EFFECTS OF COMMUNICATION STRATEGIES ON FAMILY RELATIONSHIP IN NASARAWA STATE

BY

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JULY, 2011

DECLARATION

I, Anda, Susan Arenson declare that this thesis titled: "EFFECTS OF COMMUNICATION STRATEGIES ON FAMILY RELATIONSHIP IN NASARAWA STATE" has been carried out by me in the Department of Vocational and Technical Education, Faculty of Education Ahmadu Bello University, Zaria, under the supervision of Dr. (Mrs) E.E. Adamu and Dr. (Mrs) E. Ike. All sources of information are acknowledged by quotations and a list of references provided.

……. ……..

Anda, Susan Arenson Date

CERTIFICATION

This thesis titled: "EFFECTS OF COMMUNICATION STRATEGIES ON FAMILY RELATIONSHIP IN NASARAWA STATE" by Anda, Susan Arenson meets the regulations governing the award of the degree of Masters in Education (M.ED) Vocational and Technical Education (Home Economics) of Ahmadu Bello University, Zaria, and is approved by:

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DEDICATION

This work is dedicated to God Almighty for keeping me alive. To my beloved husband, Mr. Daniel Anda, for his encouragement and supports in various ways. To our daughter, Miss Hope Ayi'okpo Anda, for the motherly love she missed. To my Mother, Mama Ashelo Awu Awugyu, for being there for me, and more especially, to the memory of my late father, Pa. Awu Awugyu, who while alive, guided me through the path of knowledge, perseverance and steadfastness: Daddy, rest in perfect peace. To the entire Awugyu's and Anda's families.

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ABSTRACT

This study was carried out to examine the effects of communication strategies on family relationship in Nasarawa State. Three research objectives were raised, among which was to; determine communication strategies used in husband/wife subsystem of the families. Three null hypotheses and three assumptions were raised. The study used descriptive survey method of design. The instruments used to collect information from respondents were interview and questionnaire. Data collected were subjected to statistical analysis using frequencies and percentage for demographic variables, frequencies, mean and standard deviation for research questions, while Pearson, Product Moment Correlation Coefficient was used to measure the correlation between communication strategies used in husband/wife subsystem, parent/children subsystem and children/children subsystem and their relationships. The three null hypotheses were tested at 0.05 level of significance. It was revealed from the tested null hypotheses that there exists a significant correlation between communication strategies used in all the subsystems and their relationships. The three null hypotheses were therefore rejected. The results of the findings revealed that in the husband wife subsystem of the families, the communication strategy used by majority of couples in Nasarawa State that they talk down on each other because of the familiarity they have for one another, in the parent/children subsystem of the families, it was found that parents do not spend quality time with their children, and in the children/children subsystem of the families it was revealed that the children, that is the older ones tease the younger ones in their communication. Based on the findings of this study, it was recommended that family members should embark on effective communication so as to lessen cases of crises and tensions in the family so as to strengthen family relationship.

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OPERATIONAL DEFINITION OF TERMS

Decadence: This refers to behaviour, attitude which shows a fall in standards, especially moral ones, and an interest in pleasure and enjoyment rather than more serious thing.

Clench: To press or squeeze your teeth or hands together tightly, usually showing that you are angry, determined or upset.

Demean: To do something that makes people have less respect for you or to make people have less respect for somebody

Humour: A particular character, style or to turn to direction at a particular time.

Sarcasm: A way of using words that is the opposite of what you mean in order to be unpleasant to somebody or to make fun of them.

Stern: A person being severe, inflexible, rigorous in punishment or enforcing discipline.

Turmoil: A state of great anxiety, confusion and uncertainty.

Rage: A feeling of violent anger that is difficult to control

Rapt: To be so interested in one particular thing that you are not aware of anything else.

ABBREVIATIONS

USAID: United States Agency International Development

PPMC: Pearson Product Moment Correlation

SPSS: Statistical Packages for Social Science

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Communication is the basic block of family relationship as well as the heart of every relationship. Communication is regarded as a key to warmth in family relationship. It is also through communication that family members convey their thoughts, feelings and connection. Epstein, Bishop, Ryan, Miller and Keither (1993), defined communication as the way in which verbal and non-verbal information are changed between family members.

Verbal communication is accompanied with words, which include the tone of voice and choice of words used by those involved. Non-verbal communication involves body signs or language which include eye contact, facial expression, body posture as well as physical expression like hugs, kisses a pat on the back. It was further explained that communication involves the ability to pay attention to what others have to say in order to get the information that is to be passed across. Looking at what communication is further, Pelt (2002), defined it as a two-way street of conversation which comprises the giving and receiving of information. It involves listening as well as understanding. Communication is said to be the livewire of any relationship. In other words, it is the fuel on which the engine of relationship runs.

In another way, Odukoya (2008), defined communication as the giving or receiving of information and it involves more than just giving of information, but the information given must be heard and understood. It is important to understand that where there is no information, there is no communication; where there is no

communication, there is no understanding and where there is no understanding, there can be no relationship. Communication is therefore a way by which one person speaks by passing his or her experiences, ideas and knowledge to another person and the other person listens and gives the feedback the way he or she understands. Communication is a very important component to a successful family relationship, as the status of a family relationship depends on their communication strategies.

Communication strategies are the ways, principles and methods a family plans to skilfully pass ideas and share their experiences with one another.

Pelt (2002), explained that communication in marriage is complete where members of the family can handle three principles consistently. First, when they can successfully utilize the fundamentals involved in speaking and listening; secondly, when they can resolve conflicts through constructive methods, and thirdly, when they spend time on a daily basis in an intimate sharing of feelings. Brown (2003), further explained that family members involved in listening as a strategy in communication can employ this principles by not talking, for they cannot listen when they are talking. The listening partner should put the talker at ease by helping him or her feel that he or she is free to talk. The listener should show that he or she wants to listen by looking and acting interestedly. The listener should remove all distractions, empathize with the talker, be patient, hold his or her temper, should not argue and ask questions. On this note, Omeonu (2007), supported Brown on listening skill by emphasizing that the listener must be sensitive and sees that he or she listens attentively. When a partner does not listen with rapt attention, he or she will not be sensitive enough to pick the motive or emotion behind the words spoken.

Another communication strategy that family members could use include other body language like eye contact, facial expression, body gestures such as nodding, sitting position and the use of the hands, body hug and touch. All these have a way of showing whether or not a partner is listening in a conversation. For instance, the nodding of the head by the listening partner indicates that he or she agrees to a point. On the other hand, if the listening partner sits on the edge of the seat with his or her head and body bent forward, the partner who is listening gives the impression that he or she is uncomfortable and would rather discontinue the conversation.

According to Odukoya (2008), the strategy for speaking entails that the partner speaking should choose and use words that are seasoned with salt and minister grace to the listener. The words must be the one that build up or improve a person or a situation. Communication in marriage becomes sweeter if the speaker chooses the right atmosphere for communication, chooses the right time and place. The speaker must think before speaking and should weigh the impact of his or her communication on his or her partner. The speaking partner must not bring in dead issues, have a pleasant tone of voice, be courteous with criticism, and speak the truth in love. Odukoya (2008), further opined that when couples express their feelings freely, it is a good and constructive strategy that will help them to avoid or resolve conflict. If couple cannot express themselves, then they cannot face life. Even when the popular opinion around a spouse is against his/her issue, it is important that the spouse speaks his/her mind still. Couple must also spend quality time on a daily basis in an intimate sharing of feelings which will help in improving that marriage and emotional wellbeing. Spending quality time on a daily basis is a good strategy to be embarked upon by couple, because where there is

communication, there is life and the key to any healthy family relationship is effective communication.

Inability of family members especially in the area of study (Nasarawa State) to follow the principles of speaking and listening, resolving conflicts through constructive methods and spending quality time on a daily basis in an intimate sharing of feelings consistently, result in frustration of family members. This is a very grave mistake because where there is no communication, there is no life, and where there is no life there is no family.

To consider what the family is therefore, Hildebrand (1997), defined a family as a social unit throughout the world or centuries. On the part of, Minnet (2000), the family is the basic unit of society. It is a group of people of various ages who are usually related by birth, marriage or adoption. According to James (2001), the family is a group of persons united by ties of marriage, blood or adoption characterized by common residence and economic cooperation. Each family carries out certain functions as a group, while each family member assumes specific responsibilities. On the part of Olaitan and Akpan (2003), they defined the family as socially expressive or parent – child relationship in which people live together with a commitment in an intimate inter-personal relationship. The members see their identity as importantly attached to the group and the group has an identity as its own. As members of a family attach themselves to the group they belong to, they are also defining their relationship.

According to Littlejohn (1996), a relationship is a set of expectations family members have for their behaviour based on the pattern of their interaction. These relationships are connected to communication and cannot be separated from it. The

nature of relationship is defined by the communication strategies used by those involved. This is to say that, to have an intimate family relationship, the members must communicate effectively and to be able to communicate effectively, family members must work towards being intimate with one another. In line with this, Glosson, Meek and Smock (1997), viewed family relationship as the connections among family members. Strong, close family relationships are fulfilling and family members need each other they are close to and can confide in each other. The husband and wife are the key persons in a family and the family resulted from the initial relationship established. As the family increases from the initial relationship established by husband and wife; this gives rise to other relationships such as parent-children relationship and children-children (siblings) relationship. Anyakoha and Eluwa (1999), explained that for the wellbeing of the family, the husband- wife relationship must continue to be strengthened through effective communication, affection, companionship and sexual relationship. In the children or siblings relationship the children give each other companionship, help each other learn how to give and take and how to give each other security and support against adults. Sometimes older siblings show signs of jealousy toward a new baby. Parents should accept these feelings as normal but must make sure that the new baby is not hurt. Older siblings show these actions because they need reassurance of their place in the family. Parents should therefore show love to the older siblings so that they will feel less jealous toward the new baby through effective communication.

1.2 Statement of the Problem

In recent years, many marriages breakdown and divorce rates are high. To support this statement, Olaitan and Akpan (2003), stated that childlessness, finance and

interference of in-laws can break marriages down. For instance, when couple is childless, they begin to blame one another for being the cause of childlessness. The couple get tired of conversations on planning how to rear their children or may not want to discuss with each other. This behaviour affects the couple's communication strategies which can put an end to their marriage. Interference of in-laws can also breakdown marriage, where especially mothers in-law who cling so much to their sons who seem to love their children and may not welcome any share of the love of their sons. They refute any attempt by their sons to reciprocate the love expressed by the wives. When such husbands follow their mother's decisions which might not be welcomed by their wives, it can destroy their communication strategies which can lead to the breakdown of their marriages.

It was also observed that occupation of one of the couple can also bring conflict in the family. Working mothers usually experience role conflicts at home because of the demands of their husbands,. Some men do not like late meals, and this might be as a result of the wife coming back from work late. Some do not eat meals prepared by maids and the wife has to prepare meals after she comes back from work. Finance is another explosive issue in marriage which, if not properly addressed, can break a marriage down. When attitudes about money differ, it closes line of couple's communication. Once communication does not take place in the family, it means that the family is dead. The majority of the family's quarrels are apparently about money especially the use and misuse of the family's fund. Omeonu (2007), lamented that marriage is threatened and challenged by sudden increase in separation and divorce. He further remarked that in many parts of Nigeria, to get a divorce is as easy as buying a shirt from a shop. Divorce can be done through telephone or newspaper and the slightest provocation or quarrel can

cause it. Many children indulge in indiscipline activities as a result of ineffective communication either between the husband and his wife, or between the parents and their children. Marriages are becoming unsatisfying and regrettable in many homes because couples do not understand each other. Desires are left unsatisfied, hatred and jealous become the order of the day. Okose (2008), reported in a magazine that a wife in Ebonyi State sent assassins to her husband and killed him because the husband was unable to satisfy her sexual desires. The paper also carried a story reported by Seun of a man in Lagos who hanged himself after having a disagreement with his wife. These could have been averted if good communication strategies were employed. This is not different in Nasarawa State as couples are seen breaking up their marriages and those who manage to stay together do so in the midst of fighting and quarrelling. Children in these homes become delinquent such as taking alcohol, hard drugs, stealing, involving in assassination and becoming high way killers. In some homes in Nasarawa State, children are on their own; doing whatever they want, parents are not helping matters as they usually disagree on disciplinary measures to be taken on the children. Some children do not listen to their mothers; only fathers. The children become disrespectful in their homes and in the society. According to Kembe (2005), the home environment directly influences the behaviour of the child. The youths are passing through a State of decadence as a result of gross misbehaviour.

Information gathered from the upper area court 1 in Lafia Nasarawa State headquarters reveals that there is an increase in marital issues filed. For instance, from the year 2005-2007, 243 marriages were dissolved, while 264 cases were recorded in the year 2008-2010. The issue of unstable marriage has been a thing of concern in Nasarawa State. Children in many homes in Nasarawa State do not live

in peace with one another. There are feelings of being disrespected by the elder ones and a feeling of being bullied by the younger ones. In a milder sense, it is natural, but when the children begin to use dangerous weapons it becomes a thing of concern. All these are linked to communication strategies. It is on this note that the researcher is motivated to look into how communication strategies can affect family relationships in Nasarawa State.

1.3 Objectives of the Study

The major objective of the study was to examine the effects of communication strategies on family relationship in Nasarawa State.

The specific objectives were to:

1. determine communication strategies used in the husband/wife subsystem of the families.
2. identify communication strategies used in the parent/children subsystem of the families.
3. determine communication strategies used in the children/children subsystem of the families.

1.4 Research Questions

The purpose of this research was to determine the effects of communication strategies on family relationships in Nasarawa State. The following questions were formulated based on the objectives raised.

1. What is the communication strategies used in the husband/wife subsystem of the families in Nasarawa State?
2. What is the communication strategies used in the parent/children subsystem of the families in Nasarawa State?

3. What is the communication strategies used in the children/children subsystem of the families in Nasarawa State?
4. What is the correlation between communication strategies used in Husband/Wife Subsystem and Husband/Wife relationship in Nasarawa State?
5. What is the correlation between communication strategies used in Parent/Children Subsystem and Parent/Children relationship in Nasarawa State?
6. What is the correlation between communication strategies used in Children/Children Subsystem and Children/Children relationship in Nasarawa State?

1.5 Hypotheses of the Study

The following null hypotheses were formulated for the study:

1. there is no significant correlation between communication strategies used in the husband/wife subsystem and husband/wife relationship.
2. there is no significant correlation between communication strategies used in the parent/children subsystem and parent/children relationship.
3. there is no significant correlation between communication strategies used in children/children subsystem and children/children relationship.

1.6 Significance of Study

Carrying out a research of this type on effects of communication strategies on family relationship in Nasarawa State will benefit the husbands, wives, children, home makers, researchers, readers, curriculum planners and the general public at large.

The findings of this work will benefit the couples in that they will identify appropriate communication strategies to be used between them as well as used on their children. The children on their part will also identify effective methods of communication strategies that they can use with their parents and among themselves. Home makers will benefit from the findings if they use the result and employ it in their homes thereby making their homes examples to copy.

The findings from this study will serve as a guide to researchers who may embark on a study in similar area. In addition, the findings will help curriculum planners to review the curriculum to meet up with the current demands. The readers and general public will also benefit if they employ the suggested positive strategies in their families, thereby making their homes places worth living.

1.7 Assumptions of the Study

The following assumptions were formulated for the study:

1. That there is a correlation between communication strategies used in the husband/wife sub-system and husband/wife relationship.
2. That there is a correlation between communication strategies used in parent/children sub-system and parent/children relationship.
3. That there is a correlation between communication strategies used in children/children subsystem and children/children relationship.

