# PERCEIVED CAUSES AND REMEDIES OF DIVORCE AMONG MARRIED COUPLES IN KANO METROPOLIS: IMPLICATIONS FOR MARITAL COUNSELLING

**BY**

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**ZARIA**

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## DECLARATION

I declare that this work entitled "PERCEIVED CAUSES AND REMEDIES OF DIVORCE AMONG MARRIED COUPLES IN KANO METROPOLIS" was carried out by me in the Department of Educational Psychology and Counselling. The information derived for the literature has been duly acknowledged in the text and list of references provided. No part of this thesis had previously been used for another degree or diploma at any University.

_____ _____

Date

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## CERTIFICATION

This thesis entitled "PERCEIVED CAUSES AND REMEDIES OF DIVORCE AMONG MARRIED COUPLES IN KANO METROPOLIS" by Baba Yahaya Khalid meets the regulations governing the award of Master's Degree (M. Ed) Guidance and Counselling of Ahmadu Bello University, Zaria, and is approved for its contribution to knowledge and literary presentation.

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# DEDICATION

## ACKNOWLEDGEMENTS

## ABSTRACT

The study sought to find out "Perceived Causes and Remedies of Divorce among Married Couples in Kano Metropolis". Population for this study consists of some selected married couples within the Kano metropolis. The population of the study mainly couples still in marriage were selected in the area totalling 1195. Eleven (11) quarters were selected from each of the three (3) local government areas of Kano metropolis through cluster sampling. To maintain justice from the target population of married couple, 20% each cohort was selected using simple random sampling technique. This is in line with Cruises (2001) who observed that the sample of any given research can be ten percent (10%) or 20% of the population. The total sample was therefore two hundred and thirty nine. A structured questionnaire tagged Couples Perceived Causes and Remedies of Divorce Questionnaire (CPCRDQ) designed by the researcher was used for study. The researcher adaptedmaterials fromOnwuosanya (2009). The descriptive statistics of frequency count and percentage was used to analyse and interpret the results of the research questions while Null hypothesis 1 and 4 were tested using the Mann-Whitney test statistics to determine presence or presence of significant differences between male and female respondents. While null hypotheses 2, 3, 5 and 6 were tested using the chi- square. All hypotheses are tested at 0.05 alpha level of significance. It was found that the couples differ in their perception of the causes of divorce ($z = 4.22$, $p = 0.00$); The married males differ in their perception of the causes of divorce ($X^2 = 157.036$, $p = 0.001$ ); The married females differ in their perception of the causes of divorce ($X^2 = 101.022$, $p = 0.001$) ; The couples differ in their perception of the remedies of divorce ($z = 4.86$, $p = 0.00$); The married males differ in their perception of the remedies for divorce ($X^2 = 59.210$, $p = 0.003$); and The married females differ in their perception on remedies for divorce ($X^2 = 94.714$ $p = 0.002$). recommendations includes there is an obvious need for pre-marital counselling for young men and women in our society to prepare their minds adequately for marriage and the counsellors should utilize the mass media such as television in the creation of awareness.

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## OPERATIONAL DEFINITION OF TERMS

The following are the operational definition of terms:

**Divorce:** Separation between husband and wife

**Perception:** Interpretation about what someone observes

# CHAPTER ONE

# INTRODUCTION

## 1.1 Background to the study

In the African tradition, there is strong belief that unless a person is married he/she is not regarded as responsible or worthy of honour. Marriage is a rite which affirms love; provide a source of social recognition which serves as a gate way to legal procreation, responsibilities and mutual benefits. Marriage is therefore, a sacred and permanent contract which is assumed to be enacted when two people; man and woman, decided to be together for life as companions in the present of at least two or more witnesses to exchange the formal consent to live a life of love and caring for each other, for the purpose of promoting their mutual growth and welfare as person in their journey together through life.

Religious and socio-cultural beliefs consider the matrimonial home as sacred as such marriage is expected to be "for life" hence ultimate satisfaction is expected to be found in marriage. Abubakar (2009) cited Lonial (2004) noting that factors like education, environment and social values shows the tendency for marriage people to deviate significantly. Latid et al (2002) are of the opinion that conflicts are bound to emanate from the marriage relationship since it involves Human beings who have come from various cultural backgrounds and have different individual and societal values. He further stated that the sum of the couples' reactions to their marital problems will ultimately determine the survival of their marriage or its failure

Unstable marriage; According to Onwuosanya(2009) are characterized by lack of love, dishonesty, lack of positive communication, lack of care and home management. There is a lot of chaos, pride and irrational thinking. These; he said, have been the source of emotional

problem, especially for the wives and children It occurs where the element that promote marital fulfillment are absent. These include love, respect, effective communication, understanding, endurance, patient and tolerance. Relationships are all about give and take, and to maintain them people must be willing to do the work. Today dissolution of marriage is being used as the easy way out when couples can no longer agree. Although people tend to think carefully before they get marriage, the rate of divorce continuously rise nowadays.

From the past to present, people all over the world have determined to live together, which is called marriage, so that they can depend on each other. Though, as a result of so many factors, some couples are unable to maintain their relationship; therefore they choose divorce, which is one of the solutions to cope with problems between husband and wife. Most people think carefully before they get married. However, the divorce rates trend to continually increase lately. It might be argued that divorces can be taken easier than the past. There are three main causes of divorce: The first significant cause of recent rise in the rates of divorce is that women completely change their roles. In the past, men have to earn the money to afford the expense of family, whereas woman only does housework, women have no money which leads them to depend on their husband's money. Because of these situations, it is too difficult for most women to separate from their husbands. None the less, these situations have entirely changed. The equality between men and women in roles are very clear at the moment, the women can work outside to earn money, while men share the household tasks such as cooking, cleaning, washing as well as caring for children. It can be clearly seen that women are independent from money as they can earn money by themselves to support their living cost; hence could contemplate divorce at the slightest provocation. Another cause to confirm the recent increase in divorce rates is stress in modern living. Many people, who live in globalization, have

considerable pressures to earn money. Since money is never enough and some couples cannot effectively manage their finances, tension sets in hence the next consideration is divorce.

### 1.2. Statement of the Problem

Kano township; as in other typical Hausa setting, is saturated with young woman who are not in their matrimonial homes. It is very difficult to differentiate those who were once married and those who were not, as most of the divorces are very young. This shows the high rate of divorce in the area, couples in the area hardly stay to celebrate the second anniversary of their marriages. A casual visit to customary courts show an average of two divorce cases per day. According to Kano state government figures, the state has the highest divorce rate in Nigeria and quite possibly one of the highest rates in the world, with a staggering 80% of marriages reportedly collapsing. While the NGO, Voice of Divorcées and Widows Association of Nigeria (VOWAN) estimates incredibly, that there are one million divorcees and widows in the state!

This widespread marital failure leaves a string of broken homes and a gradual breakdown of the family unit which according to government officials forms the foundation of societal ills as children from these circumstances, become susceptible to social vices such as prostitution, begging and drug abuse. The women with little or no formal education and skills become dependent on family members, vulnerable (to social vices) and in rare cases, even stigmatized. It is in recognition of this crisis that the Kano state government via the Hisbah board (Shariah implementation agency) in conjunction with the NGO, VOWAN headed by HajiyaAltineAbdullahi, a divorcée herself, came up with the mass marriage scheme to address this social malaise. On Tuesday 15th May, 2012 Nigeria witnessed its first mass wedding in the Northern city of Kano when 100 couples were married off by the Kano state government under a programme to address the high rate of divorces in the state. The Kano State Hisbah Board also gave out 1,111

persons in marriage on 19th December 2013. the event, the fourth of its kind since May 2012, So far, officials say 4,461 couples have been married enmasse.

The inability of people to get married, the state government argued, could result in security threats. The state was of the view that the propensity to turn to crime or other social vices will be reduced if they are married and have family responsibilities. The state Governor EngrRabiuKwankwaaso who described the event as unprecedented in the history of the West African sub-region, further stressed that the marriage programme was initiated to help people strengthen the family institution and halt social crimes in the society, most of which were as a result of erosion of family values.

Most parents now; due to love for material wealth, abandon their primary responsibility of inculcating positive values in their children, this has led to decreasing moral values, as such; according to Onwuasonya (2009), many people entire marriage with unrealistic expectations, again many marry the wrong person for wrong reasons, also marriage is very difficult type of relationship even if one chooses a partner wisely. Furthermore, little time or effort is put into developing the relationship skill needed to maintain a stable marriage.

Despite efforts by religious leaders and significant others of creating harmonious living relationship in marriage, the incidence of marital conflict still exist. The aim of this study is to find out the perceived causes and remedies of divorce among married couples in Kano metropolis

### 1.3 Objectives of the Study

This study was designed to identify the:

1. Causes of divorce as perceived by married couples in Kano Metropolis

2. Causes of divorce as perceived by married males in Kano metropolis.

3. Causes of divorce as perceived by married females in Kano Metropolis

4. Remedies for divorce as perceived by married couples in Kano Metropolis

5. Remedies for divorce as perceived by married males in Kano metropolis.

6. Remedies for divorce as perceived by married females in Kano Metropolis

## 1.4 Research Question

The following research questions guided the study

1. What are the Causes of divorce as perceived by married couples in Kano Metropolis?

2. What are the Causes of divorce as perceived by married males in Kano metropolis?

3. What are the Causes of divorce as perceived by married females in Kano Metropolis?

4. What are the Remedies for divorce as perceived by married couples in Kano Metropolis?

5. What are the Remedies for divorce as perceived by married males in Kano metropolis?

6. What are the Remedies for divorce as perceived by married females in Kano Metropolis?

## 1.5 Research Hypotheses

The following hypotheses were tested in the study at 0.05 level of significance:

**$H0_1$**: There is no significant difference in theCauses of divorce as perceived by married couples in Kano Metropolis

**$H0_2$**: There is no significant difference in the Causes of divorce as perceived by married males in Kano metropolis.

**$H0_3$**: There is no significant difference in the Causes of divorce as perceived by married females in Kano Metropolis

**$H0_4$**: There is no significant difference in the Remedies for divorce as perceived by married couples in Kano Metropolis

**$H0_5$**: There is no significant difference in the Remedies for divorce as perceived by married males in Kano metropolis.

**$H0_6$**: There is no significant difference in the Remedies for divorce as perceived by married females in Kano Metropolis

### 1.6 Basic Assumptions

The following basic assumptions have been made:

1. Husband and wife will differ in their perception of the causes of divorce
2. The differences in perception could be as a result of differences in Age, Gender or Educational qualifications
2. Husband and wife may likely have similar perception to the causes of divorce.

### 1.7 Significance of the Study

This study is significant not only for the counsellors but also for the benefit of the Hausa society in Kano metropolis. The study will be of benefit to the married couples, divorcees, policy makers, unmarried ladies and boys. The result of the study will serve as pre-marital and post- marital guidance and counselling tool for couples. Reducing the rate of the divorce will

be beneficial in forestalling the negative effects of divorce. The government and non-governmental organizations will benefit from it as they make efforts to curtail the problems of divorce in Kano metropolis.

The significance of this work also is to find the solution of divorce and its remedy among couple of Kano metropolis particularly Hausa Community. The findings will be of importance to married couples by knowing the causes and remedy of divorce. It will be significant to the entire Hausa couple in Kano State as a tool to capture the remedy of rampant divorce. It is also important for the religious bodies to create the avenue of preaching and imparting the counselling prefectures on divorce among couples. The finding of this study will also useful to the researchers of similar work and relate to it as references. There is a justification for this study on the divorce as social problems whose effects can affect couple and academic progress of almost all students.

This study is expected therefore, to provide advice, suggestion, and contribution to married couples. The role of Counselling cannot be over emphasized in reducing divorce problems among couples. Sometime couples needs training and regular practices. Couples also use wrong perception among themselves, such attitude indicate bad behaviour, wrong of way of interpretations, lack of feedback, and in appropriate method of cohabitation.

## 1.8 Scope and Delimitation of the study

This research work covered issues of causes of divorce and its remedies among couples in Kano metropolis. The study investigated the menace of divorce among local government in Kano metropolis only. The scope of this research study is limited to Hausa couples, of Kano metropolis due to time factors and social constraints only three local governments out of Six (6) within the metropolis were selected to represent the whole population of the Kano Metropolis.

The local government are; Dala, Gwale and the Kano Municipal local government. The study is delimited to mrried couples who are Islamicallylegally married and living together as husband and wife.

The age, Educational qualification and occupation of the couples was analyzed in the study

## CHAPTER TWO

## REVIEW OF RELATED LITERATURE

### 2.1 Introduction

This chapter presents a review of related literature based on the following subheadings:-

2.2 Conceptual Framework

2.3 Theoretical Frame Work

2.4 Process of Divorce

2.5 Marital Counselling

2.6 Perception

2.7 Empirical Studies

2.8 Summary of the Review

### 2.2 Concept of Divorce

Divorce is widely known as a convenient or inconvenient separation resulting from dissatisfaction among the married patterns. Alvart (1982) divorce is a legal dissolution of marriage, a complete separation or disunion between two people after entering into marriage contact. While Holmes (1992) described divorce as a climax to long period of unhappiness and a legal way out of a situation which couple considered intolerable Lemu (1998) observed that divorce means the breaking of the marriage bond. Religiously, marriage is intended to be a lifelong partnership (Stinnatt, 1978, p.166) observed that divorce varies, depending on the customs of the people concerned. The husbands may for example, order their wives out of the matrimonial home and inform the in-laws of their intention to end the marriage. According to Lemu (2001) divorce means the breaking of marriage bond. It is also intended to be a lifelong

partnership. He also noted that divorce is unlikely when both partners find security and happiness and are able to establish a family and bring up their children. He further noted that marriage; however, runs into problems, and one or both of partners want to separate. Abusa'id (2001) said that sometimes, these problems can be solved and the marriage continues; while sometimes the problems are intractable and lastly end in divorce.

Kendall (2003:487) asserts that divorce is the legal process of dissolving a marriage that allows former spouses to remarry if they so choose. Most divorces today are granted on the grounds of irreconcilable differences, meaning that there has been a breakdown of the marital relationship for which neither partner is specifically blamed. Haralambos and Holborn (2004) view divorce as the legal termination of a marriage.

Divorce is therefore a legal or formal separation sought by either the husband or the wife or both in order to discontinue as married couple. It occurs where the element that promote marital fulfillment are absent. These include love, respect, effective communication, understanding, endurance, patient & tolerance.

### 2.2.1 Forms of Divorce

It is difficult to provide accurate statistics on the actual rate of divorce in Nigeria due to the fact that not all cases of divorce are reported and recorded but literature and media reports indicate a high rate of divorce. In media report in (1997) noted that about forty percent of the marriage contracted every year in Nigeria end up in divorce or separation. Similarly Hurley (2005) stated that divorce rates have increased markedly in United States, Britain, South Korea, Canada and Brazil, Nigeria and South Africa to mention but few countries. Hurley (2005) reported that in united states of America, the rate of divorce in the (2001) survey forty one percent for men who were between age 50 -90 and 39 percent for women in the same age group , Also about sixty

percent of all marriages that eventually ended up in a divorce. This occurred within first to twenty years of marriage. The 2006 survey in Nigeria also show that there were about eight new marriages per ten which was divorced.

### 2.2.2 Forms of Divorce in Islam

Divorce classified in various ways among several dimension of this classification is the contra lawful divorce.

a. **The Simple Revocable Divorce**.

When it becomes clear evidence after the exhaustion of all the other peaceful means of reconciliation, that divorce is the only recourse left, this should be concluded. That is if eligible the man will pronounce his fresh pure wife divorce, using specific terms, before two significant as the preceding and concomitant conditions. Form of divorce does not terminate the marriage completely, much less does it necessary entail any resentment or unkindness, the man is unequivocally obliged, among other things to keep the woman in the same home or least furnish her with a comfortable residence, which will be easily accessible to him. She may not be evicted from her home nor should she leave it, unless she has committed manifest offence of indecency.

