

Incidence of Marital Instability among Couples in Ado Local Government Area, Ekiti State

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Abstract

This study was designed to examine the incidence of marital instability among the couples in Ado Local Government Area of Ekiti State. The study aimed at finding out the factors that are responsible for marital instability among couples. The population of the study consisted of all married civil servant workers and artisans in Ado Ekiti. Simple random sampling technique were use to select 100 sample for the study, the instrument use to collect data was a questionnaire. The statistical techniques used in analysis of data include frequency counts to analyse the research question and correlation method to analyse the research hypothesis. The study found out that instability in marriage is caused when couples are faced with lack of communication, sexual problem, women earning more than their husband. Based on the findings of the study, the following recommendations were made. The government of all levels should assist marriage counsellors to organised regular seminars, symposia on sex education and other issue surrounding co-existence of couples in marriage. Also, Married people should attend counselling to learn skills of self-awareness and interactive skills that can keep their marital relationship healthy and crisis free.

Keywords: marital instability, Ekiti State

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INTRODUCTION

Marital Instability has been observed as canker worm eating deep to our society. Despite the fact that every culture of the world recognises the term marriage institution, dissolution of marriage is rampant among both couples. Hardly can a day go without separation or breaking down of marriage either in the law court or mutual understanding. This has resulted in severe emotional stress in both spouses and in the children of the marriage.

According to Omoniyi- Oyafunke, Falola and Salau (2014) sees marriage as something that gives legitimacy to sexual relationship and reproduction for legitimate children, as a lot of benefit is associated with marriage. Marriage and family life however have under gone major changes during the past few decades globally (Musau, Kisovi, Otor , 2015). According to Maciver & Dimkpa (2012) Marriage institution is witnessing instability globally. The increase in divorce rates is one of the most visible changes in African societies and family lives and the consequences are severe and children from divorced parents have worst cognitive, behavioural and health outcomes in general than children born into more stable families (Duke-Natrebo,2014). Also, relevant consequences of demographics, social and economic nature for the persons involved.

According to Ata, Ali-Mohammad & Mohsen Masoomi (2014) affirmed that one of the factors affecting the incidence of divorce and relationship problems couples is the behaviour associated with their sexual performance. Sexuality is considered to be one of the most significant factors affecting women's health. It is also a major indicator of life satisfaction affecting couples' level of mental health (Movahedi & Azizi, 2011). These researches also show that sexual problems have a noticeable impact on the couples' life quality and social relationship while causing a high rate of separation and divorce (Dzara, 2010; Carvalho & Nobre, 2011; Ali-akbari Dehkordi, 2010)

In another development, marital instability has been described as a situation whereby the couples deliberately decided to separate for one reason or the other. The concept marital instability is observed to cover issues of divorce, separation and desertation as well as estrangement and the continuation of living together though without marital relationship (Animasahun and Fatile, 2011).

Olorunda (2016) examines the causes and effects of marital conflict on family stability among couples in Gboko metropolis of 13 Benue State as well as the counselling intervention strategies. The study confirmed that the stability of a nation is dependent on the stability of the family institution. The most potent method that can effectively address marital conflict in this dispensation is counselling. The descriptive survey method was adopted for the study. The population was made up of all married couples in Gboko metropolis with 200 sampled respondents selected for the study. The study found out that the inability of couples to recognise and appreciate individual differences that exist in their spouses, poor attitude towards in-law, barrenness among others are major causes of marital conflict.

Animasahun & Fatile (2011) conducted a study investigates the patterns of marriage instability in modern African society, especially Lagos metropolis, and the implications on marriage counselling. Two hundred and

fifty married men and women were selected in Lagos metropolis, using purposive and convenience sampling techniques. Among the participants were: one hundred and eleven married (44%) and one hundred and thirty-nine married women (55.6%) respectively. The mean of the respondents' age was 39.96, while the standard deviation was 8.44. The major instrument used was marriage instability scale (MIS) constructed and validated by the researchers with a coefficient alpha of .848. Five null hypotheses were tested at 0.05 level of significance. Data collected were analysed using ANOVA and t-test statistics in testing the hypotheses. The results obtained showed that; there was no significant difference in marriage inability between couples with polygamous family background and couples with family background. There was no significant difference in marriage instability among couples with different social status. There was no significant difference in marriage instability among couples with different careers. There was no significant difference in marriage instability among couples with different educational background. The findings of the research have various implications for couples in modern African society; there is need for them to visit a professional marriage therapist for marriage assessment. The findings of the study were discussed and suggestions were made for further studies. While Sulaiman (2014) concluded that women's social status will determine marital stability, his social status includes occupational, income and educational status.

