EFFECT OF MARITAL COUNSELLING ON FAMILY STABILITY AMONG LECTURERS IN SOKOTO STATE UNIVERSTY, SOKOTO STATE, NIGERIA

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Abstract

The study investigated the effect of marital counselling on family stability among married Sokoto state university lecturers. Two objectives, two research questions and two null hypotheses on financial independence, and Sexual Compatibility and finance independence of married Sokoto State university lecturers were raised to guide the study. The population of the study consisted of two hundred and eighty four, (284) married lecturers'. Eighty (80) married lecturers were the sample of the study. the instrument tagged Questionnaire on Family stability (QFS) was developed and validated for data collection. Data obtained were analysed using Means, Standard Deviation to answer Research Questions and ANCOVA of inferential statistics at 0.05 level of significance was used to answer Research Hypothesis. The major findings of the study revealed that: There was a significant difference in post-test scores of married lecturers' financial independence between experimental group and control, meaning marital counseling treatment was effective on the Experimental Group. Moreover, the findings showed there is a significant difference in the post-test scores of married lecturers' sexual compatibility between experimental group and control group. Based on the findings of the study it was recommended that, married lecturers with problems with sexual compatibility should receive marital counselling intervention referral services. The study also recommended that married lecturers with problem of financial independence should receive marital counselling intervention using ecclective counselling.

Introduction

Marriage is an important and natural process in human life that has existed in all cultures and periods in different forms. It has attempted to bridge two ideas with different values and ideologies and to construct human relations. In addition, marriage aims to fulfill a variety of basic human needs such as generation survival and upbringing the children, fulfilling the dream of being parents, achieving the highest level of friendship and intimacy, labor division, cooperation, assisting one another in married life having a safe place for peace and flourishing skills, as well as achieving human perfection and elevation and mental health. Sexual compatibility among couples strengthens marital stability. Instability of Marriage occurs according Owuamanan (2004) where such couples hardly enjoy sexual compatibility. Sexual compatibility tends to foster marriage stability, mental oneness to a large extent depending on sex. In fact, sex is a form of communication and probably the most intimate in which two persons (husband and wife) express a oneness of mind and feelings. The attitude of the husband and wife to sex may be influenced by their religious upbringing and early experiences. A partner may regard sex as something pleasurable to be enjoyed while the others sees it as being unpleasant and should not be indulged in except for procreation. The ability of the couple to establish adequate sexual relationship and satisfaction matters very much in marriage. Husband and wife need to adjust sexual behavior of each other. Normally, a man experiences sexual urges more than his wife. It sometimes happens that a woman may

demand sex more frequently than her husband can supply it. Too frequently sexual intercourse may be detrimental to the husband's health (Olayinka, 2005).

Additionally, financial independence strengthens family stability among couples. Couples who hardly enjoy financial independence will certain strain the family. Financial independence according to Manting (2002) is where each of the couple has control over reasonable amount of money without seeking the apparel of the other. Financial independence among couple also demand who will main a family bank account and what type of account either current account or savings account. Financial independence among couples demands that each of the partner should have financial maturity. A man loses the control of his marriage if he fails to carry out his financial responsibilities for the upkeep of the family. This means that the man should be gainfully employed. He should have a steady income for the maintenance of his new home. These factors mentioned above may affect the family stability of married secondary school teachers in school metropolis. If the home is graced and sweetened with kindness and smiles, no matter how humble the abode, the heart will turn lovingly toward it from all the tumult of the world, and it will be the dearest spot beneath the circuit of the sun. A single bitter word may disquiet an entire family for a whole day. One surly glance casts a gloom over the household, while a smile, like a gleam of sunshine, may light up the darkest and weariest hours. Like unexpected flowers which spring up along a path, full of freshness, fragrance or beauty, do kind words and gentle acts and sweet dispositions, make glad the home where peace and blessing dwell, (Ray, 1990).

Marital counselling is concerned primarily with interpersonal relationship between spouses who have problems in their marriage(s). It is concerned with assisting couples to understand where they are, so that they can find way of forging ahead in their marriage life. Duntoye (e'tal,2008), defined marital counselling as organized application of techniques or interventions which are designed to modify for the better, maladjustment or maladaptive nature of human relationship of married partners. Marital counselling is that interactive process by which seeks to aid the family in regaining a homeostatic balance within which all the members such as husband, wife and children are comfortable. Marital counselling can also be defined according to Redmond (2000) as therapeutic for exploring and attempting to alleviate the present interlocking emotional and other related problems in a family setting or system making effort to remedy the concern faced by one of the members. Marital counselling is expected to give reinforcement to couples to boost sexual compatibility in couples, and assists couples' financial independence.

