Psychological and Demographic Factors as Predictors of Marital Harmony among Secondary School Teachers in Oyo State, Nigeria

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Being a Ph.D Viva Presentation to the Department of Arts & Social Sciences Education, Faculty of Education, Lead City University, Ibadan, Oyo State, Nigeria

In Partial Fulfillment of the Requirements for the Award of Doctor of Philosophy (Ph.D) Degree in Guidance and Counselling

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Certification

This is to certify that Martina Abiodun Ohenhen with Matriculation Number LCU/PG/002493 carried out this research titled "Psychological and Demographic Factors as Predictors of Marital Harmony among Secondary School Teachers in Oyo State, Nigeria", under my supervision in the Department of Arts & Social Science Education, Faculty of Education, Lead City University, Ibadan, Oyo State, for the award of Doctor of Philosophy (Ph.D) Degree in Guidance and Counselling and that this has not been previously submitted.

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Dedication

This work is dedicated to the Almighty God, my creator, protocols breaker, promise keeper, and my destiny helper.

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Even though the above mentioned institutions and persons have assisted in the process of this research work, I alone stand responsible for the errors, if any, found in the work.

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Abstract

Marriages in contemporary society face increasing challenges, often shaped by the diverse backgrounds of partners. Although previous studies have examined general determinants of marital satisfaction among teachers, limited attention has been given to the combined influence of psychological and demographic factors on marital harmony within the profession. This study therefore investigated the predictive roles of psychological and demographic variables in marital harmony among secondary school teachers in Oyo State, Nigeria. Anchored on five key theoretical frameworks – Attachment, Family Systems, Communication, Self-determination and Psychological Well-being theories, the study adopted a descriptive survey design. A stratified and simple random sampling of 966 married male and female teachers provided a balanced sample. Data were collected using a validated questionnaire, "Psychological Demographic Marital Harmony Questionnaire (PDMHQ)'' measuring marital communication, anxiety, emotional intelligence, dual-earner profile, educational qualification, age, and marital harmony with r value of 0.75 at 0.05 level of significance. Analyses were conducted using Pearson' Product-Moment Correlation, Multiple Regression, and Analysis of Variance (ANOVA). Findings from the 944 retrieved data revealed 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. Emotional intelligence, on the other hand, was found to have a significant but negative effect on marital harmony ($\beta = -0.098$, $p < .001$). This implies that teachers with higher emotional intelligence may also possess heightened awareness of marital challenges, which could amplify their perception of disharmony. 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. This means that psychological predictors, communication, emotional intelligence and in particular anxiety against previously established literature, accounted for a significant proportion of the variance in marital harmony ($R^2 = 0.345$, $F(3,596) = 105.67$, $p < 0.05$). Demographic predictors also made a meaningful contribution ($R^2 = 0.274$, $F(3,596) = 74.53$, $p < 0.05$), with educational qualification and dual-earner couple structure positively contributed, whereas age showed a modest but significant influence. When psychological and demographic factors were combined, the results demonstrated a stronger predictive power on marital harmony ($R^2 = 0.417$, $F(6,593) = 70.28$, $p < 0.05$). The study concludes that both psychological competencies and demographic contexts play significant roles in shaping marital harmony among married teachers. It recommends conducive workplace policies, premarital education, and counselling interventions aimed at strengthening emotional intelligence, anxiety management and communication skills, while addressing the specific challenges of dual-earner couples.

Key Words: Marital Harmony, Emotional Intelligence, Marital Communication, Anxiety, Psychological and Demographic Factors, Secondary School Teachers

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List of Acronyms

Abbreviation	Meaning
ANOVA	Analysis of Variance
GAD	Generalised Anxiety Disorder
OCD	Obsessive Compulsive Disorder
PTSD	Panic Disorder, Post Traumatic Stress Disorder
SAD	Social Anxiety Disorder
TESCOM	Teaching Service Commission
CBT	Cognitive-Behavioural Therapy
EFT	Emotion-Focused Therapy
NGOs	Non-Governmental Organisations
$H_0 1$	Hypothesis 1
PDMHQ	Psychological Demographic Marital Harmony Questionnaire
ADAS	Adapted Dyadic Adjustment Scale
STAI	State-Trait Anxiety Inventory
CRSI	Conflict Resolution Styles Inventory
EIS	Emotional Intelligence Scale

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