Esere, Yusuf & Omotosho (2011) explained that Marital Instability result from a breakdown in communication among couples leading to constant arguments, verbal and physical aggression, and psychological ill health, emotional and physical separation which may lead to divorce. They further said that marital inability may result in the death of spouses. According to them, divorce seems to be the most popular and documented among other marriage problems. Omorodion (2009) that opined family may keep their own opinion to themselves and remain resolutely in wedlock.

According to Alireza and Bagher (2016) stated that the involvement of women in wage carrying is a threat in the family solidarity, couples hardly find time to stay together for interaction purposes. Child care which should be the responsibility of the parents is now shifted to the school and house helps. According to Ozcan and Breen (2012) educational status is not related to the level of marital instability. The reason for this finding might be because both women who are educated and not educated experience marital instability. Raymon, (2011) agreed with Ozcan & co that marital instability does not depend on educational status of the woman.

With due respect to divorce, much of the academic literature confirms the popular perception that wives who out earn their husbands are more likely to divorce. Fry and Cohn (2010) stated marriages in which wives out earn their husband have received special attention among academics and the press given that this arrangement potentially threatens men's gender identity as breadwinners and heads of households. (Ludden 2010; Roberts 2010; Bertrand, Kamenica and Pan 2013; Musau, Kisovic & Otor 2015).

It has been observed by social workers, counsellors and people, that marriage have been messed up with family breaking up at an increasing rate. Marital instability have been found to be a source of social vice in the society.

Purpose of the Study

The main purpose of the study was to find out the factors that responsible for marital instability among couples.

Research Question

What is the level of marital instability among couples in Ado Local Government Area of Ekiti State?

Research Hypothesis

1. There is no significant relationship between marital instability and sexual problems among the couples.
2. There is no significant relationship between the communication problems among the couples and marital instability.
3. There is no significant relationship between marital instability and social status of the couple.
4. There is no significant relationship between marital instability and wage carrying among the couples.

Methodology

The research design employed in this study was the descriptive survey research design. The population of the study consists of married people in Ado Local Government Area of Ekiti State. For effective administration of the questionnaires, attention of the study was focused on civil servant for literate couples while artisans are sample for illiterate. The sample used for this study was 100 respondents using simple random sampling techniques. A self-designed questionnaire was used. The questionnaire was made up of two sections. Section A contained personal data while Section B consists of questions items generated from the research question and hypothesis of the study. A content and face validity of the instrument were ascertained. While test retest method was employed for the reliability of the instrument. The questionnaire was administered twice on 20 respondents outside the study. The result obtained was correlated using Pearson product moment correlation method.

Reliability co-efficient of 0.895 was obtained. The copies of the questionnaire of the questionnaire were personally distributed. The statistical technique used was frequency count to analyse the research question and correlation method to analyse the research hypothesis.

Results

The research question:

What is the level of marital instability among couples in Ado Local Government Area of Ekiti State?

Table 1: Percentage analysis shows the level of marital instability among couples in Ado Local Government Area of Ekiti State.

S/N	Statement	Yes		No		Total
		N	%	N	%	
1.	Is your home stable	63	63.0	37	37.0	100
2.	Do you share the same room with your spouse	63	63.0	37	37.0	100
3.	I do things together with my spouse	64	64.0	36	36.0	100
4.	I use to have physical combat with my spouse	28	28.0	72	72.0	100
5.	Did third party settle dispute between the two of you	87	87.0	13	13.0	100

Table 1: Shows that 63% of the total sample had stable home while 37% does not. 63% share the same room with their spouse while 37% does not. 64% do things together with their spouse while 36% does not. 28% used to have physical combat with their spouse while 72% does not. 87% allow third party to settle dispute between them while 13% does not.

Hypotheses Testing

Ho1: there is no significant relationship between marital stability and sexual problems among couples.

Table 2: Pearson correlation coefficient of sexual problems and marital stability.

