

**EFFECTS OF RELATIONSHIP EDUCATION TRAINING ON MANAGEMENT
OF MARITAL DISCORD AMONG YOUNG COUPLES IN KADUNA STATE,
NIGERIA**

BY

Jummai Grace TABAT

**DEPARTMENT OF VOCATIONAL AND TECHNICAL EDUCATION
AHMADU BELLO UNIVERSITY, ZARIA, NIGERIA**

AUGUST, 2015

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BY

Jummai Grace TABAT

(PhD/EDUC/5543/2011-2012)

B.Ed (Home Economics) A.B.U, Zaria, 1999

M.Ed (Home Economics) A.B.U, Zaria, 2009

**A DISSERTATION SUBMITTED TO THE SCHOOL OF POSTGRADUATE
STUDIES, AHMADU BELLO UNIVERSITY, ZARIA
IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD
OF A DEGREE OF DOCTOR OF PHILOSOPHY IN HOME ECONOMICS**

**DEPARTMENT OF VOCATIONAL AND TECHNICAL EDUCATION
AHMADU BELLO UNIVERSITY, ZARIA, NIGERIA**

AUGUST, 2015

DECLARATION

I declare that the work in this Thesis titled Effects of Relationship-Education Training on Management of Marital Discord among Young Couples in Kaduna State, Nigeria has been carried out by me in the Department of Vocational and Technical Education. The information derived from the literature has been duly acknowledged in the text and a list of references provided. No part of this Thesis was previously presented for another degree or diploma at this or any other Institution.

Jummai Grace TABAT

.....
Signature

.....
Date

CERTIFICATION

This Thesis titled EFFECTS OF RELATIONSHIP EDUCATION TRAINING ON MANAGEMENT OF MARITAL DISCORD AMONG YOUNG COUPLES IN KADUNA STATE, NIGERIA written by Jummai Grace TABAT meets the regulations governing the award of degree of Doctor of Philosophy (PhD) Home Economics of Ahmadu Bello University, Zaria, and is approved for its contribution to knowledge and literary presentation.

Prof. P.E Onuigbo
Chairman, Supervisory Committee

Date

Prof. E Ike
Member, Supervisory Committee

Date

Dr. E.E Adamu
Member, Supervisory Committee

Date

Prof. A.A Udoh
Head of Department
Vocational and Technical Education

Date

Prof. A Z. Hassan
Dean, School of Postgraduate Studies

Date

DEDICATION

This research is dedicated to the memory of my beloved son (Late) Master Zidyep A. Tabat.

ACKNOWLEDGEMENT

The Researcher is grateful to God Almighty for His love, protection, guidance and inspirations towards the successful completion of this course. The researcher expressed her appreciation to the people who were influential in her work, her studies, and her professional growth. She is most grateful to her supervisors and mentors, Prof. P.E Onuigbo, Prof. E. Ike, and Dr. E.E Adamu who have influenced her professional and personal life in numerous ways, they devoted their time making useful constructive criticisms, and suggestions. Thanks indeed, may the Almighty God reward them all in hundredfolds.

Special gratitude goes to her able talented and tireless Examiners, Dr. R Bako, Prof. E.F Adeniyi and Prof. A.Z Mohammed who displayed sincere interest and commitment toward the successful completion of this work. The researcher is forever grateful to Dr. D.O. Oni and Dr I.M. Haruna for their unquantifiable supports, excellent encouragement and purposeful direction towards the completion of this work. She is also grateful to Prof. A.A Udoh, Prof. T.O Ojo, Dr. T.J. Adeshina, Prof. S.L. Ajayi, Dr. S Ibrahim, Dr. M.F. Ahuwan, Dr. S. S. Amoor, Dr. B.I Okeh., Dr. M. Abubakar, Dr. A. Ibrahim, Mr. Magaji and Dr R.T Umar for their moral and academic support that made this Dissertation work significantly less stressful.

The researcher is also expressing her special thanks to Dr. H Adamu for providing some useful materials to carry out this study, may the Almighty God bless her. In addition, the researcher appreciates lecturers of the Department of Vocational and Technical Education and Faculty of Education, Ahmadu Bello University, Zaria who contributed in various ways to make this work a success.

The researcher appreciates, Mrs. H. Gajere the Provost, Management staff, Academic staff, the Head and the entire staff in the Department of Home Economics, Kaduna State College of Education Gidan Waya, for their support, encouragement and opportunity given to the researcher to carry out this study.

The researcher is grateful to the Kaduna State National Population Commission for providing her with the necessary information used for the conduct of this study. She is indebted to the following people, the Staff, and Students of Kaduna State College of Education, Staff and Students of College of Nursing and Midwifery Kafanchan, Young Couples in ECWA Goodnews Garaje, Samarun, Kataf, Zonkwa, Young Couples in Kagoro and Kafanchan, she

pray that God bless them all.

Finally, hearty appreciation goes to all the researcher's beloved family members; my darling husband Mr. K.Y. Tabat, who has shown an unfailing support throughout this study and every endeavor she has undertaken. To the researcher's beloved children: Masters Aaron Y. Tabat, and Bob Manuel Tabat, both of whom joined our family at a busy time. God loves you all. Special thanks to all the researcher's friends and class mates, Mrs. K.Y. Ahmed, Mrs. M. Masara, Mrs. V. Uche, Mrs. F. Gwambe, Mrs. T. N. Percy, Mrs. Walah, Miss M. K. Dansokoto and Mrs. C. Umar for their prayers, love and encouragement during the period of study. May the Almighty God reward all of them abundantly. Amen.

ABSTRACT

The purpose of this study was to investigate the effect of Relationship education training on the management of marital discord among young couples in Kaduna State, Nigeria. Ten specific objectives with ten research questions were stated and six Null hypotheses were raised. Among the objectives were to determine young couples' awareness of Relationship education, and to identify the causes of marital discord among young couples in the southern part of Kaduna state. Experimental research design was adopted for the study. The population for the study was 1,495,644 couples. The sample size used for the study was 120 young couples; 60 served in the experimental group and 60 for control group. The researcher had two different forms of questionnaires (a baseline questionnaire and a pre-test and post-test questionnaire) and a Relationship Education Training manual, developed by the researcher. The aim of the first (baseline) questionnaire was to enable the researcher pick out the conflicted and devitalized couples for the study and this was done through a diagnostic method. Couples that fell between the ranges of 26%–66% were used for the study. These diagnoses were mainly for the researcher's use. The second questionnaire (pre-test and post test) on the other hand was used to answer the ten research questions and also to test the six null hypotheses. The questionnaire consisted of six (6) sections with multiple choice questions measured using 4-Point Rating Scale. The same questionnaire was used for pre-test and post-test. Before the administration of the post-test questionnaire, the researcher conducted a four weeks relationship education training on the experimental group. Six Null hypotheses were formulated and tested using Independent t-test statistics at 0.05 Alpha level of significance. The result showed significant difference on the management of acute discord of young couples that went through Relationship Education training and those who did not. There was significant difference between couples who went

through Relationship Education training and those who did not on the management of role discord. There was also significant difference in the frequency of marital discord of young couples before and after the training. Based on the findings, it was concluded that Relationship-Education training had positive effect on the management of marital discord among couples. Some recommendations were given. Among them were; religious leaders should prevail on all intending couples on the need to undergo thorough and effective Relationship Education training before getting married so as to acquire adequate skills and knowledge in managing marital discord. Marriage seminars and workshops should be conducted regularly by relevant stakeholders (religious organizations, governmental institutions and NGOs) so as to give couples and intending couples adequate knowledge on current marital issues and effective ways of handling them.

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LIST OF ABBREVIATIONS

ANOVA	-	Analysis of Variance
DAS	-	Dyadic Adjustment Scale
LGAs	-	Local Government Areas
MRE	-	Marriage Relationship Education
NCHS	-	National Center for Health Statistics
NGOs	-	Non-Governmental Organizations
PAIRS	-	Practical Application of Intimate Relationship Skills
PCA	-	Positive Couple Agreement
PPMC	-	Pearson Product Moment Correlation Coefficient
R.E	-	Relationship Education
R.E.T.	-	Relationship Education Training

OPERATIONAL DEFINITION OF TERMS

Acute Discord: This is a marital discord that occurs frequently in new marriages; such as, conflict arising from arguments on how much money is reasonable to spend on cosmetics, food, drinks, clothing and entertainment. There are also special problems of adjustment connected with in-laws, sex, and money.

Conflicted Couples: These are couples that have low positive couple agreement (PCA). They also have problems with communication and solving problems. Conflicted couples tend to be younger, married for fewer years, less educated and have lower job status.

Devitalized Couples: Couples in this group are characterized by pervasive unhappiness in almost all areas of their marriage life. They do not forgive nor forget and so they are characterized by acute marital discords or problems.

Harmonious Couples: They are the second most satisfied type of couples and have moderately high Positive Couple Agreement (PCA).

Interest Discord: This occurs as a result of low self-esteem and unfulfilled needs of husband or wife. The action towards satisfaction of needs/interest may sometimes lead to conflict between spouses; the type of food cook, type of friends keep, the type of clothes you wear can also result in marital discord.

Norms Discord: This type of conflict is observed mostly in mixed marriages where the husband and wife have different patterns of life and cultural backgrounds. Violation of established family norms by either of the spouses can lead to conflicts.

Relationship Education Training: It is a technique or training skills given to couples or families which will enable them acquire better skills or learn specific strategies for coping more effectively with their everyday relationship problems.

Role Discord: This is a type of conflict which may arise for a woman if she simultaneously has family and a job outside the home. It is a discord that occurs as a result of playing- dual role because each one makes demands which may interfere with other.

Southern part of Kaduna State: This comprised of twelve (12) LGAs in the State, namely include: Chikun, Jaba, Kachia, Kaduna South, Kagarko, Jema'a, Kaura, Kajuru, Lere, Kauru, Sanga and Zangon Kataf.

Traditional Couples: These are traditionally inclined with traditional parenting styles, have equalitarian roles and religion. They have poor relationship, communication and conflict resolution skills. They tend to dislike the personality of their partner.

Value Discord: When a spouse's needs, wants, interests, aims and purpose are not met, value discord may set in. For instance, a woman who values dresses might use the money meant for feeding or paying bills and pocket money to buy dresses for herself. This may result into imbalance in family resources and demands due to mismanagement of income. Where the man resists this diversion of fund, value discord arises.

Vitalized Couples: Vitalized couples have high levels of satisfaction across all aspects of their marriage. They have high Positive Couple Agreement (PCA) and also have good communication and conflict resolution skills; in fact they have high sense of maturity in dealing with marital issues.

CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

From the inception of human society, procreation takes place through marriage. Marriage is seen as a social and universal institution recognized and respected all over the world. As a social institution, marriage is founded on and governed by the social and religious norms of the society. It is usually contracted amidst joy, happiness and merry making among couples, family members and friends. No wonder for a stable and happy marriage, parents play some major traditional roles in choosing marriage partners for their children. In many cultures, preliminary investigations and enquiries were carried out by parents and relations of both the bride and groom on whom their children would marry. This was followed by the fulfillment of all necessary traditional rites before the actual wedding day. This is because marriage was regarded as an alliance between two families, rather than just between the two individuals. It is the basis of the legal family where both parents and even the communities were saddled with the responsibilities of building up honest, responsible, dedicated and obedient children.

Marriages nowadays are becoming transformed thereby, putting the rich values under strain. However, overtime these rich values of ensuring a sustainable and happy marriage life are beginning to crumble. In other words, the institution of marriage has been changing and will continue to change particularly among young couples if nothing is done. It should be noted that globalization has failed the family; as such it has eroded strong family values and replaced it with commercialized relationships thereby inflicting a heavy blow on the marriage institution worldwide. In addition to these, a wide range of

social ills might have contributed to this weakening of marriages and have put huge demands on the present generation, especially among young couples. These may include mass media, western education, migration, pornography, unemployment and poverty, the erosion of fidelity in marriage, and many other social phenomena. All these, plus over socialization and promiscuous nature of societies are causing young couples to become less tolerant, and at the first sign of a flaw, marital discord erupts.

Similarly, the family structures that make people sit down under peer review is vanishing and the taboos of shame and dignity are also evaporating as such a man or a woman can conduct him/her self immorally without worry of the society's sanction. In traditional African societies any abuse (against a woman for example) would be discussed with the community elders. Disagreement which could be easily managed by the couples, are now reasons for serious marital discords and irreconcilable squabbles. Young couples are now sensitive at any small issue if not properly handled. However, young couples need to be more guided because of the nature of modern marriages and to minimize some of the marital discords that may likely occur. A lot of dramatic changes in the institution of marriage have resulted to imbalances among couples in the present society. As such these have lead many young couples into serious disagreement and lack of harmony in their homes.

It is worth noting that couples marry for the strongest reasons besides what keeps them married, when basic emotional and physical needs are met willingly and unconditionally. And where these needs are not met then rewards of marriage are outweighed by frustration, neglect, rejection and discord. The result is eroded trust and loss of intimacy amongst them. Similarly, many people believe that the instability of

modern marriage exists because husbands and wives do not take their relationships as seriously as people did in the past (Coontz, 2005). Some of these developments or changes may be related to ongoing changes in couple's roles, as jobs, education and other businesses have pre-occupied their minds and separated the couples; couples often work in different occupations and in locations away from the home. These might have contributed to rise in the discord rate among young couples (Ryan, 2013).

Technology has made possible the development of highly sophisticated communication facilities, and yet interpersonal communication problems are at the root of most of couples problems. Many couples hear, talk, read and see a lot about love in marriage, but many seem unable to experience it genuinely for themselves. Technology has provided gadgets to do work at a faster speed, but still couples claim they have little time for their families and even to themselves. It is worthy of noting that the changing nature of the marital relationships among young couples has some consequences on the entire society. This can be noticed in decline of moral standards in the society (increase in delinquent and juvenile behaviours, illegal drug use), declining academic performance, increase in poverty, lack of commitment, violence and abuse, infidelity, lack of intimacy and emotional support, decreased forgiveness and accommodation, murder, poor physical and mental health condition of partners and to their innocent children. In a nutshell, these have resulted in marital discord among couples (Namka, 2008; Falciglia & Schindler, 2010; Hunt, 2012).

A successful marriage is a highly valued goal for the majority of couples in Nigeria. In fact, having a successful marriage life is one of the most important objectives of family therapy. More than 70% of Nigerians believe that marriage should be a life-long

commitment that should only be ended under extreme circumstances (Notarius & Markman, 1993). Despite the desire for successful and life-long marriages, couples marrying for the first time in Nigeria continue to face roughly 40% to 50% chance of discord during their lifetime (National Center for Health Statistics (NCHS, 1996). Some demographic projections also predicted that the discord rates will likely rise in the coming generation, with as many as two-thirds of recent marriages ending in discords (NCHS, 1996). Also, two-thirds of these problems will occur within the first ten years of marriage (Lamanna & Riedman, 1997). These trends are compounded by the fact that many distressed couples remain in non-satisfying and/or conflicting relationships (Amato & Rogers, 1997).

