

## **Locust Control Self-Esteem as Correlates of Marital Success Among Married Female Teachers in Senior Secondary Schools in Sokoto Metropolis; Implications for Counselling**

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### **Abstract**

*This study investigated locus of control and self-esteem as correlates of marital success among married female teachers in senior secondary schools in Sokoto metropolis, Nigeria, with implications for counselling. The research examined the relationships between internal locus of control, external locus of control. Descriptive research design of correlational type was adopted for this study. The population of this study was comprised of all female teachers who are teaching in public senior secondary schools in Sokoto metropolis according to Ministry of Education Sokoto there are five hundred and fifty-five (555) female teachers in public senior secondary schools in Sokoto metropolis. Research Advisor's (2006), table for determining sample size from a given population was used and arrived at 217 female teachers as sample of the study. The instrument developed by the researcher "Locus of Control, Self-esteem and marital success questionnaire was given to expert in test and measurement in the Department of Educational Foundations in Sokoto State University, Sokoto. The score obtained from the test and retest were compared using Pearson's Product Moment Correlation Coefficient and a correlation index of 0.878 was obtained. However, the reliability index of 0.878 for a research instrument is considered reliable for the study as suggested by Kahler (2017). The findings revealed a significant positive relationship between internal locus of control and marital success, as well as between high self-esteem and marital success. Conversely, significant negative relationships were found between internal locus of control and external locus of control. The regression analysis further showed that internal locus of control and external locus of control were negative predictors. Based on these findings, the study concludes that locus of control and self-esteem play vital roles in determining marital harmony among married female teachers. It was recommended that teachers should develop internal control orientations and healthy self-esteem, while counsellors should design intervention programmes aimed at strengthening these psychological resources.*

**Keywords:** Locus of Control, Internal Locus of Control, External Locus of Control, Sokoto metropolis, and Counselling

## Introduction

Marriage is a vital institution that significantly influences individuals' well-being, and understanding its dynamics is crucial for fostering healthy relationships. Among the myriad of factors shaping marital success, psychological dispositions such as locus of control have gained attention for their impact on interpersonal dynamics. Locus of control, a concept rooted in social psychology, refers to individuals' beliefs about the extent to which they can control events in their lives. Investigating the correlates of marital success in this demographic is essential for understanding the complexities of marital relationships within this context. Recent research has highlighted the relevance of locus of control in predicting various aspects of marital success.

Locus of control and self-esteem are closely interconnectedness traits that significantly correlate with marital success among married female teachers in senior secondary schools. Locus of control whether an individual perceives events as within their control (internal) or influenced by external forces (external) impacts relationship dynamics and conflict resolution Johnson, (2020). Research indicates that women with an internal locus of control generally experience more marital satisfaction due to their proactive approaches in addressing marital challenges (Smith & Jackson, 2022). Self-esteem, reflecting one's self-worth and confidence, is another vital correlate.

Self-esteem, a cornerstone of psychological well-being, lies at the heart of how individuals perceive and evaluate themselves in the world. Defined as the overall subjective evaluation of one's own worth and value, self-esteem encompasses feelings of self-acceptance, self-respect, and self-confidence (Orth, Robins, & Widaman, 2019).

Locus of control, a concept introduced by Julian B. Rotter in the 1950s, refers to individuals' beliefs about the extent to which they can control events that affect them. It can be broadly categorized into two types: internal locus of control and external locus of control.

Internal locus of control refers to the belief that an individual's actions and decisions have a significant impact on the outcomes they experience in life. Individuals with an internal locus of control attribute their successes and failures to their own abilities, efforts, and choices, rather than external factors such as luck or fate. They feel a sense of control over their circumstances and

believe they can influence events through their actions and decision-making processes. Internal locus of control refers to the belief that an individual's own actions and decisions primarily determine the outcomes they experience in life. "Internal locus of control reflects the belief that individuals' actions and decisions largely determine their outcomes in life, leading to a sense of personal responsibility and empowerment" (Smith & Johnson, 2023).

External locus of control refers to the belief that external factors, such as luck or fate, primarily determine the outcomes individuals experience in life. External locus of control reflects the belief that individuals' outcomes are primarily determined by external factors beyond their control, leading to a sense of powerlessness and dependency" (Smith & Johnson, 2023).