**b. The double revocable divorce:**

Having made the first pronouncement of divorce, the man may wait for the woman to recover from her very next monthly course and enter into a new state of fresh purity. Then there will be three lawful alternatives; the first two of which have already been mentioned in connection with the simple revocable. The three alternatives:-

1. Revocation.
2. Waiting for the probationary period to expire at which time the divorce become ultimately final, and
3. Making another pronouncement in the same way as the first and with the same implication of residence, provision, revocability. Etc. should be third alternative of making another pronouncement be chosen this will be second revocable divorce. Hausa bachelors and married couples so that they can re-order their marital relationship.

**b. The Triple Irrevocable Divorce:**

Here again after the second revocable divorce the same three alternatives with the same implications obtain if the third alternative are chosen once more, it will be the triple irrevocable divorce. At this point, it becomes clear that reconciliation is extremely remote, if not possible. The trice divorce woman, whose final waiting period has expired, is free to marry whomever she wished. But she is absolutely forbidden to her first husband unless she has remarry in a normally consummated union and for some valid reasons, become divorce or widowed.

**2.2.3 Causes of Divorce**

The following are some of the common causes of divorce especially among the hausa communities:

**Poverty**:

Poverty is the main factor that destabilizes the couple in a marriage. When a man is not able to take care of his wife or the family and the wife has no occupation to support the family, conflicts arise frequently in the family. Feeding is the most important financial obligation of the husband.

It is said that a hungry man is a angry man. Issues that are mild in nature generate quarrels amongst the spouses, these leads to communication breakdown and constant friction in the family. Children of such home become a burden to the family and may have find for themselves leading them into criminal activities.

**Polygamy**

Polygamy is derived from Greek word meaning multiple marriage. It is a form of marriage in which a man marries more than one wife. This form of marriage is allowed in Islam and most African society, especially the African society. The reason for such marriage is usually lack of sexual satisfaction from one woman or quest for a male child.

Most of such marriages are characterized by suspicion among the women, jealousy, quarrels and doubts which are country to0 peaceful home.

**Personal Attitudes**

During courtship, the couples do all they can to please each other. Immediately they come together as husband and wife under the same roof and sharing the same things, certain irreconcilable difference begins to manifest themselves. If the couples do not sit down to discuss their differences and chart away out they will start to complain over little things. They love they once share filters away giving way to quarrels, claims and counter claims, doubts sets in and the couples will never be the same again.

**Third Parties**

In the African setting, it is not only the man that marries the wife, but the husband's entire family and the community at large.

The greatest problem of marriage are the in-laws some father and mother in-laws wants to dictate to the couples an issues that affects the life of the couples, they see their son as someone that must be protected against the “evils” of a woman, if their son refuse to succumbs to their pressures they concluded that the wife has “bewitched” their son and try all diabolical means to separate the husband and wife.

Friends of husband and those of the wife give wrong advices to the couples, sometimes with the aim of dominating the other, hence once happy couples become strangers to each other. There are instances

**Culture**

Culture is the way of life of people in a given community it involves language, mode of dressing, types of food and ways of celebrating. If the couples do not share the same cultural practice, they are tending to be areas of friction between the cultures, if this is not properly handled leas to friction in the marriage. This becomes so when the couples do not study and understand the different culture before marriage.

**Ill – Health**

Health they said is wealth, prolonged and terminal illness could be a potential cause of friction between couples. When one of the couples is sick for a long time the other couples may not be patient and this will cause problem in the marriage.

**Materialism**

The changing value system in Nigeria has turned most of the citizen into “contractors” in many facet of the economy. Most couples go into marriage; not as a result of love for the other partner, but because the second partner has material has material riches, when a prospective

suitor come to his in-laws the first question he is asked is “where do you work”? This question is after they have found out he came with a car, if not they will turn him back from the gate without question. The question is not asked out of moral obligation to ensure that their daughter married an honest man with honest source of livelihoods, but to make sure that their daughter married an “honourable” even if he has no honour.

The young men also not left out, as they look for girls from a wealthy family or a readymade lady even if she is an age mate of their mother. Since such marriages are not as a result of love, little thing irritate the partners and disagreements are constant features in such homes.

**Barrenness/Importance**

The primary goal of marriage in the African context according to Shamija (2007) is to have children. When a marriage does not produce children, there is tension and anxiety among the partners after four months of marriage, the relative of the couples start to ask if the wife have started morning sickness and the situation reaches a panic level if after a year of marriage, there is no cry of baby in the house. Even if the couples are not disturbed about it, the third party makes sure that the couples lose the peace and tranquility they enjoyed.

**Promiscuity/Unfaithfulness**

This is the tendency of having many sexual partners. A man or woman may not have sexual satisfaction they need from their spouses alone and goes outside the matrimonial home to satisfy their urge. The act is called adultery or fornication. Extra-marital affairs are probably more common among men than among women. In a culture where polygamy is allowed a man can hardly, feel embarrassed for engaging in extramarital relationships. Lee (1977) has argued that men who engage in extra-marital affairs do' so to break domestic boredom and the

monotony, to raise their ego and to boost their self-esteem. If the second partner finds out; as way of revenge, will also get somebody outside hence the once peaceful family becomes cat and mouse in the house.

**Laziness**

People don't want to work at marriage. There is a misguided belief that marriage will make us happy. As if marriage is a separate entity, something outside ourselves that will survive and thrive with little input from a husband and wife.

Women plan huge weddings; throw bridal showers and go into marriage not having any idea what marriage is. Men find a woman to care for, adore and work to take care of only to find himself married to someone who only wants more and then a little more after that.

What happens when both become disillusioned with their marriage? They start looking outside themselves to define the problems in the marriage instead of looking at the situation and asking, "What can I do to make things better?"

Blame seems to be the path of least resistance. It is easier to blame a spouse or marriage in general than to take responsibility for how they are living inside their marriage and what possible changes they may need to make that will allow a marriage to flourish.

People are too lazy to do the self-exploration, learn better relationship skills and put the needed personal effort into a marriage. Bottom line, marriage takes hard work and if you aren't committed to working hard a marriage won't last

**Lack of Communication Skills**

Pure and simple, people don't know how to talk to each other and they know even less about listening. The most important conversations people have are with a spouse yet they put so little effort into wisely expressing their feelings and openly listening to their spouse. It is also common for spouses to want to avoid conversation they fear will cause them or their spouse pain. If you can't communicate, you can't solve marital problems. The easiest way to build trust in a marital relationship is via open and honest communication skills. If TALKING and LISTENING don't become a habit there is no hope.

**L**ack of proper communication creates gaps among couples and leads to misunderstandings. Often women expect that their husbands will figure out what they really want, but the bitter truth is that men are no face readers. If you have a problem, discuss! Do not assume things; if in doubt, clarify. And guys please – if you love her, show it! Communication is not just about talking; it is about expressing and understanding. In many cases, marriages break down only because couples talk but do not communicate.

**High Expectations**

As Sam Walton said, "High expectations are the key to everything" unless of course we are talking about marriage. Expectations and laziness can go hand in hand when it comes to predicting whether a marriage will end in divorce.

That woman who buys the expensive wedding gown probably also has very high expectations of marriage. Men and women both make a lot of assumptions when it comes to marriage and what to expect from a marriage. These assumptions are based on many

variables and problems arise when the outcome (marriage) doesn't meet the assumptions or expectations.

Marital expectations rarely align with the realities of what life is like inside marriage. I'll give you an example of unmet expectations from my own marriage. Women are taught by society that men want sex, that men think about sex and that sex is just second nature to men. According to society, if you marry a man you can expect that man to want sex with you.

I married a man who defined his own rules when it came to sex. He didn't think about sex, it was not second nature to him and since he married a woman who expected her husband to desire her sexually it goes without saying that there were problems in the marriage, problems that lead to divorce.

If he had communicated to me before marriage his lack of desire for sex I would not have married him. You see, this is where communication and expectations play a role in the outcome of marriages. Communication before marriage can keep down any unrealistic expectations one may have of marriage.

**Lies**

A lot of men win the hearts of their ladies through lies and deceit that makes them also to pitch high expectation and is common to see a man making unachievable promises to a lady in the quest of wanting to marry her.

A lady once told me her husband promised to take her to Dubai for shopping after their marriage and he will also set a very big retail shop for her with workers around her, so

this lady will expect all these promises to be fulfilled right after the marriage and if it turns out to be a lie, you can imagine where that marriage will be heading to.

This is common of men, instead of being real and communicate our true feelings and intent to our partners, we turn to swagger with our proposal; there is nothing like swaggering in marital home, after all you have nothing to hide again when both of you share one roof. It is better to win the heart of a woman with your true nature than using cosmetic means. Fake things don't last and therefore if you happen to be a bachelor or a spinster, you go clean and honest when you are about to choose a partner for marriage.

**Extravagance**

The issue of unnecessary spending during marriage ceremony is an invincible hand that has the greatest chance of creating flaming atmosphere in the marital homes. The idiom that says 'cut your coat according to your size' should be the first guiding principle when thinking of how to celebrate your marriage, most couple end up piling debt when they refuse to listen to their inner feelings and capabilities rather than succumbing to external pressures.

In this case, women are always falling victim; they always want that special day in their life to be spectacular and very indelible. In life, every action you take has its own price you pay.

If you want to please people, you have a price for that, and if you will also want to swim within the realms of your resources you also have a price to pay, the tormenting price is the price you pay for pleasing people. I have witnessed several wedding ceremonies

where money were lavishly spent, later you see these couple hopping from area to area looking for accommodation.

This mistake that served as the preface of our wedding history can go a long way to create discomfort and hatred especially if one of the couples pushed for that stylish and talk of town ceremony, this will degenerate into hatred and loss of trust.

It will also afflict hardship at the initial stages of the marriage as the couples go through unbearable moment of settling the debt, if this conflict is not managed at the early stage.

It will put the marriage in a state of jeopardy. We should learn to finance our marriage ceremonies within our financial strength so we can happily enjoy the marriage without necessary thinking of how to settle huge debts especially, at very early stages of your honeymoon.

Adeyemi (1991), Amato & Alan, (1997), Essere, (1997) and Troxcel& Mathew (2004) have identified several causes of divorce. These include:

- In adequate preparation. Spouses are expected to be physically, emotional & financially prepared for marriage.
- Forced marriage due to parental pressure, peer influence or religious obligations.
- Inadequate level absence of sincere level leads to divorce family strains.
- Irreconcilable differences in faith, a religious belief.
- In ability of any of the spouses to fill his/her obligations due to financial constraints.
- Health concerns such as impatience, infertility, cancer, HIV.
- Interference of friend or collogues in the affairs of the marriage couples

- Poor hygienic in effective management of family resources.
- Ineffective communicate between husband and wife
- Sexual incompatibility or deprivation
- Cruelty, battering, bullying and violent reactions
- Extra-marital affairs such as adultery or infidelity such as alcoholism, smoking and gambling
- Too much commitment to job at the expenses of marital relationship workaholic
- Incompatibility interims of genotype, personality disposition.
- Economic depression & unemployment caused divorce. Some men now prefer partnership to marriage because marriage demands more commitment and responsibility (Igbokwe, 2007).
- It leads to termination of friendship
- It promotes single parental hood
- It can lead divorce women into prostitution and divorce man into sexual promiscuity
- It has negative impact on the children of the separated couples. This is because the children may not receive adequate care and collective attention from their parents.
- It lead to hatred between husband and wife
- It can create a sense of failure
- It lead to the existent of two households rather than one with consequent financial implication
- It breeds miscreants such as prostitutes drug addicts armed robbers, Seventy percent of children from divorce families consider divorce adequate answer to marital problem (Hetherington and Robert, 2002)
- Children of divorce parents are reported to have a higher behavior problem than those of non divorced parents (Fagan and Robert 2000).

- Children of divorce parent are likely to suffer abuse and have a greater chance of living in poverty than child of intact families (Tag & R 2000) combined with job streets divorce lead to a 69 percent increase of death rate among men with average risk of heart disease (Mathew and Sayre 2002)
- Parental divorce leads to increased risk of arthritis for children later in life Kepec and Sayre 2003).
- HIV AIDS is more prevalence among divorced or separated persons than the married ones (Nabaitu and Bachengana, 1994).

## 2.3 Effects of Divorce

When a marriage is unstable such marriage is likely to result into a broken home sets in. the effect are destructive that couples, their children, and relatives suffer the effect of it. Eboji (2007) is at the opinion that there shall always be regrets. Broken homes are a breeding ground for social vices; among which include hatred, self interest and other social ills such as fornication, adultery, poor academic performance of the children and other criminal's acts. Some of the consequences of failed marriage include.

### 2.3.1 Effect of Divorce on the Children

It's important to keep in mind that the way adults understand or experience a situation is quite different from the way children experience it. No matter their age, children have a limited ability to understand what is happening during a divorce, what they are feeling and why. Younger children see things from their own perspective, that is, they see themselves as the cause of events. This is why younger children often blame themselves or invent imaginary reasons for their parents' divorce. Many children will say to themselves; "if only I had behaved better or helped Mum and Dad gets along better, they would still be together. They may imagine that

their parents will walk out of the door and never come back. Too afraid to tell anyone, they believe they are the only one in the world who feels this way (http://www.phac-aspc.gc.ca/publicat/mh-sm/divorce/2-eng.php).

Most children believe their parents will get back together, or wish that they would. Because of their limited ability to imagine the future, younger children cling to the only reality they know. Even children who have experienced or witnessed abuse may wish their parents would stay together. No matter what the circumstances, children develop a profound bond and a deep sense of loyalty to both parents.

Also, because children first learn and build their sense of self by watching and interacting with their parents, those children who witness parental argument often experience it as though they are personally involved. It is obvious that young children cannot separate themselves from their parents. Worse still, it is very hard for children to understand why the two most important people in their lives, on whom they depend for their very safety and survival, cannot get along. Children do not understand why an argument would cause one of their parents to leave. When parents continually argue, their children get caught in the middle. They worry about having to take sides and about pleasing both parents – a very heavy burden for a child (http://www.phac-aspc.gc.ca/publicat/mh-sm/divorce/2-eng.php).

**Pre-teens and Teenagers**

Children of this age have a growing ability to understand human problems. At the same time, they are becoming their own person. Developmentally, pre-teens and teenagers are going through a lot of change. They experience conflicting emotions and needs sometimes torn between wanting independence and protection, freedom and guidance, love and detachment. Whereas younger children typically view divorce as the enemy, pre-teens and teenagers tend to

hold their parents accountable for the divorce. They will most likely react to their parents' news of separation with anger, and older teenagers may wonder about their own capacity to build good relationships.

Furthermore a child was narrating his experience thus: "they would fight a lot and I was really young, and I didn't really know what was happening and so I would think it was my fault. And I would sit in my room and not know what to do. And I always thought that maybe it was my fault (http://www.phac-aspc.gc.ca/publicat/mh-sm/divorce/2-eng.php).

It's important to be aware that the emotional experience of anger is common to all children, just as it is to adults. But children, pre-teens and teenagers express it differently. As a basic human feeling, the experience of pain is at the heart of anger.

Teenagers have the advantage of a growing maturity and understanding of human relationships. However, this greater understanding makes them aware of how life will change, from housing to disruptions in their school and social life. Therefore pre-teens and teenagers will worry about how the divorce will affect them – both now and in the future. You can help by encouraging them to talk about their feelings, express disappointment and fears, and give them some clues on how to deal with the challenges that may likely occur.