Marital discord can be defined as an active quarrelling or conflict resulting from misunderstanding between a husband and a wife (DeMaris, 2000; Waite & Gallagher, 2000). Discord among young couples is a strong predictor of marital dissolution that usually occurs due to general lack of emotional fulfillment (Amato & Hohmann-Marriot, 2007). Marital discords are classified into five major groups namely: value, interest, norms, acute and role discords respectively and each of this entails a particular level of severity, which can influence marital outcomes. When effective and adequate relationship education training are giving to young couples and to-be couples, this may help in managing some of the marital discords that may likely occur in the marriage life of young couples.

Relationship education training is also seen as marriage intervention which provides necessary knowledge and skills to couples on how to respond positively to family issues, related problems and problem-solving strategies for coping (McFarlane,

Dixon, Lukens, & Lucksted, 2003). Dion (2005) described Relationship Education Training (RET) as a program that “provide support, information, and education about healthy relationship and marriage,” that are often led by organizations looking to strengthen marriage in a certain region or population. Effective, adequate and proper knowledge of relationship-education helps in minimizing some of the marital discords that may likely occur among young couples. Young couples are seen as two persons of the opposite sex whose marriage life is between one to ten (1-10) years, age, life experience, responsibilities and maturity are considered as early, tender, having little experience, recently established or rejuvenated that agreed to live together for the rest of their life time as husband and wife (Lamanna & Riedman, 1997). Looking at how in-experienced young couples are, the chances of experiencing discord are high. Hence the knowledge of relationship education training is seen as a relevant tool for managing such discord, that is what this research study intends to investigate.

1.2 Statement of the Problem

Parents feel happy and fulfilled when their children are getting married to their loved ones. As such, marriage counseling and advice are always given to the intending couples by either parents, religious leaders as well as well-wishers to guard against any problem that the couples may likely experience in their marriage life. Against this background, the family institution (marriage) which is the basic unit of social organization is being threatened by marital discord particularly among young couples. Abati (1997) indicated that, some years back young couples were faced with little problems in their marital relationships. This happened despite the low level of

technological advancement, educational pursuit, large number of children and other issues that could strain marriage relationship. Still, marriage in those past years was highly respected and dignified as couples were ready to stay peacefully with each other despite their differences in religion (belief), economic level, age and educational level. More so, parents at the same time made necessary enquiries or investigation on who their children would marry. As such, children were properly guided on whom to marry and spend the rest of their lives with.

However despite all these, there appears to be increased rate of marital discord among young couples in the southern part of Kaduna state which could be due to lack of adequate and effective relationship education training. Ononuju, (2004) reported that marital discord occurs because the society has a set of unwritten norms that guide marital relationships and the responsibilities of the men and women in those relationships. Coontz, (2005) opined that any marriage contracted without proper guidance and planning may likely result in discord. Besides, discord in the study area is causing serious damage in many homes as some of these parents produce off-springs that may likely pose danger to the society; this could be seen where the children of this parents have become school drop-outs, some have given birth to out-of wedlock children while others indulge in other antisocial activities. In addition to this, children of discordant homes are less likely to get married as many suitors are skeptical or afraid of indulging into serious relationship and those who do marry are more likely to experience discord .just like their parents (Namka, 2008).

There is an outcry over the decline of moral standards which obviously is coming from the family (Jamwal, 2009). In fact, marital discord among young couples in the

study area has substantially contributed to social condition that threatened the foundation of the society, culture and potential for economic prosperity. Discord among couples in the study area has led to juvenile and adult incarceration, illegal drug use, and risky sexual activities, declining academic performance, physical and mental health concerns and also increase in poverty. This has ravaged and devastated many families and also permits little opportunity for respect among young couples. In addition to this, marital discord in the study area is causing great distress for couples thereby putting them at risk for developing higher levels of depression and anxiety and other diseases like hypertension. Also in the study area, incidences of physical abuse on women is common and pervasive and this can be noticed in cases such as, spouse beatings, sexual abuse, assault, alcohol-related accidents and other related family problems. In fact the economic situations of the couples in the area and the increased rate in moral decadence are some of the things that influence marital discord (Falciglia & Schindler, 2010).

The researcher was motivated into researching on this topic because of the frequent occurrence of marital discord among young couples in the Southern part of Kaduna State, which may be as a result of inadequate and ineffective relationship education training. This was observed during the researcher's internship experience at Jema'a Local Government Area of Kaduna State. The researcher was impelled by the different marital cases that were handled among which includes the case of infidelity between an officer and his female staff, mistrust among couples, sexual assaults, lack of commitment and selfishness among couples to mention but a few. All these problems if allowed to go on uncontrolled, will not only affect the couples concerned but the whole society.

In the light of the cited problems, it can be asserted that couples and to-be couples in the study area may be ignorant of the significance and effect of relationship-education training on the management of marital discord among young couples. Therefore, this research study was carried out in order to find out the effect of relationship-education training on the management of marital discord among young couples in the southern part of Kaduna State.

1.3 Objectives of the Study

The main objective of the study was to establish the effect of Relationship-education training on the management of marital discord among young couples in the southern part of Kaduna State. Specific objectives of the study were to:

1. Identify the causes of marital discord among young couples in the southern part of Kaduna state.
2. Identify the different types of marriage contracts engaged in by young couples in the southern part of Kaduna State.
3. Identify the different types of marital discord found among young couples in the southern part of Kaduna State.
4. Assess young couples' awareness of Relationship education.
5. Determine the effect of relationship education training on the management of acute discord among young couples in the southern part of Kaduna State.
6. Determine the effect of relationship education training on the management of role discord among young couples in the southern part of Kaduna State.

7. Determine the effect of relationship education training on the management of value discord among young couples in the southern part of Kaduna State.
8. Determine the effect of relationship education training on the management of interest discord among young couples in the southern part of Kaduna State.
9. Determiner the effect of relationship education training on the management of norms discord among young couples in the southern part of Kaduna State.
10. Determine whether there is significant difference in the frequency of marital discord of young couples before and after the training.

1.4 Research Questions

The following Research questions were answered:

1. What are the causes of marital discord among young couples in the southern part of Kaduna state?
2. What are the different types of marriage contracts engaged in by young couples in Kaduna State?
3. What are the different types of marital discord experienced by young couples in the southern part Kaduna State?
4. To what extent are young couples aware of Relationship education training?
5. What is the difference between young couples who went through relationship education training and those who did not on the management of acute discord?
6. What is the difference between young couples who went through relationship education training and those who did not on the management of role discord?
7. What is the difference between young couples who went through relationship

- education training and those who did not on the management of value discord?
8. What is the difference between young couples who went through relationship education training and those who did not on the management of interest discord?
 9. What is the difference between young couples who went through relationship education training and those who did not on the management of norms discord?
 10. What is the difference in the frequency of marital discord of young couples before and after the training?

1.5 Research Hypotheses

The researcher formulated and tested the following null hypotheses:

- Ho1.** There is no significant difference between young couples who went through relationship education training and those who did not on the management of acute discord.
- Ho 2.** There is no significant difference between young couples who went through relationship education training and those who did not on the management of role discord.
- Ho 3.** There is no significant difference between young couples who went through relationship education training and those who did not on the management of value discord.
- Ho 4.** There is no significant difference between young couples who went through relationship education training and those who did not on the management of interest discord.

Ho 5. There is no significant difference between young couples who went through relationship education training and those who did not on the management of norms discord.

Ho 6. There is no significant difference in the frequency of marital discord of young couples before and after the training.

1.6 Significance of the Study

The results of the study will be significant in the following ways:

It will sensitize and enlighten young couples and young couples to- be to see the need to undergo relationship education training before getting into marriage contract. The findings of this study will help Educators and Curriculum Planners in planning suitable topics and programmes for different age levels of students so as to prepare them for a good marriage life. It will also help them (Educators and Curriculum Planners) to emphasize on all those aspects of the curriculum of tertiary institutions that are related to Relationship Education training (such as: communication, financial management, sexual relations, in-laws, children, behaviour, domestic violence and emotional abuse and time management). Doing so will enable them acquire the knowledge and skills before leaving their colleges.

The result of this study will also help parents, clergymen, religious groups, Mass media and Non-Governmental Organizations (NGOs) to prepare programmes that will impact positive effects on the marital stability of young couples. It will also help young couples to ascertain the different forms of marital discord and best possible ways to address such discord.

The findings of the study will help the intending couples in choosing suitable and appropriate partners so as to reduce occurrences of marital discord when married. The result of the study will equally enable young couples to create awareness on the effect of marital discord in the family and the society.

The findings of this study will subsequently raise the society's awareness on the importance and benefits of effective and adequate relationship education training before engaging into marriage contract. When the society understands and appreciates the knowledge and skills gained from this training, many parents may be convinced to send their wards or to organize effective relationship education training for their children who are preparing for marriage.

The findings of the study will also motivate relevant stakeholders (religious organizations, governmental institutions and NGOs) to conduct regular and effective marriage seminars and workshops to young couples and intending couples on current marital issues and effective ways of handling them. This will also go a long way in challenging the relevant stakeholders to undergo training and retraining of marriage counselors in the area of marriage relationship education as a way of updating them with useful relationship education knowledge.

Subsequently, the findings of the study will help Home Economics Specialists to find a way of organizing regular talk-shows, seminars and workshops in colleges, communities and religious centers where adequate and positive knowledge and skills in handling marital issues (sex issues, communication, finance, in-laws issues and infidelity) can be discussed. This can also be done on the media such as radio and television by an experienced Home Economist.

The study will be a major useful contribution to knowledge and literature on the effect of Relationship Education training on management of marital discord among young couples. Finally, the findings of the shall be made known to the society (public) in Nigeria and even beyond through paper presentation at conferences, seminars and articles in Nigerian dailies and journal publications.

1.7 Basic Assumptions of the Study

The researcher assumed that the baseline of the problems of most young couples involved in marital discord may be as a result of ineffective and lack of proper Relationship-education training before marriage. Parents and guardian are ignorant of the effect of Relationship-education training on the management of marital discord among young couples. However, for this study it was assumed that:

1. young couples will be able to manage their discord when effective or appropriate marital Relationship -Education training is given to them.
2. every young couple will like to be given an opportunity to participate in marital Relationship -Education training if properly informed.
3. when basic Relationship-education knowledge and skills are provided to young couples, discord will reduce in married homes.

1.8 Delimitation of the Study

This study was delimited to young couples who were between one to ten (1-10) years in marriage in Jema'a and Zango Kataf Local Government Area in the Southern part of Kaduna State. This is because marital discord among young couples generates or erupts faster between these periods than the couples that are older in marriage. Also,

using young couples will minimize some of the marital discord that may arise in later life for instance progressive and role conflicts. The study was also delimited to the southern part of Kaduna State, because, the area is cosmopolitan with more than ten ethnic groups/tribes and different cultural backgrounds.

The study was also delimited to Relationship education training, using relationship education training manual developed by the researcher because, it is seen as a relevant training that will enable young couples to manage some of the marital discord that may likely occur. The researcher delimited this study to only conflicted and devitalized couples who have only one partner. It was delimited to the following marital discords: acute, value, interest, role and norm discords. This is because discord among couples generates or centers mostly on these factors.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

This chapter reviewed related literature under the following sub-headings:

- 2.1 Theoretical Framework
- 2.2 Conceptual Framework
 - 2.2.1 Relationship education
- 2.3 Concepts and Types of Marital Discord
 - 2.3.1 Causes and Characteristics of discord marriage
 - 2.3.2 Prevalence and effect of marital discord on the discordant couples
- 2.4 Concept and Types of Marriage
- 2.5 Concept and Types of Young Couples
- 2.6 Empirical Studies
- 2.7 Summary of the Reviewed Literature

2.1 Theoretical Framework

Family problems arise from maladaptive boundaries and subsystems that create within the overall family system of rules and rituals that govern their interactions (Kerr, 2010). Minuchin (1974) propounded the structural family theory which provided a highly rational explanation that a person's behaviours are a function of our relations with others. It is a system approach that views the family as an organism undergoing transformation. This is also supported by Rogers (1942) who emphasized emotions and feelings and that positive relationships are crucial to a person's well-being. They are heavily focused on communication, affirmation, and providing support in relationships. Wright, Williams and Garland (2002) affirmed that one's belief influence his/her

emotions and behaviour and that by identifying and addressing problematic thoughts one can help to change his behaviour and experience for the better.

However the present study is based on the Intergenerational Family System Theory by Bowen (1995). This is because it is more relevant to this study than others. The theorist opined that couples or families are seen as living organisms and are faced with different stresses, boundaries, rules, expectations, and behaviours that help the family (couple) maintain equilibrium and the status quo or homeostasis. Bowen also maintained that when there is any change in one partner, the other will need to adjust as well. He added that people cannot be understood in isolation from their family unit and that family members are interconnected and dependent on each other in ways which make it impossible for one member to change without it affecting every other member of the family. He believes that tension in the family system will be resolved by the presence of a neutral third person who can avoid emotional participation in the family system (American Association for Marriage and Family Therapy, 2012 and Bowen Center for the Study of the Family 2012). Intergenerational Family therapy is focused on the resolution of specific problems, such as depression, anxiety or marital discord. The therapeutic process is designed to be brief (twelve sessions on the average), with clearly defined, attainable end goals (Schimelpfening, 2012). This theory was supported by the Dialectical theory of Baxter and Montgomery (1998) which maintained that, relationships are never stable but go through constant fluctuations, making its success determined by how those changes are handled. Marriage partners have times of contradictory desires and goals, for example, so for the relationship to last they have to find a way to communicate through their differences and reach compromises (Mazarin, 2009).

In summary, the Intergenerational Family System Theory of Bowen was based on the resolution of specific problems, such as depression, anxiety or marital discord and with the aim of assisting families have positive skills and knowledge in managing these problems by having greater levels of differentiation, where there is less blaming, decreased reactivity and increased responsibility for self in the emotional system. He believes that tension in the family system will be resolved by the presence of a neutral third person who can avoid emotional participation in the family system. In view of this, the present research study is related to the “Intergenerational Family System Theory of Bowen (1995). This is because both aimed at resolving families’ discord, tensions or anxiety by having positive skills and knowledge in managing these problems.

2.2 Conceptual Framework

Relationship-education is knowledge and skills-based training which aims at providing couples with information on ways to improve their relationship once they are married (Senediak, 1990). The training is typically educative in nature, and in most instances are time-limited and content specific. Markman and Hahlweg (1993) viewed Relationship-Education as a training which aimed at building perspective that has the goal of starting with happy couples (even though they may be at risk for future distress) and helping them maintain their relatively high levels of functioning. Stahmann and Salts (1993) opined that Relationship-education is a kind of family therapy that is geared at providing couples with an awareness and understanding of potential problems which occur in marriage or family, as well as providing couples with information and resources to effectively prevent or ameliorate such problems.