Statement of the Problem

Base on observation and experiences shared by a number of marriages and individuals over the years, instability in marriages has been on the increase with many leading to couples either staying apart or out rightly seeking divorce. The problem may be traced to numerous factors such as control over money, ignorance over sexual relationship, giving birth to only female children, polygamy, single parenting, poor communication among others which have led marriages into conflict and have turned such marriages to live in sorrow, loneliness, calamity, chaos, anxiety among others which is not healthy for such families and the larger society.

Marital instability for many of the cases, as observed by the researcher, such instability could have been resolved if marital counselling services were readily available has been

on the increase over the years and married Sokoto State University Lecturers have not been spared, but have been victims. The outcomes of marital instability are heinous. There have been cases of rape, bully, neglect of marital responsibilities, sleeping outside, total abandonment of spouse and children, frustration, infidelity and divorce. Given the important role which family plays in maintaining a healthy and prosperous society, number of literature dealing with marital stability can never be branded excess.

It is therefore the aim of this research to bring to the fore the effect of marital counselling on family stability among married Sokoto State University lecturers

Purpose of the Study

The purpose of the study was to investigate the effect of marital counselling on marital stability among married Sokoto State University lecturers Sokoto State. Specifically, the objectives include to:

i.   Assess the effect of marital counselling on Sexual Compatibility of married lecturers.
ii. Determine effect of marital counselling on financial independence of married lecturers.

Research Questions

The following research questions were raised to guide the study:

What is the difference in the mean scores of experimental and control groups on married lecturers' sexual compatibility?
What is the difference in the mean scores of experimental and control groups on financial independence by married lecturers?

Research Hypotheses

The following Hypotheses were tested at 0.05 level of Significance

i.   There is no significant difference between experimental and control group in the mean scores of Sexual compatibilities.
ii. There is no significant difference between experimental and control group in the mean scores of financial independences.

Methodology

A quasi-experimental research design based on non-randomized control group, pre-test-post-test design was employed in this study. The treatment group of experimental and control constitute the rows. This experimental design consisted of treatment cells such as, marital counselling. The treatment cells were obtained by non-random assignment of subject into the group to control for known and unknown sources of variation. Post –test was adopted to ascertain the extent of change in behavior and efficacy of the techniques in helping spouses to have stable families. At the end of the treatment, one-month follow-up session was adopted by the researcher. The population of the study consisted of 284 married Lectures of Sokoto State University A sample of eighty (80) spouses (40 males

and 40 females) Sokoto State University Lecturers was selected for the study. The instrument "Questionnaire on Family Stability (QFS)" was validated and validity index of 0.74 was established and reliability index of 0.92 was realized. The questionnaire was a self-developed. The questionnaire contained three (3) sections with 15 items. Section A. contained the personal data and section B is divided into three clusters based on the objectives of the study. The QFS used a Likert type scale to elicit information independence on family stability. The positive items were measured on 4-point scale of (4) 'Strongly Agree', (3) 'Agree' and (2) for 'Strongly Disagree' and (1) 'Disagree'). Questionnaires (40 for experimental group and 40 for control group) were issued at pretest and posttest. The experimental group was however exposed to marital counselling treatment to determine the effect of marital counselling on family stability for four weeks before the post-test was administered. Data collected were analyzed using descriptive statistical tools of mean and standard deviation to answer the research questions. The study considered the mean scores of control and experimental groups at pretest and posttest. The hypotheses were tested using analysis covariance (ANCOVA) at 0.05 level of significance.

However, the treatment package was done within Six (6) weeks sessions for the Sokoto State University lecturers' financial independence and sexual compatibility.

Results

This is presented as follows:

Research Question 1: What is the difference in the mean scores of experimental and control groups on sexual compatibility?

Table 1: **Mean Scores between experimental group and control group on the effect of marital counseling on married lecturers' sexual compatibility**

Groups	N	Pre-test $\overline{X}$	SD	Post-test $\overline{X}$	SD	Mean Difference
Experimental	40	12.85	0.76	23.75	3.14	10.90
Control	40	13.03	0.96	13.81	2.83	0.78
Mean Difference		0.18		9.94		

Source: Field Survey 2022

Table 1 compared mean scores of experimental and control group to assess the effect of marital counseling on married lecturers' sexual compatibility. Scores of experimental ($\overline{X}$ =23.75 & SD=3.14) and control ($\overline{X}$ =13.81 & SD=2.83) group which means that marital counseling treatment was effective on the Experimental Group whose mean scores improved significantly as compared to the control group. Furthermore, the within groups analysis showed that there was negligible amount of mean difference of 0.78 between pre-test scores ($\overline{X}$ =13.03 & SD=0.96) and post-test scores ($\overline{X}$ =13.81 & SD=2.83) of the control group which suggested that there was no improvement in the mean scores of married lecturers' sexual compatibility. But, there was a high of mean difference of 10.90 between pre-test score and post-test scores of the experimental group which indicated that marital counseling improved the mean scores of married teachers' sexual compatibility.