1. Some youngsters may become totally consumed in a love relationship as a means of escape or in an attempt to find a security lacking in their broken homes (Sorosky 1977 in Nwobi(1997).
2. Children of divorce parent show more negative behaviour than children in non-divorced homes.

3. Almost all children experience the initial period of parental separation and divorce as painful. They undergo considerable emotional distress and progress in adjustment (Her Herrington, Cox and Cox, 1978).
4. Children often feel and believe that they have caused the conflict between parents many children assume the responsibility of bringing back their parent together by all means.
5. Adolescent are prone to responding to their parents' divorce with acute depressions, suicidal ideation and sometimes acting out violent episodes.

### 2.3.2 Effects of Divorce on the Couples

Divorce affects the couple economically, mentally, emotionally, and physically. Divorce also influences the current and future relationships of the couple. Despite the predominant belief that only negative outcomes exist (deficit perspective), divorce also benefits some individuals. Best viewed as a process rather than a discrete event, divorce influences individuals before the divorce occurs, immediately following the divorce, and years later.

**Economic Outcomes** Because of the political and policy implications of the economic situation associated with divorce, much attention has focused on its economic impact. In the United States, Canada, and most other countries, women generally experience a decline in their economic situation following divorce, whereas men undergo lesser declines or slight increases in their economic status. It is important to note that differences in both the magnitude of these changes and the disparity between men and women's post-divorce economic outcomes have been debated (see Braver and O'Connell 1998, for a discussion of U.S. findings). However, research shows that German men fare better than U.S. men after divorce, and German women fare worse than U.S. women (Burkhauser et al. 1991). Similarly, Indian women generally fare

worse economically than their U.S. counterparts, whereas Indian men experience little or no economic disruption following divorce (Amato 1994).

**Mental and Emotional Outcomes** Studies demonstrate that divorced individuals exhibit higher levels of depression and anxiety than do individuals who are married, and those divorced also tend to have poorer self-concepts and exhibit more symptoms of psychological distress (compared with those who are married). Those with a history of two or more divorces report significantly more depression than either those with one divorce or those who are not divorced (Kurdek 1991), suggesting the cumulative nature of stress from divorce. Research findings are similar in other countries, as Amato (1994) found that two-thirds of divorced women in India suffer severe emotional problems. Further, Cotten (1999) noted that the common practice of categorizing divorced and widowed individuals into a single group underestimates the actual depression levels of divorced individuals, because widows often exhibit lower levels of depression and psychological distress. Consistent with the crisis model of divorce adjustment, depressive symptoms appear to peak shortly after the divorce and then gradually decline for most.

**Physical Outcomes** Divorced individuals also have more health problems and higher mortality rates than married or other non-divorced persons. Divorced adults exhibit more risk-taking behaviours (e.g., elevated rates of drugs and alcohol use/abuse). Particularly among those recently divorced, there is an increased risk for illness, likely due to poorer immune system functioning from the stress associated with divorce (Kitson and Morgan 1990)

**Effect of Divorce on Women**

Nwobi (1997) cited Kel (1969) and Weiss (1975) with the following effects:

1. The women's economic life would collapse especially if she is not the working types as feeding for herself would suddenly become difficult is she has no one to assist her.
2. The wife's feature dreams are shattered all she has looked forward to his gone as she is alone now.
3. The total affectionate life of husband and wife, the sex life they have mutually enjoyed are gone. Abstinence is difficult after regular sexual habits developed in marriage suddenly broken as a result of divorce.
4. A divorce woman is usually discriminated upon especially when seen with male friend. The insinuation is that she is flirting with the man.
5. Some divorced women find it difficult to remarry due to psychological feeling of being treated badly again.

**Effect of Divorce on Men**

1. The man feels incompetent, lonely, alienated and depressed especially if the wife treated him badly.
2. In some cases, the father is not allowed to have access to his children until they attain certain age.
3. Men have had a terrible marriage tend regard women as evil and worthless.

### 2.3.3 Effect of Divorce on the Society

1. The society can be affected by divorce in the sense that some divorces perform law at their working place, this decreases academic productivity.
2. The society that has many cases of divorce among it's people is seen as a place people should avoid and be cautious of marrying from.

3. Alcoholism is much more likely to be a problem amongst those who have been divorced; this leads to drug addiction, theft and nuisance to the society.

**2.4Theoretical Frame Work.**

According to Longman Dictionary (2001), a theory is an idea or set of ideas that is intended to explain some things about life or the world. It is about general principles or ideas of a subject especially a scientific subject.

A theory is a reasoned supposition put forward to explain facts and events. A theory can be described as a symbolic representation, of a structures, objects or operation used to show the size, shape and relationship of various part of an object or a process to demonstrate how a system operates. A theory exists to serve as a guide or an output together information that will help in understanding a problems and or situation. The theories that are important to this study are as follows.

**2.4.1 Cognitive Theory of Marital Adjustment**

This school of thought views human problems as the product of their motives, ideas, feeling thinking and conception which are wrong and illogical. Albert Ellis (1973). According the proponents, spouse's marital instability and mal adjustment result from their rational non subjective and feeling Ellis (1973). Explain that marital relationship could be ended because of spouses, faulty and irrational perceptions do not encourage marital joy or happiness satisfaction and emotional stability. On the other hand on the restoration of stability, adjustment peace and joy to a marital relationship, ,this school of thought also believes that elimination of the emotional disturbance could be most effectives through logical and rational thinking, to clear away the in congruence in their belief-system. With this school of thought, the holistic appreciation to human problems solving is seen important especially when it is

appreciated that it is not always possible to logically and rational think out every human situation. This school of thought emphasizes mental processes or appropriate cognition as a necessary pre-requisite for marital happiness, harmony, stability and good adjustment.

**2.4.2 Behavioral Theory of Marital Adjustment.**

This theory states that family, neighbors, peers, friends and other significance persons play a major role in teaching marital roles behavior in individuals .It emphasis that all conjugal or marital roles behaves are observed, imitated and then learnt . prominent among the proponents are: Bandure, Ross and Ross 1961, Knox 1971, Galles , 1972, Owens and straws, 1973; Huber 1981 and Akinboye ,1984) Badura , Ross and Ross (1961) opined that children observing their parents acts toward each other might imitate and learn the behavior in later life. The children will in later life either consciously or unconsciously, act the learnt behavior. According to this school of laws frequency and effect is very useful in shaping marital behavior that promotes and achieves good marital adjustment. Knox (1971) emphasized that cross culture research on marriage and family patterns has show that culture, social and physical, learning variable play important roles in determines marital adjustment. The exchange theory and reciprocity theory are sign in the explanation of marital adjustment in the behavior school of thought. Thibaut and Kelly (1959) emphasized on the view that in any relationship involving two people, individual are mutually striving to maximize rewards (pleasure, satisfactions and gratifies). And at the striving to minimize cost. (factors which operate to inhibit or deter the performance of sequence of behavior).According to Thibaut and Kelly (1959) in a given dynamic relationship, social behaviors is maintained by a high level of reward relatives to costs and which is also affected by the spouses perception of alternative relationship and their comparatives rewire and costs. Hemans (1961) postulated that frequency of social interaction

is a function of the number of mutual rewards exchanged in a relationship determines the deed favorable sentiment'' felt by each of the spouse and the frequency of interaction. The concept of reciprocity and coercion were emphasized and apply to relationship among spouse by Patterson and Ried (1970). Their view was similar to that of Thibaut and Kelly (1959) on inter dependence of social behavior among spouses. Filani (1985) observe that the outcome of a behavior increase or decrease the probability that the behavior will occur Quoting from Knox (1971), she submitted that marriage counsellor believed that spouses were unhappy and adjusted in their marital lives because each had been engaging in behavior that upset the other.

**2.5 The Process of Divorce**

Legal divorce is an event, occurring when a judge signs a marital dissolution decree, an emotional divorce is best viewed as a process that occurs minimally over several years and maximally over the course of a lifetime. Typically, the divorce process begins several years before the actual date of separation, when one of the spouses begins to experience a predictable set of feelings, which may include disillusionment, dissatisfaction, anxiety, and alienation. The divorce literature generally suggests that in 75 to 90 percent of all contemporary divorces, one spouse wants out of the marriage while the other does not (Ahrons, 1981; Kaslow& Schwartz, 1987; Kelly, 1982; Kressel, 1985; Wallerstein& Kelly, 1980), with women more often initiating the divorce (Kelly, 1982). This non mutuality of the decision to divorce has major implications for the process of divorce. Since the leaving spouse begins the emotional process several years before the left spouse, by the time there is a legal filing for divorce, one spouse is ready to proceed at a time when the other may have just found out that there is going to be a physical separation. Thus, the left spouse may only begin the emotional process of divorce on that day, creating a significant discrepancy in their respective stages of the emotional

divorce by the time they reach the office of an attorney. This may partially explain the general finding that about 50 percent of persons who file for divorce wind up withdrawing their request and reconciling (Ahrons& Rodgers, 1987; Haynes, 1981). The implications of this discrepancy for both legal and mental health divorce professionals is most easily seen in the discrepancies between the emotional states expressed by each spouse and in the different tactics and strategies that each use in the negotiations leading to (or, as the case may be, not leading to) a marital settlement agreement. A consideration of the stages and emotions within each stage manifested by divorcing persons will help to put into context the nature of the divorce crisis.

Most divorce researchers conceptualize the divorce process as a series of developmental stages through which the divorcing families proceed (Ahrons& Rodgers, 1987; Bohannan, 1970; Federico, 1979; Kaslow, 1984; Kaslow& Schwartz, 1987; Kessler, 1975; Weiss, 1975). While the stages are generally considered linear, they are not invariant. That is, a couple can skip a stage and go through it at a later point. Or, a couple might maintain characteristic feelings and behaviors of two stages at the same time. Also, the intensity with which a given couple goes through these stages may vary and is primarily a function of the degree of ambivalence to divorce shared by the couple. These stages in these models have similar characteristic structure.

**1. Pre-divorce Or Deliberation Stage**

During this stage, which takes place before separation is even contemplated, one of the spouses (more often, the wife) typically is experiencing feelings of dissatisfaction, alienation, loneliness, and despair. She engages in a long period (up to several years) of deliberation regarding how to resolve the uncomfortable feelings about her marital relationship. Typically, she attempts a variety of ways to cope with these feelings before the decision to separate and/or divorce is reached. These coping attempts may include getting angry at, confronting, and quarreling with

her spouse in hopes of provoking him to change; sulking and crying; withdrawing from her spouse as a way to avoid experiencing the pain of non-communication; escaping into work or into excessive time with friends; extra-marital affairs; drugs or alcohol; or, in extreme cases, physical abuse. If none of these tactics works and her husband will not go for counselling, or if counselling is ineffective for relieving these feelings of despair and she is unable or unwilling to accept the status quo within the marriage, she may decide to divorce. It is then that a point of inevitability is often reached, a point when the wife has emotionally removed herself from the marriage. Having no other alternatives, she announces that she wants a separation. This declaration triggers the first significant emotional reaction in her husband, who initially may respond with denial, but also may pull back emotionally for self-protection.

After denial fails to work as a way of coping with this announcement, the husband begins to experience feelings of anguish, shock, chaos, and disbelief. He may at first pretend that everything is okay even though he is rebuffed consistently by his wife. His denial may elicit angry outbursts, alternating with pleading, questioning, and confusion, as he tries to gain some sense of control over what is happening to him. During this period, he may begin to ask friends and family for advice on what to do to win her back. He also may call therapists and try to schedule appointments to have a professional convince her not to leave the marriage. Typically, he frames her actions as a temporary upset (or insanity), a mid-life crisis, or a giving up too easily, without allowing him a chance to prove himself. If these rationalizations do not work, he may try admitting to all of his "failings" and agree to have extensive individual and couples counseling. He may agree to rehabilitate his ways, for as long as it takes to convince her that he wants her back. However, the wife typically says that it is already too late. With the husband not understanding that, emotionally, she had made her decision some time back, counseling efforts at this point are mostly ritual and face-saving ways for her to let him down easy. If the husband

is having a particularly difficult time accepting the divorce decision, the wife often asks the therapist to treat him alone to help him with this crisis. The tactical nature of the husband's bid for therapy becomes most apparent when, after committing himself to extensive therapy, he drops out after a session or two, realizing that the ploy to change himself did not succeed in getting his wife back into the marriage.

Feeling hopeless and helpless, the husband may begin to make threats to keep the children from his wife, to give no financial support, and to keep the house, the business, and all his assets from her. He may further try to intimidate her with an admonishment that she will not be able to survive financially without him. When these threats do not work, his self-pity may lead him to the point that he threatens or attempts suicide. His attempt is usually done in a clearly manipulative manner, by arranging for someone (typically the wife) to be conveniently aware of his actions, so that he does not really risk harm to his life, but merely makes a strong and compelling statement of desperation. Although his panicky feelings may be genuinely strong, his survival instinct is stronger.

**ANGER** It is important to note that anger, as manifested in threats of all kinds, is most often a secondary emotion. That is, it is a feeling that covers up more primary feelings of hurt, fear, humiliation, loss, abandonment, and powerlessness. Without knowing this fact, it is easy for professionals involved in divorce disputes to view the husband's threats as evidence of his violent tendencies, rather than as understandable reactions to a multitude of primary feelings that he may be experiencing. Moreover, anger can also serve a functional use of protecting the self from the severe psychological trauma of separation from a mate. (Divorce and marital separation are considered, respectively, to be the second and third major life stressors, following only the death of a spouse, on the list of 43 stressful life events included on the Social

Readjustment Rating Scale (Holmes &Rahe, 1967). If a rejected spouse cannot re-establish the partner's love, at least he can cause that ex-partner enough pain so as not to be completely ignored or forgotten (Kessler, 1975).

**2. Legal Divorce or Litigation Stage**:

When none of the above actions resolves his helplessness and confusion, the husband may consult an attorney. His decision to do so may be either in response to his wife's having filed for divorce, or it may be an offensive move with the intention to file before his wife does. It should be noted that the leaver of a marriage is not always the one who files for divorce. Often, the one who is left files in order to retain a sense of control over the emotional chaos experienced, or as a final attempt to force the other spouse to regain her senses by confronting her with the logical conclusion to the series of emotionally detaching behaviors, or, finally, as a retaliation move out of anger--a version of, "You can't fire me because I quit!" It is at this point that the stage of litigation for a legal divorce begins. In this stage, the various divorce professionals first have contact with the divorcing couples. These professionals may include attorneys, accountants, real estate appraisers, therapists, mediators, evaluators, and judges.

During the period following physical separation and the filing for a legal divorce, the wife may experience a variety of feelings. These may include relief, confusion, loneliness, and sadness. Ambivalence about the separation may cause her to vacillate between these and other feelings. One feeling which arises from and creates even more ambivalence is guilt. This guilt usually is hooked up to the degree of hurt manifested or portrayed by the husband. Guilt in one partner and hurt in another function together as a yoked system, as one feeling increases, the other does as well. And, as one decrease, so does the other. Guilt in the wife may derive from her worry about breaking up the family, about leaving her husband in misery and depression, about

his ability to survive emotionally without her, about damaging the children's psychological well-being, and so forth. This guilt will increase as her husband displays expressions of vulnerability, sadness, and daily dysfunction. She may seriously question her decision to leave and may even consider reuniting, just to ease his pain and her loneliness. During settlement negotiations, she may ask to waive her rights to a fair property division and support plan, and she may even give up custody of the children in her efforts to assuage her guilt. Guilt, being a very powerful motivator of human behavior, can lead to self-induced disempowerment, and it must be relieved, with the assistance of an appropriate mental health professional, if necessary, before negotiations should proceed. Otherwise, she will surely feel resentful and disenfranchised at some point later in the divorce process.