Gottman (2008) also deduced that Relationship Education is an educational approach that teaches “skills, strategies and attitudes associated with success in marriage relationships, as well as helping couples communicate better and improve their ways of handling conflict at homes. It is an adult education activity designed to inform and enrich relationships and individuals. Relationship education is the best way to prevent divorce and marital discord by intervening before problems start and providing skills-based training and information to promote strong and healthy relationships (Markman, Stanley, Blumberg, Jenkins, & Whitely, 2004). Relationship-education training is also seen as a technique where couples or families acquire better skills or learn specific strategies for coping more effectively with their everyday relationship problems.

Marriage relationship education is helpful in strengthening communication and problem-solving skills and improving marital satisfaction for both men and women. Alan and Theodora (2007) asserted that Relationship-Education is a kind of education that is able to help many couples build and maintain a healthier and happier marriage. It is generally brief, practical, positive in tone and outlook, and cost effective. Hence, programs involving relationship enchantment, preparation for marriage or childbirth, marriage enrichment, and parent effectiveness training are all examples of these Relationship educational efforts along with the behavioural parent skills training procedures (Bauml, 2008).

Relationship Educational approaches are intended to increase knowledge of and insight into marriage problems and solutions (Halford, Markman, Stanley, & Kline, 2003). Relationship Education means learning and practicing fundamental skills in listening, communicating, and problem solving. It is an effort or program that provides education,

skills, and principles that help individuals (a person not in a relationship or a person without his or her partner) and couples (both partners participating) increase their chances of having healthy and stable relationships. It is an education which tends to focus on teaching couples the skills needed to work out issues in general. Relationship Education holds much promise for reducing the individual, family, and community costs of relationship distress and breakdown. In order to realize this, potential educators need to offer evidence-based education that tailors content to the risk and resiliency profiles of the couples.

Halford, Markman, Stanley, and Kline, (2003) ascribed Relationship-education as education for couples in committed relationships, which includes couples who are married or planning to marry and couples who cohabit in committed relationships. It is an education that has to do with setting aside some time to plan couples' future lives together and work on their relationship vision. It is a kind of learning that helps in recognizing negative patterns in communication, and introducing effective strategies to prevent them. Relationship Education centered on discussing hopes around, creating and raising a successful and a happy family and practicing communication skills to maintain emotional safety in the relationship. It also provides knowledge about the strength (growth) and weak areas of the relationship; thereby increasing intimacy through learning to be mindful of each other's needs, and caring for each other. Larson (2004) described marriage Relationship-Education as a skill-based program which helps to prevent and remedy marital distress. This includes education classes and marital support groups, which are sometimes labeled as marriage enrichment classes.

Dion (2005) and Howell, (2007) described MRE as a skill-based relationship training which “provides supports, information, and education on how to develop healthy relationships and marriages,” Eisenberg and Gordon, (2009) also viewed MRE as a knowledge based skill training which helps in providing couples with tools to improve communication, bonding, and conflict resolution increases relationship satisfaction and ultimately can help sustain marriages. Relationship-education training provides skills and gives couples the tools required to strengthen love and marriage relationships. It acts in building marital enrichment, and family development through a cost effective group educational approach to reducing family breakdown. Relationship Education provides a road map and usable skills for sustaining healthy relationships that are an ongoing source of love, pleasure, happiness, and fulfillment for both partners (Eisenberg, 2011).

2.2.2 Goals of relationship-education for couples

Adams (2010) outlined the followings as goals of relationship education:

- i. Confide in one another regularly with emotional openness and empathic listening.
- ii. Complain to one another regularly (without attacking) including requests for change, can also listen to complaints without defensiveness.
- iii. Resolve differences and conflicts by seeking to learn rather than to prevail. Use fair fighting that involves confiding, empathic listening, complaining with requests for change, and contracting, effective win-win solutions, all without manipulation or dirty fighting.
- iv. Agree upon areas of autonomy, areas of consultation, and areas of mutually shared ownership and decision-making.
- v. Clarify hidden assumptions and unspoken expectations to minimize misperception and misunderstanding.
- vi. Help one another heal pains and disappointments, resolve emotional allergies, and clarify hidden assumptions. Conjointly heal and resolve emotional allergy infinity loops.
- vii. Meet basic needs for sensuality, appropriate sexuality, physical closeness, bonding, and intellectual and emotional sharing with one another.
- viii. Follow clear, equal, negotiated boundaries regarding what is private and not shared with others outside the relationship.

- ix. Initiate change when the status quo (division of roles, responsibilities, and privileges) is not satisfactory. Follow through on negotiated changes.

2.2.3 Principles of relationship-education

The principles of Relationship Education as outlined by Eisenberg and Gordon, (2009); Eisenberg (2011) include the followings: It is Your Ship, You are the Captain, One Mouth, Two Ears, Riding the Waves, It is rarely the Problem that is the Problem, Love is a Feeling, Marriage is a Contract, Relationships are Work.

It is your ship, you are the captain

Relationship Education is about helping people find strategies and solutions that fit for their unique circumstances, values and relationship goals. That includes respecting their own personal responsibility for their success and the decisions they make for their lives. Evidence-based skills training provides techniques that are easy to understand and use to surface greater awareness of what lies beneath the tip of the iceberg, navigate typical relationship challenges, and overcome differences that are a natural part of any close relationship (Eisenberg, 2011).

One mouth, two ears

Relationship Education provides safe, time-limited structures for conversations that matter, which are often much more about listening than talking. Learning to actively listen with empathy and respect to another person's perspective and experience without judgment, defensiveness, blame, or an effort to quickly try to "fix" the issue or the person makes it safer for intimates to develop greater awareness of themselves and each other (Eisenberg & Gordon, 2009).

Riding the waves

Relationship Education teaches practical, usable skills for better understanding and safely expressing the full range of emotions, including anger, sadness and fear. Upsetting feelings held in eventually either implode or explode. Confiding painful feelings to a significant other leaves more room to experience feelings of love, pleasure and happiness. Just as the most powerful waves lose their energy when they break against the shore, the same is generally true of emotions (Eisenberg, 2011).

It is rarely the problem that is the problem

Relationship Education enables distressed couples— with good will towards each other, openness to learning, and a desire for the relationship to succeed—to deal with differences and problems in ways that often lead to greater closeness, understanding, acceptance and commitment. The issues that surface are typically symptoms of communication breakdowns, hidden assumptions and expectations, behaviors that come from holding in upsetting feelings, or lack of skills for constructive conflict resolution (Eisenberg, 2011).

Love is a feeling

Relationship education helps people develop their emotional intelligence, including understanding that feelings of love come from the anticipation of pleasure in our interactions with others. If instead of anticipating pleasure, we expect pain, feelings of love are unlikely to survive, let alone thrive. What's a pleasure changes during different stages and passages of life. Sustaining feelings of love requires learning what it takes in today's circumstances to stay a pleasure in each other's lives and doing it (Eisenberg & Gordon, 2009).

Marriage is a contract

Relationship education recognizes that although nearly all traditional marriage vows include the promise to “love ‘till death do us part,” the marriage contract itself cannot be dependent on “feelings” of love, which naturally wax and wane. That does not mean commitment or obligations wax and wane. Emotions are affected by many factors, often unrelated to issues inside our closest relationships. Marriage is the glue that is meant to hold couples and families together during periods of growth, change and challenge that are natural part of life (Eisenberg & Gordon, 2009; Eisenberg, 2011).

Relationships are work

Relationship education is built on the understanding that what happens in our closest relationships impacts quality of life, fulfillment, happiness, and the ability to pursue cherished dreams and aspirations. Relationships take regular attention. Without intentionally nurturing relationships, it is easy to become strangers, for relationships to wither and become vulnerable. The work of an intimate relationship is to consistently meet each other’s needs for bonding (emotional and physical closeness). Relationship education provides a road map and usable skills for sustaining healthy relationships that are an ongoing source of love, pleasure, happiness, and fulfillment for both partners (Eisenberg, 2011).

2.2.4 History of relationship-education

The formal organization of Relationship Education in the United States began in the late 1970s by a diverse group of professionals concerned that the results of conventional methods and means of marriage therapy resulted in no appreciable reduction in the elevated rate of divorce and out-of-wedlock births. The motivation for

relationship education was found in numerous studied observations of the elevated rates of marital and family breakdown, school drop-outs, incarceration, drug addiction, unemployment, suicide, homicide, domestic abuse and other negative social factors when divorce and/or out-of-wedlock pregnancy were noted. In all of the negative categories noted above, statistical over-representation of adults whose childhood did not involve both of their parents was present.

Initial planning for the field of relationship education involved the participation of psychologists, counselors, family life educators, social workers, marriage and family therapists, psychiatrists, clergy from various faith traditions, policy makers, academicians in the fields of social science, attorneys, judges, and lay persons. The goal was to seek the broadest possible dispersal of research and marriage education skills courses which could improve interpersonal relationship functioning, especially with married and pre-marital couples. Early contributors to the field of relationship education included David and Vera Mace, who founded The Association for Couples in Marriage Enrichment. The Maces conducted their first couples retreat in 1962. Bernard and Louise Guerney launched the "Institute for the Development of Emotional and Life Skills," later known as "Relationship Enhancement," in 1972 (DeMaria, 2002).

In 1975, Lori Heyman Gordon developed a semester-long, 120-hour relationship education course for American university graduate students, which she called "PAIRS," an acronym for the "Practical Application of Intimate Relationship Skills (DeMaria, 2002). Virginia Satir, considered the "Mother of Family Therapy," began training therapists as relationship educators in 1984. Two large scientific studies published in 2011 provided evidence that marriage and relationship education helps reduce divorce

among military and distressed couples (DeMaria, 2002). Another showed evidence of significant gains for singles, couples and as a potential strategy to reduce rates of teen pregnancy (Hawkins, Fawcett, Blanchard, Carroll, 2010 & Wood, 2010). Other studies, notably the Building Strong Families Program, have shown that Relationship Education does not "improve relationship quality/satisfaction" for low-income, unwed couples, while another provided evidence of statistically significant benefits for low-income married couples (Peluso, Eisenberg & Schindler, 2011).

In 1984, Satir encouraged marriage and family therapists to shift their focus to relationship education. Relationship education allows people to move toward more joy, more reality, more connectedness, more accomplishment and more opportunities for people to grow (Eisenberg, 2011). Satir noted that the need for relationship education emerged from shifting gender roles as women gained greater rights and freedoms during the 20th century: "As we moved into the 20th century, we arrived with a very clearly prescribed way that males and females in marriage were to behave with one another. The pattern of the relationship between husband and wife was that of the dominant male and submissive female ... A new era has since dawned ... the climate of relationships had changed, and women were no longer willing to be submissive ... The end of the dominant/submissive model in relationships was in sight. However, there was very little that had developed to replace the old pattern; couples floundered ... Retrospectively; one could have expected that there would be a lot of chaos and a lot of fall-out. The change from the dominant/submissive model to one of equality is a monumental shift (Eisenberg, 2011).

2.3 Concepts and Types of Marital Discord

Marital discord is seen as a negative behaviour or characteristics exhibits by married couples which ravage, devastate and disrupt families' happiness (Felson & Pare, 2005). Marital discord can also be seen as the gradual deterioration of love and ultimate loss of emotional attachment between partners (couples). It is an ugly situation that causes indifferences and misunderstandings among married partners. Marital discord in any form leaves an impact not only on the victim but on the people who come in contact to the violence. It can happen to anyone, regardless of size, gender, or power, yet the problems are often unnoticed, exempt, or denied. This often escalates from threats and verbal abuse to violence (Child Welfare Information Gate Way, 2011.) However, the intention to hurt someone must all be removed.

2.3.1 Concept of marital discord

Every marriage is a union between two individuals who bring their own opinions, personality quirks, family backgrounds, and value system. It is no surprise that even in very happy marriages the husband and wife must deal with a host of marital issues (discords). Marital discord is the gradual deterioration of love and ultimate loss of emotional attachment between partners (Erickson, 1993 & Kayser, 1993). Some marital discords are mere annoyances, but others can seem overwhelming and hopeless. All too often couples find themselves engaged in discords or have distanced themselves emotionally from each other as a protective measure. Gottman (2001) asserted that all marital discord from minor annoyances to all-out wars fall into one of two categories, either they can be resolved or they cannot. Gottman (2001) called these unresolvable discords "perpetual" problems. These discords will be a part of couples' lives forever, in

some form or another. Olaitan and Akpan (2003) described discord as opposition to others' views, opinions, ideas, or behaviours; it (also means) disagreement which lead to quarrel or fight among family members.

Beach and O'Leary, (1993) also asserted marital discord as discrete, isolation, disagreements, as well as chronic Relationship problems among married partners. He noted that all partners or couples, no matter how supportive and caring they are, experience discord in their marriage lives. Marital discord is not just a difference of opinion but rather, it is a series of events that have been poorly handled so as to deeply damage the marriage relationship. Marriage issues have festered to the point that stubbornness, pride, anger, hurt and bitterness prevent effective marriage communication (Benokraitis, 2008). The root of almost all serious marital discord is selfishness on the part of one or both parties. Saving a marriage means rejecting selfishness, giving up pride, forgiving hurt and setting aside bitterness. These steps grow more difficult, so it is best to avoid the downward spiral of marital discord. The best approach to making marriage work is to prevent marital discord (Brown, 2008). Schaefer (2008) also deduced that married couples are bound to experience some sort of discord. It is impossible to live with someone day after day, for years and end without having some type of discord. One of the keys to marital success is adopting a view that discord is good, this is because it always presents an opportunity for couples to work through issues and come out stronger on the other end (Lawanda, 2013).

All discords are the result of unrealistic, uncommunicated or unmet expectations. Marital discord is essentially the inability to talk about differences in the marital relationship and come to some agreement about how these differences will be managed.

Common differences may include areas such as finances, values, sex, child rearing, relationships with friends or in-laws, to mention but a few. This inability to discuss and manage these differences commonly gets expressed in two major ways: either overt hostility such as arguing put downs, physical violence, to mention but a few or emotional withdrawal via spending less and less time together, throwing oneself into work, affairs. Either type of marital discord can have a huge negative impact on the couple and the developing children and one of the most terrifying things to a child is the possibility that their parents may break up. In the heat of marital discord, many people fail to recognize the intense fear engendered in their children (Lawanda, 2013).

Discord in marriage suggests poor understanding of each other's different viewpoints in perception of things and situations around, attitudinal dissimilarities, behavioural differences and various forms of incompatibilities such as good, life-styles, clothing preferences, likes/dislikes and orientation to life. Most problems in marriage centre on respect for each other, money, freedom, space and issues regarding child-rearing, sometimes traditions also come into play to make matters difficult (Lawanda, 2013).