1.8 Scope of the Study

This study was delimited to effects of communication strategies on family relationship in Nasarawa State. It centred on communication strategies in husband/wife subsystem of the families, parent/children sub-system of the families

and children/children subsystem of the families all in Nasarawa State. The study covered married men and women and children who are staying in their parent's homes in five out of the thirteen local Government Areas of Nasarawa State. In other words, household members were used.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

In this chapter, relevant literatures pertaining the research were reviewed under the following sub-headings:

2.1 Concept of Communication

2.2 Elements of Communication

2.3 Principles of Communication

2.4 Ways of Communication used in the Family

2.4.1 Verbal Communication

2.4.2 Non-verbal Communication

2.4.3 Types of Communication used in the Family

2.5 Concepts of Communication Strategies

2.6 Concept of Family

2.7 Concept of Relationship

2.8 Ways of improving Communication in the Family

2.9 Empirical Studies

2.10 Summary of Review of Related Literature

2.1 Concept of Communication

Communication has been defined by many people in different ways. For instance, Hurlock (1978), defined communication as an interchange of thoughts and feelings, and this interchange can be carried out with any form of language. This language could be body gesture, emotional expressions, speech or written language, but is commonly and effectively done by speech. Another definition given by Kelly-Plate and Eubanks (1994), was that communication is the exchange of information, opinions and feelings. They further explained that exchanging

means sending and receiving messages. These messages are sent to others through what is said and how it is said, and the message is received when one listens carefully. Others like Canary and Emmers-Sommer in http:// www .equality inmarraige.org, defined communication as the way one lets other people know about their ideas and feelings. It was further explained that, it is much more than the words said, why it was said, when to say it, and what is not said. It is facial expression, gesture, posture and vocal tones. Family members use body language as well as verbal language to communicate with one another.

Communication is two way process. There is always a second person (listener). This is because there is always a feedback or reply in communication. On this note, Pelt (2002), stated that the two way street of conversation comprises the giving and receiving of information. It involves more than talking. It is the receiving or listening process as well, and to add to this two fold process, a third dimension which is understanding is added. Family members need to understand what they say to each other, and not only to listen. Another view given by Oyedepo (2003), was as a communion. This means sharing of thoughts and feelings, as communication here is regarded as speaking together as close friends, hence, the closeness of family members cannot be overemphasized. Here, two levels of communication are highlighted which could improve family relationship. These are the horizontal and vertical levels of communication. Horizontal level of communication involves communication between family members, while vertical level is communication between God and man. Effective communication with God makes communication with man. Family members should therefore communicate effectively with God so as to make communication between family members possible. In marriage, Okwuene (2003), stated that communication involves talking

to or with someone and listening to someone. It was further explained that family members need to talk to themselves, share their thoughts and ideas through communication. Similarly, Olaitan and Akpan (2003), stated that through mutual communication and interaction, family members declare their values and this helps to strengthen their marital relationship. Furthermore, Carr (2005), contributed by saying that the kind of relationship one has with the Lord will naturally translate into his or her relationship with others. In addition to this, one's communication with God is where real communication with a mate begins. Communication was viewed by Omeonu (2007) as the way people send and receive, share and create information, which involves both content and process. While content is what is communicated, process is the means by which the feelings, attitudes, facts beliefs and ideas are transmitted to family members through commonly accepted symbols or words. Where couples refuse or fail to communicate effectively, conflicts are more difficult to resolve, and where couple or family members communicate effectively, handling marital problems becomes easy and couples are likely to enjoy their marriages.

Communication simply means the exchange of information as was stated by the (United States Agency International Development (USAID) 2007). Family members can communicate using their eyes, voices, words as well as body language. They can as well communicate a message by not saying a word. Another contribution by Odukoya (2008), was that communication involves more than just the giving of information, but that the information given must be heard and understood. Odukoya (2008), explained that communication is a combination of three things:

i. **What the communicators say:** Choice of words is important here.

ii. **How they say it:** This has to do with the attitude displayed when communicating, that is our body language, signs and tones. Body language refers to a person's posture, facial expressions, gestures and way of moving. Body language affects not only how others see you, but also how they react to your verbal message. People in communication must make sure that their body language communicates the same message as their verbal message.

iii. **When we speak:** This is the time when we choose to speak. For communication to be effective, all of these three factors must be taken into consideration. If any of these three factors is overlooked, communication would be defective and will give room for misunderstanding between the parties communicating.

iv. Communication here according to Odukoya (2008), means to impart. It is the means by which we transfer, or disclose knowledge about ourselves, an issue or a situation to others. It is an exchange of information between persons. In family relationship, members want other members of the family to know and understand the kind of persons they are on the inside, their strengths and weakness, their values, belief-system, goals and visions and this can only be achieve by talking. Family members must be able to talk, because it is in talking that information is exchanged as was stated by (Odukoya, 2008).

2.2. Elements of Communication

Communication process is a model that demonstrates all the factors that can affect communication. Communication is effective is the message that is received if the

same one that is sent. When we communicate, we speak, listen and observe. The way people or family members communicate is a learned style. For instance, children learn from watching their parents and other adults communicate. As adults or parents, we can learn to improve the way we communicate ate by observing others who communicate effectively, learning new skills, and practicing those skills. The ability to effectively communicate at home and in life is probably one of the most important sets of skills family members need. We cannot get along with life without communication.

According to Bosch and Strasheim (2008), communication process breaks down effective communication into the following steps or elements:

(a) Sender: the communicator or sender is the person who is sending the message. There are two factors that will determine how effective the communicator will be. The first factor is the communicator's attitude. The sender's attitude must be positive when sending a message. The second factor is the communicator's selection of meaningful symbols, or selecting the right symbols and the right environment. For instance, the sender must not be arrogant when sending a message, and must not choose to send a message to a spouse when he/she is on the door to go to work. It is the sender's responsibility to make sure that the receiver gets the message and that the message received is the one sent, if not, the sender will continue the communication process again in order to ensure effective communication.

(b) Message: A communication can be in writing, in speech, or by signals. In written communication vigorous writing should be concise. A sentence should contain no unnecessary sentences, and the communicator should make sure that every word tells. In the spoken or oral communication, the communicator should

provide sufficient introductory information, use transitions from one main part to the next and between points of the speech. The communicator should use summary statements and restatements and should make the main idea of the reports clearly distinguish from one another. The content of the message should have adequate supporting information to what the communicator says, the message should present supporting data clearly, that is in terms of the ideas or concepts he/she is trying to communicate. In using signals to send a message, the right signals should be used so as to convey the right message. In sending message, there are internal and external barriers that can keep people communicating from understanding each other's ideas and thoughts. These barriers can appear at any point of the communication loop. Internal barriers are fatigue, poor listening skills, attitude toward the sender or the information, lack of interest in the message, fear, mistrust, past experiences, negative attitude, problem at home, lack of common experiences, and emotions. External barriers include noise, distraction, time of the day sender used too many technical words and environment. These barriers keep the message from getting through, in sending a message therefore, it is important to watch out for barriers.

(c) Receiver: The receiver is the person receiving the message, making sense of it or understanding and translating it into meaning. When the receiver responds, he is then the communicator. Communication is only successful when the reaction of the receiver is that which the communicator intended. Effective communication takes place with shared meaning and understanding. The receiver should be able to listen and understand what is being passed across to him or her.

(d) Feedback: Feedback is the respond or reaction the receiver gives when he or she receives a message. Communication is only successful when the reaction or

feedback of the receiver is that which the sender intended. The feedback can be a verbal or non-verbal reaction or response. The feedback can be external (that is something we cannot see), or internal (something we cannot see), like self examination. It is the feedback that allows the communicator to adjust his message and be more effective. Without feedback, there would be no way of knowing if meaning if meaning had been shared or if understanding had taken place. It is therefore important for the person sending the massage to note that it is not just enough to get the message across but also being able to listen and understand what others are saying (active listening) and observing the verbal and nonverbal clues in order to monitor the effectiveness of the message so as to be able to send the right feedback.

2.3 Principles of Communication

Interpersonal communication is the foundation of all human interactions. In all relationships, communication never stops. It is always there, therefore, one needs not to bother to fight it, instead , one should pay attention and get at it .One is always sending and / or receiving information .Communication is also regarded as fundamental to a home because it is the means by which a husband –wife relationship and parent-child relationship is established, grows, and is maintained. Communication is crucial if there is going to be intimacy and cooperation in the marriage relationship. Five principles of clear communication were explained by Klassen in http://www.power completion 90.com as follows:

1. Choice: We live in a freewill universe. You have the choice to have a positive or negative experience in any moment. For the purpose of intimacy in family relationship, family members are urged to make positive choices in their

communication and to focus on the solution rather than the problem. People in communication are the guard at the gate to choose what thoughts get through, they should therefore choose wisely.

2. Listening: The old adage; we have two ears and one mouth so we should be listening twice as much is true. Listening is the most important participation activity one can do for himself or herself. In communication the lack of listening is the primary reason for family communication breakdowns. Family members in communication should avoid hot argument and nagging. The reason other family members feel angry is because they feel they are not being heard. Conflict, arguments, nagging and frustration are all the fruits of the not being heard. It is a day and night experience as it happens so rarely that people are automatically drawn to a conscious listener because of how that person made them feel. Klassen further stressed that to be a conscious listener is very simple to do, but it is not always easy if your ego is in the way. Prior to a conversation family members know is coming, they should plan ahead and make the choice to the conscious listeners before hand. They should do this by showing up with an open body expression. Smile! Allow for the person to express, but really listen to the message. Draw out the key points with enthusiasm. “wow” really? Tell me more about that! “how did that make you feel?” Open ended questions that get them talking more make people feel special. Open ended questions also indicate that you are listening intently, that you are truly interested.

In the contribution of Pelt (2009), active listening hears the feelings of the speaker first and processes information secondly. Active listening is important in marriage especially when a spouse senses that his or her partner has a problem such as anger, resentment, loneliness, discouragement, frustration, hurt. Here the listening

partner catches what has been said and then restate, what he or she thinks the feeling is, not the facts of what has been said.

The following six rules for effective listening were outlined by Pelt (2009) so as to make communication effective and clear;

i. Maintain good eye contact. Focus your full attention on your partner. (Turn off the television and put down the paper).

ii. Site attentively. For a few minutes act as if nothing else in the world matters except hearing your partner out. Block all other distractions from your mind. Lean forward in your chair.

iii. Act interested in what you are about to hear. Raise your eyebrows, nod your head, smile or laugh when appropriate.

iv. Sprinkle your attentive listening with appropriate phrases to show agreement, interest and understanding. Your partner wants to know that you understand the ideas he is presenting. Try to think through what he is saying and fit it into your experience.

v. Ask well-phrased questions. Give encouragement by asking questions that illustrate your interest.

vi. Listen a little longer. Just when you think you are done with listening, listen thirty seconds longer.

3. E-Expression: It has been said that your first impression of someone is made within the first 30 seconds of meeting them. Some would say 80% is made before they even speak. The words we speak make up so little of window to make what we say count. How one expresses himself or herself when the moment arrives will either make or break their original assessment. One can ask a friend or family member to give you your true impression of how others view your communication

style. If they are being completely honest and your ego can handle the truth, you have a basis on where you can improve. We do not want to offend or be labelled obnoxious. If only we can just take one step up on the enthusiasm scale, this will help to create a natural expression that is inviting and intriguing.

4. A-Accountability: Everyone should be accountable for what he or she says. For this reason, Klassen stressed that nothing should come from our mouth that we wish we could retract or delete. Words are powerful and they can create great joy, bliss and respect. However, words spoken can also cause great pain and suffering. One's word is his or her honour. Trust is formed by people's words that spur their actions, therefore, be the persons that say what we mean, and mean what we say. We should also know that there are repercussions that go on long after what we said, be it positive or negative. We should therefore choose our words carefully because we are accountable for our words, and accountability is also a key part of conscious listening.

5. R-Relationships: Everything we do when it comes to communication comes down to our desire to building relationships: romantic relationships, family relationships and friendship relationships. We all want to be connected, and loved by others. Our communication outcomes are all targeted toward building a solid foundation for relationship with another. Relationships is the sum total of all the principles of clear communication. Our report building abilities come from the skill we exercise in:

i. The choices we make in our communication
ii. How we listen when communication is going on
iii. How we express ourselves in a communication

iv. How accountable we are when we do express relationships result when people feel good about being with you. For instance, what can you teach the people? What can you share with the people? What can you express that will positively move you forward?

The ability of family members to implement the five principles of clear communication will have a profound impact on how they show up in both their personal and family life.

2.4 Ways of Communication used in the Family

People can communicate in many different ways, either with the eyes, voice with words as well as body language. Often communication is verbal, that is when words are used, while non-verbal communication sends messages without words. Family members communicating put together verbal and non-vernal messages in order to understand what is going on around them.

2.4.1 Verbal Communication

Although communication is more than just talk, family members must use words effectively to communicate a message well. The major part of communication in families is the verbal communication. Verbal communication in marriage according to Weber (1990), include the tone of voice and choice of words of family members. It includes what family members say and how they say it. Family members express the tone of their voices in anger, joy and sadness when they speak to each other. When family members use words, they can communicate many things about themselves. They can express their ideas and feelings clearly, or they can mask them behind other phrases. Family members can show politeness or rudeness with their words and tone of voice when they communicate. It was further

stated by Weber (1990) that couple should watch what they send out, hear themselves, as the tone and choice of words used in verbal communication is necessary in intimate family relationship. On the same note, Pelt (2002), stated an old adage which says, "treat your family like friends and your friends like family". In relation to this adage, Pelt (2002), explained that spouses should make concerted effort to speak as politely to their spouses as they do to their friends. Often, familiarity leads to neglect and disregard and spouses feel that they can say and do any thing they like to each other. The author further stressed that spouses must say speeches that do not sting with sarcasm; they should show interest in their mates and their family members. Spouses in communication should let themselves know that they care for each other, and they should try and use the "I" messages in their conversation. For instance, the wife could use "I" message such as: "I really need a break tonight. I have been cooped up in the house all week. I need to be alone with you to communicate on an adult level", instead of sending "you"- messages like: "you are so inconsiderate. All I do is slave for you, and you never think of anyone but yourself. All you want to do is watch television. You make me sick!" The "I-message the wife uses tells only how she feels, a fact her husband can hardly argue with, while the "you" – message she sends, blames, judges and puts down her husband. In verbal communication, a wife's direct report of her feelings through an "I" – message would ease the situation. Here, the husband is free to reject or accept the wife's opinion. In marriage, the "I"-messages work in verbal communication because they avoid raising negative feelings, which interfere with couple communication. By avoiding attacks, "I-messages help a conversation reasonable, and it helps partners to stay focused on the underlying problem and together they

save it, while the "you"- messages doom a disagreement to attacks and accusations.

In line with Pelt on "I and 'you' messages, USAID (2007), remarked that the best 'I'-message or statement does not demand or blame. It opens up opportunity for discussion and leaves the next move for the other partner, while the 'you' statements put blame on someone else and holds him or her responsible. Some bad examples of 'you' – statements include:

- **Man to Woman:** You are so lazy; you never keep the house clean, you are always late with my food and the children are always crying. I don't know why I am living with you. You must start to work harder from now on.
- **Woman to Man:** "you are always so drunk when you crash into the house at night. You never give me any money to buy food. I don't know why I even stay with you. You must stop going to that bar from now on!" Some good examples using "I" feel statements include:
- **Man to Woman**: When I came home I feel disappointed if the food is not ready and the house is not swept. I would like us to discuss how we can arrange things better so that this would be possible.
- **Woman to Man**: When you came home at night after the bar, I feel disappointed because I would like to see more of you, and I would like some money for food for the children. I would like us to discuss how we can arrange things better.