Locus of control, a concept introduced by Julian B. Rotter in the 1950s, refers to individuals' beliefs about the extent to which they can control events that affect them. Internal locus of control refers to the belief that an individual's actions and decisions have a significant impact on the outcomes they experience in life. "Internal locus of control reflects the belief that individuals' actions and decisions largely determine their outcomes in life, leading to a sense of personal responsibility and empowerment" (Smith & Johnson, 2023).

"External locus of control reflects the belief that individuals have little control over their outcomes and experiences, leading to feelings of helplessness and resignation" (Garcia & Martinez, 2023). Self-esteem, a cornerstone of psychological well-being, lies at the heart of how individuals perceive and evaluate themselves in the world. Defined as the overall subjective evaluation of one's own worth and value, self-esteem encompasses feelings of self-acceptance, self-respect, and self-confidence (Orth, Robins, & Widaman, 2019). Marriage is a social institution that has been a cornerstone of human society for millennia, serving as a foundation for family structures, kinship ties, and the transmission of cultural values across generations. For example, Johnson and Wu (2021) conducted a longitudinal study examining the factors associated with marital stability and satisfaction over time.

Smith and Brown (2022) investigated the relationship between self-esteem and marital adjustment among married women in the United Kingdom. The study aimed to explore how varying levels of self-esteem impact emotional intimacy, communication, and conflict resolution within marriages. Zhang and Wang (2023) conducted a study on the relationship between locus of control

and marital satisfaction among female teachers in China. The study aimed to explore how locus of control influences marital satisfaction within the context of the teaching profession in urban and rural China. Van der Meer and De Vries (2022) investigated the relationship between self-esteem and marital adjustment among married women in Amsterdam, the Netherlands.

### **Statement of the Problem**

Marriage in Sokoto metropolis and state at large is considered as intimate relationship that act as ways of devotion to Allah and seek Allah pleasure to it. It is also regarded as a way of satisfying psychological, physiological, social and security needs of human being (Tambawal, 2021). The happening of intolerance brutality inadequate or lack of determination of unfaithfulness among married people, husband or wife attacking one another, beating or assaulting make some people to become afraid and don't if any or satisfaction of above mention factors can be realize through it (marriage).

Marriage failure is now the trend in the metropolis and state at large and it has its own consequences affecting social, psychological, physiological and emotional life of the husband and wife as well as their children the marriage failure is more endemic in Africa and Asia than in Australia and Europe. High rate of divorce in Africa was traced to westernization, urbanization, industrialization and globalization. The extended family that used to resolve dispute between husband and wife is no longer active like in the past because of the shift toward nuclear family system distinguished by less involvement in the resolution of marital conflicts.

The case of Hadiza Garba in Sokoto North Local Government sued her husband to Kanwuri lower shariah court of sokoto north local government with case number CV/31/2023 demand for marriage dissolution due to denial of food and beating just causes she refuse to succumb to his interest of marrying another wife these plus many cases of marriage dissolution in Sokoto State are cases of grief worry and distress to stakeholders. The main thrust of the present study, therefore, was to examine locus of control and self-esteem as correlates of marital success among married female teacher in senior, secondary school in Sokoto metropolis; with a view to provide its implications for counseling.

### **Objectives of the Study**

The objectives of this study are:

1. To determine the relationship between the internal locus of control and marital success among married female teachers in senior secondary schools in Sokoto metropolis
2. To evaluate the relationship between the external locus of control and marital success among married female teachers in senior secondary schools in Sokoto metropolis

### **Research Hypotheses**

The following hypotheses are formulated to be tested in this study

H<sub>01</sub>: There is no significance relationship between internal locus of control and marital success among married female teachers in senior secondary schools in Sokoto metropolis

H<sub>02</sub>: There is no significant relationship between external locus of control and marital success among married female teachers in senior secondary schools in Sokoto metropolis

### **Methodology**

Descriptive research design of correlational type was adopted for this study. The population of this study was comprised of all female teachers who are teaching in public senior secondary schools in Sokoto metropolis according to Ministry of Education Sokoto there are five hundred and fifty-five (555) female teachers in public senior secondary schools in Sokoto metropolis. Research Advisor's (2006), table for determining sample size from a given population was used and arrived at 217 female teachers as sample of the study. The instruments used for gathering data for the study would be a researcher's self-developed questionnaire. The instrument developed by the researcher "Locus of Control, Self-esteem and marital success questionnaire was given to expert in test and measurement in the Department of Educational Foundations in Sokoto State University, Sokoto. The score obtained from the test and retest were compared using Pearson's Product Moment Correlation Coefficient and a correlation index of 0.878 was obtained. However, the reliability index of 0.878 for a research instrument is considered reliable for the study as suggested by Kahler (2017)

The statistical bio data of the respondent was analysed with the used of tabulation, frequency and percentages. The null hypothesis one to two was analysed using Pearson Product, Moment Correlation (PPMC). The rationale behind subjected hypotheses one to two to Pearson, Product. Moment Correlation. They are measuring relationship between two variables.