If, however, the husband's reaction to the separation consists of anger, bitterness, and vindictiveness, her guilt usually will be pushed aside by defensiveness, withdrawal, and detachment. Moreover, she may cast him as an aggressive and perhaps violent person, who is potentially dangerous to the children, and with whom she clearly will never reunite. Moreover, she may resist and retaliate against his angry escalations through her attorney. She may make unreasonable demands for support, for property division, and for sole custody of the children with restricted visitation with their father. When such unreasonable demands are made, the professional should take note and assist her in ways to understand what she may be reacting to so that productive negotiations will not break down.

**Economic Concerns:** A central concern of both parties during the litigation stage is their economic survival. For most couples, the expense involved in dividing one household into two is considerable. At first, it may seem unfathomable to the parties that they will be able to survive while maintaining two households. This uncertainty may evoke strong feelings of ambivalence,

confusion, self-doubt, resentment, and frustration within both parties. Then, when attorneys begin making offers back and forth (which typically are positioned strongly for tactical purposes), these feelings escalate to an even greater intensity. While many couples are able to proceed through these negotiations with relative equanimity, it is not uncommon for couples who have always been rather pleasant to each other to begin to act quite viciously toward each other. Partly, this behavior derives from the exaggerated positions taken by attorneys for bargaining leverage, and partly, it derives from the powerlessness and helplessness felt when negotiations are being conducted out of the control (and frequently out of the comprehension) of the parties. Mediation as an alternative settlement method has many advantages over litigious attorney negotiations, the least of which is to empower the parties to negotiate directly and constructively and to allow each party to experience a feeling of control over the legal process of the divorce.

**Custody Concerns**: About 60 percent of divorcing couples have minor children (Ahrons& Rodgers, 1987). Of these, approximately 85 to 90 percent are able to work out their custody arrangements either between themselves or with the assistance of their attorneys. However, 10 to 15 percent of these couples are unable to agree on a custody plan. Following California's 1981 legislative mandate for mediation in child custody disputes, there is an increasing trend for states (or local jurisdictions within them) to offer mediation services to disputing couples. And, indeed, mediation is successful in well over 50 to 75 percent of these cases. However, in a minority of these cases, mediation is unsuccessful, and the couple proceeds to litigate its custody dispute. Such litigation has appropriately been called "the ugliest litigation" (Goldzband, 1985). It is filled with emotional rancor, allegations, distortions of personalities and of life events, and an intense bitterness which serves to enhance the acrimony between the parents and to create what current research demonstrates is the single most destructive influence on

children of divorce--parental conflict. Since there is a winner and a loser, the loser typically retaliates by either sabotaging the court order or reopening the court case at the first appearance of another child-related dispute. Repeated litigation is the common course of such disputes. It is not uncommon for these parents to return to court anywhere from several to 25 times in a single year!

**Negative Reconstruction of Spousal Identity:** There are two intriguing phenomena which, in varying degrees, may occur during the litigation stage of divorce. One has been termed the "negative reconstruction of spousal identity" (Johnston & Campbell, 1988). This phenomenon is characterized by the tendency of one spouse to cast the other in a vilified image, for example, "He is a weak, violent drunk," or, She is a two-faced, selfish, pathological liar who can't ever be trusted." These intensely negative, polarized characterizations that high conflict divorcing couples make of each other become reified and immutable over time. The spouse, in essence, rewrites marital history and selectively perceives only the events over the years that fit with the present negative characterization. Hence, it is as if the spouse creates a profound insight (albeit twisted and distorted) which is then rationalized and supported as if it were true. In explaining the underlying dynamics, Johnston and Campbell (p. 62) write:

“Our clinical experience leads us to conclude that the actual experience of separation for some couples was the crucible in which these negative views of each other are brewed and crystallized. Couples who experience particularly traumatic separations are prime candidates for generating negative images. Perceived experiences of being suddenly and unexpectedly left; abandoned after secret plotting and planning; left after a secret love affair with another person; left after uncharacteristic, explosive violence--all are separation modes that are typically traumatic and involve inordinate degrees of humiliation, anger, defeat, guilt, and fear, thus

setting the stage for what is to come. A radical reconstruction of the identity of the ex-spouse can occur at the time of a traumatic separation. The desperate reactions and counter-reactions to the crisis are likely to crystallize new negative views of each other which subsequently become autonomous of these origins"

These negative images are frequently enhanced and supported by the helping professionals (therapists as well as attorneys) as they try to offer support to their distraught client, only to get inducted into the conflict. This leads to the second intriguing phenomenon, "tribal warfare."

**Unholy Alliances and Tribal Warfare:** In the process of developing a position during a conflictual divorce, a spouse typically is surrounded by an increasing cadre of supporters. These are friends, relatives, and professionals who, after hearing only one side of the dispute in vivid, distorted, and compelling detail, rally to that spouse's side. Viewing that spouse as victimized by the other spouse, they seek to right a wrong and protect the spouse from being further victimized. Johnston and Campbell (p. 25) elaborate on this dynamic:

"The total effect is that, in the absence of socially-agreed-upon customs and etiquette for organizing post divorce relationships and dealing with conflicts of interest, there is considerable ambiguity. Consequently, the social networks of the spouses are incorporated into the dispute and the dispute is solidified, maintained, and stabilized by the support of others. New partners, extended family and kin, mental health professionals, and lawyers fuel the fights and in some instances take on the dispute as their own. As the conflict escalates and spreads, the primary players may not be the two divorcing partners but all these others who are not party to the stipulations, court order, or legal sanctions."

This support by the associates of each of the spouses takes on the complexion of tribal warfare, with parallels to the ways that we stereotypically imagine primitive villagers dealing with their conflicts. The sides are drawn, the supporters are garnered, and war is declared. Unfortunately, the toll taken on the children in this insidiously dysfunctional social process is legend (Wallerstein & Kelly, 1980; Wallerstein & Blakeslee, 1989). Researchers and clinicians for years have interviewed and counseled countless adults who recall vivid childhood memories of their parents' conflictual divorce experience as a living hell of divided loyalties, forced court-ordered examinations, pressure to take sides, and the absence of any sense of security, safety, trust, or sanity.

**3. Transition Stage**

During this period; this overlaps with the litigation stage, typically ranges for about one to two years after the separation. The spouses experience feelings of chaos and irrationality. It has been described by one author as "crazy time" (Trafford, 1984), and by another as a time of "nuttiness" (Haynes, 1981). Spouses feel out of control of the many irrational behaviors in which they find themselves engaging; they do things that they have never done before and that they likely never will again; and their feelings swirl around as if on a roller coaster. They feel unusual pressure, insecurity, and mild to severe panic. These feelings derive from no longer having any sense of security that comes from being part of a stable couple and family. Some feel panicky about being alone often for the very first time in their lives. They must find a way to accept their new identity as single persons and define themselves in relationship to the self rather than to a couple. Haynes (1981) aptly points out that during this stage, the helping professionals must repeat ideas frequently, since their clients' stress interferes with their ability to focus and grasp ideas the first time presented. While spouses may feel like they are going crazy, this feeling does

pass as they progress through this stage. Reassurance of this fact by the professional is most helpful at this point in the process of divorce.

As the divorce becomes finalized and the chaos begins to settle down (unless no truce was called to the tribal warfare), the spouses enter the next stage in the divorce process, the post-divorce stage.

**4. Post-Divorce Stage**:

The stage following the divorce is one of exploration, redirection, and re-equilibration. It is a time of making independent choices, based on a single life. If the divorce was settled successfully, feelings of optimism, self-confidence, independence, and acceptance may abound. A spouse may re-enter the world of work or perhaps take a new job and may begin reaching out to new friends, engage in new activities and interests, and begin to seek out a new love relationship. Helping the children to accept the divorce and to stabilize their relationship with both parents is an important task of this period. The spouse begins to master tasks which historically were left to the mate to do, which may include balancing the checkbook, changing light bulbs, washing the dishes, and vacuuming the carpets. He or she begins to feel more financially secure and starts to rearrange priorities to fit into the realities of post-divorce financial limitations. Sexual behavior becomes normalized, and the person no longer experiences the hyper sexuality or hypo sexuality that is characteristic of the transition stage. Moreover, fantasies about sex with the ex-partner are no longer experienced on a regular basis. There are no longer overreactions to "trigger" items (i.e., articles of furniture, photographs, verbal expressions, memorable locations) that are reminders of the marriage. A new set of life experiences begin to accumulate that is unrelated to the ex-spouse and that provides independent pleasure and meaning.

Of course, the feelings during this stage are not always positive. Even if the divorce is successful, negative feelings may still surface from time to time. Feelings of self-doubt, of indecisiveness, of fear, and of loneliness still are present. Contact with the ex-spouse regarding sharing of the children may regularly bring up old bitter feelings, as, paradoxically, there is continued need for the parents to work together for the children even though they are apart as mates. If, for the most part, the divorce provides the intended relief, the spouses can move through the divorce process into a new stage in their lives with all the options open to them that their interests, skills, and opportunities provide.

**Getting Stuck**: For some, divorce does not solve the problem of unhappiness and dissatisfaction within the marriage; leaving the marriage brings similar or increased frustration, pain, and unhappiness. These feelings may occur as the person, living as a single, experiences deep loneliness and despair, or, as a remarried person, finds that the next marriage or marriages simple recreate the problems in the original one, with all the frustration, alienation, and anguish still present.

Some spouses who are left after the mate chooses divorce never regain their composure. They sink into a chronic state of depression, laden with feelings of self-pity, worthlessness, and anxiety. They feel permanently burned or afflicted with a broken heart, and they withdraw from most social contacts. They may become chronically physically ill, alcoholic, drug dependent, or suicidal. They may become chronically debilitated psychiatric patients. They may no longer have the capacity to function as adequate parent figures because of their depression. In some cases, unfortunately, they discontinue contact with their children because such contact all too painfully reminds them of the lost marriage. These persons have popularly and validly been labeled "divorce flame-outs," having indeed lost their spark for life.

Although the vast majority of divorcing couples somehow manages to get through these various stages, there is a small proportion that gets stuck in the process and fails to maneuver through the stages. Typically, these couples lodge in the transition stage and never get through it. These are the inveterate litigators. They will not detach from each other, but, as enemies, maintain "negative intimacy" (Ricci, 1980) and are the scourge of family courts everywhere.

### 2.5.1 Divorce in Islam

Divorce is permitted in Islam as a last resort if it is not possible to continue a marriage. Certain steps need to be taken to ensure that all options have been exhausted and both parties are treated with respect and justice.

In Islam, married life is described as one filled with mercy, compassion, and tranquility. Marriage is a great blessing. Each partner in the marriage has certain rights and responsibilities, which are to be fulfilled in a loving way in the best interests of the family.

Unfortunately, this is not always the case. When a marriage is in danger, couples are advised to pursue all possible remedies to rebuild the relationship. Divorce is allowed as a last option, but it is discouraged. The Prophet Muhammad once said, "Of all the lawful things, divorce is the most hated by Allah."

For this reason, the first step a couple should make is to really search their hearts, evaluate the relationship, and try to reconcile. All marriages have ups and downs, and this decision should not be arrived at easily. Ask yourself, "Have I really tried everything else?" Evaluate your own needs and weaknesses; think through the consequences. Try to

remember the good things about your spouse, and find forgiveness patience in your heart for minor annoyances. Communicate with your spouse about your feelings, fears, and needs. During this step, the assistance of a neutral Islamic counsellor may be helpful for some people.

If, after thoroughly evaluating your marriage, you find that there is no other option than divorce, there is no shame in proceeding to the next step. Allah gives divorce as an option because sometimes it is truly the best interest of all concerned. Nobody needs to remain in a situation that causes personal distress, pain, and suffering. In such cases, it is more merciful that you each go your separate ways, peacefully and amicably.

Recognize, though, that Islam outlines certain steps that need to take place both before, during, and after a divorce. The needs of both parties are considered. Any children of the marriage are given top priority. Guidelines are given both for personal behavior and legal process. Following these guidelines may be difficult, especially if one or both spouses feel wronged or angry. Strive to be mature and just. Remember Allah's words in the Quran: "The parties should either hold together on equitable terms, or separate with kindness." (Surah al-Baqarah, 2:229)

### 2.5.2 Prevention of Divorce

Counsellor adopted that almost every women needs a man just as almost every man needs a woman (Igbokwe,2007) Marriage therefore is an essential part of human life which requires proper planning and careful preparation in order to prevent marital discord, marital instability and divorce , the following suggestions are considered relevant for the prevention of divorce

1. Do not rush into marriage ensure proper planning and preparation. seek professional advice of marital counsellors.
2. Study and understand your spouse. Areas of focus should include interests, intellectual, ability family background, temperament, morality, religious belief and practices, attitude to marriage, interpersonal relationship, assets and liability strengths weakness, medical and health status, attitude to life etc.
3. Avoid marrying a person mainly because of his/her physical attractions, job status or family background. Consider other import factors as well
4. Be sincere and objective in your choice
5. Do not be blind folded by beauty or decide .assess objectively the reason why you intend to marry a person
6. Study your partner's family background. Ensure that you marry from a good family because "like begets likes"
7. Ensure that you really love your partner and you are ready to accommodate his/her weaknesses for life
8. Ensure that your marriage is acceptable to your parents and those of your spouses
9. Marriage should be mutual benefit to both the husband and wife. Therefore marry persons that can contribute to the growth and development of the family. Marry partner who is hardworking, trustworthy, reliable dependable and God fearing
10. Avoid the interference of third party in your marital affairs
11. Acquire knowledge and skills in marital relationship. For instance couples need to acquire knowledge on reproductive health, child rearing saving investment etc.
12. Ensure that you and your partner are compatible in terms of religion and character, interest, genotype, blood group, sexual desire etc

13. Do not devote too much time to work, leisure, hobbies, etc at the expenses of your marriage.
14. Show appreciation, be grateful and thankful to your spouse for his/her gesture and do not find faults in his/her actions.
15. Welfare scheme should be put in place to make life more comfortable to Nigerians for instance tax relief could be given to married couples in order to assist them to cope with the effect of economic depression in the country.
16. Pray together and seek Gods' guidance in your marital endeavors.

## 2.6 Marital Counselling

Nicolas (2001) preferred to view marital counselling as:

> "*A service that provides psychotherapy, guidance or other verbal or behavioral assistance to alleviate, resolve or to avoid marital or family-conflicts. Professional marriage and family therapists also help with divorce adjustment and preparation for marriage and remarriage. Thus, working with the problems of remarriage, marriage, family divorce and remarriage.*"

According to Wikipedia, the free encyclopedia Marital Counselling or Marriage counselling or Relationship counseling is the process of counseling the parties of a human relationship in an effort to recognize, and to better manage or reconcile, troublesome differences and repeating patterns of stress upon the relationship. The relationship involved may be between members of a family or a couple (see also family therapy), employees or employers in a workplace, or between a professional and a client.

Couple's therapy (or relationship therapy) is a subset of relationship therapy. It may differ from other forms of relationship counseling in various regards including its duration. Short term counseling may be between 1 to 3 sessions whereas long term couples therapy may be between

12 and 24 sessions. An exception is brief or solution focused couples therapy. In addition, counseling tends to be more 'here and now' and new coping strategies the outcome. Couples therapy is more about seemingly intractable problems with a relationship history, where emotions are the target and the agent of change.