On this note therefore, Odukoya (2008), stressed that communication is primarily about the use of words. Most of the time, the words spouses speak register more on the minds of the hearers than the attitude of body language they display. This fact

might be reason for the African adage that liken spoken word to an egg, which once broken can never again be put back together. Odukoya (2008), further stressed that family members in communication need to be extremely careful in the things they say and weigh their words carefully before they speak them. The author lamented that as a result of words spoken carelessly, homes have been destroyed, relationships between family members turned sour because of harsh words spoken in moments of anger, opportunities lost because of words spoken out of tune, children have been rebellious as a result of failure of parents to have spoken words of encouragement into their lives. Family members are therefore, urged to guard against anger because one of the ways by which people err in words most of the time is anger. It has been said that anger is a momentary madness and many family relationships have been strained and even totally destroyed because of careless word spoken in a moment of anger.

To stress out this point, Pelt (2008), urged family members, especially women to consider the consequences of the words they speak out before speaking, because it will draw the attention of the men positively to them. She further said that family members should think well before they talk; talk because they have something meaningful to say rather than talking because they just want to say something, since what people say lives with them and even when they are no more. As family members learn to speak out the correct words, it adds to their overall personality.

2.4.2 Non –Verbal Communication

Non –verbal communication is a process by which people communicate with each other without actually speaking. Non-verbal communication according to Weber (1990), adds to the way the words in verbal communication are perceived and

received by the other person. Non-verbal messages have height, are intensive and have limited range for expressing concepts and ideas. Family members communicating tend to judge each other more in the non-verbal communication. Weber further described non-verbal communication to include appearances and behaviour. These clues include clothes, grooming, body language and tone of voice. These clues were further explained as follows by (Weber, 1990):

i. Clothes: Clothes may be the most obvious message that people notice about themselves. The style, colour, fit and neatness of family members' clothes will influence opinions about them. It has been said that as family members choose what they wear, they hang a sign for others to see and judge. For instance, "Loud" clothes beg for attention; sloppy dress indicates carelessness and low self-worth, immodesty or revealing dress indicates a desperate plea for attention. The choice of clothes of family members send a silent but powerful message about what is inside. It is therefore important that family members choose the appropriate clothes and respond appropriately to clothes chosen by other members of the family, especially, husband and wife.

ii. Grooming: This includes whether members' general appearance is clean or dirty, neat or sloppy. Clean, shiny hair gives a more favourable impression about members than dirty dull hair. Family members must therefore take action to make sure that they are always clean and well groomed so as to promote intimacy in the family.

iii. Body language: This non-verbal communication of body language is a term for communication using body movements or gestures instead of, or in addition to sounds, verbal language or other communication. These are eye contact, facial expression, body gesture, position of arms and legs, and even the

distance that family members in communication stand or sit from each other. When family members communicate using their body language, many feelings are expressed consciously or unconsciously. Members are therefore charged to use the correct body movement as they communicate with each other without hurting each other. Body language was further discussed below:

a. Eye contact: Consistent eye contact can indicate that a person is thinking positively of what the speaker is saying, has confidence in the speaker. On the other way round, when listeners avert their eyes, it shows disinterest, shyness or nervousness. Correct eye contact can be used by family members so as to make communication possible and positive to promote family intimacy.

b. Facial Expression: Our faces have many muscles that control the expressions in our faces. For instance, in communication, a raised eyebrow show surprise, a frown shows disappointments, sadness, and displeasure when smiling, warmth, friendliness and happiness are expressed. A wrinkling of the forehead, an uplifted chin, a dropped chin intimate. A down turned mouth indicates sadness, dilated pupils expresses a bedroom eyes or sexual attraction, communicating to a partner the readiness for sex. Much of what goes on in our minds finds expression in our faces. It is therefore important for family members to learn these expressions and respond accordingly so as to sweeten relationship in the family.

c. Body Posture: An erect, comfortable posture communicates self-assurance and positive attitude, the outstretched arm with palm up demonstrates openness and acceptance, the outstretched arm, palm down, indicates closure. Closed and clenched positions reveal anger, discomfort and nervousness. Legs planted squarely or comfortably relaxed indicates security in the situation, tapping fingers or foot indicate boredness or impatient with what is going on around him or her.

Family members should watch and use these positions carefully so that any of the positions that does not promote friendliness and receptiveness should be withdrawn.

d. Distance: How far people in communication sit or stand from one another can indicate their feelings. Coming too close to a person and invading that space may make the second person feel uncomfortable. People may be six inches to eight inches (15 – 20cm) apart. In other time they can stand farther apart, and may slowly move closer together to show friendliness. Distance in communication should therefore be not too near or too far so as to promote intimate family relationship.

2.4.3 Types of Communication used in the Family

There are three types of communication used in the family as outlined by (USAID 2007). The three types may be used at different times, or one type may be used more often than the others. The three types of communication are passive, aggressive and assertive. In the passive type of communication, people who are passive tend to be quiet during a conflict. They might stop communicating, accept the blame and go along with whatever the other person says to avoid a fight. Passive communicators listen, but do very little speaking. They give in to what others want, hoping to get what they actually want without saying it. They let others make choices and decisions for them.

The second type of communication is aggressive. People who communicate aggressively try to protect themselves from blame. They ignore the feelings and words of the other person and do not listen well. They are often angry and hurt

people by the way that they speak. They make known all of their opinions through their actions and words.

The third type of communication is assertive. People who communicate assertively decide what it is that they need and say it out loud. They explain their feelings and opinions and ask for the things that they need. They do not speak too much or too little. They know what to say and say it. They use body languages that are not threatening.

In all the three types of communication, family members are employed to use the assertive type. This is so because assertive communication allows us to share our concern without being too pushy or letting others hurt us with their words. As family members communicate assertively, this will help in promoting intimacy in the family relationship.

Communication is one of the basic skills needed to establish and maintain any human relationship. Unfortunately, some messages used in some families discourage rather than encourage communication. Talk that hurts may even destroy marriage, it is important that a couple master the ability to communicate. Whenever a successful marriage is found, it will be discovered that two people who have become skilled at communication are involved, likewise, whenever you find a failed marriage, a communication breakdown is always one of the root problems. Some basic issues that hinder good communication in the family are discussed below:

- **Attitude:** Without the correct attitudes as was stated by Carr in http://www.convenatnkeepers, communicators, words will always come out wrong. Family member may be totally right in all that they say, but if they

are arrogant and feel superior to others when they talk, this attitude of heart closes line of communication and very destructive to family relationships

- **Resentment or Bitterness:** Another barrier to effective family communication as explained by Carr is deep-seated resentment or bitterness which is like poison to family members' lives and marriage. When a spouse is bitter and resentful, his or her partner will pick this up as soon as he or she begins to speak. This is so because the tone of voice used will reveal the poison un-forgiveness inside. Once un-forgiveness is noticed in couple's communication, it irritates and is detrimental to their relationship.
- **Harsh Words:** Harsh works used by family members destroy effective communication as was pointed out by Harley, (1999). Harsh words used during communication in the family also destroys relationship, as words spoken are not easily taken back. A husband-wife relationship cannot be healthy with the use of harsh words. Once the husband –wife relationship is affected with the use of harsh words, the whole family relationships will be affected because other relationships in the family result from the initial relationship established by husband and wife. Another class of words that destroy effective communication that was stated by Harley (1999), is lying or deceitfulness. The use of these words in family communication slowly undermines the entire family relationship and credibility. Any amount of lying to a spouse is like taking an axe to the bottom of a boat, for it will ultimately sink the ship. Similarly, exaggeration works to destroy effective communication in the family. Words like "you always do this, or you never do what I ask?" The words 'never', 'always' or 'every time' are like gasoline on the fire of an argument. These words will cause explosion of anger

because one of the spouses can always think of one time he or she did what one of the spouses say never occurs. Another thing that tears down good communication is foul language. When couples swear and call one another names in the midst of an argument, these words will not be easily forgotten because they demean a spouse and signify a lack of love and respect.

- **Individual Differences:** Individual differences, as was remarked by Olson and DeFrain (2000), can affect family communication and relationship as this can put stress on family members. Individual differences of family members can weaken marital quality, and depression has been found to be negatively related to marital quality which is responsible for intimate family relationship. In the same vein, DeGenova and Rice (2002), pointed out that family communication and relationship difficulties often arise when spouses have divergent communication styles which are from gender. These differences of gender in communication strategies often cause conflict between spouses and it sometimes seems that there are two separate styles of communication, that is a masculine and a feminine style. A better understanding of the differences between these styles can reduce some of the difficulties in family communication which can in turn better family relationships.

Some of these communication styles that could be a problem to family communication include the following:

Table 2.1: Communication Style and listening Style

Male	Female
Listening style	
Irregular eye contact	Uninterrupted eye contact
Infrequent nodding of the head	Frequent nodding of the head
Infrequent use of "uh….huh"	Frequent use of "uh…huh"
May continue another activity while listening	Usually stops other activities while listening
Interrupts in order to speak	Waits for pause in order to speak
Questions are designed to analyze speakers information	Questions are designed to elicit more information
Speaking Style	
Few pauses	Frequent pauses
May abruptly change topic	Connect information to speakers previous information
Speaks until interrupted	Stops speaking when information is delivered
Speaks louder than previous speaker	Uses same volume as previous speaker
In frequent use of "I" and "me"	Frequent use of "we" and "us"
Personal self disclosure rarely included.	Personal self-disclosure often included.

Source: War of words: Women talk about how man and woman talk by P. Mairie, January 6, 1991, Minneapolis star/Tribune (first Sunday) P&Co in Olson and DeFrain, (2000).

In the opinion of James (2001), individual differences affect how family members communicate, and this further affect family relationships, as no two individuals are the same. Many marriages, according to Akanni (2004), collapse because the partners misunderstand this fact of creation of male and female. He stressed that first, husband must recognize the fact that his wife is not another man like him, she is not model a man, therefore, the man must not struggle to refashion her as a man like himself. The man cannot change her emotions and her peculiar womanly perspective, nor can the wife. Non can be in the way one thinks or feels not because that partner does not care or want to be, but is because he or she has been fashioned that way. A spouse is originally designed to see things that way,

therefore, partners must bear this as a pillar in their day-to-day practical relationship and must be willing to give enough room for each other. If spouses do not understand these individual differences in marriage, it affects their communication and relationship as well. Once there is a communication breakdown, there is the tendency that the entire family relationships will breakdown, which families in Nasarawa State are victims.

- **Interrupting:** A related action to interrupting which affects family communication as was pointed out by Pelt (2008), is sentence finishing. This happens when a spouse takes a pause to think about what he or she is about to say, and the second partner helps him or her out by finishing the sentence. Such behaviour is extremely frustrating and reveals that the second partner is not listening or trying to understand. When a partner interrupts, he or she is stepping on a second partner's ideas, and this is just as rude and sometimes as painful as stepping on his or her toes. This type of behaviour as was explained by Pelt (2008), closes line of communication and frustrates family relationship.
- **Explosive Anger:** If a partner or any family member has an explosive anger that is not dealt with as stated by Odukoya (2008), deep and intimate communication will be impossible. This is so because no one ever wants to communicate to someone who is raging out of control in an angry fit. The anger of any family member cannot produce something good in any marriage relationship, instead it contributes to the destruction of that family communication and relationship.
- **Blame Shifting:** This is usually done when your spouse points out one of your faults and you quickly cover yourself by shifting the blame to your mate or to another. Blame shifting is a result of pride and dishonesty. Each member of the

family knows what he or she has done, so why not admit it?. Without family member personally taking responsibility for what they have done, all they do is play the blame game which only delays a progress to a solution, because it hinders family communication and intimate relationship. Another action that hinders good communication and makes family relationship becomes sour as stated by McDon (2008), is the unwillingness to confess a fault during or after an argument. This is a problem that results from that same attitude of pride. Failure of family member to confess his or her fault, destroys family communication and relationship.

- **Lack of Eye Contact:** Lack of eye contact irritates the speaker and indicates disinterest, distrust and a lack of care. Lack of eye contact in communication exists in relationships that are deteriorating, as couples rarely look directly into each other's faces when they talk. In a very troubled relationship, a couple may not look into one another's eyes for weeks or months at a time. All they have in common is frequent love making episodes which tend to leave both unfulfilled since emotional needs of expressing their feelings, ideas, thoughts and experiences are not being met. Lack of eye contact is used as punishment. Family members refrain from looking at each other in order to convey displeasure. Consciously refusing to maintain eye contact is cruel. Eye contact also fades whenever dishonesty is a factor. This factor destroys or is a barrier to effective communication in the family which leads to troubled family relationship as was remarked by (Pelt 2008). She further explained the factors that can hinder effective family communication to include selective listening, defensive listening and insensitive listening. In the selective listening situation, the listener selects or picks out bits and pieces of conversation that interest him

or her and rejects the rest. For instance, a husband may be watching the six o'clock news, while his wife is talking. Most of what she says goes in one ear and out of the other, but when the wife mentions spending money, he becomes all ears. The attitude exhibited by the husband may so much upset the wife that can close their line of effective communication and makes intimate family relationship difficult. A defensive twists everything said into a personal attack on self. For instance, one wife casually remarked to her husband that the new styles left her with nothing to wear. Although she never mentioned purchasing a new wardrobe, he flew into a rage because he felt her remarks were directed towards his lack of ability to earn a living. This attitude spoils effective communication in the family as well as family relationship. The insensitive listener is one who cannot catch the feeling or emotion behind the words. A young wife asks her husband to take her out to dinner. She does not need to be taken out to dinner as much as she needs reassurance that he still loves her and he is willing to make the effort to please her. If he tells her bluntly that they cannot afford it or he is too tired, he has not listened to the meaning behind her request. When a listener is insensitive to what the speaker says, it discourages the speaker and makes conversation uninteresting which turns off the speaker and immediately breaks down the communication process and scatters their marriage relationship.

Others levels of talk that could be barriers to effective communication in the family include: small talk and factual conversation. At the level of small talk, shallow conversation takes place: "How are you" 'How are things going?" such conversation borders on the meaningless. However, if communication remained at such a superficial level in marriage, it would lead to extreme boredom, along with

deep feelings of frustration and resentment, which closes line of communication and marriage relationship is doomed. At the factual level of conversation, here information is shared but no personal comments along with. You talk about the day's events, but you do not tell how you feel about them. Here conversations are constructed so that news, facts, and information are shared while you remain uninvolved. Almost nothing of self exposed. A couple communicating on this level only can never attain intimacy in marriage relationship, as a couple who cannot talk to each other have no basis for a relationship. The quality of a marriage will depend on the ability of each family member to express himself or herself verbally.

Some annoying listening habits as was stressed by Pelt (2009), that could be barriers to effective communication and destroy family relationship include:

- A family member who makes the person speaking feels that he or she is wasting time either by tapping his/her fingers or foot.
- Pacing back and forth as if impatient or in a hurry to go away, when a listener does not maintain an erect comfortable position, indicating his lack of interest in the conversation.
- Asking a question that the answer has just been given, when the speaker just finished answering a question, the listener will again ask that same question which indicates that he/she is not paying attention.
- Contradicting what you say before you even state your case, the listener reads the mind of a speaker wrongly.
- Everything said reminds the hearer of a story of something just heard the listener can pick an offence from what the speaker is saying either the speaker has said something against him/her.

- Standing too close or too far when a listener stands too far from the speaker, that indicates disinterest in the conversation.

2.5 Concept of Communication Strategies

Communication strategies are the methods, principles, ways and plans that family members use to skilfully pass information to each other. These strategies when carefully and positively followed give rise to increase in family intimacy.

The following communication skills of speaking and listening can be use to boost family intimacy.