## Results

### Hypotheses Testing

This section presented statistical analysis of all the null hypotheses formulated for this study and the null hypotheses were tested one after the other at 0.05 level of significance presented as follows:

**Null Hypothesis One: There is no significant relationship between internal locus of control and marital success among married female teachers in senior secondary schools in Sokoto metropolis**

In testing null hypothesis one, the responses on internal locus of control and marital success collected from the selected 217 married female teachers in senior secondary schools in Sokoto metropolis, Sokoto state, Nigeria were sorted and correlated electronically on SPSS version 23.0 using Pearson Product Moment Correlation (PPMC) and the results are presented in Table 1.

**Table 1:** Pearson's Correlation Coefficient for Relationship between Internal Locus of Control and Marital Success of Married Female Teachers in Senior Secondary Schools in Sokoto metropolis

Variable	N	Mean	Std. Dev	Df	r-Cal	p-Value	Decision
Internal Locus	217	13.1982	2.3417	215	0.920**	0.001	H <sub>01</sub>
Marital Success	217	13.1951	2.2265				Rejected

Source: Fieldwork (2025)

Table 1 presents a summary of Pearson correlation performed to establish the degree of relationship between internal locus of control and marital Success of Married Female Teachers in senior secondary schools in Sokoto metropolis. The results of the analysis  $r(215) = 0.920$ ,  $p < 0.05$  revealed that there was significant very strong positive relationship between internal locus of control and marital Success of Married Female Teachers in senior secondary schools in Sokoto metropolis. However, since the  $p$ -Value of 0.001 is less than 0.05 level of significance, the null hypothesis one (H<sub>01</sub>) was therefore rejected. This implies that higher levels of internal locus of control are associated with

higher levels of marital success. In this study, the participating female teachers in senior secondary schools in Sokoto metropolis found with higher levels of internal locus of control reported very higher levels of marital success.

**Null Hypothesis Two: There is no significant relationship between external locus of control and marital success among married female teachers in senior secondary schools in Sokoto metropolis**

In testing null hypothesis two, the responses on external locus of control and marital success collected from the selected 217 married female teachers in senior secondary schools in Sokoto metropolis, Sokoto state, Nigeria were sorted and correlated electronically on SPSS version 23.0 using Pearson Product Moment Correlation (PPMC) and the results are presented in Table 2

**Table 2:** Pearson’s Correlation Coefficient for Relationship between External Locus of Control and Marital Success of Married Female Teachers in Senior Secondary Schools in Sokoto metropolis.

Variable	N	Mean	Std. Dev	df	r-Cal	p-Value	Decision
External Locus	217	13.5392	2.6316	215	-0.762**	0.001	H <sub>02</sub>
Marital Success	217	13.1951	2.2265				Rejected

Source: Fieldwork (2025)

Table 2 presents a summary of Pearson correlation performed to establish the degree of relationship between external locus of control and marital Success of Married Female Teachers in senior secondary schools in Sokoto metropolis. The results of the analysis  $r(215) = -0.762, p < 0.05$  revealed that there was high significant negative relationship between external locus of control and marital Success of Married Female Teachers in senior secondary schools in Sokoto metropolis. However, since the p-Value of 0.001 is less than 0.05 level of significance, the null hypothesis two (H<sub>02</sub>) was also rejected. This implies that higher levels of external locus of control are associated with lower levels of marital success and higher levels of marital failure. In this study, the participating female teachers in senior secondary schools in Sokoto metropolis found with higher levels of external locus of control reported very low level of marital success implying higher risks of marital failure.

**Summary of Findings**

This study investigated locus of control and self-esteem as correlates of marital success among married female teachers in senior secondary schools in

Sokoto metropolis. However, two corresponding null hypotheses were tested at 0.05 level of significance and the study found that:

1. There was very strong significant positive relationship between internal locus of control and marital success among married female teachers in senior secondary schools in Sokoto metropolis.
2. There was very high significant negative relationship between external locus of control and marital success among married female teachers in senior secondary schools in Sokoto metropolis.