Most authorities in family set-up believed that discord or family quarrel is normal, but what is bad is the extent and depth of the disagreement and what it results to. Good handling of discords results in successful adjustment while bad management of discords is a step to marital failure. A family that does not experience any form of quarrel or a disagreement is made up of "yes men or women" who have no opinion of their own over issues. They comply with everything said by others even if it means murdering another person (Ononuju, 2004).

2.3.2 Types of marital discord

Olaitan and Akpan (2003) classified discord into two major groups namely: Major and Minor discords. Major discord may arise from a disagreement or an opposition between husband and wife on how the family income should be spent, on what kind of friends to keep, on behaviour towards family relatives such as in-laws, sex matters to mention but a few. Major discords are more realistic and lead to clarification. For instance, mismanagement of family income; such discords produce outlet for strong emotion from which both persons emerge with knowledge gained from the conflict and relationship strengthened (Olaitan & Okpan 2003).

Minor discord on the other hand may arise from disagreements on little or superficial matters such as disagreement on the position of television. For instance, the husband may want the television on the table facing the door to the dining room while the wife will want it some other place in the sitting room. Discords (conflicts) can arise at home or within a family in various forms. It can arise from the roles of the individuals, values, interests, and societal norms.

Olaitan and Okpan (2003); Benokraitis, (2008) pointed out the followings as the various types of discord/conflict engaged by married couples: Acute discord, Role discord, Value discord, Interest discord, Norms' discord.

2.3.2.1 Acute discord

These grow out of the couple's need to establish a successful method of dealing with difficult situations. Leslie (1993) deduced that such discord or conflict occur frequently in new marriages; examples of such are conflict arising from arguments on how much money is reasonable to spend on cosmetics, food, drinks, clothing and

entertainment. There are special problems of adjustment connected with in-laws, sex, money which may also lead to acute conflicts in new marriage (Olaitan & Okpan, 2003).

Leslie (1993) also classified this type of (marital) discord into three basic types. The classification is based on when and how the conflict develops and what functions they serve. The classification includes: progressive discord and habituated.

Progressive discord

This is where discord or conflict becomes progressive when the couple fails to focus upon current issues affecting the family and resolve them. Each conflict that is unresolved becomes progressive, the partners tend to challenge each other's weakness and find fault in the least things done or said (Olaitan & Akpan, 2003).

Habituated discord

Habituated conflict is most of what remains after couples worked out basic adjustments and learned to avoid progressive conflict. For most couples there remain certain areas where agreement will never come and where accommodation is the best that can be achieved (Olaitan & Akpan, 2003).

2.3.2.2 Role discord

This is a type of conflict which may arise for a woman if she simultaneously has family and a job outside the home. However, to play dual role creates conflict because each one makes demands which may interfere with the fulfillment of the other. Working mothers often experience role conflicts at home because of the demands of their home-making chores and that of their husbands, if the husband's expectations are strongly influenced by traditional sex role pattern with the implication that the wife ought to be around the house, do the house work and enjoy less authority. Some men do not like late

meals and this might be as a result of the wife coming back from work late. This may form bases for conflict in most homes where the home-makers are workers (Olaitan & Akpan, 2003).

A wife has two roles; the role of a wife and that of a mother traditionally or a wife and a worker in modern society. Conflict arises when there is imbalance in the demands of the child, the expectations of the husband and her commitments as a person within the limits of her abilities. Conflicts arise where the husband fails to come to terms with what he expects of his wife, who is now the mother of his child. That is, where he is not willing to accept without undue stress or complaint his wife's increased emotional and physical needs of him during the time when she is not yet functioning effectively. Conflict occur where certain household work are left for one spouse, feeling that it is more appropriate for the other. For example, in most our traditional families the care of children is left for the mother alone. It is solely her responsibility to take a sick child to the hospital whether she is in the position to do so or not while the husband does some work. A working mother has less time to care for the family members because she spends most of her time in the work place especially in a case where she is a professional such a nurse, doctor or banker. Some husbands are unhappy because they are not given the maximum attention they desire and infidelity crops into the family (Olaitan & Akpan, 2003; Dobson & Dozois, 2008).

2.3.2.3 Value discord

Value influences one's life as well as the live of one's family. A person's value indicates his needs, wants, interest, aims and purpose. Values are motivating factors that influence the choice one makes. The choice making may be complex because husband

and wife hold different values and this is where conflicts may arise. A woman who values dresses might use the money meant for feeding or paying bills and pocket money to buy dresses for herself. As such, this may result in imbalance in family resources and demands due to mismanagement of income. Where the man resists this diversion of fund, value conflict or discord arises at home (Olaitan & Akpan, 2003; Benokraitis, 2008). Some people hold absolute value; absolute values can be said to mean beliefs which are firmly held and unchanging that interpret what is desirable or worth in a situation regardless of the surrounding factors or conditions. They are deeply rooted and associated with one's way of life; they also help make up one's personality. For example conflict arises between a man who hates a lot of make-ups and his wife who holds make-up as an absolute.

2.3.2.4 Interest discord

Each partner faces the fact that the spouse cannot meet all of his or her interest all the time. For instance, one partner may be interested in going out in the evenings while the other wants to do something special, or one roll over and goes to sleep when the other wants something else such as romance. The low self-esteem and unfulfilled needs of husband or wife are the sources of most tensions within family. The action towards satisfaction of needs/interest may sometimes lead to conflict between spouses and or with another family member; the type of food cook, type of friends keep, the type of clothes you wear can also result in discord in your relationships (Dobson& Dozois, 2008; Benokraitis, 2008).

2.3.2.5 Norms' discord

This type of conflict is observed mostly in mixed marriages where the husband and wife have different patterns of life and cultural background. The wife might reject some norms while the husband accepts them. Violation of established family norms by either of the spouses can lead to conflict. For instance, one of the societal norms in African society (family) may be the wearing of black/white clothes and staying in a mourning house for some days when a spouse dies; which may not be the case in some other families. Conflict may arise when husband and wife are from different cultural backgrounds and are members of the bereaved family that adhere to norms not acceptable to the spouse. In some cases the wife who is from a different culture may refuse to put on the black/white mourning clothes: which may be viewed by other members of the family as violation of one of the societal norms (Olaitan & Akpan, 2003).

2.3.3 Causes and characteristics of discord marriage

Marriage requires the blending of two distinct lives and the transition is not always smooth. Married couples sometimes disagree on some key issues. The greatest factors that aggrieved discord among married couples as identified by Ononuju, (2004) are intolerance, impatience, lack of love and appreciation of one partner. Schaefer (2008) and Lawanda (2013) all identified the following as some of the causes/ reasons for marital discord among married couples: Poor Communication Skills, Financial difficulties, Sexual difficulties and Intimacy, Relationship with in-laws, Disagreement over child rearing, Unresolved Baggage from Youth, Unfulfilled Expectations, Resentment, A Narcissistic Personality Style, The "Mid-life Crisis", "The Spark Is Gone" Syndrome,

Unacknowledged or Unresolved Anger or Resentment, Bad Habits, Lack of time together and Household Responsibility.

2.3.3.1 Poor communication skills

Communication is at the heart of intimate human relationship. It is literally the foundation on which all is built. It is a way in which humans create and share meaning, both verbally and non-verbally (Olson, 2000). The ability to communicate is one of a handful of essential skills couples must master if they are to enjoy close relationship and discord free marriage. In fact, the ability and the willingness to communicate have been found to be among the most important factors in maintaining a satisfying relationship (Olson, 2000). Couples need to have active listening and good communication skills to agree with one another. They need to learn how to communicate, and even to disagree, in a healthy way.

2.3.3.2 Financial difficulties

Finances are a key issue in any relationship, and intimacy is enhanced when a couple is in close accord on how to earn and spend money. Some people tend to be spenders, others are savers. Most are somewhere in between. Differences of philosophy about spending money can cause considerable conflict (Olson, 2000). Mooney (2012) noted that one of the major causes of discord in marriages today is the issue of money. Money, or the lack thereof, can cause discord and stress; especially for marriages that are already struggling. Some people say money is the root of all evil; that may not be far from the truth when it comes to marriage problems. Money is a huge source of strain on many couples, from managing money to not making enough of it (Dachary, 2012).

Consumer Reports (2011) also deduced that money is one of the main causes of discord among couples, and one of the leading causes of divorce. Each person has his/her own financial personality, and so, people should try and develop their spending habits before they tied the knot. This is why it is so important that couples discuss their financial goals before the wedding. And, they should be honest about their credit scores and their spending habits. In order for a marriage to succeed, the couple must have similar financial values (Mooney, 2012). No wonder it is often said that money issues are at the root of most marital discord. Yet whether or not to buy an annuity, how much to invest in bonds and where to find the money for home repairs does not exactly sound like sweetheart talk. Unfortunately, a great marriage can go sour when financial problems arise that is when you have financial problems, it can create a marital crisis (Dachary, 2012). On the other hand, reaching common ground on family money matters can improve matrimonial happiness and stability. And you will have a much better chance of achieving your long-term financial goals if you are both committed to them and work together (Mooney, 2012).

2.3.3.3 Sex and intimacy

Sex is an important part of human life, health, and happiness. It is a critical part of a happy marriage and a crucial ingredient in individual well-being and in intimate relationships, especially among married couples (Olson, 2000). Sex is one of the most common areas of discord in many relationships. Ruling out any physical or medical causes of difficulty, it is usually in some way a reflection of whatever state the relationship is in. For instance, if communications have become hostile and withholding (for punishment or defense purposes) that hostility manifests itself sexually as well

(Schaefer, 2008). Chronic disappointment and dashed expectations can manifest in a serious loss of intimacy in a relationship. Not being able to identify what the expectations are, no less clear them up, makes matters even worse. If there is lack of intimacy with regard to the basic friendship in the relationship, it is also expressed (or not!) in some manner in the bedroom. To further complicate matters, as a rule sexual interaction means something different to men than they do to women. Women like to feel emotionally connected before they become physically connected. Men, on the other hand, often use sexual activity to get connected in the first place (Schaefer, 2008).

Couples need to be sexually compatible in order for their relationship to work. Marriage partners must be able to agree on the frequency, quality, and quantity of sex. Problems arise when one partner wants sex more than the other or has a different sexual appetite than the partner. If these issues are not resolved, it can lead to infidelity or even divorce. Good marital sex takes time, effort, thought, and communication (Lawanda, 2013).

2.3.3.4 Relationship with in-laws

An-in-Law is a person who has a legal affinity with another by being the parent, brother or sister of the other spouse. Many cultures and legal systems impose duties and responsibilities on persons connected by this relationship (Olson, 2000). Poor relationship with in-laws can cause serious problem in marriage. If the challenges of this are not handled carefully, they can compromise a couple's marriage (Bitter, 2008).

Henrich (2013) deduced that often time people have unrealistic expectations regarding their child's spouse. They want the spouse to be attractive, smart, and attentive and treat their son or daughter as a god. If the parent does not believe the spouse lives up

to these unreasonable expectations, he or she can put tremendous strain on the relationship. This can take the form of criticism, controlling behaviour or ignoring the spouse. The parent may also resent the marital relationship and jealousy may lead them to want to destroy the relationship. Unless the spouse is willing to draw boundaries and advise his/her parent that disrespectful behaviour is unacceptable, this can cause a problem with the marriage. Many people believe they can ignore their in-laws, but often find that resentment builds to an unacceptable level. The wounded spouse then often becomes frustrated and argumentative. Sometimes, the wounded spouse starts to withdraw and does not engage in discussions with his/her spouse. Often this issue, in addition to other communication issues can lead to discord or serious conflict among married couples (Henrich, 2013).

2.3.3.5 Disagreement over child rearing

Couples must decide whether to have children and, if so how many. They also need to determine how they want to raise their children. Individuals have different views on the impact of children on marriage relationship. They also differ greatly on how they prioritize children, marriage and career. Discipline techniques vary widely, and the values and goals to be imparted to children can be a source of disagreement between spouses (Olson, 2000). Couples can clash over how to discipline their children. One parent may feel the other parent is too strict while the other parent may think the other is too lenient. Inconsistency and lack of communication can lead to conflict. Couples need to discuss discipline and decide on a strategy together (Lawanda, 2013).

2.3.3.6: Unresolved baggage from youth

A frequent cause of mis-understanding among married couples is unresolved baggage from youth. For example, if a person grew up in a loud, violent or abusive environment, that person's response to discord, argument, or confrontation, would be significantly different than a person whose home environment was skilled and healthy at discord resolution (Hickie & Parker, 1992). As a rule in relationships, "like attracts like". So it is common for persons who share poor conflict resolution skills to find and attract someone who has similarly limited skills. In these relationships there will be plenty of communications which leads not to any useful resolution but confusion and discord (Nocks, 1995).

2.3.3.7 Unfulfilled expectations

One of the saddest set-ups in marriage relationships is entering into it with all kinds of expectations and then over the years, feeling disappointed again and again that they have not been met. Part of this issue relates to the childhood baggage. Some couples often have preconceived expectations of what marriage relationships are supposed to be like. This can be derived from many different sources, not the least of which is the marriage relationship of our parents. That kind of exposure gets absorbed, some on a conscious level, while others on an unconscious one. The biggest problem with expectations in general is that we may know what our expectations are, but it is unlikely that our partner does. Even more insidious and frustrating is when we have these expectations and even we can not name them, yet we expect our partner to fulfill them. Majority of couples enter into marriage contract with the focus on what the other person

has to offer and not on what they are bringing to the party. When these happen discord will definitely set in (Cobb, Davila & Bradbury, 2001).

2.3.3.8 Resentments

Resentments are the number one killer of all relationships. They are a slow poison, undermining the love, trust and mutual respect you may have once had with each other. Resentments crop up quickly as communication dwindles, expectations are not met and old hurts begin to get "triggered" by relationship issues in the present (Cano & O'Leary, 2000). This is an incredibly common, yet generally unknown source of pain in marriages. Triggers are current experiences that bear a resemblance to ways in which you have been hurt, abandoned or treated stemming from the past (Clark, Graham & Grote, 2002). They are often not consciously connected to what is happening in the present relationship, but when they are shown, they are clear to be seen. An example would be when a partner takes a tone with that are reminiscent of an important adult from one's childhood, who was responsible for creating pain. Sometimes we have to think long and hard in order to make these connections.

Resentments often build up as a direct result of a person's inability to communicate their needs and/or take responsibility for them in the first place. Resentments lead directly to loss of respect for the other person. Loss of respect leads to sexual problems, more bad feelings, blame and distancing (Clark, Graham & Grote, 2002). The truth is we can never really respect ourselves unless we show the courage and the willingness to take full responsibility for what belongs to us, which the other person did not place there. Once the old hurts are neutralized and each person has shown the courage to own their part in the poisoned well, much healing is possible. If one has ever

been forgiven for "falls from grace" in life, he would know how powerful a healing experience it is. Much as resentments are poison to a relationship, ownership and mutual forgiveness are its salvation (Fincham, Beach & Davila, 2004).