A. Speaking Skills

- Create the atmosphere for communication to be understood by our partner, talk to your spouse when the environment will enable him or her to reason along with you.
- Choose the right time and place: when your spouse is on the door to go to work is not the right time to introduce a lengthy discussion. Key family matters are better handled while in bed.
- Think before you speak and weigh the impact of your communication on your family members. Most people who speak without thinking often regret what they have said.
- Do not bring in “dead” issues. At times communication becomes sour because one spouse has “computerized” all the other spouse has done or said and is quick to make reference to them
- Do not monopolize discussions, for example by talking too much. The other partner must be allowed to contribute in the communication.
- Do not be too quick to switch topics(Galvin, 2000).

- Do not put words into the mouth of your spouse
- Do not be artificial or superficial. Strive to be real
- Use kind, not hurting words, with a pleasant tone of voice
- Do not make remarks that will belittle your spouse or reduces his or her self-esteem.
- Terms and phrases like "you never" "you always", Let me tell you", "be careful" must not be used during hot argument because they heighten quarrels and do not make the communication to have a smooth ending.
- The "I" messages are better in verbal marital communication than the "you" messages especially when one wants to accept that part of the faults is his or hers (Brown, 2003).
- Be liberal in compliment and stingy in criticism. Even though the topic of conversation may be controversial, recognize something good in your opponent and in truth and give honest comment about it. This will eliminate hostility in the other person and improve communication and relationship.
- It is sometimes best to be quiet. If you suspect that your statement will hurt someone or if you are angry, do not say anything.
- Apologize. Do not be too proud to fail to recognize your mistakes. Ask for forgiveness whenever you have erred.
- Speak the truth in love
- Reserve some of the discussion for the next day, for time also helps to heal some misunderstandings (Melgosa and Melgosa, 2007).

B. Listening Skills

The first and most important item in any exchange of communication is to listen. Some listening skills are explained below:

i. Have good eye contact. This is not a frown, or a means of saying "I don't care", rather it must be expressive of love and concern and should motivate the speaker to say more.

ii. Find support in body language: They should be warm and able to transmit a message of interest and attention. This will maintain vibrant communication between family members

iii. Avoid distractions: In order to listen with maximum attention, try by all means to reject thoughts or problems unrelated to the conversation and focus on what you are being told.

iv. Ask for clarification: When you do not understand or if you have doubts, ask for clarification. Speak with simplicity (what do you mean? I do not quite understand), and avoid nagging messages (why are you late? Why do you speak like this?.

v. Confirm what you have heard: Make sure your understanding is thorough, especially in very important matters. One good way to do it is to paraphrase or summarize the message (Melgosa, 2008)

vi. Find out the feeling of your opponent. Try and find out his/her feeling. What is the reason for his/her talking that way?

vii. Be patient with the speaker. Do not disturb the flow of communication.

vii. Keep secret and private matters confidential

ix Use attention indicators. It is not only necessary to pay attention but also to show you are paying attention. For instance, nod or shake your head; look your partner in the eye, say, "yes", mm", of course", "I see", adopt a posture which indicates interest (Pelt, 2009).

2.6 Concept of Family

Most people live their lives as part of a family. The family is the basic unit of any society. A society is made up of many families.

The family, according to Anyakoha and Eluwa (1999), is a group of persons united by ties of marriage, blood or adoption and characterized by common residence and economic cooperation. The family is often composed of man, his wife and their children. It was further explained that three types of family units are common in Nigeria. These are nuclear family, polygamous family and extended family. Each family carries out certain functions as a group, while each family member assumes specific responsibilities. The family, as was stated by Kolander, Ballard and Chandler (1999), serves as the first social structure of which the child is a member and from which sense of significance or meaningful is derived. Similarly, James (2001), described the family as an institution composed of a man, his wife and children (if any) and their dependants in the Nigerian context. On the part of DeGenova and Rice (2002), the family consists of two or more persons related by birth, marriage or adoption and residing together in a household. On the opinion of Pearl (2004), the family is "a set of persons related to each other by blood, marriage or adoption and whose basic societal function is replacement". But this definition seems to limit family functions to child rearing. The family as was defined by Odukoya (2006), is a group of persons united by ties of marriage, blood or adoption; constituting a single household, interacting and communicating with each other in their respective societal roles (husband and wife, mother and father, son and daughter, brother and sister), and creating and maintaining a common culture.

On the other hand, Ogwo (2007), described the family as a group of individuals related by blood, marriage or adoption or group of people usually related individuals who live together under common household authority/beliefs and especially who have reciprocal duties to each other. The family was observed to be any sexually expressed or parent-child relationship in which people live together with a commitment in an intimate inter-personal relationship, the members see their identity as importantly attached to the group, and the group has an identity as its own.

Despite the variations in the definition of the family by experts cited above, one point is evident in the definitions and that is, they are all talking about a relationship and ministering to the needs of the child and other members of the group that make up the family through the family and initiated efforts of the husband and his wife.

2.7 Concept of Relationship

Today relationships are challenged in many ways. Busy schedules and a changing world can make good marriage relationship difficult to maintain. On this note therefore, Obisakin (1993), stated that, in the marriage relationship, husband and wife are supposed to model good relationship to the family, if only husbands and wives would have lived up to the good standard in their marriage relationship, there would not have been any marital problems. Divorce and separation would have been unnamed among the married people. Family members involved in relationships can make them work by showing that they care, empathize with others, cooperating, being accepting and keeping their sense of humor; they will have the qualities that are key to maintaining good relationships.

Relationship has been defined by many people, among which was that defined by Kelly-plate and Eubanks (1994), that it is a bond between people. The people here could be family members who share their interests, exchange their information or share feelings. Family relationships become deep and lasting and these deep relationships develop over time. When family members have good relationships with each other, they function better in life.

In another way, Littlejohn (1996), viewed relationship as a set of expectations family members have for their behaviour based on the pattern of their interaction. Family members in a relationship are always creating a set of expectations, reinforcing old ones, or changing an existing pattern of interaction that is not desirable so as to promote intimate family relationship. In the opinion of Glosson, et al (1997), relationship is the connections you have with other people. Relationships vary in three basic ways in their degree of closeness, their purpose and their form. Some are close, with many variations in between. Family members need both types of relationships in their lives, because strong, close relationship is with a husband and wife, parent and children or children and children. Family members need someone they are close to and can confide in them, and this indicates how much they communicate with each other.

However, as family members forge links with each other in the family, it brings richness and many different rewards. These include love, affection and a sense of belonging as family members can give acceptance and approval. Relationship in the family gives family members companionship because family members in relationship share their experiences, ideas and feelings with each other in the family.

In marriage relationship of husband and wife, Hildebrand (1997), advocated that every wise husband should learn how to be an exceptional listener to his wife, and clearly demonstrates his love for her for a better husband-wife relationship. The husband should make sure that he is kind and gentle to the wife, and must love her. The husband must respect the wife, must be a gentleman to her in front of the children. The husband must meet the wife's most basic needs in marriage which include affection, conversation, honesty and openness, financial support and family commitment. Furthermore, some things that the husband can say to promote husband-wife relationship as highlighted by Hildebrand (1997) include:

- Good job
- You are wonderful
- That was really great
- You look gorgeous today
- I don't feel complete without you
- I appreciate all the things you've done for me all these years
- You come first in my life, before, my kids, career, friends, anything
- I'm glad I married you
- You are the best friend I have
- If I had to do it again, I would still marry you
- I missed you today
- As always, you look good today
- I can always count on you
- I'm so proud to be married to you
- I'm sorry

- I was wrong
- You are so special
- I can't imagine life without you
- I wish I were a better partner
- Thank you for loving me
- Thank you for being my partner

Husband and wife must be aware of each other's needs and learn to meet them for a better husband – wife relationship. For instance, the husband and wife must protect each other from unnecessary disturbance and maltreatment from members of the society. The husband should protect the wife in any form she wants, and the wife should on her side protect her husband, otherwise, unmarried ladies will be pestering his life until he marries one which will go a long way to destroy the husband-wife relationship and their entire marriage.

On the same point of husband-wife relationship, Adejumo (2000) Warren (2002) and Barnes (2007), highlighted some ways a husband and wife can follow to strengthen husband-wife relationship.

- **Leave Special Notes:** The husband should occasionally write a love note and drop where the wife will find them. The husband should not be too busy not to do that.
- **Special Trips:** Sometimes when the wife is in a particular room and you are in another, go to where she is and give her a peck or a kiss, and tell her that you made this trip to say, I love you.
- **Touch:** A loving touch has healing power and communicates that spouses accept each other. Touching is also an important element in establishing a good

marriage. It is on this note that the husband must learned to hold his hands and gentle squeeze it.

- **Special Attention:** When the wife telephones the husband in the office, no matter what you are doing or who is with you, speak kindly with your wife on the phone. The husband can even give her a surprise ring sometimes just to let her know how much she means to him.
- **Remember Special Days:** Birthdays, anniversary and such things are important to the wife. Therefore, the husband should give his wife special treats on such occasions.
- **Respect Your Wife:** The husband should do things that will make his wife feel special particularly when her friends are around. The husband should not disrespect his wife, should never embarrass her, or shouting on her, no abuses. Her friends should also be respected.
- **Special Outings:** The wife can be taken out once in a while for sight seeing, meals or just for entertainment.
- **Be Available:** Every woman wants her husband around her every time, therefore, the husband should spend quality time with the wife, for a time spent with the wife will always be an investment time is couple's most precious gift because they only have a set amount of time (24 hours) a day.. couple can make more money, but they cannot make more time when couple give themselves their time, they are giving themselves a portion of their lives that they can never get back, and by so doing, their communication and relationship is restored.
- **Show That You Care:** The wife does not just want to be told, care for her, visit her in the kitchen, offer assistance, provide for her. Should be sensitive to her feelings and handle her with care.

- **Acceptance:** The wife should accept her husband as he is as her husband.
- **Adapt to Your Husband:** The wife is an integral part of her husband, she belongs to him, she must programme her life to fix properly into the husband's.
- **Admire Your Husband:** Admiration magnifies a man's manhood, it boosts his morale, therefore the wife should not despise her husband. The wife should admire the landmark of his achievement, admire his ability. The wife should look for things to admire in her husband, for he will feel very special.
- The wife should take her position by supporting, encouraging and mothering her husband.
- The wife should respect her husband by carefully choosing words when she addresses her husband. The wife should honour her husband and not be rude to him.

When husband and wife get to understand each other and meet each others' needs, they will get to intimacy, their relationship with each other will be smooth, and they won't need to get through all these problems and troubles, and what they have, they will have a happy husband-wife relationship.

On the side of parent-children relationship, Pelt (1984), pointed out that today's parent needs a change towards raising their children so that these children will be well behaved which will gladden the hearts of the parents. As the children behave well, it will promote parent-children relationship as the children will feel belonging. Pelt (1984), urged parents to shun the same methods of child raising and problem solving used by their parents, by their parents' parents and by their

grandparents' parents. Parents need to develop techniques that will work for them in their home with their children, as this will modify the entire parent-children relationship. For instance, if parents respond differently to their child's behaviour for misbehaviour, his behaviour will change. Parents can do this by laying a solid foundation on their children so that their future will be a bright one. Pelt (1984), stressed that the parents should give parental support and love during the formative years of the child's life, as well as the child's sense of security and well-being. Parents are also employed not to send their little tender children who may be less than twelve years old to boarding schools for children who have had the experiences of leaving their parents at a very tender age often never recover fully from it, and do not enjoy the bond of parent-children relationship.

Parent must take it as a point of duty to teach their children respect and responsibility as was remarked by Pelt (1984), so as to strengthen parent-children relationship. The children must be brought under parental authority by the parents. Children are infinitely complex, and their leadership requires tack, cunning, courage, skill and knowledge from the parents. To take a step further by parents in order to improve parent-children relationship, the parents should be able to get into the eyes of the child, seeing what he sees and feeling what he feels. When the child is lonely, he needs the company of the parents.

In line with Pelt (1984), who stressed that, parents should support children, Jibril (1992), Stated that two main tools for changing the behaviour of children are REWARD and PUNISHMENT or pain. Reward, punishment or pain can be perceived as emotional, physical, social. When parents reward children for a good behaviour, it reinforces or encourages the tendency to repeat a good behaviour or action, whereas punishment discourages the tendency of repeating bad behaviour

or action. Rewards or reinforcers that could be used by parents on children can be a smile, a laugh, a hug, a touch, clapping or approving glances, listening or fulfilling of promise to discuss a question or a topic, helpfulness, being interested and occasional gifts. Parents must be careful here so that they do not reward children with money and too many material gifts during the formative years. In punishing children, Jibril (1992), opined that parents should do this by showing signs of disapproval, deprivation of affection and privileges of material things, spanking, sternness in voice and sometimes corporal punishment. When these two main tools of behaviour change are used by parents on children, it will help in shapening the children's character which will in turn build up parent children relationship. Furthermore, Jibril (1992), stressed that parents must be good model of kindness as they should be optimistic, calm, warm, firm and sensitive. The child should be trusted and helped to realize the responsibility of fairness and trust worthiness. As the children become older, their efforts and opinions should be integrated gradually into the family. Parents should intervene in crisis situation early. They (parents) should be specific in instructions or given responsibility. Nagging, scolding and comparisons should be minimized by parents. The children should be made part of the making of the rules and duties in the home, be they social, religious, economic and recreational. The author added that the parents should be approachable, available, understandable and considerate. The parents should make it a point of duty to create time for "woman to woman" or "man to man" talk, and also for "the whole family" fun-time as parents give children these opportunities in the family, it will open line of communication between parents and children and this will help to strengthen parent- children relationship.

On a similar note, Cloud and Townsend (1998), postulated that right from the womb the child is designed to connect, therefore, the instinctual response of a baby's mother is to bring the baby to herself, to soothe and calm her, and to begin the process of attachment that helps the baby experience the good that exists in relationship which will later in life promote parent-children relationship. Townsend and Cloud (1998), emphasized that parents should therefore allow their children to be emotionally connected to them in healthy ways so that the children will be secure, respond to discipline, deal with failure, make good moral decisions which will in turn give rise to healthy parent-children relationship.

Dwelling on the issue of parent-children relationship, Cloud and Townsend (1998), stated that good attachment stabilizes children, for this reason, parents should be loving and well structured in connecting these children to themselves. This helps the children to feel calmer, and will help them to think more clearly and productively about their situation. Parents should help children have equilibrium at all ages by providing bond, love, so that they can quiet the child's turmoil with their attachment. The parents should teach the children that being in relationship is the best way to live, they need to listen to and help make sense of the many interest the child has. Attachment helps children sort through what they like and do not like.

To support Cloud and Townsend (1998), Onamusi (2001), affirmed that a very good dose of love shown to children by parents will bring about a lot of successes in parent-children relationship. She explained that children should be close to their parents and show interest in those things they are interested in, that are good. This will become easy for the parents to correct them and the children will not want to

hurt their parents by doing those things that are not edifying. Onamusi (2001), further stated that parents should touch and admire their children's dressing, commend them for dressing nicely. As parents get close and interested in their children, these children will make them their confidants.

In support of Onamusi, (2001), Pearl (2004), set out some keys on building parent-children relationship to include:

- Build your children's self esteem
- Develop character and integrity
- Encourage them to develop their own interests
- Create a fun family
- Set an example of excellence
- Teach them to realize their own potential
- Adopt their friends
- Teach them to serve others
- Do not knock others in their presence
- Give discipline in a controlled anger, consistent and reasonable.

On the other hand, when the child's basic needs are not met by the parents as was stated by Ejinkeonye and Anyakoha (2007), will result in a series of impairment of the child's health or development which can cause a problem in parent-children relationship. These neglected children become very aggressive with their parents in their behaviour, thereby causing bitterness in parent-children relationship.