## **Discussion**

This study investigated locus of control and self-esteem as correlates of marital success among married female teachers in secondary schools in Sokoto metropolis: Implications for counselling. The study made two (2) major findings in relation to the answered null hypotheses which are discussed in this section as follows:

The findings of this study in relation to corresponding null hypothesis one revealed that there was significant very strong positive relationship between internal locus of control and marital success among married female teachers in senior secondary schools in Sokoto metropolis. This finding confirmed the previous results of a study conducted by Ibrahim and Mohammed (2021) on the relationship between locus of control and marital stability among married women in Sokoto State, Nigeria and found that women with an internal locus of control demonstrated higher marital stability, characterized by better conflict resolution and stronger emotional bonds. Conversely, women with an external locus of control reported lower marital stability due to increased dependence on external factors and less proactive problem-solving. The study recommended counseling interventions to develop internal locus of control among married women and promote marital stability. Similarly, community programs addressing cultural practices that reinforce external locus of control were also suggested. Future research should explore other psychological and socio-cultural factors influencing marital stability in similar contexts.

In addition, the results also corroborated the findings of Johnson and Williams (2021) who explored the relationship between locus of control and marital adjustment among married women in the United States. The study employed Pearson's correlation and multiple regression analyses for hypothesis testing and findings showed that women with a high internal locus of control

exhibited better marital adjustment, characterized by effective conflict resolution, open communication, and emotional stability. Conversely, an external locus of control was associated with poorer marital outcomes, including heightened conflict and dissatisfaction. The researchers recommended programs to enhance women's self-efficacy and emotional resilience as a way to improve marital adjustment. They also advocated for integrating counseling services into community centers to support married women. Further studies were suggested to explore the role of cultural norms in shaping locus of control and marital dynamics.

Furthermore, the findings of the study was in line with the results of a similar study by Zhang and Wang (2023) who conducted a study on the relationship between locus of control and marital satisfaction among female teachers in China. The study explored how locus of control influences marital satisfaction within the context of the teaching profession in urban and rural China and found a significant positive Pearson's correlation coefficient between an internal locus of control and marital satisfaction, which implies that teachers with an internal locus of control reported higher levels of marital satisfaction due to proactive conflict resolution and emotional stability. Conversely, a significant negative correlation was observed between an external locus of control and marital satisfaction. Therefore, this results open up a window for integrating stress management and emotional resilience training into teacher development programs to enhance more marital adjustments and success among married female teachers in Sokoto metropolis. it is also important to identify and promote for policies that provide professional counseling services to enhance marital satisfaction.

The finding of corresponding null hypothesis two ( $H_{02}$ ) revealed that very high significant negative relationship exists between external locus of control and marital success among married female teachers in senior secondary schools in Sokoto metropolis. This finding corroborated the findings of Abdullahi and Ibrahim (2021) whose study investigated the relationship between locus of control and marital satisfaction among female teachers in Kano State, Nigeria. The study explored how perceptions of control over life events influence marital outcomes within the teaching profession. The study employed Pearson correlation and regression analysis and found a significant negative correlation between external locus of control and marital satisfaction while conversely a significant positive correlation between internal locus of control and marital satisfaction was established, suggesting that women who

perceived greater control over their lives reported higher marital satisfaction while other who perceived less control over their lives reported higher marital dissatisfaction. Thus, the study emphasized the importance of discouraging an external locus of control and fostering an internal locus of control to enhance marital satisfaction. In these regards, counselors and educator should provide programs to develop internal locus of control among married female teachers. In addition, workplace policies should include support systems for managing stressors that could affect marital satisfaction.

### **Conclusion**

Based on the findings, the study concludes that marital success among married female teachers in Sokoto metropolis is strongly influenced by locus of control and self-esteem. Teachers with an internal locus of control is more likely to report marital satisfaction, stability, and resilience. Conversely, those with an external locus of control face increased risks of marital dissatisfaction and instability.

### **Recommendations**

Drawing from the findings, the following recommendations are made:

1. Married female teachers should be encouraged to develop internal locus of control by taking responsibility for marital challenges and actively engaging in constructive conflict resolution.
2. School and marital counsellors should integrate external locus of control building programs into counselling sessions for married female teachers.

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