### 2.6.1 History of Marital Counselling

Marriage counseling originated in Germany in the 1920s as part of the eugenics movement. (O'Donohue and Ferguson, 2006) The first institutes for marriage counseling in the USA began in the 1930s, partly in response to Germany's medically directed, racial purification marriage counseling centres. It was promoted in the USA by both eugenicists such as Paul Popenoe and Robert Latou Dickinson and by birth control advocates such as Abraham and Hannah Stone who wrote 'A Marriage Manual' in 1935 and were involved with Planned Parenthood (Chapman and Compton: 2003)Other founders in USA include Lena Levine and Margaret Sanger[1]

It wasn't until the 1950s that therapists began treating psychological problems in the context of the family (O'Donohue and Ferguson, 2006). Relationship counseling as a discrete, professional service is thus a recent phenomenon. Until the late 20th century, the work of relationship counseling was informally fulfilled by close friends, family members, or local religious leaders. Psychiatrists, psychologists, counselors and social workers have historically dealt primarily with individual psychological problems in a medical and psychoanalytic framework In many less technologically advanced cultures around the world today, the institution of family, the village or group elders fulfil the work of relationship counseling. Today marriage mentoring mirrors those cultures.

With increasing modernization or westernization in many parts of the world and the continuous shift towards isolated nuclear families the trend is towards trained and accredited relationship counselors or couple therapists. Sometimes volunteers are trained by either the Government or social service institutions to help those who are in need of family or marital counseling. Many communities and government departments have their own team of trained voluntary and professional relationship counselors. Similar services are operated by many universities and colleges, sometimes staffed by volunteers from among the student peer group. Some large companies maintain a full-time professional counseling staff to facilitate smoother interactions between corporate employees, to minimize the negative effects that personal difficulties might have on work performance.

Increasingly there is a trend toward professional certification and government registration of these services. This is in part due to the presence of duty of care issues and the consequences of the counselor or therapist's services being provided in a fiduciary relationship. (Chapman and Compton: 2003).

**2.6.2 Basic Principles of Marital Counselling**

Before a relationship between individuals can begin to be understood, it is important to recognize and acknowledge that each person, including the counselor, has a unique personality, perception, set of values and history. Individuals in the relationship may adhere to different and unexamined value systems. Institutional and societal variables (like the social, religious, group and other collective factors) which shape a person's nature and behavior are considered in the process of counseling and therapy. A tenet of relationship counseling is that it is intrinsically beneficial for all the participants to interact with each other and with society at large with

optimal amounts of conflict. A couple's conflict resolution skills seems to predict divorce rates (Sternberg, 1997).

Most relationships will get strained at some time, resulting in a failure to function optimally and produce self-reinforcing, maladaptive patterns. These patterns may be called "negative interaction cycles." There are many possible reasons for this, including insecure attachment, ego, arrogance, jealousy, anger, greed, poor communication/understanding or problem solving, ill health, third parties and so on.

Changes in situations like financial state, physical health, and the influence of other family members can have a profound influence on the conduct, responses and actions of the individuals in a relationship.

Often it is an interaction between two or more factors, and frequently it is not just one of the people who are involved that exhibit such traits. Relationship influences are reciprocal: it takes each person involved to make and manage problems.

A viable solution to the problem and setting these relationships back on track may be to reorient the individuals' perceptions and emotions - how one looks at or responds to situations and feels about them. Perceptions of and emotional responses to a relationship are contained within an often unexamined mental map of the relationship, also called a love map by John Gottman. These can be explored collaboratively and discussed openly. The core values they comprise can then be understood and respected or changed when no longer appropriate. This implies that each person takes equal responsibility for awareness of the problem as it arises, awareness of their own contribution to the problem and making some fundamental changes in thought and feeling. (Atkinson, Atkinson, and Kutz, 2005)

The next step is to adopt conscious, structural changes to the inter-personal relationships and evaluate the effectiveness of those changes over time.

Indeed, "typically for those close personal relations there is a certain degree in 'interdependence' - which means that the partners are alternately mutually dependent on each other. As a special aspect of such relations something contradictory is put outside: the need for intimacy and for autonomy."

"The common counterbalancing satisfaction these both needs, intimacy and autonomy, leads to alternately satisfaction in the relationship and stability. But it depends on the specific developing duties of each partner in every life phase and maturity" (Resnikoff, 2002)

**2.6.3 Basic Practices in Marital Counselling**

O'Donohue and Ferguson, (2006) stated that Two methods of couples therapy focus primarily on the process of communicating. The most commonly used method is active listening, used by the late Carl Rogers and Virginia Satir, and recommended by Harville Hendrix in *Getting the Love You Want*. More recently, a method called "Cinematic Immersion" has been developed by Warren Farrell in *Women Can't Hear What Men Don't Say*. Each helps couples learn a method of communicating designed to create a safe environment for each partner to express and hear feelings.

When the Munich Marital Study discovered active listening to not be used in the long run, Warren Farrell observed that active listening did a better job creating a safe environment for the criticizer to criticize than for the listener to hear the criticism. The listener, often feeling overwhelmed by the criticism, tended to avoid future encounters. He hypothesized that we were biologically programmed to respond defensively to criticism, and therefore the listener

needed to be trained in-depth with mental exercises and methods to interpret as love what might otherwise feel abusive. His method is Cinematic Immersion.

After 30 years of research into marriage John Gottman has found that healthy couples almost never listen and echo each other's feelings naturally. Whether miserable or radiantly happy, couples said what they thought about an issue, and "they got angry or sad, but their partner's response was never anything like what we were training people to do in the listener/speaker exercise, not even close " (Chapman and Compton: 2003)

Such exchanges according to Sternberg, (1997) occurred in less than 5 percent of marital interactions and they predicted nothing about whether the marriage would do well or badly. What's more, Gottman noted, data from a 1984 Munich study demonstrated that the (reflective listening) exercise itself didn't help couples to improve their marriages. To teach such interactions, whether as a daily tool for couples or as a therapeutic exercise in empathy, was a clinical dead end.

By contrast emotionally focused therapy for couples (EFT-C) is based on attachment theory and uses emotion as the target and agent of change. Emotions bring the past alive in rigid interaction patterns, which create and reflect absorbing emotional states. As one of its founders Sue Johnson says

**2.6.4 Process of Reconciliation**

According to Nwoye (1991) marital counselling takes a number of processes to come to fruition. These process according to blood (1990) include discussion, meditation, accommodation and separation

**Discussion Approach**

Through the discussion method, some chronic conflicts can be settled. Ordinarily marital differences could also be resolved through rational discussion approach .In this prose the spouse in conflict will try their best to iron out their differences making effort to weigh the pros and consign each other's, view. At the end of such discussion the result can be mutual agreement, the spouse arriving at a common round of acceptances, or rather compromise, with each gaining in some aspects of the decision and losing in others. In some instances the process of marital conflict resolution employing the discussion approach can end up with one partner conceding to the other's position, accepting to drop his own in the interest of peace (Nwoye 1991).

**The Mediation Approach**

Mere discussion of spouses difference by themselves may not always be able to yield the desired result especially when the conflict is of a very serious type .In such a case, the service of a third party is usually advised .where such outside intervention is used, the process is called mediation. Often friends of the couple, neighbors or the relatives of either of the couple are usually called upon to mediate between the couple .The effort of relatives or family friends, accord to Nwoye (1991) is often known to be biased, since they are likely to run into the tendency of learning in favour of one partner rather than the other in settling the dispute. Thus, Blood (1990) is of the opinion that where mediation is applied, only outsiders with the requisites expertise and preparation are to be entertained.

**Accommodation Method:**

Accommodation process, according to blood (1990), involves an agreement by the party most offended to endure the disagreement or the conflict. In accommodation approach, one partner

may accept to endure the crises in the conclusion that further attempts to influence the other are just not worth the trouble they tend to provoke.

**Separation Method:**

Accommodation as a process of marital conflict resolution is usually possible where the conflict to be endured is of such type that can ordinarily be accommodated. Never the less, where agreement or compromise achieved through mediation fails and the crises appear unbearable, the final process of marital separation seems to be the next line of action to be taken to forestall the conflict for God. Nwoye (1991) contends, however, that the process of separation as a way out of marital conflicts is applied only as a last resort at that time when the centre, so to say can no longer hold.

**2.6.5 Pre-marital Counselling**

As individuals approach adolescence, one of the areas of difficulties, which they have to grapple with, is that of adjusting and coping with sexual maturity.

Among others, they begin to engage inter sexual relationships with members of the opposite sex, and are pre-occupied with the thought of whether or not they will marry and. when they are to marry Sambo (2009, p. 203). Suggested some remedies to divorce in pre-marital counselling as an essential for those approaching marriage to clarify as well as bring to clearer focus mis-constructed issues that pre-occupy the thinking of beneficiaries. Pre-marital counselling assists couples to:

1) Come to acquire a satisfactory understanding of the meaning and expectations in marriage.

2) Distinguish between marriage, and friendship. One being temporary and changeable at intervals and the other being more or less permanent and hence more lasting in nature.
3) Appreciate much more realistic qualities of a good partner for marriage such as patience, truthfulness, loving, understanding, empathy, rather than such illusive attractions as wealth and facial beauty. This is because marriage that is contracted on the former variables is likely to be much more peaceful, solidified and lasting than that contracted on the basis of the latter.
4) Help to understand the meaning and task of parenthood so as to help them remain prepared to receive- children from the marriage.
5) Help prospective couples understand the value of blood genotype determination before marriage to ensure that a couple with SS genotype do not contract marriage as the chances of children produced by such parents surviving and beyond a certain age is very rare and where they survive the coast of sustaining such survivors is high. "Marital counselling is a professionally organized attempt to produce beneficial changes in a disturbed marital or family unit by essentially interactional, non- physical methods. Its aim is the establishment of more satisfying i.e. Ways of living for the entire family, and not only a single family member." (Lar *et al*, 2002)

It posits marital counselling as family lubricant intended to be utilized in smoothening marital relationships and coexistence amongst couples. The fact is that marital difficulties and complexities can largely be trimmed down through pre-marital counselling services. Willis and Booker (1998) in Lar *et al.* (2004) had defined marital counselling as: "A significant innovation in

which a group with different professional backgrounds set out together to try and find a way to help resolve marital tensions when they threaten to disrupt a marriage." Remedy or marriage-counselling to Willis and Booker is a service that offers professional help for marriages that are unhappy. Marriage counselling in this wise was not conceived in terms of giving advice to people as to their duty or behaviors, but as obtaining the right treatment for a disorder causing pain, unhappiness and loss of efficiency.

At last marital dissolution will be minimized only through marital counselling.

### 2.7 Concept of Perception

According to Wikipedia encyclopedia, perception refers to interpretation of what we take in through our senses. The way we perceive our environment is what makes us different from other animals and different from each other. In this section, we will discuss the various theories on how our sensation are organized and interpreted, and therefore, how we make sense of what we see, hear, taste, touch, and smell.

Perception refers to the set of processes we use to make sense of different stimuli we're presented with in the world (Boundless, 2014). Our perceptions are built on how we interpret different sensations, which are sensory impressions we get from the stimuli in the world around us. Perception enables us to navigate through the world, and to make decisions about everything from what to wear to how fast to run away.

Whether or not we know it, we selectively attend to different things in our environment. Optical illusions highlight this tendency. Have you ever looked at an optical illusion and seen one thing, while a friend might see something completely different? Our brains go through a process when presented with stimuli: selection, organization, and interpretation.

For example, think of Rubin's Vase, a well-known optical illusion. First we select the item to attend to and block out most of everything else. It's our brain's way of focusing on the task at hand to give it our attention. In this case, we have chosen to attend to the image above. Then, we organize the elements in our brain. Some individuals chose to organize the dark parts of the image as the foreground, and the light parts as the background, and some interpret it the other way around. Depending on how we organize the information at hand, we may interpret different things. Some individuals see a vase when attending to the black part of the image, and some individuals see two faces when focusing on the white parts of the image. Most people can see both, but only one at a time depending on the processes described above. All stages of the perception process often happen unconsciously and in less than a second.

### 2.7.1 The Perception Process

The perceptual process is a sequence of steps that begins with stimuli in the environment and ends with our interpretation of that stimulus. This process is typically unconscious and happens hundreds of thousands of times a day. By "unconscious processes", we mean that these things happen without our thinking about them. When you open your eyes, you do not need to tell your brain to interpret the light falling onto your retinas from the object in front of you as "computer", this has happened unconsciously. When you step out into a chilly night, your brain does not need to be told "cold", the stimuli trigger the processes and categories automatically.

#### Selection

The world around us is filled with an infinite number of stimuli that we might attend to. Depending on the environment, and depending on us as individuals, we might focus on something familiar or something novel. When we attend to one specific thing in our

environment, whether it be a smell, a feeling, a sound or something else - it becomes the attended stimulus.

To experience a stimulus through the senses & attend to it:

a) Stimulus: anything prompting action, feeling, thought

b) Senses of sight, sound, smell, taste and touch

**Selective Perception**

a) Actively select some stimuli & ignore (filter) others, i. e:

(i) We don't perceive everything

(ii) 10,000 bits of sensory information available/sec

b) Physiological & psychological states influence what the senses pick up and the meaning you give it

c) Factors that Affect Perceptions

(i) Physiology, these includes Height, weight, hearing, vision, physical well-being and mood

(ii) Age. Experience teaches lessons; wealth of experience vs. naiveté

(iii) Culture as a filter. It Conditions us to perceive in similar ways and Develop shared attitudes, beliefs, values, etc.

**Standpoint theory** explains our perceptions are influenced by the subgroups or subcultures to which we belong, such as age, gender, sexual preference, ethnicity, religion, marital status, occupation.

(iv) Social Roles

How would a physician's training and a lawyer's training cause them to notice different things at the scene of an automobile accident?

(v) Ourselves. *Implicit Personality Theory:* Unspoken, unconscious assumptions about how various qualities fit together in human personalities (outgoing = friendly, confident, and fun

*Attachment Styles:* We perceive & approach relationships differently b/c of how we were parented

**Organization**

Once we have (consciously or unconsciously, though usually the latter) chosen to attend to a stimuli in the environment, it sets off a series of reactions in our brain. This neuralprocess starts with our sensory receptors (touch, taste, smell, sight and hearing), and is transmitted to our brains, where we organize the information we receive.

**Constructivism theory** states we organize and interpret experience by applying cognitive structures

**Schemata** (organizational structures to make sense of what we have noticed)

a) Prototypes: knowledge structures that define the clearest or most representative examples of some category U.S. prototype of romantic relationships emphasizes trust, caring, honesty, friendship, and respect. Passion is less central to prototype than companionship and caring.

b) Personal constructs: bipolar mental yardsticks that allow us to measure people and situations along specific dimensions of judgment (physical characteristics, mental qualities, psychological

features, interpersonal/social qualities) Dilbert Cartoon: smart & beautiful; smart & ugly; stupid & beautiful; stupid & ugly

c) Scripts: define expected or appropriate sequences of action in particular settings; guides to action Greeting acquaintances; dating, managing conflict, talking with professors, dealing with clerks, etc.

d) Stereotypes: predictive generalizations about people and situations

(i) categorize others on basis of easily recognized characteristics (race, blondes, frat/sorority, jocks, ethnicity)

(ii) Base judgments about people on categories they fit instead of on individuality

(iii) Prevent us from seeing individual as unique

(iv) "Them": prejudiced, biased, discriminatory word

(v) Stereotypes of groups we **don't** belong to are more negative & inaccurate than of own group

**Interpretation**

After we have attended to a stimulus, and our brains have received and organized the information, we can then interpret it in a way that makes sense using our existing information about the world. Interpretation simply means that we take the information that we have sense and organized, and turn it into something that we can categorize. For instance, in the Rubin Vase illusion mentioned earlier, some individuals will interpret the sensory information as "vase", and some will interpret it as "faces". However, this happens unconsciously thousands of

times a day. By putting different stimuli into categories, we can better understand and react to the world around us.