2.3.3.9 Narcissistic personality style

Narcissistic personality style is a mental disorder in which people have an inflated sense of their own importance and a deep need for admiration. Those with narcissistic personality disorder believe that they are superior to others and have little regard for other people's feelings. But behind this mask of ultra-confidence lies a fragile self-esteem, vulnerable to the slightest criticism (Waite & Luo, 2002). Discord may erupt when a spouse who is so excessively self-involved and ego-centric that he or she does not seem to have any regard or compassion for the needs or desires of others, including those of his or her spouse or partner. There is usually a total absence of guilt, remorse, or shame for unfaithful or inappropriate behaviour in this type of individual (Mayo Clinic, 2013).

2.3.3.10 The “midlife crisis”

This is a phenomenon that is so common in our culture that it has been given a name. It is a phase-of-life crisis, based primarily on the fear of growing old or older and of being less attractive (Grych, & Fincham, 2001). However, it is also usually rooted in self-esteem issues from childhood or adolescence. So many people are terrified of growing older and of losing their attractiveness, especially to potential mates. Oftentimes this fear is unconscious but its effects are no less real. This unconsciously prompts individuals to seek the approval of the opposite sex (for heterosexual couples). People affected by such fears may “innocently” flirt more, hoping to receive the sexual attention

and admiration of others. Women with such insecurities may dress more provocatively than usual. Men may buy and flaunt expensive sports cars, change their dress or hair style to attract attention from younger women, to mention but a few. If these feelings are not made conscious and worked through, the married executive in his or her 40s, 50s, or even 30s may drink excessively on the “business trip” and may find ample opportunities for “cheating” behaviours. This is more likely to happen where there are unidentified and/or unresolved discords

2.3.3.11 “The spark is gone” syndrome

This may be related to a sense of “boredom”, as noted above, but not necessarily. So many spouses reach a point after some years where they feel that the so-called “spark” is gone. This is based upon the false belief, that because one’s physical or sexual attraction has lessened, one is no longer “in love” with their partner (Olson, 2000). This kind of thinking confuses what a long-term, loving marriage or partnership is all about. It confuses love, which is a decision and a commitment, with the feeling of physical and sexual attraction and lust, which most frequently diminishes over time for the vast majority of couples and which requires work to keep it fresh and exciting (Grych, & Fincham, 2001).

2.3.3.12 Unacknowledged or unresolved anger

Often major life events such as the birth of a child or children, job or career changes, deaths of relatives, the purchase of a home, or a geographical move triggers the resentment which often is not identified, expressed, or resolved (Engel, Olson & Patrick, 2002). This can happen in situations such as the following: With the birth of a child, husbands, not uncommonly, may begin to feel neglected by the wife who is now a mother

(perhaps for the first, second, or third time). One spouse may have a feeling that she or he is not getting enough attention or love from the other, or a sense that she or he is not a priority in the life of the spouse who may be very focused on career, work, going out with “the boys” or “the girls”, and the like (Engel, Olson & Patrick, 2002).

It also not uncommon for one or both spouses to feel resentful that he or she is not getting his or her sexual needs met for a prolonged period of time. Other common roots of “hidden” resentments includes: where one spouse is seen as not contributing his share of the domestic duties. Where one spouse has given up his or her career, or moved away from his or her home town or area where the family lives, for the benefit of the other’s career. where one spouse is seen as being “overly” close to his or her family-of-origin; where one partner is seen as being overly controlling or “in charge” of the home life including of the child-rearing and discipline; and where there are financial stressors and/or where one partner is perceived as being a spend-thrift (Epstein & Baucom, 2002).

2.3.3.13 Bad habits

It is amazing how simple things like leaving the commode seat up or forgetting to take out the trash can lead to some of the worst arguments. A couple is made up of two people, and no matter how much they may love each other, each person has at least one habit that irritates the other (Epstein & Baucom, 2002). These minor irritations can lead to some major discords. Each person in a relationship must decide whether to change their behaviour to suit their spouse or continue the behaviour and let the chips fall where they may. For those individuals who do decide to change their behaviour, they need to realize that change takes time and effort, but it can be done (Engel, Olson & Patrick, 2002).

2.3.3.14 Lack of time together

The lack of quality time together can cause marital discord. A person can begin to feel neglected or even estranged when they do not spend as much time as they would like with their spouse. With all the demands of work and caring for the children, it is easy for a couple to lose focus of the important things like making ones marriage work (Engel, Olson & Patrick, 2002). Sometimes, couples can even be in the same house together and still not spend quality time with each other. Couples must make their marriage a priority. They should set time aside to do things together like going out to eat or on a movie date (Engel, Olson & Patrick, 2002).

2.3.3.15 Household responsibility

Household chores are a major cause of conflict in many marriages. Doing chores is often boring and in many marriages the distribution of housework is often uneven. Household chores should be divided up in a way that is agreeable to both partners (Lawanda, 2013).

2.3.4 Characteristics of unhealthy/discord marriage

Taylor, (2010) pointed out the following as some of the characteristics of unhealthy or discord marriage: Lack of commitment, Lack of satisfaction, Poor communication, Ineffective conflict resolution, Violence and abuse, Infidelity or unfaithfulness, Lack of intimacy and emotional support, Lack of friendship and spending time together, Lack of commitment to children

Lack of commitment

Spouses have a short-term perspective toward their relationship; they do not persevere when troubles come up; not willing to sacrifice their personal needs for each other. They lack commitment, dedication and constraints.

Lack of satisfaction

Overall, individuals are unhappy and unsatisfied with their relationship. Their marriage is faced with series of problems and challenges, or that married couples do not go through periods when they are not happy in their marriages.

Poor communication

Couples do not interact with each other to exchange information and solve problems in respectful and positive ways. That is, couples communicate with each other in a negative way and this is one of the strongest indicators of how unhealthy a relationship is and whether the marriage will last or not.

Ineffective conflict resolution

Virtually discordant couples have serious differences and disagreements. They handle disagreements and other family matters harshly and in an unhealthy manner. An important indicator of a healthy marriage is a couple's ability to deal with a conflict without criticism, contempt, or defensiveness.

Violence and abuse

Conflict is a normal part of marriage; aggression and violence indicate an unhealthy relationship. Discordant couples engage in frequent verbal, physical, emotional, and sexual aggression and abuse. Abuse of any children in the relationship also is acceptable.

Infidelity or unfaithfulness

Discord spouses are sexually unfaithful to each other. They lack intimate physical relationships within the bonds of marriage. Infidelity is one of the most common reasons people give for divorce. And individuals can be emotionally unfaithful to their spouses without actual sexual involvement.

Lack of intimacy and emotional support

Couples in an unhealthy marriage are poor physically and emotionally in terms of intimacy with each other. They do not trust, care for, and love each other.

Lack of friendship and spending time together

Discordant couples lack quality time to spend interacting and doing things together and not enjoy being together. They are enemies; they do not respect each other and enjoy each other's company. Friendship and time together are more important and highly valued in a happy marriage.

Lack of commitment to children

Not all married couples have children, or have children living with them. But in an unhealthy marriage with children, the couple is less committed to the development and well-being of all their children. Kobak, Ruckdeschel and Hazan (1994) concluded that discordant couples often find themselves with relatively low problem solving efficacy and limited ability to work together as a team. It has also been observed clinically that discordant couples may express anger rather than expressing feelings of hurt or that they may withdraw rather than express their disappointment in their partner's behaviour suggesting that discordant couples often display emotional reactions that short circuit the couple's ability to identify and respond effectively to the source of the distress (Jacobson

and Christensen 1996). As a result, the reaction to the problem becomes a source of difficulty in its own right leading to a vicious cycle of increasingly intractable difficulties over time (Jacobson & Christensen, 1996).

Jacobson and Christensen (1996) also pointed out that, couples who find themselves unable to break out of persistent conflict initiate a cascade of changes in other areas of the relationship, leading to observable shifts in behaviour and arousal, self-reported shifts in cognition, and a dramatic change in the goals that guide and structure interaction with the partner. As a result, the pattern of marital discord becomes more entrenched. These considerations suggest a wide range of potential interpersonal and intra-individual indicators of marital discord (Fincham & Beach, 1999).

2.3.5 Indicators of marital discord

Fincham and Beach (1999); Heyman (2001) have identified two major indicators of marital discords as: Interpersonal and Intra-individual Indicators of marital discord

2.3.5.1 Interpersonal indicators of marital discord

The interpersonal Indicators of marital discords include: Increased Negativity, Inability to Repair, Decreased Forgiveness and Accommodation, Increased Withdrawal and Increased Demand, Elevated Level of Violence, Lower Level of Supportive Behaviour.

Increased negativity

Discordant or Distressed couples tend to emit more negative statements, make fewer positive statements, and reciprocate negative behaviours at a higher rate during problem solving interactions (Weis & Heyman, 1997). Elevated negative affect reciprocity is a consistent feature of the interactions of distressed couples and is viewed

as the best overt signature of marital discord. Elevated rates of negative communication behaviours, negative reciprocity, and patterns of escalation, lead to protracted sequences of negative behaviour during the conflict episodes of discordant couples. This is because negative affect is not easily hidden by discordant couples and an elevated rate of observed negative affect is especially useful as a potential indicator of marital discord (Weiss & Heyman, 1997).

Inability to repair

When discordant couples attempt to repair problematic interactions they often engage in meta-communication delivered with negative affect (for example irritation, sadness). This increases the likelihood of a negative response from the partner, thereby continuing and perhaps escalating the negative interaction (Gottman, 1994; Weiss & Heyman, 1997). As a result, the couples may have difficulty exiting from periods of negative exchange, except through withdrawal. As such, this suggests that an inability to repair negative interactions through meta-communication or other means is another potentially useful indicator of marital discord (Weiss & Heyman, 1997).

Decreased forgiveness and accommodation

Discordant couples/partners engage in hurtful behaviour towards one another. However, as each partner's commitment decreases the likelihood of accommodating the spouse's negative behaviour also decreases (Rusbult, Johnson & Morrow, 1986; Fenell, 1993) as does the likelihood of forgiveness (Finkel, Rusbult, Kumashiro, & Hannon, 2002). Accordingly, low levels of accommodation and forgiveness may serve as useful indicators of marital discord. While forgiveness reduces the propensity to engage in

verbally aggressive behaviour toward the partner and is one of the most important factors contributing to marital longevity and satisfaction (Fincham, Beach, & Davila, 2004).

Increased withdrawal and increased demand

Another pattern used by couples in dealing with difficult problems, or in response to negative partner behaviour, is to avoid interaction with the partner. Discordant couples often express withdrawal toward each other, such as not responding and making irrelevant comments, are more common among men than women (Schaap, Buunk & Kerkstra, 1988). Roberts and Krokoff (1990) found out that male withdrawal followed by female hostility accounted for 20% of the variance in marital satisfaction above that accounted for by overall affective tone. In addition, it appears that it is possible to assess withdrawal either through observational ratings or spouse reports of partner typical behaviour, with each providing a useful index of marital discord.

Elevated level of violence

Cascardi, Langhinrichsen, and Vivian (1992) found out that among discordant couples seeking marital therapy the percentage experiencing physical aggression with their partner in the last year is as high as 60-70% even though less than 5% reported physical aggression as a problem in the relationship. This suggests that presence of intimate partner violence is associated with marital discord, or at a minimum, will be a complicating factor present among many discordant couples.

Lower level of supportive behaviour

There are differences in spousal support between distressed and non-distressed couples (Julien & Markman, 1991). Lower support is only weakly related to discordant couples and predicts later marital distress independently of discord behaviour. It may be,

however, that perceptions of spousal support within marriage are more strongly related to the general well-being of wives than husbands. In addition, because current definitions of social support are focused on behaviours that may be more salient for, and explicitly valued by, women, the strength of the association between some types of perceived spousal support and marital discord may vary by gender (Acitelli & Antonucci, 1994).

2.3.5.2 Intra-individual indicators of marital discord

In addition to interpersonal manifestations of marital discord there are also promising intra-individual indicators and these include:

Commitment

Commitment is important for many aspects of couple functioning and low levels of commitment are common among discordant spouses (Rusbult & Buunk, 1993; Nock, 1995). Interestingly, couples are not very good at estimating their partners' levels of commitment to their marriage (Van Lange, Rusbult, Drigotas & Arriaga, 1997).

However, the perceived level of partner commitment is strongly related to one's own reported commitment, suggesting that both own commitment and perceived partner commitment might be useful, and correlated indicators of marital discord. It is important, however, to distinguish between "personal dedication," focused on rewards and intrinsic motivations, and "constraint commitment," based on psychological costs associated with potential termination of a relationship (Stanley, 1998). The distinction is critical in the context of identifying indicators of marital discord because low "personal dedication" but not low "constraint commitment" is characteristic of discordant couples.

Communal vs. Exchange orientation

A shorter term perspective and a preference for a quid pro quo or exchange orientation is associated with marital discord (Murstein, Cerreto, & MacDonald, 1977). Accordingly, endorsement of a communal vs. an exchange orientation vis a vis the spouse may also provide a useful index of marital discord (Clark, Graham & Grote, 2002). The adoption of an exchange orientation towards the spouse may also capture a fundamental shift from more accommodative to less accommodative tendencies in the dyad.

Conflicting goals

The cognitive variables associated with marital discord suggests that discordant couples may differ from non-discordant couples in the extent to which their behaviour toward their partner reflects different intentions and interpretations as well as different emergent goals during interaction and conflicts (Rusbult, Verette, Whitney, & Slovik, 1991). Whereas non-discordant couples are able to transform conflict of interest or disagreement into opportunities for advancing long-term goals and so foster accommodation, a communal orientation, and forgiveness. Discordant couples find themselves pulled toward short-term and avoidance goals, leading to heightened negative affect reciprocity, increased negative intent, and increased willingness to engage in negative behaviours should the occasion arise (Fincham, Beach, Harold & Osborne, 1999).

2.3.6 Prevalence and effect of marital discord on the discordant couples

The level of marital quality decreased between 1960 and 1990 (Glenn, 1991; Rogers & Amato, 1997), but there is little evidence of a continuing decrease in overall marital quality since 1990 (Amato, Johnson, Booth & Rogers, 2003). Although average amount of time spent with the spouse declined from 1980 to 2000, probably due to increased time at work, an increased percentage of wives employed outside the home, and increased amount of time spent on children's activities, this negative change is offset by other positive changes including increased personal income (Amato, Johnson, Booth & Rogers, 2003). In addition, partners in the most recent marital cohort report greater support for lifelong marriage and higher levels of religious influence than those of a decade before. This suggests relative stability in prevalence of marital discord over the past decade or longer.