Through the ages as was stated by Pelt (1984), loving and sharing, fighting and competing, grabbing and teasing, tattling and keeping secrets, agreeing and disagreeing, playing and hiding from one another, have existed between brothers

and sisters. Fairy tales, songs, dances and dramas all illustrate the universally of harmony, rivalries and tensions that exist between siblings. Each child in the family wants to be sure of his parents love and attention regardless of how many children there might be in the family. It is difficult for a child to understand that the intrusion of another child will not lessen his parents love for him. However, sharing his parents' attention is more difficult for some children than others and even an only child learns that he must share his mother with his father, and his father with his mother. Although, jealousy and guilt feelings constitute a natural part of growing up together in a family.

Concerning siblings' rivalries and jealousy, Pelt (1984), urged parents to handle them early in the training process. On the other way round, when parents handle these jealousies and rivalries between siblings clumsily early in the training process it will be difficult to reverse the destructive patterns that develop. Jealousy is a fact of life, parents should therefore, respond to siblings rivalries without getting tired of it, should satisfy their children's need consistently. These children need help and depend on parents in controlling themselves. Parents should set limit on sibling's rivalry, which will later in life strengthen siblings' relationship.

Concerning sibling relationships as was noted by Hildebrand (1997), siblings as well as parent can bond with the new baby. The children-children or siblings relationship can be strengthened or nurtured by having the siblings help care for the baby. Young children can be allowed to do little things that will make them feel important to the family. The young children to the family can bring the parent a diaper, baby a toy. They can sit on the floor and gently hold the baby. Older siblings can be more involved in the baby's care by rocking or carrying the baby. As the baby gets bigger, siblings can laugh and play with her or him. All these

activities will help siblings feel like big and important brothers and sisters which will promote sibling relationships. Sometimes a sibling will show signs of jealousy toward new baby. Parents should accept these feelings but make sure that the child never hurts the baby. Sometimes young siblings will want to be held and cuddled just like the baby. They may even want to drink from a bottle or sleep in the crib. The parents should reassure the young siblings of their place in the family communicating in love with them. The more a child is helpful and needed, the less jealousy he or she will feel toward the new baby.

All children as was explained by Hildebrand (1997), who have a new sibling, need continual reminders by the parent that they are loved. It is important for each child to have some special time alone with a parent. For instance, a parent can read a story or play a game with the older sibling while the newborn sleeps. This provides an opportunity for the parent to focus attention on each child which will lessen the chances of jealousy between siblings, which promotes siblings relationship.

- In order to promote children – children relationship, the children need to learn to share and "give" and "take" at an early age. The older children need to be involved in the care of the younger ones. The children need to play with each other, and interact with one another (Minnet, 2000).

2.8 Ways of Improving Communication in the Family

There are some husbands and wives who may not be legally divorced, but who are psychologically divorced because of poor communication. Families including those in the area of study (Nasarawa State) are to work hard so as to develop and improve their communication skills which will in turn build their marriage relationships. On this note therefore, Pelt (2000) and Sproul (2003), asserted that

effective communication in marriage is one of the basic skills to establish and maintain any human relationship and that it (communication) is the essential foundation of family relationship. Effective communication is a key factor in creating a successful marriage or repairing one that has deteriorated.

The following strategies of effective communication will help in building intimate family relationships.

- Accent understanding, and not just talking, as Pelt (1984), pointed out that parents should try to hear what their children are saying. One very satisfying way of achieving good parenting is for both the child and his parents to maintain a very good relationship and this is achieved through effective communication. In this situation as was explained by Pelt (1984), the parent should always show good examples; demonstrate patience to children, most especially to adolescent behaviours. They should endure his or her attitudes and still remain close as they communicate so as to promote the child's behaviour which will in turn improve child-parent relationship.
- Try to be positive as was stated by Newman (1984), when bringing sensitive marital problems.
- It was pointed out by Newman (1984), that compromising is an essential tool to solving problem through effective communication.
- Cultivate your love life as was explained by Newman (1984), by giving gifts and by telling your family members that they are special to you. Parents can reinforce the aspect of self-respect in children through verbal comments such as "you did a fine job of making your bed this morning". These feelings of adequacy in children help to make the children behave well which will give rise to good children-parent relationship.

- Set aside any preoccupations before starting a discussion as was stressed by (Newman, 1984). He further stressed that spouses should not over exaggerate over issues during discussion or communication
- Avoid lying for it will undermine your credibility
- Be sure of your source of information before communicating to your family members
- Do not engage in negative communication such as gossiping and nagging.
- Put a family member at ease when he or she is talking. Help the person to feel that he or she is free to talk. This opens up line of communication and better family relationship.
- Meditate on your ideas before communicating it.
- Avoid interrupting when a family member is talking, instead, be patient and listen carefully.
- Hold your temper when a family member is talking, because an angry person gets the wrong meanings of words.
- Ask questions when a person is talking for it encourages the speaker that you are really listening.
- Do not be rude or talk down on your partner in a discussion about your relationship (Harley, 1986).
- Parent should not speak badly of their children, for this will enhance family communication and relationship
- Parents should explain reasons for forbidding youth from certain things, like associating with bad friends.

- Parents should always encourage a free flow of parent-youth communication to enhance better understanding with youth..
- Parent should ask young people for their advice/opinion in family decisions in order to create a sense of family belonging and identify, for this enhances effective communication and encourages intimate family relationships (Dobson, 1986).
- Parents should communicate in love with the children on the dangers of sex sins and chemical dependency (smoking, liquor and drugs).
- Parents should touch, hug, and admire their children in love as they communicate. As parents do so to their children, they get interested in their parents. It will help the children not to do those things that hurt their parents, thereby, promoting parent-children relationships.
- Children and children should get along reasonably well with one another by communicating amicably by expressing their feelings, ideas and experiences with each other. As children relate well with each other, it will go a long way to make them close and conform to their parental desires and expectations, thereby promoting parent-children relationship as well as children-children relationship (Jibril, 1992).
- Children, be it boy-boy combination, girl-girl combination or boy-girl combination should shun jealousy and communicate effectively so as to improve children-children relationship which will extend to children-parent relationship.
- Parents on their part should not show preference to any set of children, be it first born or a preference for a particular sex of children. This will help prevent children being jealous of one another

and they will have a smooth sibling relationships and with their parents as well (Minett, 2000).

- Older children should communicate and relate well with the younger children who will in return respect them. This will help improve the family intimacy.
- Parent should admit their lack of acceptance if they have detected symptoms of low self-respect in their children. If they feel they are responsible even in part, the first task of the parents is to admire it. As parent acknowledge their responsibilities for the problem, there will be progress in their relationship with the children and will instill self-respect in the children (Nelson –Jones, 2000).
- Parents should ask of their children's forgiveness. They can do this by admitting that they are wrong, identifying the offence and asking for forgiveness. As parents communicate in this way with the children, it draws both parents and children into a closer relationship
- Parents should communicate acceptance with the children by passive interested listening. Passive listening here entails that as parents listen for information, they communicate their acceptance by carefully listening and saying nothing or very little. Parent can use this skill to encourage the child to open up. Here, no comments of judgment are conveyed, only acceptance as was stressed out by (Adejumo 2000).
- Understand one another, for it brings cordial relationship, as homes built on understanding are the products of effective communication.
- Talk with, rather than at partners to encourage productive exchanges

- State your position when you are communicating clearly and non aggressively (Onamusi, 2001).
- Suggest and ask for ideas about a course of action that will help resolve a problem.
- Give more appreciation to your partner, no matter how little you receive. Be it in private or in public, look for opportunities to praise him or her. The parents can say to the children, "you kids are fortunate to have a wonderful father or mother" (Kumah, 2002).
- Spend quality time to talk together (Onyeme, 2002).
- When a family member does something kind, thank him or her. Two of the most loving words are, "Thank you"
- When a partner comes home from work, greet him or her with a hug and cheerful words. Do not have a sour face, instead be happy to see him or her which will make that partner to be happy too. This will encourage the partner to share his or her day's experiences. (Britten and Britten, 2003).
- Look for every one's good quality and mention them often, for this will encourage him or her to do more.
- If you hear someone say something nice about your partner, tell him or her. Do not think, "if I tell him or her, he or she will get proud (Brown, 2003).
- Each partner should bring his or her personal rules to your relationship as was stated by Okwuene (2003), as this will provide guidelines and clarifies expectations for your own and your partner's behaviour. Okwuene (2003), explained that couple should do this by disclosing themselves which

involves both revealing personal information and also expressing their feelings. As couple do so, trust gets developed which promotes intimate family relationships.

- In couple communication according to Sherman (2003), spouses should leave a discussion with possible solution to a problem, as this will strengthen the couple's intimacy.
- Family members in discussion must not take or make assumptions as was pointed out by Kore (2004), as they may wrongly read their minds.
- Body language of communicators must be in line with their message
- Family members should be ready to apologize to one another when they step on one another's toes.
- Partners should keep their communication line open and not to prevent the free flow of communication (Burns, 2006).

2.9 Empirical Studies

A good number of researches have been conducted by different researchers in connection to family communication and relationship. These researchers looked into family issues such as gender communication quotient, children and parenting and ingredients necessary to achieve marital intimacy.

Among these researches, was that carried out by Adamu (1998), on the investigation of marriage problems in Kubau Local Government Area of Kaduna State. One of the problems discovered in the research was ineffective communication of family members which could give rise to marital problems. The researcher used questionnaire, interview and court listening to some marital

problems by couples. The population consisted of all married people in one Local Government Area of the State.

The researcher made use of purposive sampling investigation method, all married people and a sample size of one hundred respondents in five villages were used.

The similarities of the past work with the present work is that, the past work used questionnaire and interview as parts of the instruments, as the present work will also use questionnaire and interview. The present work will also make use of all married people as the target population just like the past one. The differences in these two researches are that, while the past work used investigation as her research design, the present work will make use of survey type of design. The past work used one hundred (100) respondents as her sample size, while the present work will use three hundred and eighty-four (384) respondents as sample size. The past work used five (5) villages in one Local Government Area of the state, while the present work will use five (5) Local Government Areas in Nasarawa State.

Another research was that carried out by Landers (1985). She surveyed one hundred thousand (100,000), female respondents and asked if in their relationship with their partners they would like to be touched, held, hugged , cuddled, kissed and caressed. Seventy-two percent (72%) of the one hundred thousand respondents answered (yes) to the question. This survey revealed that these women wanted to feel cared for and receive tender and loving embraces. Other women have offered the same complaint: “I am so hungry for him to touch, hug, hold me. Husbands, too, complain of the need for physical expressions of affection. Children also need physical contact with their parents for better parents-children relationship.

The similarities of the past work with the present one is that, the past work used survey method as well as the present one. The past work touched on physical contact of husband and wife and the children and parents. The present work also touches on husband-wife, and parent-children relationship.

The differences of the past work with the present are that, while the past work used one hundred thousand respondents, the present work will use three hundred and eighty-four respondents. The past work used only female respondents, while the present work will use both males and females.

A research was carried out by Lauer and Lauer (1985), using survey method on three hundred and fifty one (351) couples, most of them happily married. In the study, they asked the couples to identify the major characteristics that have kept their marriage "alive" and strong. The researchers found that in marriages that survive, the partners saw and received each other as best friends and as some one they liked to spend their life with. The couples agreed on life goals and noted that they found their spouses more interesting with the passage of time. They spent quality time together and were happy with their relationships. The past research shared some similarities with the present work in the sense that questionnaire and survey designed were used in the past work, so the present work will also use questionnaire and survey method of design. The past work used both males and females as respondents, the present work will as well use both males and females. The differences here is that, while the past work used a sample size of three hundred and fifty-one (351), the present work will use three hundred and eighty four (384) respondents.

In a research carried out by the American Institute of family relations in (1998), they reported the results of a survey on negative and positive comments to children. Here, parents kept track of how many times they made negative remarks compared with how many positive comments they made to their children. The survey revealed that ten negative comments were made for every positive comment. In other words, ninety percent (90%) of their total communication was negative. The study revealed that each negative comment had such a damaging effect on a child's self-image that it took four rounds of something favourable to undo it. The similarity between the past work and the present one is that, the past work used survey type of design, the present work will as well use the survey method of design. The difference between the past work and the present work is that, while the past work was a group work, the present work will be an individual work.

A similar study was carried out by Olson and his colleagues in (1998), in Kolander et al (1999). They studied marital relationships of over eight thousand couples and found seven basic types of marriage. They established profiles based on ten scales including personality issues, communication, conflict resolution, financial management, leisure activities, sexual relationship, children and parenting, family and friends egalitarian roles and religious orientation. These ten issues are most frequently cited as areas of conflict for couples. Seven distinguished marriages were derived from these scales: devitalized, financially focused, conflict, traditional balanced, harmonious and vitalized marriage. Devitalized marriages (40%) were characterized by dissatisfaction in all areas. These couples were extremely unhappy and both had considered divorce at some point in the relationship. Partners tended to be younger, married a shorter period of time, and

less financially secure. They stayed together because of limited alternatives and often came from families with divorced parents. In contrast, vitalized marriages (9%) were characterized by satisfaction with all dimensions of relationship and reciprocal liking. Partners had well-integrated personalities and agreed on most external issues. They tended to be in their first marriage, were oldest, protestant and came from intact families. Couples from financially focused marriage (11%) were unhappy in their communication but stayed together for money and financial reward. Careers were more important than the relationship and financial management was their only relationship strength. Couples in conflicted marriages (14%), had unresolved conflicts between them but gained satisfaction from outside sources such as leisure, children or friends. Couples in the traditional marriage (10%) were moderately satisfied with their relatively stable relationship. Their major sources of distress were sexual and communication conflicts. Couples in balanced marriages (8%) were moderately satisfied with their relationship, particularly in areas of communication and problem solving.

The similarities of the past work shared some similarities with the present work that, as the past work considered issues such as family relationship, and communication, so will the present work consider these issues. The differences in the two researches are that, while the past work studied eight thousand couples, the present will study three hundred and eighty four couples.

Another research was that carried out by Rosen-Grandon (1999). He conducted a research on spouses in two hundred marriages. The purpose of the research was to identify the relationship ingredients necessary to achieve marital intimacy. Rosen-Grandon got the result with the following among the categories of behaviours

which can lead a couple to marital intimacy. These included effective communication, sexuality and intimacy, expression of affection. The past study shares similarity with the present work in the sense that it touched on communication and expression of affection, as the present work intends to as well.

In a study carried out by Noller and Fitz Patrick (1990), in Omeonu (2007), they studied communication and family relationship. The result of the study revealed that couples with higher affective communication-self disclosure, expressions of love and affection tended also to experience more marital satisfaction than otherwise. It was also found out that various forms of non-verbal communication like laughter, voice tone, touching and body language were seen to be constituents of happy marriages. The past work shares similarity in that as it studied communication and family relationship, so the present work will examine the effects of communication strategies on family relationship.

2.10 Summary of Literature Review

Good communication is important in family relationship. A breakdown or lack of communication in the family context has significant implications for all family members. More effective communication can be developed through individuals learning to communicate their feelings, learning to empathize, listening quietly and responding appropriately. The starting point to communication begins with each person taking the responsibility to develop the necessary skills to communicate and to relate more effectively. If we destroy ourselves through communication, we give problems to the society, but if we destroy our marriages, we have destroyed the society. This chapter has attempted to review researches by different authors on issues concerning communication and family relationship.

Families need to tackle the issue of communication appropriately so as to avoid strains on the family bonds, which can at times lead to separation, divorce or even cost the lives of one or both partners. The main purpose of this study is to examine the effects of communication strategies on family relationship in Nasarawa State with the main aim of suggesting better ways of communication which will in turn improve family relationship.

CHAPTER THREE

RESEARCH DESIGN AND METHODOLOGY

This chapter described the method or design that was used as well as the method of data analysis. For this purpose therefore, the following sub-topics were discussed:

3.1 Research Design

3.2 Population for the Study

3.3 Sample size and Sampling Procedure

3.4 Instrument For Data Collection

3.4.1 validity of the Instrument

3.4.2 Pilot Study

3.4.3 Reliability of the Instrument

3.5 Procedure For Data Collection

3.6 Procedure For Data Analysis

3.1 Research Design

This research was carried out using descriptive survey method. This method was adopted as it was best suited for collecting information from a large and small population that are located at different places of the area of study as was recommended by (Osuala, 2001).