Subjective process of explaining our perceptions in ways that make sense to us, Factors that cause us to interpret differently includes:

a) Degree of involvement with other

b) Relational satisfaction

c) Past experiences

d) Assumptions about human behavior

e) Expectations

f) Knowledge of others

g) Personal moods

h) Gender

i) Occupation

j) Culture (**Standpoint theory** explains our perceptions are influenced by the subgroups or subcultures to which we belong, such as age, gender, sexual preference, ethnicity, religion, marital status, occupation, etc.)

k) Self-concept

Attribution

a) Causal accounts that explain why things happen and people act the way they do

b) Attributions are based on **Dimensions of Interpersonal Attributions**

i) Locus of control: Internal vs external

ii) Stability: Stable vs unstable

iii) Scope: Global vs specific

iv) Responsibility: Within personal control vs beyond personal control

c) Attribution Errors occur when we attach distorted meanings to what happens around us

i) **Self-serving bias**: Take credit for positive outcomes, deny responsibility & control over negative outcomes; attribute negative behaviors to uncontrollable factors (test was hard); attribute positive behaviors to controllable factors, your strength, intelligence, or personality (got an A b/c I worked hard or I'm smart). Why? B/c we KNOW the situation surrounding our behaviors we naturally focus on the influence of these factors.

ii) **Fundamental Attribution Error**: Occurs when we assume other people's behavior is due more to internal characteristics such as their personality, whereas we view our own behavior as more a result of external factors, e.g. context or situation: Overestimating the internal causes of others behavior and underestimating the external causes

## 2.8 Review of Empirical Studies

A study by Umoh&Adeyemi on Causes of Divorce as Perceived by Students of Tertiary Institutions in Kwara State found **t**hat the major cause of divorce is barrenness. There were 444 (74%) respondents who felt this way. Second in importance was Repeated Sickness in the family with 356 (59.3%) respondents. This is followed by religious differences in the fourth place with 342 respondents. Sexual causes was reacted to by 315 (53%) of the respondents, and

Educational Disparity of the spouses and psychological factors were responded to by 312 (52%) and 307 (51.2%) respondents respectively. The least possible causes of divorce as reacted to by the respondents included Cross-cultural factors, 116 (19.3%), Age Disparity of the spouses (35%), social causes "(45.8%) and financial causes (47.5%).

In addition to the distribution of respondents on the basis of causes of divorce, the reaction of the students were converted into scores, Strongly Agree attracted 4 points while Agree attracted .3 points* Moreover, Disagree attracted 2 points, and Strongly Disagree was assigned 1 point. The range of score was therefore 1-4. Four of the perceived causes as reacted to by the respondents were tabulated out for comparison by sex.

BhuiyaChowdhury, Momen, &Khatun (2005) in a study of divorced, abandoned and widowed women in a rural area of Matlab, Bangladesh, find second marriage and dissertation by husband, non-fulfillment of the claim for dowries, physical and sexual abuses of the wives as the prevalent reasons for the marital disruption of the rural women (Bhuiya, Chowdhury, Momen, &Khatun, 2005). Their study shows that divorced women faced lack of social support at the time of marriage termination and financial inability in their post-divorce life. Divorced women's lack of sources of regular income to support themselves and their children, heavy dependence on their parents and brothers, total responsibility for rearing the children, feeling of being guardian less and support-less, public ridicule, and insecurity and difficulty in the marriage of their grown up daughters were found to be the main problems faced by divorced women in their post-divorce life. Thus, the study reveals that divorce causes severe economic, social and psychological consequences for women in Bangladesh, as it does for women elsewhere in the world. The majority of divorces took place at first marriage when the girl was 8-13 years old.

**2.9 Summary**

This chapter attempts to review the literature of other writers who have made an attempt to write on similar topics to this study. New facts were discovered. Some places were left untouched while others are touched haphazardly. This study focuses on the causes and remedy of divorce among, and those directly concerned with marital problems in Kano metropolis. Many salient points have emerged from this review of related literature. The study is hinged on three theories of Marital Adjustment, these theories are Cognitive Theory, According the proponents of the theory, spouse's marital instability and maladjustment result from their rational non subjective and feeling Ellis (1973). Explain that marital relationship could be ended because of spouses, faulty and irrational perceptions do not encourage marital joy or happiness satisfaction and emotional stability. On the other hand on the restoration of stability, adjustment peace and joy to a marital relationship, ,this school of thought also believes that elimination of the emotional disturbance could be most effectives through logical and rational thinking, to clear away the in congruence in their belief-system. The second Theory is Behavioural which states that family, neighbors, peers, friends and other significance persons play a major role in teaching marital roles behavior in individuals .It emphasis that all conjugal or marital roles behaves are observed, imitated and then learnt. The theory opined that children observing their parents acts toward each other might imitate and learn the behavior in later life. The children will in later life either consciously or unconsciously, act the learnt behavior. And lastly the Functionalism that think of society as living organism in which each part of the organism contributes to its survival. This view is the factualist perspective, which emphasis the way that parts of a society are structured to maintain its stability, usually in the family there exists conflict and struggle between the couple, as enumerated by the ideas of conflict perspectives.

## CHAPTER THREE

## METHODOLOGY

### 3.1 Introduction

This chapter described the research design, population of the study, sample and sampling procedures. Also, research instruments, validity and reliability of research instruments, description of the instruments, procedure for data collection, procedure for analysis and summary were also discussed.

### 3.2 Research Design

Survey research design was used for this study. This design was selected because the study has to do with cause and remedy of divorce on a large number of Hausa couples. It is also selected because Kolo (as cited in Sambo, 2008) opined that survey design provides information on facts, opinions and attitude of individuals concerning divorce and remedy, on large population generalized on the entire population.

### 3.3 Population of the study.

The population for this study consists of some selected married couples within the Kano metropolis. The population of the study; couples still in marriage, were selected in the area totaling 1195 as shown on table 3.1 below.

**Table 3.1: Population of the Study**

| S/No | Local Govts. | Quarters | Population of Couples |
|---|---|---|---|
| 1 | Dala L.G.A | Kantudu | 135 |
| 2 | Gwale L.G.A | Galadanchi | 123 |
| 3 | Municipal LGA | Kabara | 118 |

| | | | |
|---|---|---|---|
| 4 | Dala | Mandawari | 112 |
| 5 | Gwale | Gwammaja | 103 |
| 6 | Municipal | Muskwani | 100 |
| 7 | Dala | Soron dinky | 120 |
| 8 | Gwale | Zaitawa | 102 |
| 9 | Municipal | Kankarofi | 105 |
| 10 | Dala | Arzai | 91 |
| 11 | Gwale | Jakara | 86 |
| | **Total** | | 1195 |

**Source**: *Dala, Gwale and Municipal Council Sectariate*

### 3.4 Sample and Sampling Procedure

Eleven (11) quarters were selected from each of the three (3) local government areas of Kano metropolis through cluster sampling. To maintain justice from the target population of married couple, 20% each cohort was selected using simple random sampling technique. This is in line with Cruises (2001) who observed that the sample of any given research can be ten percent (10%) or 20% of the population. The total sample was therefore two hundred and thirty nine. This sample has been adjudge adequate for a study of the nature, due to the entire population of married male and female in the nine quarters.

**Table 3.2 Sample of the Study**

| S/N | LGA's | Quarters | Sample |
|---|---|---|---|
| **1** | Dala L.G.A. | Kantudu | 26 |
| **2** | Gwale L.G.A | Galadima | 20 |
| **3** | Municipal L.G.A | Kabara | 20 |

| | | | |
|---|---|---|---|
| **4** | Dala | Madawari | 23 |
| **5** | Gwale | Gwammaja | 22 |
| **6** | Municipal | Muskwani | 22 |
| **7** | Dala | SoronDinki | 20 |
| **8** | Gwale | Zaitawa | 27 |
| **9** | Municipal | Kankarofi | 21 |
| **10** | Dala | Arzari | 20 |
| **11** | Gwale | Jakara | 22 |
| | **Total** | | **239** |

### 3.5 Instrument for Data Collection

A structured questionnaire tagged Couples Perceived Causes and Remedies of Divorce Questionnaire (CPCRDQ) was used for study. The researcher adopted and blended materials from existing records such as Onwuosanya (2009)

Section (A) sought for the demographic data of the couples while Section (B) on general questions on causes of divorce, consisting of fifteen items. Section (c) on perceived remedies of divorce have ten items. The questionnaire was based on four (4) point-attitude measurement scale which often requires the respondents to tick. Agree/strongly Agree/Disagree/strongly disagree.

### 3.6 Validity of the Instrument

The instrument for data collection was given to the supervisor and 2 other experts in the Department of Educational Psychology and Counselling , Faculty of Education, Ahmadu Bello University, Zria to certain its validity. All the corrections and suggestions made were effected.

### 3.7 Reliability of the Instrument.

Pilot test was conducted among 24 couples in Kantudu ward under Dala Local Government Area, this number makes up 10% of the sample of the study. The data collected was subjected to the Cronbach Reliability test and a reliability coefficient of 0.762 was obtained.

### 3.8 Procedure for DataCollection.

The Researcher collected a letter of introduction from the Department of Educational Psychology and Counselling, printed 239 copies of the instruments and was assisted by one (1) research assistant in each of the quarters. The researcher and his assistant personally visited the different quarters to administer the instruments and collected the data. The Ward head (Mai Unguwa) in each quarter was contacted first, given a copy of letter of introduction from the Department of Educational Psychology and Counselling, then inform them of the researcher's intention and the ward heads assisted in distributing the instruments to the couples. The Researcher was given dates to come back and collect the completed questionnaires.

### 3.9 Scoring

Four points rating scale was adopted in the scoring and analysis of the data obtained from the instruments.

SA = 4

A = 3

DA = 2

SD = 1

### 3.10 Procedure for Data Analysis

The descriptive statistics of frequency count and percentage was used to analyze and interpret the results of the research questions. Mann-Whitney test used to answer null hypotheses 1 and 4 while chi-square was used in testing null hypotheses 2,3 5 and 6 at 0.05 level of significance. The Non parametric test of Mann-Whitney test (alternative to Independent t test) is used because the test variable of perception on causes and remedies of divorce.

## CHAPTER FOUR

## RESULTS AND DISCUSSION

### 4.1 Introduction

The study is titled “Perceived Causes and Remedy of Divorce among married couples in Kano Metropolis”. The statistical package (SPSS) 20tth Edition was used to carry out the analysis. A

total of 237 respondents were sampled for the study. The analysis of this study is presented in sections for easy comprehension. The first section presents the distribution of demographic variables of Sex, Age, Occupation and qualification in frequencies and percentages. The second section answers to research questions using item means, standard deviations, frequencies of options to each item and the rank order. The cumulative mean is obtained from all the items that answers the questions which is compared with a decision mean of 2.500. This is to ascertain if their responses is negative or positive. The decision is made using the four liker scale options of (4+3+2+1)/4.The third section test the null hypotheses, null hypothesis 1 and 4 were tested using the Mann-Whitney test statistics to determine presence or presence of significant differences between male and female respondents. While null hypotheses 2, 3, 5 and 6 were tested using the chi- square. All hypotheses are tested at 0.05 alpha level of significance. The last section summarizes the major findings.

**4.2 Demographic Data**

The variables bordering on the respondents personal characteristics, was described briefly below. These include age, gender, religion, occupation, educational attainment and marital status.

**Table 4.1 Demographic data of respondents**

| Variable | Frequency | percentage |
|---|---|---|
| **a. Age** | | |

| | | |
|---|---|---|
| 16-25 years | 50 | 20.9 |
| 26-35 years | 63 | 26.4 |
| 36-45 years | 72 | 30.1 |
| 46 years and above | 54 | 22.6 |

**b. Gender**

| | | |
|---|---|---|
| Male | 120 | 50.21 |
| Female | 119 | 49.79 |

**c. Highest Educational Qualification**

| | | |
|---|---|---|
| Quranic Education | 96 | 40.17 |
| Primary education | 42 | 17.57 |
| Secondary Education | 49 | 20.50 |
| Tertiary Education | 7 | 2.93 |
| No form of Education | 45 | 18.83 |

**d. Occupation**

| | | |
|---|---|---|
| Civil Servant | 65 | 27.20 |
| Applicants | 81 | 33.89 |
| House Wife | 70 | 29.29 |
| Self Employed | 23 | 9.62 |
| Total | 239 | 100 |

The table above explains he distribution of the sample by Age of the two hundred and thirty nine couples, 50 respondents corresponding to 20.9% are in the age group 16-25 years, 63 respondents corresponding to 26.4% are in the age group 26-35 years, 72 respondents corresponding to 30.1% are in the age group 36-45years while 54 respondents corresponding to 22.6% are in the age group 46 and above.

120 respondents corresponding to 50.21% were males while 119 respondents corresponding to 49.79% were females making a total of 238 respondents corresponding to 100%

Majority of the respondents 96, corresponding to 40.17% had Quranic education, followed by secondary education with 49 respondents corresponding to 20.50%, then No form of formal education with 45 respondents corresponding to 18.83%, then primary education with 42 respondents corresponding to 17.57% lastly tertiary education had 7 respondents corresponding to 2.93%.

65 respondents representing 27.20% are civil servants, 81 respondents representing 33.89% were applicants, 70 respondents representing 29.29 were full time housewives and 23 respondents representing 9.62 %.

### 4.3 .Research Questions

Frequency counts, simple percentages, mean scores and standard deviation are the descriptive statistics that were used in analyzing the research questions.

**Research Question One:**

What are the causes of divorce as perceived by married couples in Kano Metropolis**?**

**Table 4.2 Respondents perception on causes of divorce**

| S/N | ITEMS | MEAN | STD | Ranking |
|---|---|---|---|---|
| 1 | Poverty | 2.83 | 1.13 | 2nd |
| 2 | Promiscuity | 2.72 | 1.10 | 9th |
| 3 | Inability of one of the couples to carry out his/her roles | 2.61 | 1.07 | 13th |
| 4 | Forced marriage | 2.82 | 1.10 | 3rd |

| | | | | |
|---|---|---|---|---|
| 5 | Staying late outside the home in the night | 2.65 | 1.07 | 12th |
| 6 | Physical/Emotional Abuse | 2.80 | 1.09 | 4th |
| 7 | Extravagance in the use of food stuff by wife | 2.66 | 1.05 | 12th |
| 8 | Prolonged sickness | 2.69 | 1.14 | 19th |
| 9 | Unequal treatment among waves | 2.73 | 1.05 | 7th |
| 10 | Peers interference | 2.72 | 1.08 | 9th |
| 11 | Drunkenness/alcoholism | 2.59 | 1.06 | 14th |
| 12 | Lack of understanding between couples/ poor communication | 2.73 | 1.04 | 8th |
| 13 | Problems with in-law | 2.74 | 1.10 | 6th |
| 14 | Age disparity | 2.71 | 1.08 | 10th |
| 15 | Impotency/barrenness | 2.77 | 1.06 | 5th |
| 16 | Emotional Abuse | 2.57 | 1.04 | 9th |
| 17 | Immaturity | 2.43 | 1.02 | 18th |
| 18 | Joblessness | 2.41 | 1.00 | 15th |
| 19 | Failed expectations | 2.84 | 1.13 | 1st |
| 20 | Poor communication | 2.64 | 1.07 | 5th |

DECISION MEAN=2.5

Table 4.2 above shows the perception of respondents on the view on the causes of divorce among married couples. the overall responses on the 15 items was in the positive as the cumulative mean response of 2.73 was found to be higher than the decision mean of 2.50. Specifically, item 1 which said poverty is the main cause of divorce as it attracted the highest mean response of 2.88. Also, it was discovered that item no 2, that is, Promiscuity attracted the second highest mean response of 2.83. In conclusion poverty and promiscuity among couples are the two greatest causes of divorce.