There is little information about rates of spontaneous recovery from marital discord. However, understanding spontaneous recovery, and the conditions under which it may occur, is integral to understanding the epidemiology of marital discord. Baucom, Shoham, Mueser, Daiuto, & Stickle, (1998) reported that nearly two thirds (62%) of unhappily married spouses who stayed married reported that their marriages were happy five years later and that 77% of unhappily married spouses remained married. In addition, the most unhappily married spouses reported the most dramatic turnarounds: among those who rated their marriages as very unhappy, almost eight out of 10 who avoided divorce were happily married five years later. Accordingly, there appear to be some couples who can be identified as "unhappy" at one point in time but who will exit from that status over time. Conversely, across over 20 outcome studies of marital therapy there

is no evidence of an appreciable level of spontaneous recovery among couples on the wait-list for marital therapy (Waite and Luo 2002).

The divergence between the Waite and Luo (2002) report and the results obtained in marital outcome research may be the result of widely differing methodology and measurement strategies. However, the divergence also suggests the possibility that there are two groups of “unhappy” couples, that is, those who are “transiently distressed” and those who have more complex or interlocking problems and should be considered “maritally discordant.” If so, finding a method for distinguishing between couples who are transiently distressed only vs. those who are truly maritally discordant, will be of pivotal practical and theoretical importance in clarifying a range of issues related to the description, epidemiology, and etiology of marital discord.

2.3.7 Effects of marital discord on the discordant couples

There are potentially serious consequences of prolonged marital discord. The likely complications of prolonged marital discord do not only affect the members of the dyad in terms of their individual mental and physical health outcomes, it also affects outcomes for children. Accordingly, an understanding of the impact of marital discord on the family as well as its potential developmental effects is necessary for a full appreciation of the impact of marital discord on the broader family system. Below are some of the effects of marital discords on the discordant couples and children:

2.3.7.1 Family effect

Marital discord is associated with important family outcomes, including poorer parenting (Brody, Stoneman & McCoy, 1994) poorer child adjustment (Erel & Burman 1995) problematic attachment to parents (Amato, 1996) increased likelihood of parent-

child conflict, and conflict between siblings (Owen & Cox, 1997). Marital discord is also associated with negative health and mental health outcomes for children, including depression, poorer health, poorer academic performance, and increased problems with aggression (Fincham, 1998). Aspects of marital conflict that have a particularly negative influence on children include more frequent, intense, physical, unresolved, child-related conflicts and conflicts attributed to the child's behaviour. In addition, parental (marital) discord is associated with increased risk of future marital discord for offspring (Grych & Fincham, 2001).

Children from discord family naturally lack interest and love for others. They grow up to be aggressive because their growing home has never showed them love; hence aggression is all they know. Most of them are never law abiding as they never saw law and order in their homes at their growing stage (Ononuju, 2004).

2.3.7.2 Developmental effect

Conflict between parents or between offspring and their parents also may exert important developmental effects. For example, women who were adopted soon after birth and who were at high genetic risk for depression showed evidence of the disorder if the rearing parents were not free of marital difficulties (Cadoret, Winokur, Langbehn, Troughton, Bates & Stewart, 1996). One possible mechanism for a gene-environment interaction in the expression of genetic effects may be the effect of parental conflict on increased CNS activity among children. That is, observed parental conflict may lead to heightened insecurity and autonomic arousal among children at critical phases of their development. Supporting this conjecture, animal data suggests that there may be critical

periods in which poor maternal care may lead to enhanced glucocorticoid feedback sensitivity and so increased lifetime sensitivity to stress (Liu, 1997).

2.3.7.3 Individual mental health in adulthood

Marital happiness contributes considerable variance in psychological well-being, and appears to exert a greater influence than does satisfaction in other areas of life (Glenn & Weaver, 1991). Serious marital discord predicts increased risk for a major depressive episode in the subsequent year, even after controlling for history of depression or comorbidity (Beach & O'Leary, 1993). Marital discord or conflict predicts subsequent increases in depressive symptoms among women. Conversely, improvement in marital satisfaction mediates the effect of marital intervention on improvements in mental health and depression (O'Farrell, Hooley, Fals-Stewart, & Cutter, 1998; Whisman, 1999; Whisman & Bruce, 1999). Likewise, the effect of humiliating marital events on depression has been shown to be substantial (Cano & O'Leary, 2000). There is also an association between the severity/chronicity of marital discord and subsequent exacerbation of problem drinking, even after controlling for earlier alcohol problems. Moreover, patients whose spouses are highly negative and critical are not only more likely to relapse, but also to drink on a greater percentage of days, in the year following treatment of alcoholism than patients whose spouses engaged in low levels of negative behaviours (Christensen, Atkins, Bens, Wheeler, Baucom & Simpson, 2004).

Evidence for marital discord leading to depression stems from longitudinal research (Hooley & Teasdale, 1989; Jacobson, Dobson, Fruzzetti, Schmaling & Salusky 1991, Hickie & Parker, 1992; Beach & O'Leary, 1993; Fincham & Bradbury, 1993) as well as studies into the temporal association between marital dissatisfaction and the onset

and course of depression, and prospective cohort studies (Koerner, Prince & Jacobson, 1994). Dissatisfied spouses were nearly three times more likely to develop a major depression than satisfied spouses (Fincham, Beach & Harold, 1997). Of all the stressful life events that precede the onset of depression, increases in marital conflict or disruption were the most commonly cited (Whisman & Bruce, 1999). Marital distress has been shown to predict change in depressive symptoms, and relapse in formerly depressed individuals (Whisman & Uebelacker, 1999).

2.3.7.4 Physical health and illness

Married individuals are healthier and live longer on average than the unmarried (Burman & Margolin, 1992). Marital discord is associated with poorer health and with specific illnesses such as cancer, cardiac disease, and chronic pain (Burman & Margolin, 1992). Marital interaction studies suggest possible mechanisms that may account for these links by showing that hostile behaviours during discord are associated with alterations in immunological (Kiecolt-Glaser, Cacioppo, MacCallum, Snydersmith & Kim, 1997), endocrine (Malarkey, Kiecolt-Glaser, Pearl & Glaser, 1994; Kiecolt-Glaser, Cacioppo, MacCallum, Snydersmith & Kim, 1997), and cardiovascular functioning. In particular, marital discord is associated with increases in catecholamine and corticosteroids, that is, the “stress hormones” (Kiecolt-Glaser, Malarkey, Chee & Newton, 1994). Marital discord is consequential for both husbands and wives, but has more pronounced health consequences for wives. Thus, marital discord appears to confer a substantial health burden and may be particularly consequential in the context of other acute or chronic conditions (Malarkey, Kiecolt-Glaser, Pearl & Glaser, 1994; Kiecolt-Glaser, Cacioppo, MacCallum, Snydersmith & Kim, 1997).

Most people understand that overt expressions of hostility may have a negative impact not only on the subject of hostilities, but also the witnesses to hostilities. Occasional expression of hostility in any relationship is normal and generally does not negatively affect bystanders. However, if the hostility is frequent and/or severe (physical abuse or intense personal attacks) the result can be traumatizing to children. Awareness of this negative impact often leads couples to agree to refrain from fighting in front of their children. However, most children are adept at perceiving hostility, even when it is not expressed openly. The result is that friends, neighbours, and extended family may not know when a couple is experiencing marital discord, but children always know.

Children typically feel an intense loyalty to both their parents. As a result, when they become aware of feelings of hostility between parents, it creates internal dissonance for the child. That is, they feel stressed when either parent is under attack for whatever reason. Their father may be the stereotypical emotionally closed and unexpressive male, and the children may know it. It still makes them uncomfortable when their mother criticizes their father for this failing. Similarly, the mother may be the stereotypical "cold fish". Yet, children do not want to hear their father denigrate their mother for this fault. Further, children understand that continuation of marital discord can lead to divorce and a radical change in life as they know it. Anyone who does not think children experience extreme anxiety when evidence of this threat is present is kidding him/herself.

When a child repeatedly witnesses hostility between their parents, they often feel impotent. That is, if a person does not have the power to stop the hostility, and he/she cares about the recipients of the hostility, the result is often a feeling of impotency. From impotence, it is not too far to rage. Rage can consume a person. A person with a

significant amount of rage must occasionally vent through acting out or being hostile to another person. Also, because rage tends to be all consuming, it interrupts important child developmental tasks. The child who thinks he/she can help becomes a caretaker who spends a lot of time at home hoping to interrupt the arguing, or trying to cheer mom or dad up after the dust settles. Like rage, the time and emotional energy needed for caretaking tends to interfere with childhood developmental tasks, particularly social developmental tasks.

The long-term effects can also be very problematic. Children who carry rage into adulthood (and this is not hard since rage is very hard to shake once it sets in), often repeat the mistakes of their parents with their own children, or are prone to self medication via drugs and/or alcohol to anesthetize themselves from the pain. Caretakers internalize a pattern of taking care of people who cannot or will not help themselves. Caretakers often marry alcoholics or people with chronic health problems.

2.4 Concept of Marriage and types of marriage

The concept of marriage has been around in our society for ages. Marriage is one of the social institutions established by the human society to control and regulate the sex life of man in a culturally defined and socially approved way. It permits a man and a woman to live together as husband and wife. Marriage is not a biological affair but also a social affair (Haviland, 2002). It is a social permission given to a man and a contract for the production and maintenance of children. It is a socially approved way of establishing a family of procreation. Marriage is a stable relationship in which a man and a woman are socially permitted, without a loss of standing in community, to have children. It can also

be referred to as "an institution that sanctions the relationship of a man and a woman and binds them in a system of mutual obligation as husband and wife and rights essential to the functioning of family life (Doran, 2009)."

Akshay (2013) viewed marriage or matrimony as a socially recognized union between two individuals. It is a kind of relationship involving mutual rights and duties where two people are socially approved to establish a family. It is a universally accepted social institution. There are different types/kinds of marriage in the world and this varies from culture to culture and from religion to religion.

The essence of marriage in the society cannot be overemphasized, as some marry for the sake of companionship, procreation; some marry to fulfill sexual urge, prestige and protection, while others marry for legal, social, economic, spiritual and religious reasons (Olaitan & Akpan, 2003). Historically, marriage has been used in political unions between nations, between different ethnic groups to secure peace, trade and development. The entire history of political power in every nation has been linked to marriage. Marriage has been a political stabilizer in the growth of every major empire. Marriage in the past years connects people and goods that otherwise tend to fragment. It is the only known incubator for the raising of balanced socially functional children and ideal set up for a child to be raised into full functionality as a contributor to civilization. There is an element of divinity in the concept of marriage. This fact is evident in the Holy Bible where it is said 'a man shall leave his father and mother, and shall cleave unto his wife and they shall become one flesh.

Ononuju (2004) identified the following as some of the common types of marriages contracted by couples in Nigeria: religious marriage, civil marriage, and traditional

marriage. A Nigerian couple may decide to take part in one or all of these marriages. Religious marriages, usually Christian or Muslim, are conducted according to the norms of the respective religious teachings and take place in a church or a mosque. Christian males are allowed only one wife, while Muslim men can take up to four wives. Civil official weddings take place in a government registry office. Men are allowed only one wife under a civil wedding, regardless of religion. Traditional marriages on the other hand are usually held at the wife's house and are performed according to the customs of the ethnic group involved. Irrespective of the different types of marriages engaged in by couples.

2.4.1 Types/forms of marriage

It has been widely debated as to whether or not marriage is a universal phenomenon. Anthropologists have studied the cultures of the world and have come to the conclusion that indeed, it does seem that marriage, in one form or another, is universal in all cultures. However the form it takes varies depending on the needs and ideals of the group. Marriages can take on many different forms, with passage of time new forms have been added. Some are weird too but have been legalized and people practice it with complete freedom and liberty: Monogamy, Polygyny, Polyandry, Arranged, and individual choice (Lee & Searles, 2002). Each form has its advantages and disadvantages for both men and women.

2.4.1.1 Monogamy

Monogamy is marriage where each person has only one spouse (Haviland, 2002). Monogamy is by and large the kind of marriage practice that is widely accepted. In human nature, people consider it to be natural both socially and biologically. Monogamy

can be either love or arranged. Monogamy in its core means marriage to one person for a lifetime. It also has subdivisions like strict monogamy and serial monogamy. In strict monogamy a person should not marry more than once whereas in serial monogamy as person is allowed to marry more than once, but only to one spouse at a time.

Monogamy is advantageous in the sense that it is legally sanctified and all benefits of being married are granted only to those who fit within a monogamous marriage. These benefits include the ability to share a spouse's health and life insurance benefits, and inheritance. The drawbacks to this type of marriage for men are the biological restraints of only mating with one partner. This seems to go against a primate's nature to produce as many offspring with as many different females as possible. However men benefit from monogamous relationship as the female often takes care of their domestic needs, provides the majority of the child care, and when the man gets older attends to his health needs. For women monogamous marriages help provide benefits such as health insurance, protection, money, and a male role-model for her children. Drawbacks for women in this type of marriage stem for the instability of such systems and the high trend of divorce (Sebastian, 2005).

2.4.1.2 Polygyny and polyandry

Polygyny and polyandry are both forms of polygamous relationships where more than one spouse is taken. Polygyny is a kind of marriage in which a man can legally marry more than one wife. There are certain biological, economic and sociological reasons behind the acceptance of this kind of marriage practice (Haviland, 2002). This type of marriage is also seen in cultures that value women's work, as in the case of the New Guinea Highlands, or where women are seen as a display of wealth, as is seen in

many Middle Eastern countries. In polygyny, young men have a great disadvantage, as it takes wealth to acquire more than one wife. Older members of the culture, who hold wealth, have great power over younger members by controlling access to women (Lee & Searles, 2002).

For women, the drawback to this type of marriage is that they are seen as an object, as opposed to an individual. Love matches are not the norm, and usually these marriages are seen as an economic exchange as opposed to a partnership. The benefits for women in this example, however, are that there are other women to spread the work around to, and others are available to help with raising the children and preparing for birth. Other drawbacks occur when there are disagreements or jealousies that arise between husband and one of the wives, or between the wives (Sebastian, 2005).

Polyandry, in contrast, is where one woman marries more than one man. This type of marriage occurs in areas where there is a shortage of land, such as in the mountainous areas of Tibet and Nepal. In this example one woman can marry into a family of brothers. This is an advantageous situation for men, because even if they are not the one responsible for creating a child, their lineage will live on through their brother's "contribution." Other advantages of this system is that because all the children born are from the same patrilineal group and one mother, the land owned can be passed down to future generations without dividing it (Lee & Searles, 2002).

Another interpretation of this occurs in situations where the woman is expected to marry the husband's brother in case he passes away. This is known as levirate. This is advantageous to the man in that his family still maintains reproductive rights over the woman and maintains ties with her family lineage. For women this is also advantageous

in that she and her children will be provided for in case of her husband's death, but is disadvantageous if she does not get along with the husband's brother.