3.2 Population for the Study

The target population comprised of all families in Nasarawa State. It consists a total population of seven hundred and fifty five thousand, nine hundred and twelve (755, 912) according to the 2006 census.

Table 3.1: Distribution of the Population

Senatorial Districts		Local Government Areas	Population
1. Nasarawa South senatorial district		Lafia	105,500
		Awe	72,755
		Obi	95,000
		keana	60,755
		Doma	98,505
2. Nasarawa North, senatorial district		Akwanga	63,099
		Wamba	60,000
		Nassarawa-Eggon	60,000
3. Nasarawa West senatorial district		Karu	28,000
		Keffi	31,000
		Kokona	19,000
		Nassarawa	32,000
		Toto	30,000
Total	**3**	**13**	**755,912**

Source: National Population Commission, Nasarawa State Census (2006)

3.3 Sample size and Sampling Procedure

Nasarawa State is divided into three senatorial districts. These Senatorial Districts are Nasarawa South, Nasarawa North and Nasarawa West Senatorial Districts. There are thirteen Local Government Areas spread across the three Senatorial Districts. For this study, two, one and two Local Government Areas were randomly selected from Nasarawa South, Nasarawa North and Nasarawa West Senatorial Districts respectively. To randomly select these Local Government Areas, all their names were recorded on pieces of papers. The hat and drawn method was then used to select the five Local Government Areas.

It would be cumbersome to work with a very large population as indicated in Table 3.1 above. Krejcie and Morgan (1970), recommended that three hundred and eighty four (384) respondents are acceptable as sample size, and recommended a one percent (1%) of the selected population of the sample size according to these

proportionate values. The sample size comprises of 384 men and women who were located both in urban and rural areas, those who had one child upto 11 above children. They had different qualifications ranging from non-formal education to professors.

Table 3.2: Sample Size for the Study

Senatorial Districts	Selected Local Government Areas	Population	Sample size	Percentage
1. Nasarawa South	Lafia	105,500	130	33.9
	Doma	98,505	122	31.7
2. Nasarawa North	Nassarawa-Eggon	60,000	74	19.3
3. Nasarawa West	Kokona	19,000	23	6.1
	karu	28,000	35	9.0
Total 3	**5**	**311,303**	**384**	**100**

Source: National Population Commission (2006) Census, Lafia-Nasarawa State.

3.4 Instrument for Data Collection

The instruments that were used for data collection were questionnaire and interview. Those who cannot read and write were interviewed using the same questions on the questionnaire. Responses received from the interview were recorded accordingly by the researcher and her assistants. The questionnaire was structured based on the objectives and reviewed work, and consisted of two sections 'A' and 'B': Section "A" contained personal information of the respondents. Items included were: Gender, Age, years of marriage, Number of children, Qualification attained and Occupation of respondents. Section "B" considered the objectives of the study and reviewed work related to the study at hand. It also considered communication strategies used in the husband/wife,

parent/children and children /children subsystems of the families in Nasarawa State and correlation of communication strategies on family relationship.

Questionnaire utilized 4 Points Likert scale as was recommended by Ary (2002) that it assesses attitudes towards a topic presenting a set of statements to which respondents indicate whether they strongly agree, agree, disagree or strongly disagree. Respondents were expected to indicate after each of the items in the spaces provided by ticking (✓) the option appropriate to them on the rating scale.

Strongly Agree	(SA)	= 4
Agree	(A)	= 3
Disagree	(D)	= 2
Strongly Disagree	(SD)	= 1

3.4.1 Validity of Research Instrument

To determine the validity of the instrument, the researcher ensured face and content validity whereby colleagues, Home Economics lecturers and experts in Statistics were given the questionnaire to make their inputs. The questionnaire items were checked with the objectives and hypotheses of the study. This was to ensure that the instrument measured accurately what it intended to measure. This gave the researcher the opportunity to restructure some of the items in the questionnaire to agree with the objectives and hypotheses of the study.

3.4.2 Pilot Study

The idea of the pilot study was to test the visibility of the study being carried out without constraint on the researcher. One of the reasons was also to determine the possibility of the subjects providing necessary information required for the study. It was also carried out to test whether subjects understood the questions and

provided the answers that are valid, and whether the instrument was reliable for this study. A total of twenty (20) respondents in Obi Local Government Area were involved in the pilot study. This area was chosen because it was a non sampled Local Government Area. Some questions were not consistent in the instrument; they were therefore reconstructed in order to have appropriate responses for the study. The data collected from the pilot study was analyzed using Statistical Packages for Social Sciences (SPSS). The observed coefficient for Cronchbach Alpha was 0.6698 and from the Guttman split half was 0.698.

3.4.3 Reliability of the Instrument

In order to ensure the reliability of the instrument, data collected from the pilot study was subjected to a reliability test using the Statistical Packages for Social Sciences (SPSS). Among the options selected for the reliability test were the Cronbach's Alpha and Guttman Split half methods. From the Cronbach's Alpha, a reliability coefficient of 0.698 was observed, while the Guttman Split half, a reliability coefficient of 0.6698 was observed. The instrument could be considered reliable for this study since the observed coefficients are high and could be approximated to one whole number as recommended by (Anastasi, 1980).

3.5 Procedure for Data Collection

The researcher with the help of four research assistants distributed the questionnaire to the literate respondents and at the same time administered the interview to the illiterate ones. The literate respondents were given four days to fill the questionnaire, after which they were collected by the researcher and her assistants. The responses received from the interview were recorded immediately accordingly. The mood of the respondents was peaceful as at the time the researcher met with them.

3.6 Procedure for Data Analysis

The data collected were statistically analyzed using Statistical Package for Social Sciences (SPSS). Frequencies and percentage were used to analyze the demographic variable, while frequencies, mean and standard deviation were used to answer the research questions.

Pearson Product Moment Correlation (PPMC) was used to test the three null hypotheses at 0.05 level of significance (2 – tailed) test because of the correlation involved in the testing. This 0.05 level of significance was used in accordance with what Best and Khan (1989), and Ekeh (2003) suggested that it is a standard used to test whether a null hypothesis is accepted or rejected.

CHAPTER FOUR

DATA ANALYSIS, PRESENTATION AND DISCUSSION OF RESULTS

This research is titled "Effects of Communication Strategies on Family Relationship in Nasarawa State". A total of 384 questionnaire were administered, out of which 370 were successfully filled and retrieved. These 370 respondents' responses form the basis of the data analysis in this chapter. The analysis in this chapter is presented in four sections as shown below:

4.1 Analysis of Bio-Data

4.2 Answers to Research Questions

4.3 Testing of Research Hypotheses

4.4 Discussion on Findings

4.1 Analysis of bio-data

Table 4.1.1: Distribution of Respondents by Sex

Sex	Frequency	Percentage
Male	220	59.5
Female	150	40.5
Total	**370**	**100**

The sex distribution of respondents according to Table 4.1.1 above revealed that 220 of the respondents representing 59.5% were males, while the rest 150 representing 40.5% were females.

Table 4.1.2: Distribution of Respondents by Age

Age in years	Frequency	Percentage
20-29	113	30.5
30-39	145	3902
40-49	88	23.8
50-59	15	4.1
60-69	5	1.4
70 and above	4	1.0
Total	**370**	**100**

The ages of the respondents as displayed on table 4.1.2 reveals that all ages from 20-70 and above were represented. Ages 20-29 had 133 respondents representing 30.5%, while 30-39 age group had 145 respondents (39.2%) as against 88 respondents (23.8%) that were between 40- 49 years, while 15 others representing 4.1 % were between 50-59 years. Ages 60-69 had 5 respondents representing 1.4%, while the rest 4 of the respondents representing 1.0% were 70 years and above.

Table 4.1.3: Distribution of Respondents by Years of Marriage

Years of Marriage	Frequency	Percentage
1-5	19	5.1
6-10	90	24.3
11-20	180	48.7
21-30	50	13.5
31-40	20	5.4
41 years and above	11	3.0
Total	**370**	**100**

Table 4.1.3 above revealed that 180 (48.7%) of the respondents have been married for 11-20years, 90(34.3%) have been married for 6-10years, 50 (13%) have been married for 21-30years, 20 others representing 5.4% have been married for 31-40years, as against 19 others representing 5.1% who have been married for

between 1-5years. The remaining 11 of them representing 3.0% have been married for over 41years.

Table 4.1.4 Distribution of Respondents by Number of Children

Number of children	Frequency	Percentage
1-5	200	54.1
6-10	110	29.7
11 and above	60	16.2
Total	**370**	**100**

Result of table 4.1.4 above showed that 200 of the respondents representing 54.1% have between 1-5 number of children, as against 110 others representing 29.7% that have between 6-10 number of children and the rest 60 (16.2%) have over 11 children.

Table 4.1.5: Distribution of Respondents by Qualification obtained

Qualification obtained	Frequency	Percentage
Primary/Non Formal Education	50	13.5
Secondary Education	70	18.9
OND	80	21.6
NCE	50	13.5
HND	50	13.5
First Degree	30	8.1
Masters	20	5.4
Ph.D	15	4.1
Professors	5	1.4
Total	**370**	**100**

According to the outcome of table 4.1.5 above, 80 of the respondents representing 21.6% have OND, while 70 others representing 18.9% have secondary education.

Respondents with primary or non-formal education were 50 (13.5%), the same representation by respondents with NCE qualification and HND respectively.

The table also shows that respondents with first degree were 30 (8.1%), while 20 respondents representing 5.4% had masters degree as against 15(4.1%) with Ph.D. The remaining 5 of the respondents representing 1.4% were professors.

Table 4.1.6: Distribution of Respondents by Occupation

Occupation	Frequency	Percentage
Farming	150	40.5
Civil servant	100	27.0
Medical personnel	50	13.5
Business	50	13.5
Others	20	5.5
Total	**370**	**100**

The occupation status of the respondents as displayed on table 4.1.6 above shows that 150 of the respondents representing 40.5% are into farming, while 100 others representing 27.0% are civil servants as against 50 (13.5%) who are medical personnel and business men and women respectively. The remaining 20 representing 5.4% are into other forms of occupation.

4.2 Answers to Research Questions

To be able to answer the research questions, data were subjected to the Statistical Package for Social Sciences (SPSS) to obtain the frequencies, means and standard deviation for weighted mean scores for question items. These were analysed in Tables 4.2.1 to 4.2.6. Final decision was based on the Four Points Likert Scale. Any mean score of 2.5 and above signified agreement to the item, while a mean score of 2.49 and below signified disagreement. The analysis of research questions 1 to 6 are presented as follows:

Research Question One: What is the communication strategies used in the husband/wife subsystem of the families in Nasarawa State? In answering this research question, section B of the questionnaire and items 1 to 10 were used.

Table 4.2.1: Weighted mean scores and standard deviation of Respondents' opinion on Communication Strategies used in the husband/wife subsystem of the families

Communication strategies used in husband / wife subsystem	SA (4)	A (3)	D (2)	SD (1)	Total	Mean	SD	Decision
Verbal Communication								
I use polite words such as "I love you" and "I'm sorry" in our communication.	39	31	200	100	749	2.02	.95	Disagreed
I speak out my feelings and ideas clearly to my partner in our conversation.	93	107	100	70	963	2.60	1.05	Agreed
I talk down on my spouse in our discussion because of the familiarity we have for each other.	200	133	16	21	1250	3.38	.82	Agreed
I apologise to my partner for the fault I commit without shifting the blame on him or her.	150	60	90	70	1030	2.78	1.17	Agreed
I use appreciative words such as " I appreciate all the things you have done for me all these years, and I don't feel complete without you" when we are communicating.	50	30	100	190	680	1.84	1.02	Disagreed
Non-verbal Communication								
I maintain consistent eye contact with my spouse when we are communicating which indicates that I have interest in the communication.	70	41	329	20	901	2.44	.86	Disagreed
I frown at my partner when we are conversing.	200	131	22	17	1254	3.39	.80	Agreed
I stand too far from or sit too close to my partner when we are communicating.	150	70	100	50	1060	2.86	1.10	Agreed
I tap my fingers or foot when I am discussing with my partner.	180	90	70	30	1160	3.13	.99	Agreed
I give my husband /wife special treats such as gifts on special occasions like birthdays and anniversaries and take him or her for special outings.	30	50	210	80	770	2.08	.82	Disagreed

In answering research question one, Table 4.2.1 revealed that the most widely communication strategies used in the husband/wife subsystem are that spouses frown at each other when communicating which had the highest mean score of (3.39), followed by a mean score of (3.38), where spouses talk down on themselves because of the familiarity they have for one another. Next on the mean score was 3.13, where respondents agreed that they tap their fingers or foot when they are communicating. The next high mean score was 2.86 where respondents agreed that they do stand too far or sit too close to their partners when they are communicating which indicates their lack of interest in the communication. This was followed by a mean score of 2.60, here respondents asserted that they speak out their ideas and feelings clearly in their conversation, followed by 2.44 and 2.08 where respondents indicated their disagreement of not maintaining consistent eye contact when they are conversing, not giving special treats on special occasions, and not using polite words in their communication. The least mean score was found to be 1.84, where respondents indicated that they hardly use appreciative words with their partners when they are communicating.

Research Question Two: What is the communication strategies used in the Parent/children subsystem of the Families in Nasarawa State?

Table 4.2.2: Weighted mean scores and standard deviation of Respondents' opinions on Communication strategies used in parent/children subsystem

Communication strategies used in parent/children subsystem.	SA (4)	A (3)	D (2)	SD (1)	Total	Mean	SD	Decision
Verbal Communication								
I give my children the opportunity to express themselves freely which opens line of communication.	90	30	50	200	750	2.03	1.26	Disagreed
I spend quality time with my children discussing and teaching them to respect and serve others.	40	60	70	250	510	1.84	1.05	Disagreed
I speak kindly with my children and this helps to quiet their turmoil.	30	20	50	270	550	1.49	.92	Disagreed
I listen carefully to my children as they speak out their minds to me.	280	40	10	40	1320	3.51	.97	Agreed
Non-verbal communication								
I reward my children for a good behaviour with a clap or fulfilling of promise.	50	40	100	180	700	1.89	1.06	Disagreed
I do not hug my children when we are communicating.	200	50	80	40	1150	3.71	1.09	Agreed
I do smile with my children when we are communicating.	60	80	190	40	900	2.43	.89	Disagreed
I show signs of disapproval and spanking to my children for the bad behaviour they commit.	210	30	80	50	1140	3.08	1.15	Agreed
I touch my children as a sign that I care and love them during our communication.	190	50	70	60	1110	3.00	1.16	Agreed

Table 4.2.2 showed communication strategies used in parent/children subsystem. These include; not hugging their children when they are communicating with a mean score of 3.71, listening carefully to their children as they speak out their minds with a mean score of 3.51, showing signs of disapproval and spanking their children for bad behaviour committed with a mean score of 3.08, touching their children when they are communicating with a mean score of 3.00, encouraging

their children to develop their own interest with a mean score of 2.76, not smiling with their children when they are communicating with a mean score of 2.43, not giving their children the opportunity to express themselves freely with a mean score of 2.03, not rewarding their children for a good behaviour, not spending quality time to discuss and to teach their children, not speaking kindly with their children with mean scores of 1.89, 1.84 and 1.49 respectively.

Research Question Three: What is the communication strategies used in the children/children subsystem of the families? Items 21 to 27 were used to answer this question.