**Research Question Two**

What are the causes of divorce as perceived by married males in Kano Metropolis?

Table 4.3: male respondent's perception on the causes divorce among couples

| S/N | Item | Mean | STD | Rank |
|---|---|---|---|---|
| 1 | Poverty | 2.842 | 1.08 | 7th |
| 2. | Promiscuity | 2.842 | 1.06 | 9th |
| 3 | Inability of one of the couples to carry out his/her roles | 2.775 | 1.05 | 11th |
| 4. | Forced marriage | 2.733 | 1.03 | 14th |
| 5. | Staying late outside the home in the night | 2.867 | 1.11 | 3rd |
| 6. | Physical Abuse | 2.783 | 1.07 | 8th |
| 7. | Extravagance in the use of food stuff by wife | 2.458 | 1.02 | 20th |
| 8. | Prolonged sickness | 2.683 | 1.08 | 15th |
| 9. | Unequal treatment among waves | 3.008 | 1.12 | 2nd |
| 10 | Peers interference | 2.892 | 1.10 | 4th |
| 11. | Drunkenness/alcoholism | 2.592 | 0.87 | 19th |
| 12. | Lack of understanding between couples | 2.725 | 0.98 | 16th |
| 13. | Problems with in-law | 2.875 | 1.05 | 10th |
| 14. | Age disparity | 2.900 | 1.09 | 5th |
| 15 | Impotency/barrenness | 2.725 | 1.04 | 12th |
| 16 | Emotional Abuse | 2.767 | 1.03 | 13th |
| 17 | Immaturity | 2.642 | 1.00 | 17th |
| 18 | Joblessness | 2.675 | 0.99 | 18th |
| 19 | Failed expectations | 3.100 | 1.13 | 1st |

| | | | | |
|---|---|---|---|---|
| 20 | poor communication | 2.842 | 1.09 | 6th |

DECISION MEAN=2.5

Table 4.2 above shows the perception of respondents on the view on the causes of divorce among married males. the overall responses on the 20 items was in the positive as the cumulative mean response of 2.73 was found to be higher than the decision mean of 2.50. Specifically, item 19 which said failed expectations is the main cause of divorce as it attracted the highest mean response of 3.100. Also, it was discovered that item no 9, that is, unequal treatment among wives attracted the second highest mean response of 3.008. In conclusion failed expectations and unequal treatment among wives are the two greatest causes of divorce

**Research Question Three:**

What are the Causes of divorce as perceived by married females in Kano metropolis?

**Table 4.4 Responses of married females on causes of divorce**

| **S/N** | | **Mean** | **STD** | **Rank** |
|---|---|---|---|---|
| 1. | Poverty | 2.800 | 1.16 | 2nd |
| 2. | Promiscuity | 2.533 | 0.98 | 18th |
| 3 | Inability of one of the couples to carry out his/her roles | 2.533 | 0.90 | 19th |
| 4. | Forced marriage | 2.750 | 1.12 | 6th |
| 5. | Staying late outside the home in the night | 2.583 | 1.05 | 15th |
| 6. | Physical Abuse | 2.767 | 1.15 | 3rd |

| | | | | |
|---|---|---|---|---|
| 7. | Extravagance in the use of food stuff by wife | 2.092 | 0.95 | 20th |
| 8. | Prolonged sickness | 2.608 | 1.12 | 7th |
| 9. | Unequal treatment among waves | 2.475 | 1.04 | 16th |
| 10 | Peers interference | 2.533 | 0.99 | 17th |
| 11. | Drunkenness/alcoholism | 2.358 | 1.07 | 11th |
| 12. | Lack of understanding between couples | 2.533 | 1.05 | 12th |
| 13. | Problems with in-law | 2.733 | 1.14 | 4th |
| 14. | Age disparity | 2.658 | 1.11 | 8th |
| 15 | Impotency/barrenness | 2.575 | 0.99 | 13th |
| 16 | Emotional Abuse | 2.433 | 1.10 | 9th |
| 17 | Immaturity | 2.417 | 0.97 | 14th |
| 18 | Joblessness | 2.500 | 1.09 | 10th |
| 19 | Failed expectations | 2.842 | 1.17 | 1st |
| 20 | poor communication | 2.642 | 1.13 | 5th |

Table 4.4 above indicated that the highest cause of divorce as perceived by the married females is item 19 which states that failed expectations, it had the highest mean score of 2.842 while he second highest perceived cause of divorce according to the respondents is item 1 ; poverty. It had a mean score of 2.800.

**Research Question Four**:

What are the remedies of divorce as perceived by the married couples in Kano Metropolis?

Table 4.5 Perception of respondents on the Remedies to divorce

| S/N | ITEMS | Mean | STD | Ranking |
|---|---|---|---|---|
| 1 | Pre-marital counseling | 2.47 | 0.93 | 6th |
| 2 | Married counseling | 2.52 | 0.93 | 5th |
| 3 | Intervention by in-laws | 2.64 | 1.06 | 4th |
| 4 | Use of Religious leaders to preach against divorce | 2.43 | 0.94 | 7th |
| 5 | Legal action against divorce | 2.67 | 1.09 | 3rd |
| 6 | Families intervention | 2.67 | 0.94 | 2nd |
| 7 | Economic capability of spouses especially the man | 2.36 | 0.93 | 9th |
| 8 | marriage should be mutual not forced on the other | 2.28 | 0.94 | 10th |
| 9 | constructive constant communication between couples | 2.77 | 1.07 | 1st |
| 10 | Wives to one man should not be put in one house, but separated | 2.39 | 0.93 | 8th |
| | ***Cumulative Mean*** | ***2.52*** | | |

***DECISION MEAN=2.5***

The table above shows the perception of respondents on the remedies to divorce among married couples. Their overall cumulative mean response on the ten items which was 2.52 was found to be higher than the 2.50 decision mean, implying they are in agreement with the items as remedies to divorce. Item no 9 which says constructive constant communication between couples has the highest mean of 2.77. In the same vein item no 6 which says family intervention is another remedy to divorce has the second largest mean score of 2.67. In summary, use of Religious leaders to preach against divorce and family intervention are the greatest remedies to divorce.

**Research Question Five:**

What are the perception of married males the Remedies of Divorce?

Table 4.6: Perception of male respondents on the Remedies to divorce

| S/NO | ITEMS | Mean | STD | Rank |
|---|---|---|---|---|
| 1 | Pre-marital counselling | 2.733 | 0.98 | 5th |
| 2 | Married counselling | 2.708 | 1.00 | 6th |
| 3 | Intervention by in-laws | 2.742 | 0.91 | 7th |
| 4 | Use of Religious leaders to preach against divorce | 2.888 | 1.16 | 1st |
| 5 | Legal action against divorce | 2.492 | 0.87 | 9th |
| 6 | Families intervention | 2.875 | 1.14 | 2nd |
| 7 | Economic capability of spouses especially the man | 2.883 | 1.16 | 3rdt |
| 8 | marriage should be mutual not forced on the other | 2.725 | 0.89 | 8th |
| 9 | constructive constant communication between couples | 2.800 | 1.10 | 3th |
| 10 | Wives to one man should not be put in one house, but separated | 2.642 | 0.80 | 10th |

***DECISION MEAN=2.5***

Table 4.6 above shows the perception of respondents on the remedies to divorce among married couples. Their overall cumulative mean response on the ten items which was 2.52 was found to be higher than the 2.50 decision mean, implying they are in agreement with the items as remedies to divorce. Item no 4 which says Use of Religious leaders to preach against divorce has the highest mean of 2.888. In the same vein item no 6 which says family intervention is another remedy to divorce has the second largest mean score of 2.875. In summary, use of Religious leaders to preach against divorce and family intervention are the greatest remedies to divorce.

**ResearchQuestion Six**

What are the Remedies for divorce as perceived by married females in Kano metropolis?

Table 4.7 Responses of married females on perceived remedies of divorce

| S/NO | ITEMS | Mean | STD | Ranking |
|---|---|---|---|---|
| 1 | Pre-marital counselling | 2.680 | 0.97 | 5th |
| 2 | Married counselling | 2.781 | 0.98 | 4th |
| 3 | Intervention by in-laws | 2.613 | 0.89 | 8th |
| 4 | Use of Religious leaders to preach against divorce | 2.806 | 1.10 | 3rd |
| 5 | Legal action against divorce | 2.638 | 0.95 | 6th |
| 6 | Families intervention | 2.739 | 0.93 | 7th |
| 7 | Economic capability of spouses especially the man | 2.445 | 0.80 | 10th |
| 8 | marriage should be mutual not forced on the other | 2.605 | 0.87 | 9th |
| 9 | constructive constant communication between couples | 2.857 | 1.16 | 1st |

| | | | | |
|---|---|---|---|---|
| 10 | Wives to one man should not be put in one house, but separated | 2.848 | 1.14 | 2nd |

***DECISION MEAN=2.5***

The table above shows the perception of respondents on the remedies to divorce among married couples. Their overall cumulative mean response on the ten items which was 2.52 was found to be higher than the 2.50 decision mean, implying they are in agreement with the items as remedies to divorce. Item no 9 which says constructive constant communication between couples has the highest mean of 2.857. In the same vein item no 10 which says wives to one man should not be put in one house but separated is a remedy to divorce has the second largest mean score of 2.848. In summary, constructive constant communication between couples and wives to one man should not be put in one house but separated are the greatest remedies to divorce.

**4.4Hypotheses Testing**

Null hypothesis 1 and 4 were tested using the Mann-Whitney test statistics to determine presence or presence of significant differences between male and female respondents. While null hypotheses 2, 3, 5 and 6 were tested using the chi- square. All hypotheses are tested at 0.05 alpha level of significance.

**Hypothesis One:**

There is no significant difference in theCauses of divorce as perceived by married couples in Kano Metropolis

Table 4.8: Mann-Whitney Test between male and Female in their mean ranking perception on causes of divorce

| | Respondents | N | Mean Rank | Sum of Ranks | Z cal | Sig ( p) |
|---|---|---|---|---|---|---|
| Causes of Divorce | Male | 116 | 139.17 | 16143.50 | 4.22 | 0.00 |
| | Female | 123 | 101.92 | 12536.50 | | |
| | **Total** | **239** | | | | |

Result of theNon parametric test of Mann-Whitney test above showed the mean ranking perception on causes of divorce between Male and female respondents. The result showed that significant differences exist between both groups of in their mean ranking perception on causes of divorce. This is because the calculated significant value of 0.00 is lower than the 0.05 alpha value of significance. Their mean ranking perception on causes of divorce were 139.17 and 101.92 by male and female respectively, showing that the male has significantly higher mean ranking perception on causes of divorce than their female counterparts. Consequently, the null hypothesis which state that there is no significant difference between Male and Female respondents regarding their mean ranking perception on causes of divorce, is hereby rejected.

**Hypothesis Two:**

There is no significant difference in the Causes of divorce as perceived by married males in Kano metropolis.

Table 4.9: Chi square statistics on Perceived Causes of Divorce among the male

| Variable | Response categories | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | SA | A | D | SD | TOTAL | df | $X^2$ Cal | P |
| Perceived Causes of Divorce Female | 792 | 740 | 441 | 386 | 2359 | 57 | 157.036 | 0.001 |

***$X^2$ calculate > $X^2$ critical, p <0.005 at df 57***

Results of the chi square statistics above revealed that the calculated p value of 0.001 was found to be lower than the 0.05 alpha level of significance and the computed chi square value of 157.036 was found to be higher than the 79.0812 critical chi square value at df 57 among the males on theirPerceived Causes of Divorce. The computed responses on all the items on Perceived Causes of Divorcewere 792, 740, 441 and 386 on strongly agree, agree, disagree and strongly disagree respectively

Therefore the null hypothesis which state that there is no significant differences among the males on theirPerceived Causes of Divorceis hereby rejected.

**Hypothesis Three**

There is no significant difference in the Causes of divorce as perceived by married females in Kano Metropolis

Table 4.10: Chi square statistics on Perceived Causes of Divorce among female respondents

| Variable | Response categories | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | SA | A | D | SD | TOTAL | df | $X^2$cal | P |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Perceived Causes of Divorce Female | 684 | 578 | 576 | 542 | 2380 | 57 | 101.022 | 0.001 |

***$X^2$ calculate > $X^2$ critical, p <0.005 at df 57***

Results of the chi square statistics above revealed that the calculated p value of 0.001 was found to be lower than the 0.05 alpha level of significance and the computed chi square value of 101.022 was found to be higher than the 79.0812 critical chi square value at df57 among the females in their Perceived Causes of Divorce The computed responses on all the items onPerceived Causes of Divorcewere 384, 578, 576 and 542 on strongly agree, agree, disagree and strongly disagree respectively. Therefore the null hypothesis which state that there is no significant differences among the females on their Perceived Causes of Divorceis hereby rejected

**Hypothesis Four**

There is no significant difference in the Remedies for divorce as perceived by married couples in Kano Metropolis

Table 4.11: Mann-Whitney Test on perception of couples on remedies of divorce

| | **Respondents** | **N** | **Mean Rank** | **Sum Ranks** | **of Z cal** | **Sig ( p)** |
|---|---|---|---|---|---|---|
| | Male | 116 | 142.30 | 16506.50 | | |
| REMEDIES OF DIVORCE | | | | | 4.86 | 0.00 |
| | Female | 123 | 98.97 | 12173.50 | | |

| | Respondents | N | Mean Rank | Sum Ranks | of Z cal | Sig ( p) |
|---|---|---|---|---|---|---|
| | Male | 116 | 142.30 | 16506.50 | | |
| REMEDIES OF DIVORCE | | | | | 4.86 | 0.00 |
| | Female | 123 | 98.97 | 12173.50 | | |
| | **Total** | **239** | | | | |

Result of theNon parametric test of Mann-Whitney test above showed the mean ranking perception on remedies of divorce between Male and female respondents. The result showed that the calculated significant value of 0.00 is lower than the 0.05 alpha value of significance. Their mean ranking perception on remedies of divorce were 142.30 and 98.97 by male and female respectively, showing that the female has significantly higher mean ranking perception on remedies of divorce than their male counterparts. Consequently, the null hypothesis which state that there is no significant difference between Male and Female respondents regarding their mean ranking perception on remedies of divorce, is hereby rejected.

**Hypothesis Five**

There is no significant difference in the Remedies for divorce as perceived by married males in Kano metropolis

Table 4.12: Chi square statistics on remedies to Divorce as perceived by malerespondents

| **Variable** | **Response categories** |
|---|---|

| | SA | A | D | SD | TOTAL | df | $X^2$cal | P |
|---|---|---|---|---|---|---|---|---|
| Remedies to Divorce Female | 346 | 438 | 192 | 216 | 1192 | 27 | 59.210 | 0.003 |

***$X^2$ calculate > $X^2$ critical, p <0.005 at df 27***

Results of the chi square statistics above revealed that the calculated p value of 0.003 was found to be lower than the 0.05 alpha level of significance and the computed chi square value of 59.210 was found to be higher than the 40.113 critical chi square value at df 27 among the males on their perceived remedies to Divorce The computed responses on all the items on remedies to Divorce were 346, 438, 192 and 216 on strongly agree, agree, disagree and strongly disagree respectively. Therefore the null hypothesis which state that there is no significant differences among the males on their perceived remedies for Divorce is hereby rejected.