Hence, the mean scores of the experimental group is higher when compared to the control group on married teachers' sexual compatibility.

Research Question 2: What is the difference in the mean scores of experimental and control groups on financial independence

Table 2: **Mean Score between experimental group and control group on the effect of marital counselling on financial independence by married lecturers**

Groups	N	Pre-test $\overline{X}$	SD	Post-test $\overline{X}$	SD	Mean Difference
Experimental	40	11.73	0.94	21.93	2.15	10.20
Control	40	12.05	0.77	12.14	1.98	0.09
Mean Difference		0.32		9.79		

Source: Field Survey 2022

Table 2 compared mean scores of experimental and control group to assess the effect of marital counselling on married lecturers' assessment of their financial independence. The analysis between groups shows that there was very negligible amount of mean difference of 0.32 between the pre-test scores of experimental ($\overline{X}$ =11.73& SD=0.94) and control ($\overline{X}$ =12.05 & SD=0.77) groups which indicated that the groups were initially similar at the beginning of the study (before treatment). On the other hand, a large amount of mean difference of 9.79 between the post-test scores of experimental ($\overline{X}$ =23.75 & SD=3.14) and control ($\overline{X}$ =13.81 & SD=2.83) group was obtained which means that marital counseling treatment received by the experimental group was effective in improving the mean scores of the married lecturers exposed to it than those in the control group. Furthermore, the within groups analysis showed that there was negligible amount of mean difference of 0.09 between pre-test scores ($\overline{X}$ =12.05& SD=0.77) and post-test scores ($\overline{X}$ =12.14&SD=1.98) of the control group which suggested that there was no improvement in the mean scores of married lecturers assessment of their financial independence. But, there was large amount of mean difference of 10.20 between pre-test score ($\overline{X}$ =11.73 & SD=0.94) and post-test scores ($\overline{X}$ =21.93 & SD=2.15) of the experimental group which indicated that marital counselling improved the mean scores of married lecturers' assessment of their financial independence. Hence, the mean scores of the experimental group is higher when compared to the control group on financial independence by married lecturers.

Testing of Hypotheses

The hypotheses were tested using analysis of covariance (ANCOVA) at 0.05 level of significance

Hypothesis 1: There is no significant difference between experimental and control groups on posttest sexual compatibility.

Table 3: **Summary of Analysis of variance (ANCOVA) between Experimental and Control groups' Pre-test Scores of Married Lecturers' Sexual Compatibility.**

Source	Sum of Squares	Df	Means of squares	F-Cal	Sig.	Remark
Corrected model	24.23	2	12.11	8.75	0.000	
Intercept	86.02	1	86.02	62.16	0.000	
Pre-test	0.038	1	0.038	0.28	0.869	Sig.
Groups	24.18	1	24.18	17.47	0.000	
Error	106.56	77	1.38			
Total	188858.00					

The result in Table 3 is an ANCOVA analysis conducted to compare the means of experimental and control group on the effect of marital counselling on married lecturers' sexual compatibility. The analysis shows that the calculated F-ration value of 17.47 with a p-Value of 0.000 (F (1, 77) = 17.47, p<0.05) and therefore the mean difference is statistically significant at 0.05 levels of significance since the p-Value of 0.000 is statistically less than 0.05 level of significance. This implies that, the experimental group has a significant effect on control group on the measurement of married lecturers' sexual compatibility. Therefore, the null hypothesis should be rejected indicating, there is a significant difference in post test scores of married lecturers' sexual compatibility. Thus, married lecturers exposed to marital counselling were found to sexual compatibility better than those who were not exposed to marital counselling sessions in Sokoto state university.

Table 4: **Post-test on Financial Independence**

Group	Mean Difference	Std. Error	Sig
Experimental	9.94	0.264	0.000
Control	– 9.94	0.264	0.000

Table 4 Post tests showed there was a significant difference between experimental and control group (p=0.000). Posttest comparison indicated that the mean score for experimental group ($\overline{X}$ =23.75& SD=3.14) was significantly different from the control group ($\overline{X}$ =13.81& SD=2.83). These results suggested that marital counselling have statistically significant effect on married lecturers' financial independence.

Hypothesis 2: There is no significant difference in the post test scores of married lecturers' financial independence between experimental and control groups on financial independence.