Table 4.2.3 Weighted mean scores of respondents opinions on communication strategies used in children/children subsystem

Communication strategies used in children /children subsystem of the families.	SA (4)	A (3)	D (2)	SD (1)	Total	Mean	SD	Decision
Verbal Communication								
My older children tease the younger ones when they are discussing.	250	50	50	20	1270	3.43	.92	Agreed
My children tell fairy tales and sing songs to each other during their communication	90	50	150	80	890	2.41	1.08	Disagreed
My children disagree with each other when they are communicating.	170	100	70	30	1150	3.11	.98	Agreed
My children give the younger ones the opportunity to express themselves freely in their discussion.	50	70	100	150	760	2.05	1.07	Disagreed
My children do not hug themselves during a discussion.	60	40	175	95	805	2.18	.99	Disagreed
My children fight each other indicating their rivalry for each other.	200	60	70	40	1160	3.14	.56	Agreed
My young children interact with the new baby by playing with him or her.	180	70	90	30	1140	3.08	.53	Agreed

In Table 4.2.3, majority of the respondents agreed that their older children tease their younger children when they are communicating with a mean score of 3.43, followed by fighting (3.14), the next communication strategy that was indicated by respondents commonly used by their children was disagreeing with each other when they are communicating, with a mean score of 3.11, this was followed by the young children interacting with the new sibling by playing with him or her with a mean score of 3.08 children not telling fairy tales and singing of songs to each other with a mean score of 2.41, children hugging themselves when they are communicating with a mean score of 2.18, and this was followed by a mean score of 2.05 where respondents indicated that their older children do not give the younger ones the opportunity to express themselves freely.

Research Question Four: What is the Correlation between Communication strategies used in husband/wife sub-system and husband/wife relationship? Items 28 to 37 were used to answer this question.

Table 4.2.4: Weighted mean scores of respondents' opinions on correlation between communication strategies used in husband/wife subsystem and husband/wife relationship

Correlation between communication strategies used in husband/wife subsystem and husband/wife relationship.	SA (4)	A (3)	D (2)	SD (1)	Total	Mean	SD	Decision
When I speak polite words during our discussion it strengthens our relationship.	200	60	70	40	1160	3.14	0.56	Agreed
If I express my ideas and feelings clearly to my partner in our conversation, it promotes our relationship.	180	70	90	30	1020	2.76	.53	Agreed
If I make right choice of words in our discussion, it increases our intimate relationship.	200	40	60	70	1110	3.00	.63	Agreed
If I listen attentively as I discuss with my spouse, it strengthens our relationship.	270	20	50	30	1270	3.43	.53	Agreed
When I use appreciative words in our communication it strengthens our relationship.	290	40	30	10	1350	3.65	.39	Agreed
If I maintain consistent eye contact when we are communicating, it helps in strengthening our relationship.	190	50	80	50	1120	3.03	.39	Agreed
When I give my partner the correct feedback in our discussion, it strengthens our relationship.	260	70	10	30	1300	3.51	.44	Agreed
When I stand too far from or sit too close to my husband/wife when we are discussing, it scatters our relationship.	300	30	25	15	1355	3.66	.40	Agreed
When I tap my fingers or foot during our conversation it hinders friendliness in our relationship.	330	20	15	5	1415	3.82	.29	Agreed
When I give special treats to my spouse on special occasions, it strengthens our relationship.	280	40	30	20	1320	3.57	.43	Agreed

Table 4.2.4 showed the correlation between communication strategies used in husband/wife subsystem and husband/wife relationship. Respondents agreed that when they tap their fingers or foot during their conversation, it hinders friendliness in their relationship with a mean score of 3.82, they agreed that when they stand

too far or sit too close to their spouses when they are communicating, it scatters their relationship with a mean score of 3.66, when they use appreciative words in their communication, it strengthens their relationship with a mean score of 3.65, when they give their spouses special treats on special occasions, it strengthens their relationship with a mean score of 3.57, when they give their partners the correct feedback in their discussion, it strengthens their relationship with a mean score of 3.51. The next mean score was 3.43 where respondents agreed that when they listen attentively to their spouses as they discuss, it strengthens their relationship, followed with a mean score of 3.14 where respondents agreed that when they speak polite words with their partners, it strengthens their relationship. The next agreement of the respondents was that when they maintain consistent eye contact when they are communicating, it helps in strengthening their relationship with a mean score of 3.03. The following agreements by the respondents were that when they make right choice of words in their communication, it increases intimacy in their relationship with a mean score of 3.00 and that if they express their ideas and feelings clearly to their partners in their conversation, it promotes their relationship with a mean score of 2.76 respectively.

Research Question Five: What is the Correlation between Communication Strategies used in Parent/Children Subsystem and Parent/Children Relationship? Items 38 to 47 were used to answer this question.

Table 4.2.5: Weighted Mean Scores and Standard Deviation of Respondents' opinions on correlation between Communication Strategies used in Parent/Children Subsystem and Parent/Children Relationship

Correlation between communication strategies used in parent/children sub-system and parent/children relationship.	SA (4)	A (3)	D (2)	SD (1)	Total	Mean	SD	Decision
When I give my children the opportunity to express themselves in our discussion it promotes intimacy in parent/children relationship.	200	130	10	30	1240	3.35	.46	Agreed
If I spend quality time with my children discussing and teaching them to respect and serve others it increases intimacy in parent/children relationship.	300	50	16	4	1386	3.75	.30	Agreed
When I express myself clearly to my children and encourage them to develop their own interest it strengthens parent/children relationship.	340	15	10	5	1430	3.86	.26	Agreed
If I speak kindly with my children it quiets their turmoil, thereby promoting parent/children relationship.	333	20	10	7	1419	3.84	.29	Agreed
If I listen carefully to my children as they speak it strengthens parent/children relationship.	320	20	10	20	1380	3.73	.33	Agreed
If I reward my children for a good behaviour, it strengthens parent/children relationship.	299	50	13	8	1380	3.73	.33	Agreed
My inability to be able to hug my children when we are discussing scatters parent/children relationship.	270	90	7	3	1369	3.70	.33	Agreed
When I do not smile with my children as we communicate, it destroys parent/children relationship.	270	90	7	3	1367	3.69	.28	Agreed
If I show signs of disapproval to my children and spank them for bad behaviour it discourages the tendency to repeat a bad behaviour and this in turn increases intimacy in parent/children relationship.	250	100	18	2	1338	3.62	.32	Agreed
If I touch my children when we are communicating it helps in strengthening parent/children relationship.	200	150	18	2	1288	3.48	.32	Agreed

In Table 4.2.5 above, majority of the respondents agreed that when they express themselves clearly to their children and encourage them to develop their own interest, it strengthens parent/children relationship with a mean score of 3.86, respondents agreed that when they speak kindly with their children, it quiets their turmoil, thereby promoting parent/children relationship with a mean score of 3.84. This was followed by a mean score of 3.75 where respondents agreed that if they spend quality time their children discussing and teaching them to respect and serve others, it increases intimacy in parent/children relationship. The next mean scores were 3.73 and 3.73 where respondents agreed that if they listen carefully to their children as they speak, it strengthens parent/children relationship, and that if they reward their children for a good behaviour, it strengthens parent/children relationship respectively. This was followed by a mean score of 3.70. In this case, respondents agreed that their inability to be able to hug their children when they are communicating scatters parent/children relationship. The next mean score was 3.69. Respondents agreed here that when they do not smile with their children when they are communicating, it destroys parent/children relationship. This was followed by a mean score of 3.62, where respondents agreed that if they show signs of disapproval to their children and spank them for bad behaviour which discourages the tendency to repeat the bad behaviour, it in-turn increases intimacy in parent/children relationship. The last two mean scores were 3.48 and 3.35. The respondents here agreed that if they touch their children when they communicate, it helps in strengthening parent/children relationship and that when they give their children the opportunity to express themselves in their discussion; it promotes intimacy in parent/children relationship respectively.

Research Question Six: What is the correlation between communication strategies used in children/children subsystem and children/children relationship? Items 48 to 54 were used to answer this question.

Table 4.2.6 Weighted score means and standard deviation of respondents' opinions on correlation between communication strategies used in children/children subsystem and children/children relationship

Correlation between communication strategies used in Children/children relationship	SA (4)	A (3)	D (2)	SD (1)	Total	Mean	SD	Decision
When my older children tease the younger ones in their discussion, it promotes tension in children/children relationship.	300	20	30	20	1340	3.62	.44	Agreed
When my children tell fairytales and sing songs during their communication, it promotes intimacy in children/children relationship.	320	30	15	5	1405	3.08	.33	Agreed
If my children disagree with themselves when they are communicating, it rises tension in children/children relationship.	290	40	25	15	1160	3.14	.41	Agreed
When my older children do not give the younger ones the opportunity to express themselves freely in their discussion, it brings bitterness in children/children relationship.	250	100	10	10	1330	3.60	.35	Agreed
If my children hug themselves when they are communicating it helps in building children/children relationship.	50	50	100	170	720	1.95	.55	Disagreed
When my children fight each other, it indicates their rivalry for one another, and this action destroys children/children relationship.	270	70	25	5	1345	3.64	.35	Agreed
When my young siblings interact and play with the new baby, it promotes children/children relationship.	270	70	25	5	1345	3.64	.35	Agreed

From Table 4.2.6 above, it was revealed that respondents with a mean score of 3.64 agreed that when their young siblings interact and play with the new baby in the family, it promotes children/children relationship. They also agreed that when their older children tease their younger children in their discussion, it promotes tension in children/children relationship with a mean score of 3.62. Respondents with a mean score of 3.60 agreed that when their older children do not give their younger children the opportunity to express themselves in their discussion, that it brings bitterness in children/children relationship. This was followed by a mean score of 3.41. The respondents with this mean score agreed that if their children hug themselves when they are communicating, it helps in building children/children relationship. Respondents with a mean score of 3.14 agreed that if their children disagree with themselves when they are communicating, it rises tension in children/children relationship. A mean score of 3.08 had respondents who agreed that when their children tell fairytales and sing songs during their conversation, it promotes children/children relationship, while respondents with a mean score of 1.95 disagreed that when their children fight each other in the course of their discussion, it does not destroy children/children relationship.

4.3 Testing of Null Hypothesis

Hypothesis 1: This null hypothesis states that there is no significant correlation between communication strategies used in husband/wife subsystem and husband/wife relationship.

Table 4.3.1: Pearson Product Moment Correlation (PPMC)

Variables	N	Mean	S.D	Correlation index r	Critical index r	df	Sig (P)
Communication strategies used in husband/wife subsystem	370	27.7811	8.42909	.909*	.195	368	0.000
Correlation between communication strategies used in husband/wife subsystem and husband/wife relationship	370	33.8919	8.58493				

*Correlation is significant at the 0.05 level (2 – tailed)

Outcome of the Pearson Product Moment Correlation (PPMC) statistics above showed that significant correlation exists between communication strategies used in husband/wife subsystem and husband/wife relationship. This is because the calculated sig (p) level of 0.000 is less than the 0.05 level of significance at a correlation level of .909.

Hence the null hypothesis which states that there is no significant correlation between communication strategies used in husband/wife subsystem and husband/wife relationship is hereby rejected.

Hypothesis 2: This null hypothesis states that there is no significant correlation between communication strategies used in parent/children subsystem and parent/children relationship.

Table 4.3.2: Pearson Product Moment Correlation (PPMC) statistics correlation between communication strategies used in parent/children subsystem and parent/children relationship

Variables	N	Mean	S.D	Correlation index r	Critical index r	df	Sig (P)
Communication strategies used in parent/children subsystems	370	25.1351	9.11879	.741*	.195	.368	0.000
Correlation between communication strategies used in husband/wife subsystem and husband/wife relationship	370	36.7486	5.75649				

*Correlations significant at the 0.05 level (2 – tailed)

An understanding of the Pearson Product Moment Correlation (PPMC) statistic above revealed significant correlation between communication strategies used in parent/children subsystem and parent/children relationship.

Reason being that the calculated significance (p) value of 0.000 is less than the 0.05 level of significance at a correlation index r value of .741. Therefore the null hypothesis which states that there is no significant correlation between communication strategies used in parent/children subsystem and parent/children relationship is hereby rejected.

Hypothesis 3: This null hypothesis states that there is no significant correlation between communication strategies used in children/children subsystem and children/children relationship.

Table 4.3.3: Pearson Product Moment Correlation (PPMC) statistics on the correlation between communication strategies used in children/children subsystem and children/children relationship

Variables	N	Mean	S.D	Correlation index r	Critical index r	df	Sig (P)
Communication strategies used in children/children subsystem	370	19.3919	6.55768	.849*	.195	368	0.000
Correlation between communication strategies used in children/children subsystem and children/children relationship	370	23.6351	4.78982				

*Correlation is significant at the 0.05 level (2 – tailed)

Result of the above Pearson Product Movement Correlation (PPMC) showed that significant correlation exists between communication strategies used in children/children subsystem and children/children relationship.

This is because the calculated Sig (p) value of 0.000 is less than the critical 0.05 level of significance hence; the null hypothesis is hereby rejected.

4.4 Discussion on Findings

This study was carried out to examine the effects of communication strategies on family relationship in Nasarawa State. To this end therefore, three specific objectives and six corresponding research questions were formulated. The three null hypotheses were also set to guide the work. Three basic assumptions were postulated. These were:

1. That there is a correlation between communication strategies used in husband/wife subsystem, and husband /wife relationship.
2. That there is a correlation between communication strategies used in parent/children subsystem and parent/children relationship.
3. That there is a correlation between communication strategies used in children/children subsystem and children/children relationship.

Based on the findings of the study, it was revealed that majority of the respondents frown at their spouses when they are conversing with a mean score of 3.39 indicating their lack of interest or displeasure in the discussion. This supports Weber (1990), who stated that when a person frowns when communication is going on, it indicates disappointment and displeasure. The study also revealed that husbands and wives talk down on themselves because of the familiarity they have for each other and this had a mean score of 3.38. This finding is in line with Pelt (2002), where she stated that often familiarity leads to neglect and disregard and that spouses think they can say and do anything they like to each other. On this note therefore, Pelt stressed that spouses must say speeches that will tell that they care for each other. Other communication strategies used in the husband/wife subsystem as revealed in the findings include tapping of fingers or foot when they are discussing with a mean score of 3.13, standing too far or sitting too close to the partner speaking with a mean score of 2.86, feeling too proud to apologise for an offence committed with a mean score of 2.78, speaking out their ideas and feelings clearly to themselves when they are conversing with a mean score of 2.60, lack of maintaining consistent eye contact when they are communicating, with a mean score of 2.44, inability of couples, to give themselves special treats on special occasions with a mean score of 2.08. This was followed by mean scores of 2.02

and 1.84 where respondents do not use polite words in their communication, and do not use appreciative words when they are communicating respectively. These negative communication strategies are contrary to the opinions of Hilderband (1997) and Adejumo (2000). They highlighted positive words couples can use to include; "I appreciate all the things you have done for me all these years", "I'm so proud to be married to you" and that couples should remember special days like birthdays and anniversaries and give special treats by taking their wives for special outings. The study also revealed communication strategies used in parent /children subsystem in the state, as posed by research question 2, objective 2 as shown on Table 4. 2.2, to include; inability of respondents to hug their children when they are communicating which had a mean score of 3.71, this was followed by a mean score of 3.51 where respondents listen carefully to their children as they speak. It was also revealed that respondents show sign of disapproval and spank their children when they commit bad behaviour with a mean score of 3.08, the next communication strategy that was revealed was that respondents, touch their children when they are communicating with a mean score of 3.00. Respondents encourage their children to develop their own interest with a mean score of 2.76. These strategies are in line with Jibril (1992), who opined that parents should show signs of disapproval and spank them for a bad behaviour, that parents should touch their children when communicating and that they should encourage their children to develop their own interest. It was further revealed in the study that respondents with a mean score of 2.05 do not give their children the opportunity to express themselves freely when they are communicating, respondents with a mean score of 1.89 do not spend quality time to discuss and teach their children. These actions are contrary to the opinion of Pearl (2004), who stated that parents should

encourage their children to develop their own interest, spend quality time with them and teaching them to serve others and giving them the opportunity to express themselves freely.