Variable	N	Means	SD	Rcal	Rtable
Marital Stability	100	7.55	1.30	0.430	0.195
Sexual Problems	100	8.45	1.23		

$P < 0.05$

Table 2: reveal that rcal (0.430) is greater than rtable (0.195) at 0.05 level of significant. The null hypothesis is rejected. Therefore, there is significant relationship between marital instability and sexual problems among couples in Ado Local Government Area of Ekiti State.

Ho2: There is no significant relationship between communication problem and marital instability among couples

Table 3: Pearson correlation co-efficient of communication problem and marital instability among couples.

Variable	N	Means	SD	Rcall	Rtable
Marital stability	100	7.55	1.30	0.634	0.195
Communication problem	100	8.460	1.71		

$P < 0.05$

Table 3: reveals that rcal (0.634) is greater than rtable (0.195) at 0.05 level of significant. The null hypothesis is rejected. Therefore, there is significant relationship between the communication problem and marital instability among couples in Ado Local Government Area of Ekiti State.

Ho3: there is no significant relationship between marital instability and social status of the couple

Variable	NO	Means	SD	Rcal	Rtable
Marital instability	100	7.55	1.30	0.195	0.603
Social Status	100	8.00	1.36		

$P < 0.05$

Table 3: reveals that rcal (0.195) is less than rtable at 0.05 level of significance. The null hypothesis is accepted. Therefore, there is no significant relationship between marital instability and social status among couples in Ado local Government Area of Ado of Ekiti State.

Ho4: There is no significant relationship between marital instability and high wage earnings among couples.

Variable	N	Means	SD	Rcal	Rtable
Marital Stability	100	7.55	1.30	0.228	0.195
High wage Earnings	100	7.81	1.18		

$P < 0.05$

Table 4: reveals that rcal (0.228) is greater than rtable (0.195) at 0.05 level of significance. The null hypothesis is rejected. Therefore, implies that there is significant relationship between marital stability and high wage earnings among the couple.

Discussion

The findings of the study showed that there was significant difference between the levels of marital instability among couples in Ado local government Area of Ekiti State. The findings agreed with Maciver and Dimkpa (2012) they opined that the increase in divorce rates is one of the most visible changes in African societies and family lives.

Another result of the study showed that there is a significant relationship between sexual satisfaction and marital relationship problems. This result is congruent with other studies like (Carvalho & Nobre, 2011, Ali-akbari Dehkordi, 2010; Dzara 2010).

Furthermore, the study also showed that there was a significant relationship between communication problem among couples' instability. This study is in line with the findings of Ezere, Yusuf & Omotosho (2011) that break down in communication among couples always leads to argument, verbal and physical aggression which cause marital instability. While the study against Omorodion (2009) that opined family may keep their own opinion to themselves and remain resolutely in wedlock.

Again, the study showed that there is no significant relationship between social status and marriage stability. This is in agreement with Animasahun and Femi (2011) when they reported that there was no significant difference in marriage stability among couples with different social status.

In addition, there is significant relationship between marital instability and high wage earnings among the couples. It agrees with Ludden (2010) Kamenican and Pan (2013) & Musua, Kisovi & Otor (2015) they all opined that wives who earn more than their husband are more likely to divorce. Because the arrangement potentially threatens men's gender identify as bread winners and heads of households which may leads to a lot of arguments and fights in the home.

Conclusion

Considering the findings, it was concluded that major causes of marital instability in Ado Local Government Area of Ekiti State was lack of sexual satisfaction, women earnings more than their husband and lack of communication. While social status has no impact on marital instability. This entire problem generates to worsening social ills and anti-social behaviours prevalent among children and youths in the society. Children that grew up under marital crises and un-peaceful home will surely devoid of moral and the society is the victim.

Recommendation

Based on the findings of the study, the following recommendations were made:

1. The government of all levels should assist marriage counsellors to organised regular seminars, symposia on sex education and other issue surrounding co-existence of couples in marriage.
2. Married people should attend counselling to learn skills of self-awareness and interactive skills that can keep their marital relationship healthy and crisis free.
3. A counselling centre should be established in every customary court.
4. There should be an establishment of active counselling centres in the rural communities, educational institutions, government establishments, non-government establishments industries, religious organisation to provide regular family counselling to people in order to reduce the incidence of marital frustration.

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