-2015
- Head of School

iii. Corbet Schools, Ejigbo, Lagos 2003-2012

Lead City University Ibadan DO NOT COPY

- Headmistress, Corbet Nursery / Primary School
- HOD - Nursery / Lower Primary Department
- Assistant Head Teacher
- Class Teacher

iv. **Jack 'n' Jill Children School, Ilasamaja, Lagos** 2000-2003
- Class Teacher

v. **Great Heritage School, Akiti Avenue, Okota, Lagos** 1998-2000
- Assistant Class Teacher

b. Teaching Work Experience in the University System: None yet.

c. Practicum Experience

- Family Court, Iyaganku, Ibadan Oyo State 5th May – 13th June 2025
- Monatan Secondary School Wofun/Iyalode, Ibadan Feb.- 21st Mar., 2022
- Adelayo Academy, Wakajaye, Ibadan March 4th - May 24th 2019

VIII. **HONOURS AND DISTINCTIONS:** Nil

IX. **MEMBERSHIP OF LEARNED SOCIETIES**:

X. **RESEARCH:**

a. Research Work:

b. Theses/Dissertations:

a) Ohenhen, Martina Abiodun (2025), "Psychological and Demographic Factors as Predictors of Marital Harmony among Secondary School Teachers in Oyo State, Nigeria' Being submitted as PhD Desertation at Lead City University, Ibadan.

b) Ohenhen, Martina Abiodun (2020) "Psycho-Socio Variables as Predictors of Marital Satisfaction among Married Adults in Oyo State": M.A Desertation, Nigerian Open University, Ibadan

Lead City University Ibadan DO NOT COPY

c) Teko, Martina Abiodun (2012). "Sexual Promiscuity Among University Students and its Effect on Moral Adjustment": B.ED. Thesis, University of Lagos.

XI PUBLICATIONS

A BOOKS PUBLISHED: None yet

B. CHAPTER IN BOOK ALREADY PUBLISHED:

a) **Ohenhen, A. Martina,** Stanley T. Ohenhen. *Inclusive Education for Gender and Cultural Diversity in the Nigerian Patriarchal Regime* **Inclusive Education in the 21st Century: A Festschrift in Honour of an Erudite Scholar 2024**

C. ARTICLES IN LEARNED JOURNALS :

a) **Ohenhen, A. Martina**, *Addressing Harmful Cultural Practices against Women in Nigeria through Development Communication and Psychological Counselling Strategies*. **Journal of Development Communication and Applied Theatre**. 2025 2 (4).

b) Ohenhen, T. Stanley, Princewill Abakporo, **Martina A. Ohenhen,** Fidelis Egbe. *Decolonising Materiality in Ecological Networks in the Global South : Exploring Indigenous Performative Epistemologies.* **Polish Journal of Aesthetics**, 2025.1(1).

D. MANUSCRIPTS ACCEPTED FOR PUBLICATION:

a) Ohenhen, A. Martina, Donald Odeleye. *Integrating Premarital Counselling into Parenting Education: A Preventive Strategy for Sustainable Family.* **Lead City University Journal of Pedagogical Studies (LCUJPS)** 2025

b) **Ohenhen, A. Martina**, Donald Odeleye, Stanley T. Ohenhen. *Reimagining Gender Complementarity in African Indigenous Epistemologies: A Pathway to Marital Fulfilment*. **International Journal of Current Research in the Humanities (IJCRH), University Of Cape Coast, Cape Coast, Ghana** 2025

c) Ohenhen, T. Stanley, Princewill Abakporo, **Martina A. Ohenhen,** Fidelis Egbe. *Narrating Beauty through Indigenous Storytelling: Decolonising Aesthetic Values in African Oral Traditions,* **Polish Journal of Aesthetics**, 2025.1 (1).

E ARTICLES PUBLISHED IN CONFERENCE PROCEEDINGS: None yet

Lead City University Ibadan DO NOT COPY

F CONFERENCES & WORKSHOPS ATTENDED WITH DATES AND PAPERS READ:

a. Nurturing the Future: The Critical Role of Parenting Education in Advancing Sustainable Development / *Integrating Premarital Counselling into Parenting Education: A Preventive Strategy for Sustainable Family.* **LCUJPS May, 2025**

b. AI, Research and Grant Writing Training : Research Training for all Postgraduate Students **LCU Postgraduate College November, 2024**

c. Optimising Pastoral Care & Human Connectivity for Sustainable Development : **National Pastoral Counselling Conference NAPCOUN/LCU October, 2021**

XII CONTRIBUTIONS TO NATIONAL DEVELOPMENT: None yet

XIII. REFERENCES

Professor Donald A. ODELEYE
Faculty of Education
Lead City University
Ibadan, Oyo State
+234-806-016-2719

Professor Muyiwa AWODIYA
Department of English and Linguistic Studies
Osun State University
Ikhire Campus, Osun State
+234 803 742 4915

Professor Kolawole E. OLAWALE
Music Programme
Bowen University
Iwo, Osun State
+234 803 354 4923

Signature:_____ **Date:** _____

Lead City University Ibadan DO NOT COPY

Compliance

The University Compliance Certificate

This is to certify that the thesis by Martina Abiodun OHENHEN with Matriculation Number **LCU/PG/002493** in the Department of Arts and Social Science Education, Faculty of Education, Lead City University, Ibadan, Oyo State, Nigeria is in full compliance with the approved University Format and Style.

Signature _____ Date _____

Lead City University Ibadan DO NOT COPY