Table 5: **Summary of Analysis of Covariance (ANCOVA) between Experimental and Control Groups' Post-test Scores of financial independence.**

Source	Sum of Squares	*Df*	Means of squares	F-Cal	Sig.	Remark
Covariate	12.182	2	6.091	5.861	0.004	
Main effects	44.890	1	44.890	43.197	0.000	
Financial Independence	2.382	1	2.382	2.292	0.134	Sig.
Marital counseling	4.496	1	4.496	4.326	0.041	
Error	80.018	77	1.039			
Total	1892.00	80				

The result in table 5 is an ANCOVA analysis showed the calculated F-ratio value of 4.326with a p-value of 0.041($F_{(1,77)}$ =4.329, p=0.041). Therefore, the null hypothesis is rejected. This means that marital counselling has a significant effect among experimental subjects on the measurement of financial independence. Thus, married lecturers exposed to marital counselling were found to be more financially independence than those who were not exposed to marital counselling sessions in Sokoto state University.

Table 6: **Summary of Analysis of Covariance (ANCOVA) between Experimental and Control Groups' Post-test Scores of Sexual compatibility**

Source	Sum of Squares	*Df*	Means of squares	F-Cal	Sig.	Remark
Covariate	11.485	2	5.742	5.9509	0.004	
Main effects	47.503	1	47.503	49.219	0.000	
Sexual compatibility	3.035	1	3.035	3.144	0.080	Sig.
Marital counseling	3.393	1	3.393	3.516	0.044	
Error	74.315	77	0.965			
Total	**19182.00**	**80**				

The results in Table 6 is an ANCOVA analysis showed the calculated F-ratio value of 3.516 with a p-value of 0.044($F_{(1,77)}$ = 3.516, p=0.044). This means that marital counseling has a significant effect on experimental subjects on the measurement of sexual compatibility. This implies that, married lecturers' exposed to marital counseling is significantly better than those not exposed to marital counselling.

Table 7: **Post Test on Sexual compatibility**

Group	Mean Difference	Std. Error	Sig
Experimental	11.81	0.245	0.015
Control	– 11.81	0.245	0.015

Table 7 Post-tests on sexual compatibility showed that there was a statistically significant difference between experimental and control group (p = 0.015). Post comparison indicated that the mean score for experimental group ($\overline{X}$ =26.13& SD=3.42) was significantly different from the control group ($\overline{X}$ =14.32& SD=3.63). These results suggested that marital counselling treatment have statistically significant effect on married teacher's sexual compatibility.

Discussion of findings

The study was aimed at finding out Effect of Marital Counseling on Marital Stability Among Married Sokoto State University Lecturers Sokoto Nigeria. It was found that, marital counseling has effect on sexual compatibility of experimental and control groups. This implies that exposing married teachers with sexual problems to the marital counselling significantly adjusted the sexual relationship. This implies that marital counseling is effective in adjusting to good sexual relationship. This finding is in agreement with Oyewo (2014) carried out research on effect of marital counselling on sexual satisfaction which revealed that marital satisfaction scale the majority of participants (63.6%) were very satisfied and none of them was very unsatisfied. In sexual satisfaction scale, most of the participants (56.4%) expressed extremely satisfaction rate and only (0.7%) were not satisfied with their sexual relationship. This meant that marital satisfaction was significantly associated with sexual satisfaction. The study aligned with the present study because the present study examined the effect of marital counselling on family stability among the area of concern which determined the level of family stability among Sokoto State University Married lecturers.

Similarly, it agrees with Bilgin and Ayla. (2018) revealed that levels of sexual satisfaction were shown to be higher among women and men in the experimental group who had attended premarital sexual counselling education than the women and men in the control group.

In the same vein, it confirms Lotfi and Vaziri, (2011), who reported that, sexual skills training on marital satisfaction" and revealed that sexual skill training has significant effect on positive feelings toward spouse, marital relationship, conflict resolution style, sexual relationship and total marital satisfaction.

Conclusion

The focus of this study was on the effect of marital counselling on family stability among Sokoto State University Married lecturers in Sokoto Metropolis. The study sought to develop a counselling to the problems in marriages which has hampered the success of marriages. Based on the findings of the study, the researcher concluded that marital counselling has significant effect in overcoming marital problems of sexual compatibility and financial independence among Sokoto State University Married lecturers.

Recommendations

Based on the conclusions of this study, it was recommended that workshops, counselling clinics, orientations, seminars be organized so that:

1. Marital counseling should be organized for Married lecturers with problem of sexual compatibility to help them resolve difficulty.
2. Married lecturers with issues of financial independence can be helped to overcome with the use of marital counselling techniques such as eclectic counselling.

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