The most predominantly communication strategies used in the children /children subsystem revealed as follows; older children teasing the younger ones in their communication as is in line with Pelt (1984), who stated that it is part of the lifestyle of children. This had a mean score of 3.43, children fighting each other with a mean score of 3.14, children disagreeing with each other with a mean score of 3.11, young children interacting by playing with new baby with a mean score of 3.08, children not telling fairytales with a mean score of 2.41, children hugging themselves with a mean score of 2.18 and older children not giving the older one the opportunity to express themselves freely with a mean score of 2.05. These are in line with Jibril (1992), who stated that all these actions taken by children illustrate the universally of harmony, rivalries and tensions that exist between siblings.

Responses to research question four on table 4.2.4 revealed that tapping of fingers or foot by a partner during a conversation hinders friendliness in husband/wife relationship, with a mean score of 3.82. This is in line with what Weber (1990), stated that tapping fingers or foot during a conversation by the listener indicates boredness or impatient with what is going on around him or her. On this note therefore Weber (1990), urged family members to use those body positions that will promote friendliness and receptiveness in husband/wife relationship. This was followed by mean score of 3.66 where respondents strongly agreed and agreed that standing too far or sitting too close to a partner speaking makes him/her feel uncomfortable in their conversation, and that this action destroys husband/wife

relationship. This is also in line with Weber (1990), where he stated that sitting too close to a person speaking and invading that space or standing too far may make the second person feel uncomfortable which can destroy intimate husband/wife relationship. The next highest mean score was 3.65, where respondents strongly agreed and agreed that appreciative words such as "I appreciate all the things you have done for me all these years", and "I don't feel complete without you" they use in their communication promotes husband/wife relationship. These opinions are in line with what Hildebrand (1997), highlighted on what spouses should say to each other in order to promote husband/wife relationship. These include: "I appreciate all the things you have done for me all these years", "you are the best friend I have", "I was wrong", "if I had to do it again, I would still marry you", and the likes. Unfortunately, couples in Nasarawa state rarely use these appreciative words in their communication.

It is also on this note that Adejumo (2000) and Pelt (2000), highlighted some strategies the husband and wife could do so as to promote husband/wife relationship. These include leaving special notes by writing a love note and dropping where the wife can find, making special trips to a particular room where a partner is and give him or her a peck or a kiss, and tell that partner "I Love you", adapting your husband by programming your life to fix properly into his, and the rest, so as to strengthen husband/wife relationship.

Findings on the fifth research question revealed that the highest mean score was 3.86 where respondents strongly agreed and agreed that when they discuss with their children and encourage them to develop their own interest, it strengthens parent/children relationship. This is in line with Pearl (2004), where she stated that in parent/children communication, parents should help their children by

encouraging them to develop their own interest, and by doing so, it will build up parent/children relationship. Respondents with a mean score of 3.84 agreed that when they speak kindly with their children, it quiets their turmoil's, thereby promoting parent/children relationship. This is in line with Cloud and Townsend (1998), where they encouraged parents to provide bond, love and speaking kindly with their children so that they can quiet their turmoil with their attachment which will strengthen parent/children relationship. The next mean score of respondents' opinions was 3.75. Here respondents strongly agreed and agreed that when they spend quality time with their children discussing and teaching them, it increases intimacy in parent/children relationship. This is in agreement with Jibril (1992), who stated that parents should make it a point of duty to create time for the whole family fun– time so as to strengthen parent/children relationship.

Concerning the correlation between communication strategies used in the children/children subsystem and children/children relationship, the findings revealed that when young siblings interact with the new baby, it promotes children/children relationship with a mean score of 3.64. This was followed by older children teasing the younger ones in their communication, which promotes tension in children/children relationship and this has a mean score of 3.62, followed by a mean score of 3.60. Here, respondents agreed that when their older children do not give their younger children the opportunity to express themselves freely in their communication, it brings bitterness in children/children relationship. This was followed by a mean score of 3.41 where respondents agreed that if their children hug themselves when they are communicating, it helps in building children /children relationship. The next mean score was 3.14 where respondents agreed that if their children disagree with themselves when they are

communicating, it rises tension in children/children relationship. Respondents with a mean score of 3.08 agreed that when their children tell fairytales and sing songs during their communication, it promotes intimacy in children/children relationship. Respondents with a mean score of 1.95 disagreed that when children fight, it does not destroy children/children relationship. These opinions are inline with Pelt (1984), who stated that these actions exist between siblings and they either promote harmony between siblings or they heighten tension in children/children relationship.

Major findings in the study revealed that majority of spouses in Nasarawa State frown at each other as they communicate as this had the highest mean score of 3.39 and this was followed by a mean score of 3.38, where respondents asserted that they talk down on their spouses because of the familiarity they have for each other.

In the parent/children subsystem, the communication strategy commonly used is that the respondents take their time to listen carefully when their children speak to them as it had a mean score of 3.51, and on the other hand, the respondents do not spend quality time with their children as they asserted in their opinions.

In the children/children subsystem, the communication strategy commonly used by the children is the teasing of the younger children by the older ones with a mean score of 3.43.

The outcome of the Pearson Product Moment Correlation (PPMC) (2–tailed) revealed a significant correlation between communication strategies used in all the subsystems and their relationships, as all the calculated index r were found to be greater than all the critical index r of .195, and all the calculated sig (p) were found to be 0.000 which were less than the critical 0.05 level of significance. The three null hypotheses were thereby rejected.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

This chapter presents the summary, conclusion and recommendations as well as suggestion for further research.

5.1 Summary

In this research titled "Effects of communication strategies on family relationship" in Nasarawa State sampled 370 married respondents. The study was presented in five chapters. Chapter one presented the introduction, background of the study including statement of the problem as well as objectives of the study. The major objective was to examine the effects of communication strategies on family relationships in Nasarawa State. The specific objectives were to determine communication strategies used in the husband/wife subsystem of the families, identify communication strategies used in the parent/children subsystem of the families and determine communication strategies used in the children/children subsystem of the families. The research questions, null hypotheses, significance of the study, assumptions of the study as well as scope of the study were also stated here. The three null hypotheses were tested at 0.05 (.000) level of significance, and the Pearson Product Moment Correlation (PPMC) was used.

Chapter two presented detailed related literature review citing several authors and related sources. The conceptual frame work was also discussed in chapter two. Literature review highlighted among others: concept of communication, ways of communication used in the family which could be verbal or non–verbal communication, and ways of improving communication in the family.

Chapter three presented the research methodology, design, population for the study, sample size and sampling procedure, instrument for data collection, method of data collection, reliability test, and pilot study as well as method of data analysis.

Chapter four concentrated on the detailed data analysis of the study, presentation, and discussion of results supported by sources, and major findings of the analysis were also presented in this chapter.

Chapter five presented the summary, conclusion, recommendations as well as suggestions for further studies.

Findings drawn from responses to research questions revealed that the most common communication strategies used in Nasarawa State are: talking down on each other by spouses because of the familiarity they have for one another, frowning at each other when they are communicating inability of spouses to use polite words. The findings also revealed that the parents are not used to hugging their children when they are communicating, and the parents do not spend quality time to discuss with their children. It was further revealed that the older children tease the younger ones, and the children are fund of fighting each other. The findings finally revealed that there exists a significant correlation between communication strategies used in the family and family relationships.

5.2 Conclusion

Considering the findings in this study, it can be concluded that families in Nasarawa State face some challenges in their relationships. These challenges are further compounded by the use of ineffective communication strategies used by

family members. This can explain the reason for rapid increase in breaking of marriages and high rates in divorce, indulging in indiscipline activities by children because of failure of parents to spend quality time with their children educating them on the dangers of such negative activities. It can be concluded that strong intimate family relationship depends on family members employing positive communication strategies such as the children learning to share, and give and take at an early stage of life. This they can do with the help of the parents communicating by educating the children, and the husband and wife on their part should care for one another by respecting and paying special attention to each other.

5.3 Recommendations

The following recommendations are made based on the findings of the study.

1. Parents should reward and punish their children as the case warrants in order to strengthen parent /children relationship.
2. Parents should be enlightened through the mass media on good communication strategies that can bring unity, understanding and stable relationships.
3. Children should be encouraged to read articles and books that promotes good behaviour and love for their parents and other siblings.
4. Husbands and wives should use polite and appreciative words in their conversation.
5. Elderly children in the family should be allowed to take part in decision making of the family.

6. Parents should spend quality time with their children discussing and teaching the children to respect which will help in building intimacy in parent/children relationship.
7. Husband and wife should give special treats to each other like giving gifts on special occasions and going for special outings.

5.4 Suggestions for further Study

1. Effects of socio-economic status on communication strategies used by the family and their effects on family relationship.
2. Effect of socio-cultural beliefs on communication strategies used by family members and their effects on family relationship.

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APPENDIX I

Vocational and Technical Education Department,
Alhmadu Bello University,
Samaru – Zaria.

Dear Respondents,

REQUEST TO RESPOND TO QUESTIONNAIRE

I am an M. Ed student of the above named institution undertaking a study on the "Effects of communication Strategies on Family Relationship", in Nasarawa State. Please kindly complete the questionnaire as accurately as possible. All information given will be treated confidentially, and used only for academic purposes.

Thanks for your cooperation.

Yours faithfully,
Susan Arenson Anda

APPENDIX II

SECTION A. Personal information (Bio-data) of Respondents

1. Gender
   a. Male [ ]
   b. Female [ ]
2. Age in years
   a. 20 – 29 [ ]
   b. 30 – 39 [ ]
   c. 40 – 49 [ ]
   d. 50 – 59 [ ]
   e. 60 – 69 [ ]
   f. 70 and above [ ]
   Christianity [ ]
   g. Islam [ ]
   h. Traditionalist [ ]
   i. Others, please specify [ ]
3. Years of marriage
   a.1 – 5 [ ]
   b. 6 – 10 [ ]
   c. 11 – 20 [ ]
   d. 21 – 30 [ ]
   e. 31 – 40 [ ]
   f 41 and above [ ]
4. Number of children
   a. No child [ ]
   b. 1 – 5 [ ]
   c 6 – 10 [ ]
   d. 11 and above [ ]
5. Qualification obtained
   a. Primary/ Non-formal education [ ]
   b. Secondary [ ]

c. OND [ ]

d. NCE [ ]

e. HND [ ]

f. First Degree [ ]

g. Masters [ ]

h. Ph. D [ ]

i. Professor [ ]

j. Others please specify [ ]

6. Occupation

   a. Farming [ ]

   b. Civil Servant [ ]

   c. Medical Personnel [ ]

   d. Business [ ]

   e. Others, please specify [ ]

APPENDIX III

SECTION B

You are to tick [✓] after each statement, the options most appropriate to you in the spaces provided

Key

SA - Strongly Agreed

A - Agreed

D- Disagreed

SD- Strongly Disagreed

	Communication strategies used in husband / wife subsystem	**SA (4)**	**A (3)**	**D (2)**	**SD (1)**	**Total**	**Mean**	**SD**	**Decision**
A	**Verbal Communication**								
1	I use polite words such as "I love you" and "I'm sorry" in our communication								
2	I speak out my feelings and ideas clearly to my partner in our conversation.								
3	I talk down on my spouse in our discussion because of the familiarity we have for each other.								
4	I apologise to my partner for the fault I commit without shifting the blame on him or her.								
5	I use appreciative words such as " I appreciate all the things you have done for me all these years, and I don't feel complete without you" when we are communicating.								
B	**Non-verbal Communication**								
6	I maintain consistent eye contact with my spouse when we are communicating which indicates that I have interest in the communication.								
7	I frown at my partner when we are conversing.								
8	I stand too far from or sit too close to my partner when we are communicating								
9	I tap my fingers or foot when I am discussing with my partner								
10	I give my husband /wife special treats such as gifts on special occasions like birthdays and anniversaries and take him or her for special outings.								

	Communication strategies used in parent/children subsystem.								
A 11	I give my children the opportunity to express themselves freely which opens line of communication								
12	I spend quality time with my children discussing and teaching them to respect and serve others.								
14	I speak kindly with my children and this helps to quiet their turmoil.								
15	I listen carefully to my children as they speak out their minds to me								
B 16	**Non-verbal communication** I reward my children for a good behaviour with a clap or fulfilling of promise.								
17	I do not hug my children when we are communicating								
18	I do smile with my children when we are communicating								
19	I show signs of disapproval and spanking to my children for the bad behaviour they commit.								
20	I touch my children as a sign that I care and love them during our communication.								
	Communication strategies used in children /children subsystem of the families								
A 21	**Verbal Communication** My older children tease the younger ones when they are discussing.								
22	My children tell fairy tales and sing songs to each other during their communication								
23	My children disagree with each other when they are communicating								
24	My children give the younger ones the opportunity to express themselves freely in their discussion								
25	My children do not hug themselves during a discussion								
26	My children fight each other indicating their rivalry for each other								
27	My young children interact with the new baby by playing with him or her.								

	Correlation between communication strategies used in husband/wife subsystem and husband/wife relationship								
28	When I speak polite words during our discussion it strengthens our relationship								
29	If I express my ideas and feelings clearly to my partner in our conversation, it promote our relationship.								
30	If I make right choice of words in our discussion, it increases our intimate relationship								
31	If I listen attentively as I discuss with my spouse, it strengths our relationship								
32	When I use appreciative words in our communication it strengthens our relationship								
33	It I maintain consistent eye contact when we are communicating, it helps in strengthening our relationship								
34	When I give my partner the correct feedback in our discussion, it strengthens our relationship								
35	When I stand too far from or sit too close to my husband/wife when we are discussing, it scatters our relationship								
36	When I tap my fingers or foot during our conversation it hinders friendliness in our relationship								
37	When I give special treats to my spouse on special occasions, it strengthens our relationship								
	Correlation between communication strategies used in parent/children sub-system and parent/children relationship								
38	When I give my children the opportunity to express themselves in our discussion it promotes intimacy in parent/children relationship								
39	If I spend quality time with my children discussing and teaching them to respect and serve others it increases intimacy in parent/children relationship								

40	When I express myself clearly to my children and encourage them to develop their own interest it strengthens parent/children relationship								
41	If I speak kindly with my children it quiets their turmoil, thereby promoting parent/children relationship								
42	If I listen carefully to my children as they speak it strengthens parent/children relationship								
43	If I reward my children for a good behaviour, it strengthens parent/children relationship								
44	My inability to be able to hug my children when we are discussing scatters parent/children relationship								
45	When I do not smile with my child as we communicate, it destroys parent/children relationship								
46	If I show signs of disapproval to my children and spank them for bad behaviour it discourages the tendency to repeat a bad behaviour and this in turn increases intimacy in parent/children relationship								
47	If I touch my children when we are communicating it helps in strengthening parent/children relationship								
	Correlation between communication strategies used in Children/children relationship								
48	When my older children tease the younger ones in their discussion, it promotes tension in children/children relationship								
49	When my children tell fairytales and sing songs during their communication, it promotes intimacy children/children relationship								
50	If my children disagree with themselves when they are communicating, it rises tension in children/children relationship								

51	When my older children do not give the younger ones the opportunity to express themselves freely in their discussion, it brings bitterness in children/children relationship								
52	If my children hug themselves when they are communicating, it helps in building children/children relationship								
53	When my children fight each other, it indicates their rivalry for one another, and this action destroys children/children relationship								
54	When my young siblings interact and play with the new baby, it promotes children/children relationship								