2.4.1.3 Arranged marriage

In countries such as India, arranged marriages are common. The success of arranged marriages is dependent on the conditions under which the mate was selected and the compatibility of the union. An arranged marriage has advantages over the right to choose a spouse because of the family interest in the union. Family members will often look for the best match for their child and will take into consideration aspects of married life a single person does not have intimate knowledge of. For example a long-time married couple will know what elements create strife in a marriage and what characteristics are important to making a compatible match. They will also take into consideration what their child likes and expects from a spouse (Haviland, 2002). Of course selecting one's own spouse has its advantages. In these cases romantic love can play a part in the decision. Also a person knows more about what they are looking for in a life partner than their parents do, and individuals are more willing to accept the possibilities of marriage outside a cultural group, allowing for more possible matches.

2.4.1.4 Common law marriage

Common law marriage is also known as 'defacto' or informal kind of marriage. Here the couple is married to each other on a contract basis. Well, it has been actually legalized in many countries. But in those places where it has not yet been legalized it is known as 'cohabitation'. Though it is a modern and westernized kind of concept, it is one of the oldest forms of marriage which is still in practice. It is generally monogamous in nature and legal divorces after a particular time period ends the marriage tenure.

2.4.1.5 Hypogyny and hypergyny

Hypogyny is a kind of marriage practice in which a woman is married to a husband of lower social status, rank or age, whereas hypergyny is where a woman is married into a family of higher social status and is more recognized. It is mostly practiced in societies with dowry rituals where the bride's family pays a heavy sum to match up to the groom's level. It shows the male dominant part of the society.

2.4.1.6 Polyamory

Polyamory is what we call as 'bisexual' today. It has not been legalized yet, but is still practiced in certain places. Bisexuality is one form of polyamory which signifies the same in a more open term. It is a system in which both men and women have more than one sex relational partners. However it is more popular in terms of bisexual people since this helps them express both sides of their sexuality but is hardly accepted by the society.

2.4.1.7 Levirate and sororate

This is a bizarre form of marriage that is legalized in countries like France. In this form a person is allowed to marry a person of the opposite sex even after his death. It is socially accepted due to reasons like romantic quotient. The Bible refers to this kind of marriage practice as 'marriage in heaven'. It is also a kind of marriage among the societies of the world. It signifies union of souls even after death. Levirate has been originated from the word 'levir' meaning husband's brother. It is also a kind of polygamy in which the man marries the widow of his dead brother. This practice dates back to the ancient Hebrew and Christian societies. In places like South Sudan it is known as 'ghost marriage'. Sororate on the other hand means a kind of marriage system in which the widower marries one of his wife's sisters, due to infertility and several other factors.

2.4.1.8 Open marriage

This type of marriage allows couple practice extramarital affairs for both the spouses and both of them have the option of maintaining outside relationships beyond the marriage terms. Swinging is another kind of open marriage. However, the difference is that swingers are emotionally monogamous and this kind of marriage practice dates back to the 1960s and 70s. It is not socially accepted hence those involved in it generally hide it from their families and friends.

2.4.1.9 Same sex marriage

Same sex marriage has been hogging the limelight quite recently because of the increasing population of gay and lesbian couples. It is a kind of monogamy but with people of the same sex. It has been legalized in many of the countries including the US and India where people are allowed to marry someone of the same sex. Though such couples are unable to produce children according to biological patterns, they go for adoption.

2.5 Concept and types of Young Couples

Young couples are two people (male and female) who are newlywed regularly associate with each other or live together and also who function socially as a unit. Young couples are those who tie the knot too early and often fail to realize the gravity and responsibilities of marriage. They are those individuals who are always stuck on with family challenges because they lack some family characteristics that come with maturity, such as selflessness, stability and self-control. Young couples are those individuals that always considered the “For Better” part of the vow and do not consider the “For Worse”

side (Alex, 2007). The author also pointed out that, couples who marry too early have not achieved a fully formed self.” And therefore they lack stability at home or on the job. “Some are adrift in terms of family relationships or marriage relationship,” than older couples who tend to see their partners in a more realistic light,” (Moffett, 2009). “They do not idolize marriage or their partners and they evaluate and make compromises regarding their partner’s flaws. This lack of preparation for lifelong commitment coupled with unrealistic expectations from their partners seems to be a common trend in marriages of the very young.

2.5.1 Young couples

Young couples are two persons especially of opposite sex whose marriage life is between one to ten (1-10) years that had agreed to live together for the rest of lives life time as husband and wife. Young couples are those who are between 1-10years old in marriage and also whose marriage life, age, life experience, responsibilities and maturity are considered as early, tender, having little experience, recently established or rejuvenated (Lamanna & Riedman, 1997). Duncan, (2003) viewed married young couples as two people united, as by betrothal or marriage. Morley (2003) also defines couples as two people who are married or otherwise closely associated romantically or sexually. It is a pair of people who live together by the legal status, condition, or relationship that results from a contract by which one man and one woman, who have the capacity to enter into such an agreement, mutually promise to live together in the relationship of husband and wife in law for life, or until the legal termination of the relationship. Married couples are legally sanctioned by contract and entering into a

marriage contract changes the legal status of parties, giving husband and wife new rights and obligations (West's Encyclopedia of American Law, 2008).

2.5.2 Types of couples

Olson and Fower (1993) identified the following as the five types of married couples:

Vitalized couples

Harmonious couples

Traditional couples

Conflicted couples

Devitalized couples

2.5.1.1 Vitalized couples

Vitalized couples have high levels of satisfaction across all aspects of their marriage. They have high Positive Couple Agreement (PCA) and marital interaction (communication and conflict resolution). This group of couples has sense of maturity, more educated, higher status jobs, had been married longer and has no reasons for serious discords nor divorce (Olson & Fower, 1993)

2.5.1.2 Harmonious couples

They are the second most satisfied type of couple and have moderately high PCA. Like vitalized couples, Harmonious couples tended to be more educated and have higher status jobs. Harmonious couples had least number of children, yet they are significant dissatisfaction with their parenting (Olson & Fower, 1993).

2.5.1.3 Traditional couples

They are traditionally inclined with traditional parenting styles, have equalitarian roles and religion. These couples agreed that religion is an important aspect of their marriage. They have lower scores in the relationship skills areas of communication and conflict resolution and they tend to dislike the personality of their partner. Most (92%) of traditional couples are either in their first marriage or have been married longer and they are also more educated. Traditional couples also tend to marry younger, have more children, and have similar religious backgrounds. Traditional couples tend to stay married even when they are dissatisfied with their marriage (Olson & Fower, 1993).

2.5.1.4 Conflicted couples

Conflicted couples have low PCA but tend to have higher PCA in the areas of equalitarian roles and religious orientation. Furthermore, this group of couples has problems with communication and solving problems. Conflicted couples tend to be younger, married for fewer years, less educated and have lower job status (Olson & Fower, 1993).

2.5.1.5 Devitalized couples

Couples in this group are characterized by pervasive unhappiness in almost all areas of their marriage and are ten times more likely to be separated than the other couple types (Olson & Flower, 1993).

Based on the above classification of couples, one can simply say that vitalized and harmonious couples have adequate and effective relationship education knowledge. This is because, they exhibit high sense of maturity during communication and effective conflict

resolution. While the devitalized and conflicted couples on the other hand are very poor in resolving conflict in fact they are characterized by pervasive unhappiness in almost all areas of their marriage. However, these couples (devitalized and conflicted) lack adequate and effective relationship education training.

2.6 Empirical Studies

For the empirical studies, similar studies and findings by past researchers were cited. One of these studies was conducted by Sharlin, Kaslow and Hammerschmidt (2000). It was a study of non-clinical couples from eight countries (United States, Canada, Israel, Chile, Germany, Netherlands, Sweden, and South Africa) who had been married (or living together in the case of Sweden) for at least 20 years. The research topic was: 'Together Through Thick and Thin': A Multinational Picture of Long-term Marriage. A total of 610 couples married (or living together) for between 20 and 46 years were obtained largely through the authors' networking. Almost all couples were over the age of 45 years and were approaching either the 'empty-nest' years or retirement. Participants were not interviewed rather; they completed an extensive battery of questionnaires covering each person's family background, relationship history, parents and marital relationships, ratings of marital adjustment, problem solving, communication, reasons for staying married, and ingredients for marital satisfaction.

The findings of this study revealed that children played a role in preventing divorce when couples were unhappy, while lifestyle and love were less important. At the other end of the spectrum, extremely happy couples stayed together out of their love for their partner; lifestyle and love were important for very happy couples; and children,

lifestyle and love were salient motivators for happy couples. The result of this study also indicated that honoring their commitment to a life-long partnership and their sense of responsibility towards their children was the prime reasons for seeing the marriage or relationship through the stressful periods.

The current researcher agrees that extremely happy couples stayed together out of their love for their partners; lifestyle and love were important for very happy couples; and children, lifestyle and love were salient motivators for happy couples and that long-term satisfying marriages were not dependent on wealth. However, the present research and that of Sharlin, Kaslow and Hammerschmidt have some similarities and dissimilarities. Sharlin, Kaslow and Hammerschmidt conducted their research on a topic: “Together Through Thick and Thin”. A Multinational Picture of Long-term Marriage. A total of eight (8) countries with 610 couples who were married for between 20-46 years were used. It was a survey research and questionnaire was also used as instrument for data collection. Although the present study was on effect of relationship-education training in managing marital discords among young couples in the Southern part of Kaduna State. The present researcher used a total sample of 120 participants who were between 1-10 years old in marriage. Experimental research design was adopted and questionnaire was used as instrument for data collection for the study.

Another research study titled “Low-Income Mothers in Marriage and Relationship Education: Program Experiences and Beliefs about Marriage and Relationships” was conducted by Szarzynski, Porter, Whiting, Harris & Osborne (2000) of the Texas Technical University. The objective of this study was to examine the experiences of low-income mothers who have participated in Marriage Relationship Education (MRE)

classes. The researchers used rigorous grounded theory methodology; three research questions were raised and answered.

Low-income mothers were recruited to participate in focus groups. The list of all single mothers and all cohabitating mothers who had participated in an established based MRE program over the past year were used. A gift card was offered to women to participate, and ten mothers were randomly selected for each group. The researchers used focus groups and interviews as instrument for data collection

The results of this study showed that the MRE classes were helpful and enjoyed by a majority of the women who participated. It also showed that these women valued marriage and healthy relationships, but their ideals often conflicted with their experiences. Also, they found out that the MRE classes were a place of support and relationship skill-building. Hence, very few women were not afraid or ashamed of getting divorced, but rather were afraid of getting hurt in relationships in general, apart from marital status. This has made the government to have concerns as well by including reducing public costs associated with government assistance and other programs to combat the negative effects of family fragmentation.

The data used for this study consisted of information gathered as a part of a grant and later analyzed. Focus group and interview were used and three research questions were raised and were answered. However, the current study is different from the previous study. The present researcher used questionnaire to collect data from young couples who were between 1-10 years old in marriage. Ten research questions were raised and answered and six null hypotheses were tested.

In another study, Amato and Sobolewski (2001) focused on: The Effects of Divorce and Marital Discord on Adult Children's Psychological Well-Being (Associations between exposure to parental divorce and marital discord while growing up and children's psychological distress in adulthood). Three pathways were evaluated through which family disruption and discord may affect offspring's well-being: children's socioeconomic attainment, children's marital and relationship stability, and the quality of children's relations with parents. A total of 580 adult children were used for the study. Also, the researchers used 17-year longitudinal data from two generations; results show that divorce and marital discord predict lower levels of psychological well-being in adulthood. Parent-child relationships mediate most of the associations between parents' marital discord and divorce and children's subsequent psychological outcomes. Marital discord appeared to erode children's emotional bonds with mothers, whereas both divorce and marital discord appeared to erode children's emotional bonds with fathers. The results highlight the continuing importance of parent-child ties for children's well-being in early adulthood.

Amato and Sobolewski study has a lot of dissimilarities with the present study. Amato and Sobolewski's study focused on: "The Effects of Divorce and Marital Discord on Adult Children's Psychological Well-Being". They used a total of 580 adult children and also 17-year longitudinal data from two generations, while the present study was on effect of relationship-education training in managing marital discords among young couples. Sixty (60) young married couples (120 persons) were used and a structured questionnaire was also used as data collection instrument for the study. No control group in Amato and Sobolewski's study but the present study had both control and experimental groups respectively.

A team of researchers: Practical Application of Intimate Relationship Skills (PAIRS) Foundation conducted a research study on Relationship Education and Singles: Impact on Symptom Distress, Social Roles and Isolation which was federally funded by Multi-Year Grant Project in October, 2006. The study indicated participation in 9-12 hours of marriage and relationship education produced significant and perceived benefits in reducing the level of disturbance single adults experience around issues of interpersonal relationships, symptom distress and social role functioning, for both clinically distressed and non-clinically distressed people, alike. A period of three weeks was used for the study and a standard assessment typically used to measure the impact of traditional therapy, counseling, and psychiatric interventions was adopted.

It was a Voluntary Participation study where participants were asked to voluntarily provide detailed demographic information and confidential assessments to help measure the impact of services. Assessments were requested prior to the beginning of services, six and 12 months following program completion. The total population for the study was 5,110 singles and couples who have participated in grant-funded classes delivered in English, Spanish, and French/Creole. Overall, participants represented a highly diverse pool of adult men and women in all stages of relationship with significant inclusion of minorities, singles, and couples entering the program at high levels of marital and personal distress.

The OQ-45.2 assessment methodology was used. The OQ- 45.2 is a 45-item self-report scale designed to track and measure client progress in psychotherapy. Thirty percent of the participants in PAIRS grant-funded classes attended as singles. A 5-point Likert scale rating was used. The result of the finding indicated that internal consistency values were found to be high ($[\alpha] = .93$). This provided evidence that the PAIRS program had a beneficial impact on participants that is PAIRS produces significant and perceived benefit for participants in reducing the level of disturbance around issues of interpersonal relationships, symptom distress and social role functioning.

The study conducted by PAIRS Foundational on: Relationship Education and Singles: Impact on Symptom Distress, Social Roles and Isolation has some dissimilarity with the present study. The PAIRS Foundation's study indicated participation in 9-12 hours and a period of three weeks was used for the study. The total population for the study was 5,110 singles and couples. The researchers used the 45- items self-report scale

to track and measure client progress in psychology (OQ-45.2 assessment methodology) and also 5-point likert scale rating was used.

The present researcher found out the effect of relationship-education training on the management of marital discord among young couples. The sample size for this study was 120 young couples. A pre-test and post-test was conducted on the two groups of respondents. Also four weeks training session was observed by the researcher before the administration of the post-test to the respondents. The data collection instrument consisted of six sections with some corresponding item questions designed in a 5-point likert scale rating system.