**Hypothesis Six**

There is no significant difference in the Remedies for divorce as perceived by married females in Kano Metropolis

Table 4.13:Chi square statistics on remedies to Divorce as perceived by female respondents

| Variable | Response categories | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | SA | A | D | SD | TOTAL | df | $X^2$cal | P |
| Remedies to Divorce Female | 363 | 365 | 207 | 254 | 1189 | 27 | 94.714 | 0.002 |

***$X^2$ calculate > $X^2$ critical, p <0.005 at df 27***

Results of the chi square statistics above revealed that the calculated p value of 0.002 was found to be lower than the 0.05 alpha level of significance and the computed chi square value of 94.714was found to be higher than the 40.113 critical chi square value at df 27 among the females in their perceived remedies for Divorce. The computed responses on all the items on their perceived remedies for Divorcewere 363, 365, 207 and 254 on strongly agree, agree, disagree and strongly disagree respectively. Therefore the null hypothesis which state that there is no significant differences among the females in their perceived remedies for Divorceis hereby rejected.

**4.5 Summary of Major Findings**

Analysis of data revealed many findings, the major ones however are;

1. The couples differ in their perception of the causes of divorce (z = 4.22, p = 0.00). the Male respondents perceived failed expectations as the major cause of divorce

and unequal treatment among wives as the second major cause while the female respondents also perceived failed expectations as the major of divorcee but perceived poverty as the second major cause .

2. The married males differ in their perception of the causes of divorce ($X^2$ = 157.036, p = 0.001 )
3. The married females differ in their perception of the causes of divorce ($X^2$ = 101.022, p =0.001)
4. The couples differ in their perception of the remedies of divorce (z = 4.86, p = 0.00). The male respondents perceived Use of Religious leaders to preach against divorce as the major remedy against divorce, the female respondents perceived constructive constant communication between couples.
5. The married males differ in their perception of the remedies for divorce ($X^2$ = 59.210, p = 0.003)
6. The married females differ in their perception on remedies for divorce ($X^2$ = 94.714 p = 0.002)

**4.6 Discussion**

Research hypothesis one sought to find out the perception of the respondents on the causes of divorce among couples, it was found out that the couples differ in their perception on the causes of divorce. While the Male respondents perceived failed expectations as the major cause of divorce and unequal treatment among wives as the second major cause, the female respondents also perceived failed expectations as the major of divorcee but perceived poverty as the second major cause .This finding is not unconnected to the fact that people go into marriages nowadays with different expectations, this according to the Cognitive Theory,

spouse's marital instability and mal adjustment result from their rational non subjective and feeling Ellis (1973). Explain that marital relationship could be ended because of spouses, faulty and irrational perceptions do not encourage marital joy or happiness satisfaction and emotional stability. Failed expectations was adjudged as the highest cause of marital instability this was not surprising that most of the couples like other Nigerians are materialistic in nature this is in agreement with statement of Nwobi (1997) that money or lack of it have a profound influence on marriage, she explained that financial solution poses a threat marriage if a husband is unable to provide his wife and family with material possessions they become resentful to him many wives faced with this problem, takes job to provide the family with such possessions. Unequal treatment of wives was the second highest cause of marital instability. Infidelity has contributed in no small measure in most families. The African man is naturally promiscuous; a lot of men boasts about their sexual exploits when in company of other men, this seems to be condoned by the society. However, with the incidence of HIV/AIDs that is now rampant and claiming many lives, men are forced to be more courteous but not repentant. This causes a lot of crisis in the family. According to Okwoche (2001) infidelity is also found among some women as well. She reported that wives that are either unsatisfied sexually or are out to get even with their husbands are found of running around with other men or to reassure themselves that they are still attractive.

Null hypothesis two sought to find out if there was significant difference in the Causes of divorce as perceived by married males in Kano metropolis. It was found that the married males differ in their perception of the causes of divorce. Also, Null Hypothesis Three sought to find out if there was significant difference in the Causes of divorce as perceived by married females in Kano Metropolis. It was found thatthe married females differ in their perception of the causes of divorce. These findings are not surprising in the sense that the issue of divorce is on the increase

due to the fact the reasons for the divorce is varied. This is in agreement with the findings by Asogwa (2003) in his study of "The Dissolubility of the Indissolubility of Marriage": causes: in five local government areas of Rivers state using 800 divorcees and structured questionnaire as his instrument. found out the following as the causes of divorce: the gradual collapse of the social order (diminishing family loyalty, individual irresponsibility and Lawlessness); mental disorders-prolonged ones; couples with different cultural background; incompatibility; constant quarrels, bickering, high temper and nagging. Shaky foundation right from courtship; constant frictions and tensions within marriage; love at "first sight marriage; financial mismanagement and lack of interdependence between couple.

Null Hypothesis Four sought to find out the difference in perception of the couples on the remedies of divorce. It was found out that the couples differ in their perception of the remedies of divorce. The male respondents perceived Use of Religious leaders to preach against divorce as the major remedy against divorce, the female respondents perceived constructive constant communication between couples.It was unanimously agreed among the couples that the use of religious leaders in resolving marital instability is the best solution to marital instability. This is not surprising judging by the way Nigerians are very passionate about religion the Holy books have specific guidelines on relationship between humans and their creator. If these guidelines are strictly and sincerely adhered to, we will not be experiencing the numerous social ills that the Nigerian nation is faced with. It is sad to note that we are not as pious as we are religious. Majority of the respondents were not aware of pre-marital and marriage counselling. There is no much awareness campaign by the counselors on counselling generally this cannot be unconnected with lack of established counselling centers in most part of the country.

Null hypothesis five sought to find out if there was significant difference in the Remedies for divorce as perceived by married males in Kano metropolis. It was found thatThe married males differ in their perception of the remedies for divorce The married females differ in their perception on remedies for divorce. Also, null hypothesis six sought to find out if there was significant difference in the Remedies for divorce as perceived by married females in Kano Metropolis. It was found thatthe married females differ in their perception of the remedies for divorce. The findings is not unconnected to the fact that people go into marriages with different expectations and get discouraged if the expectations are not met. Rather than seek ways of adjustment, the couples finds means of separation even if the decision will later be a source of worry to them. Goode in Omeje (2000) found out that the female respondents in his sample conceded that separation gave rise to a high level of trauma most if it was the female who was the left. It becomes less if it was the male and least if the husband and wife mutually arrive at the idea of divorce. Weiss (1999) contributing opinion in this regard maintains that: although there do not generally seem to be great differences in the level of post marital distress between those who initiate separation and those whom separation is imposed on, there do seem to be distinct differences in the kinds of distress two groups experience. Those who initiated the separation tend to feel guilty, even anguished at the damage their departure inflicted on those they were pledged to cherish.

# CHAPTER FIVE

# SUMMARY, CONCLUSION AND RECOMMENDATION

## 5.1 Introduction

In this chapter, the research findings are summarized and discuss. Appropriate conclusions arising from the findings are drown. In addition, some recommendation base on the findings, and suggestions for further research was made.

**5.2Summary**

Divorce refers to the formal or legal termination of marital relationship. It is also dissolution of marriage before the death of either of the spouses. However, it does not necessarily mean that the law views divorce lightly, it is designed by the scholars as the most repugnant in the sight of God, as it has been said: “of all the lawful things God permitted, what he most abhors is divorce.” It was found that no religion or culture supports divorce. This may be due to the intricacies of what follows after, children loss of maternal love and affection, broken home and other serious consequences on the community and the country as whole.

These problems indicate the need for effective counselling among couples in order to improve their marital relationship and to avoid subsequent divorce. Couples should learn how to listen to each other for their peaceful coexistence. And they should learn that marriage is a union, which is sanctioned by the society between couple-husband and wife, with recognition of social obligations accepted by both partners. Also, marriage is a socially, culturally, and religiously sanctioned relationship between couples which has existed for a long time. This shows that before divorce takes place, several conditions must be fulfilled as it was indicated in the first chapter of this research finding.

Counsellors adopted that almost every woman needs a man, just as almost every man needs a woman. As Igbokwe suggests that “marriage, therefore, is an essential part of human life which requires proper planning and careful preparation in order to prevent marital discord, marital instability, and subsequent divorce. It’s for this reason that this study, sets out to investigate the

causes and remedies of divorce among Hausa couples. This is with a view to reducing the rate of divorce in Kano to its barest minimum. Also these studies examine the causes of divorce, problems of marriage age and time for marriage among Hausa couples.

In order to achieve the above mentioned two objectives, two (2) research questions were raised for this study and two (2) hypotheses were drawn to be tested. Some of the couples, widowed and divorcees, were selected randomly to participate in the study. These couples were assigned to each of the questionnaire experiment. The respondents of the above mentioned groups were analyzed and interpreted.

The Perception of Couples on Causes and Remedy of divorce Questionnaire (PCCRDQ) was used for ticking according to the extent which spouses consider each of the items as a cause or remedy to divorce. The data collected were analyzed using descriptive statistics of frequency counts, simple percentage, mean score and standard deviation while Null hypothesis 1 and 4 were tested using the Mann-Whitney test statistics to determine presence or presence of significant differences between male and female respondents. While null hypotheses 2, 3, 5 and 6 were tested using the chi- square. All hypotheses are tested at 0.05 alpha level of significance. It was found that the couples differ in their perception of the causes of divorce ($z = 4.22$, $p = 0.00$); The married males differ in their perception of the causes of divorce ($X^2 = 157.036$, $p = 0.001$ ); The married females differ in their perception of the causes of divorce ($X^2 = 101.022$, $p = 0.001$) ; The couples differ in their perception of the remedies of divorce ($z = 4.86$, $p = 0.00$); The married males differ in their perception of the remedies for divorce ($X^2 = 59.210$, $p = 0.003$); and The married females differ in their perception on remedies for divorce ($X^2 = 94.714$ $p = 0.002$).

## 5.3 Conclusion

Based upon the findings and discussions, the following conclusions are arrived at:

1. Majority of the couples go into marriage with conflicting perceptions about their expectations.
2. The Married couples have different perceptions on the causes of divorce, it is no wonder that the menace is on the increase as there is no uniformity in perception.
3. The male Married couples differ in their perceptions on causes and remedies of divorce
4. The Female married couples laso differ in their perception of causes and remedies of divorce

## 5.4 Recommendations

Divorce is a means of sharing annoyance, bad feeling, worries of thought and ideas among separated couples. Divorce also disrupts the total life of children as well as our future generation. Thus, there must be a provision of an effective counselling among married couples. In order to reduce rampant divorce among Hausa couples, the finding of this study recommends that:

1. There is an obvious need for pre-marital counselling for young men and women in our society to prepare their minds adequately for marriage and the counselors should utilize the mass media such as television in the creation of awareness.
2. Divorce rate can be reduced if the factors associated with divorce are controlled as much as possible. A reasonable degree of control can be achieved only through free marital counselling.

## 5.5 Implications of Findings for Marital Counselling

The findings of this study indicated that guidance is helping couples to receive correct counselling, guide and assist individuals in their marital life, occupation and other personal social aspects of one's whole life. There is need for counsellor to undertake functional guidance program. Guidance also is a program of service whose ultimate purpose is to help the individual to acquire capacity for self-direction. Kano metropolis is suffering from inadequate guidance services in various ways due to interrelated factors especially lack of adequate commitment by government, ignorance on the part of couples and parents as well as a general lack of interest by the public those of marital problems among couples. Another implication of the findings of this study is that counsellors could collaborate with parents, elders, or social centres to improve the parental living using discussing and mediation skills in their daily lives. This could be possible when couples are determined to commit themselves to learn and make new change in their marriage life. This would result to new and acceptable behaviours for a better marital relationship. When married couples are taught how to discuss problems and parents mediate or interact with their couples, they could also learn to visit counsellor clinic to receive guidance. There is tendency of improved marital lives. This is because they could learn and experience more about their marital relation. Also, another implication of this study is contribution to knowledge and good marital relation.

This research study will serve as a marriage enhancement program and would be capable of reducing the rampant divorce among married couples by enabling them to sustain marital life and live together in peace and harmony. Counsellors could use discussion and mediation approach to couple in their aim to minimize rampant divorce.

Finally, married couples should try to improve remedies to frequent divorce among Hausa couple, through the use of dialogue skills, proper mediation and discussion. This would go a long

way in reducing divorce problems. By doing this, many Hausa marriages would be rescued from separation and divorce. This would improve married couple's affection for each other, accommodation of each other's views thus creating a peaceful environment, which is highly favorable to the proper functioning of their marital relationship. This would, as much as possible, solve or reduce many societal conflicts connected with marriage problems throughout the country.

**5.6 Suggestion for Further Studies**

The research of this finding is limited to only Hausa couples in Kano metropolis. It is hoped that this study will encourage further research in the following areas

1) Factors responsible for and effects of rampant cases of divorce among couples in Hausa society.
2) Consequences of polygamy marriage in Hausa society.
3) Effect of divorce on children in Hausa society.
4) Custody of children after divorce in Kano metropolis.
5) Dissolution and remedies of divorce in our new millennium era.
6) There is possibility for replication of this study in other society of Nigeria.

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**QUESTIONNAIRE**

Couples Perceived Causes and Remedies of Divorce Questionnaire (CPCRDQ)

**Dear Respondents,**

I am a student of Ahmadu Bello University Zaria in the Department of Educational Psychology and Counselling, I am out for a research on Influence of some demographic characteristics on Influence of Some Demographic Variables on Influence of Some Demographic Variables on Perceived Causes and Remedy of Divorce among couples in Kano metropolis

Please fill the following according to the extent you perceived and believe its causes and Remedy of Divorce among couples.

Yours Faithfully,

**Khalid Baba Yahaya**

**SECTION A: Demographic Data**

1. **Age:**
2. **Gender:** Male ( ) Female ()
3. **Highest Educational Qualification:** Quranic Education ( )Primary Education ( ) Tertiary Education ( )
4. **Occupation:** Civil Servant ( ) Teaching ( ) House Wife ( ) Self Employed ( )

**SECTION B: Perceived Causes of Divorce**

Please Rate Each of the Following According To the Extent You Believe It Causes Divorce among Couples.

**Key; SA= Strongly Agreed, A= Agreed, D= Disagreed, SD= Strongly Disagreed**

| S/N | | SA | A | D | SD |
|---|---|---|---|---|---|
| 1 | Poverty | | | | |
| 2. | Promiscuity | | | | |
| 3 | Inability of one of the couples to carry out his/her roles | | | | |

| | | | | | |
|---|---|---|---|---|---|
| 4. | Forced marriage | | | | |
| 5. | Staying late outside the home in the night | | | | |
| 6. | Physical Abuse | | | | |
| 7. | Extravagance in the use of food stuff by wife | | | | |
| 8. | Prolonged sickness | | | | |
| 9. | Unequal treatment among waves | | | | |
| 10 | Peers interference | | | | |
| 11. | Drunkenness/alcoholism | | | | |
| 12. | Lack of understanding between couples | | | | |
| 13. | Problems with in-law | | | | |
| 14. | Age disparity | | | | |
| 15 | Impotency/barrenness | | | | |
| 16 | Emotional Abuse | | | | |
| 17 | Immaturity | | | | |
| 18 | Joblessness | | | | |
| 19 | Failed expectations | | | | |
| 20 | poor communication | | | | |

**SECTION C: Perceived Remedies to Divorce**

Tick The Following According To The Extent You Consider Each Believed As A Remedy To Divorce**.**

| **S/NO** | **ITEMS** | **SA** | **A** | **D** | **SD** |
|---|---|---|---|---|---|

| | | | | | |
|---|---|---|---|---|---|
| 1 | Pre-marital counselling | | | | |
| 2 | Married counselling | | | | |
| 3 | Intervention by in-laws | | | | |
| 4 | Use of Religious leaders to preach against divorce | | | | |
| 5 | Legal action against divorce | | | | |
| 6 | Families intervention | | | | |
| 7 | Economic capability of spouses especially the man | | | | |
| 8 | marriage should be mutual not forced on the other | | | | |
| 9 | constructive constant communication between couples | | | | |
| 10 | Wives to one man should not be put in one house, but separated | | | | |