Another research study on Effect of Couples relationship and Communication Program on Marital Adjustment was carried out at Turkey by Yalcin & Karaham (2006). The study aimed at increasing marital adjustment in primary care. A Couple Communication Program was announced at the Ondokuz Mayıs University Permanent Education Center, and the Dyadic Adjustment Scale was administered to 67 couples who volunteered. Experimental research design was adopted where twenty-eight persons (14 couples) with the lowest test scores were randomized into study and control groups. At the end of the program (post-test), the scale was again administered to the study group. Afterward, the pretest and post-test scores of the study and control groups were compared. The study group's pretest, post-test, and follow-up test scores were also examined.

The Couple Communication Program consisted of 1½-hour sessions on 10 consecutive weekends and was administered jointly by the 2 authors. The sessions were designed as 2 45-min segments, separated by a coffee break. Sessions included such

techniques as providing skill-related information, role-playing scenarios based on real-life experience, and homework. Sessions 2 through 10 began with a warm-up activity where couples shared their experience with the previous week's homework. Participants were assessed after each session and assigned tasks to perform at home to encourage them to apply what they had learned. Dyadic adjustment scale was used which consists of 32 questions/themes distributed among 4 sub-inventories, using a Likert scale. The 4 subscales are affectional expression, dyadic cohesion, dyadic consensus, and dyadic satisfaction. And also the scale scores range from 0 to 151, with 0 indicating the lowest level of marital adjustment. The reliability coefficients obtained for the subscales vary between 0.94 and 0.73. The expert opinion approach was used for the assessment of content validity, and the scale's simultaneous validity was calculated as a correlation of 0.86 for married couples and 0.88 for divorcees.

The result obtained showed no difference in marital adjustment between the study and control groups before the start of the program ($P > .05$). The post-test scores of the couples attending the Relationship and Couple Communication Program proved to be higher in total than the scores of those who did not attend ($P < .001$). The post-test and follow-up scores of the study group were significantly higher than their pretest scores ($P < .001$). There was no significant difference between the post-test and follow-up scores of the study group ($P = 1.0$). It was concluded that, the program may have a positive effect on marital adjustment levels by improving relationship and communication skills and may lead to long-term behavioral modifications in couples.

Yalcin and Karaham's study has similarities with the present study in the sense that, both Yalcin & Karaham and also the present researcher used couples, experimental research design and also questionnaire for the study in which the present study adopted.

Adler-Baeder, Kerpelman, Schramm, Higginbotham and Paulk (2007) conducted a research study on: *The Impact of Relationship Education on Adolescents of Diverse Backgrounds*. Quasi-experimental design was adopted by the researchers. The study examined the effectiveness of an adapted version of the curriculum entitled, *Love U2: Increasing Your Relationship Smarts* with an economically, geographically, and racially diverse sample of 340 high school students. Four null hypotheses were raised. Participants responded to a total of 36 questions that were tied to specific learning objectives. \$500 million was set aside by the US Federal Government as Deficit Reduction Act of 2005 over the next 5 years for marriage-strengthening activities. This money will support new and existing educational programs designed to cultivate the skills necessary to form and sustain healthy marriages. The legislation specifically authorizes relationship education in high schools as one of the eight allowable activities (Administration for Children & Families, 2005).

Nine public high schools located throughout Alabama (Grades 9–12) were used for the study. Teachers were invited to participate after being nominated by local extension agents or responding to listserv advertisements for the Relationship Smarts facilitator training. All the nine participating teachers were female; seven indicated their race as White, one as African American, and one as Hispanic. By agreeing to participate in the RS adapted program, each teacher agreed to administer a pretest and posttest survey both to the students in the class who received the RS adapted curriculum and to

another class they taught who did not receive the curriculum (control group). The FCS classes in which RS adapted was offered varied according to the kinds of courses being taught by the participating teachers. Courses taught within the FCS Family area included Family Dynamics, Human Dynamics, Parent and Child Dynamics, Family Wellness, and Life Connections. Teachers were free to determine which class would receive RS adapted and which would serve as the control. At post-test (approximately 2 months after the pretest), the students who participated in the RS adapted classes also were asked to provide subjective feedback by writing any comments they had regarding the classes (what they enjoyed about the class and what they would change about the class). Prior to participation in the study, both participant and control group students and parents were required to complete student assent and parental consent forms, respectively. Nearly all program participants completed surveys as class time was set aside for completion. The teachers collected all the forms and surveys and mailed them to the research team. Identification numbers were used to match student questionnaires across Time 1 and Time 2 data collections.

A total of 465 students completed and returned questionnaires. Of those, 340 were retained for the final sample for analyses; 235 students participated in the experimental (RS adapted) group and 105 students in the control group. Student surveys were excluded ($n = 125$) if they appeared to systematically mark large portions of the questionnaire (i.e., used visible patterns in response markings). This was judged by independent raters; reliability was a $r = .96$. The data were not included if only a pretest or posttest (but not both) were completed or because the research team was unable to match up correct pretests with posttests because of students failing to properly complete the survey. Of the

sample of 340 students, 46% were African American, 50% were White, 1% was Hispanic/ Latino, and the other 3% included Asian, Native American, and those in the “Other” category. The participants were, on average, 16.1 years old (range 14-19 years, SD = 1.17), 74% were female, and 26% were male (typical of Alabama FCS classes).

Findings suggested that participants showed increase in 5 dimensions of their relationship knowledge, including their ability to identify unhealthy relationship patterns. Participants also had more realistic beliefs about relationships/marriages and reported lower levels of verbal aggression use at post program compared to controls. Forty percent of students resided in a nuclear family, 29% Family Relations, 30% were in single-parent households, 23% were in stepfamilies, and the remaining 7% indicated “Other.” Half of the participants reported having experienced at least one parental divorce. Twenty percent of students reported household incomes of less than \$20,000 a year; another 25% reported their parents earning \$20,000 – \$40,000, with 12% between \$40,000 and \$60,000 a year, and 42% reporting a household income of over \$60,000 per year. For the nearly one third of participants in single-parent households, approximately 65% reported a household income of less than \$40,000. Thus, although approximately one fifth of the participants could be considered living in poverty, there are many more who might be considered “low resource.”

Analyses of demographic variables indicated that the group participating in the RS adapted program and the control group did not differ on income, race, or family structure, but there were slight differences in age and gender. Those who participated in the RS adapted program were slightly younger ($M = 16.06$ years old, $SD = 1.15$) than those not in the program ($M = 16.45$ years old, $SD = 1.19$), $t(326) = 22.78$, $p < .01$. Furthermore,

although the majority of the students were female, those who participated in the RS adapted program were significantly more likely to be female ($M = 1.79$, $SD = .40$) than those not in the program ($M = 1.60$, $SD = .49$), $t(329) = 3.77$, $p = .001$.

In testing the first two null hypotheses, the researchers focused only on those students who received the RS adapted course, this was to determine whether the adolescents' perceived knowledge of healthy/unhealthy relationships and skills needed to facilitate healthy relationships changed from the beginning to the end of the classes, participants completed a post 1 retrospective pretest measure that assessed changes in knowledge on specific curriculum topics. A paired-samples t test was conducted on the five relationship knowledge subscales (attraction/mature love, expectations and behaviors, unhealthy relationships, communication skills, smart dating strategies). Overall result showed statistically significant increase in perceived knowledge for all five relationship knowledge subscales scores from retrospective pretest to posttest scores. The magnitude of this change was quite substantial; the mean difference exceeded the standard deviation for each subscale. The results of this study provided evidence that participated student showed immediate gains in knowledge in several areas when compared to students who were in the control group.

Similarly, Falciglia and Schindler (2010) conducted a research study on the topic: Marriage Education Increases Relationship Satisfaction. This study evaluated the impact of PAIRS (Practical Application of Intimate Relationship Skills) Essentials on relationship satisfaction. The researchers used 9-12 hours of training section. The samples for the analyses were drawn from 747 participants who enrolled in PAIRS relationship and marriage education classes in South Florida. Experimental research

design was adopted by the researchers. A questionnaire consisting of 32 questions was designed by the researcher as instrument for data collection. The questionnaire was divided into four sub-scales which measured Dyadic Cohesion (amount in which couples engage in similar activities), Dyadic Consensus (amount couples agreed on important issues), Dyadic Satisfaction (satisfaction level currently in relationship) and Dyadic Affectional Expression (sexual and physical affection in relationship).

Participants were also asked to complete the Dyadic Adjustment Scale (DAS) prior to beginning the PAIRS class, and again six months after class completion. Paired sample *t- tests* statistics was used to determine significant changes from pre to post test scores for all participants and for the sub-set of participants who presented in the typical low range on the Dyadic Adjustment Scale prior to participating in PAIRS Essentials nine hour curriculum. A six month follow up revealed an increase in the DAS total mean score. The mean DAS total score and sub-scale scores reported by participants prior to participation in PAIRS Essentials nine hour curriculum showed statistically significant increases when compared to six months follow-up data (Cohen, 1994).

The present researcher believed that marriage education increases relationship satisfaction. The previous study was carried out by two researchers, in which they evaluated the impact of PAIRS Essentials on Relationship Satisfaction. They used 9-12 hours of training section and experimental research design was adopted for the study. A questionnaire consisting of 32 questions with four sections was designed as instrument for data collection. A dyadic adjustment scale was also completed by the respondents prior to the beginning of the training class and again six months after the completion of the training. The present research study was on Effect of Relationship-education Training

on the Management of Marital Discords among Young Couples. The researcher used 2-3 hours of training session and experimental research design was also adopted by this researcher who used questionnaire consisting of 51 questions with six sections (A-F) as instrument for data collection for the study. The respondents were divided into two groups: experimental and control groups. A pre-test and post test was carried out on these groups.

Anim (2011) of the Department of Psychology, University of Cape Coast, Ghana conducted a research study on the topic: Psychosocial Factors Influencing Marital Distress among Ghanaian Married Couples. This study set out to examine how much this was done by using the Marital Happiness Scale, and a questionnaire that measured demographic characteristics, as measuring instruments. Two research questions were answered and one null hypothesis was tested. They covered the differences that existed in the marital distress experiences of husbands and wives, and psychosocial factors that impacted on marital distress. A total of eighty (80) married men and women comprising 40 husbands and 40 wives were conveniently selected to take part in the study. Descriptive statistics was used to answer research question one and two and a t- Tests statistics was used to test the difference between husbands and wives in marital distress. The findings showed that wives tested more distressed than husbands in marriages. Certain psychosocial areas showed as areas of high distress in marriages such as communication, time spent together, sex relations, and friendliness.

The present researcher agreed that both men and women experienced some psychosocial distress in their marital relationships. Also the, wives were more prone to distress than husbands in marriages. Descriptive statistic was used in answering the ten

research questions, while null hypotheses 1,2,3,4 and 5 were tested using t- Test statistic. For null hypothesis 6, chi-square statistic was used. The present researcher also used 120 young couples compared with previous researcher which used only 80 respondents.

The present researcher observed that, most of the research studies that were reviewed under the empirical studies were carried out by team of researchers and also lasted for long period of time. Also in almost all the studies that were reviewed, pre-test was not given only post-test and there was no treatment given to the respondents. The researchers also used older couples in conducting their research studies, but the present researcher used young couples who were between 1-10 years old in marriage. In addition to this, the above empirical studies showed that research study on the effect of relationship-education training in managing marital discords among young couples have not been carried out. Therefore, this showed that an area of study has been left out which this particular research study considered.

2.7 Summary of the Reviewed Literature

The related literatures reviewed in this chapter revealed that Relationship-education is knowledge and skills-based training procedure which aims at providing couples with information on ways to improve their relationship once they are married. This shows that the training is typically educational in nature, and in most instances are time-limited and content specific. Relationship education training aimed at building perspective that has the goal of starting with happy couples (even though they may be at risk for future distress) and helping them maintain their relatively high levels of functioning.

The literature also viewed marital discord as, the gradual deterioration of love and ultimate loss of emotional attachment between partners. Marital discords may be mere

annoyances, but others can seem overwhelming and hopeless. Marital discords may arise due to the following reasons: poor communication skills, financial difficulties, sexual difficulties and intimacy, relationship with in-laws, Disagreements over child rearing and unresolved baggage from youth. Other reasons includes, unfulfilled expectations, resentments, a narcissistic personality style, unacknowledged or unresolved anger or resentment, bad habits, lack of time together and household responsibility.

Prolonged marital discord has some potentially serious consequences on discordant couples and their developing children. The likely complications of prolonged marital discord do not only affect the members of the dyad in terms of their individual mental and physical health outcomes, it also affects outcomes for children. Accordingly, an understanding of the impact of marital discord on the family as well as its potential developmental effects is necessary for a full appreciation of the impact of marital discord on the broader family system.

The related literature on past studies on the topic under study were reviewed and compared with the present study. The review provided positive help to the present research study. This is because; the review revealed the methods, research design and instruments used in collecting data for the research by the past researchers. However, the past studies reviewed did not look into effect of relationship-education training on the management of marital discord among young couples. It is this gap that the current study filled.

CHAPTER THREE

RESEARCH METHODOLOGY

This chapter dealt with the research design and methodology used for this study under the following sub-headings:

- 3.1 Research Design
- 3.2 Population for the Study
- 3.3 Sample Size and Sampling Procedure
- 3.4 Instrument for Data Collection
 - 3.4.1 Validation of the instrument
 - 3.4.2 Pilot study
 - 3.4.3 Reliability of the instrument
- 3.5 Procedure for Data Collection
- 3.6 Procedure for Data Analysis

3.1 The Research Design

This research study investigated on effect of relationship education training on management of marital discord on young couples in Kaduna State, Nigeria. The research study adopted experimental research design. This is because; experimental research design is the most precise and most systematic design that provides a systematic and logical procedure of identifying and evaluating the relationship between variables that create a particular state of affairs under control condition. It is a design that is concerned with cause-effect relationship by investigating whether variable \bar{X} the independent variable has an effect on variable Y called dependent variable (Bello & Ajayi, 2000). The

researcher issued out a baseline questionnaire randomly to young couples and this assisted the researcher in selecting out the devitalized and conflicted couples for the study. The subjects (respondents) were randomly selected and assigned to experimental and control groups.

3.2 Population for the Study

The population for the study comprised of young couples in the twelve (12) Local Government Areas (LGAs) that made up the Southern part of Kaduna State. This is because the Southern part of the State is a Cosmopolitan area with more than ten ethnic groups or tribes and different cultural backgrounds. The total number of young couples in the twelve (12) LGAs in Kaduna State was 1,495,644 (National Population Commission, 2006). The population of couples in the 12 LGAs in the Southern part of Kaduna State is shown in Table 3.1.

Table 3.1: Population for the Study

Names of Local Government Area	No. of Young Married Couples/LG
Chikun	184, 125
Jaba	77,688
Kachia	122, 137
Kaduna South	201, 695
Kagarko	120, 472
Jema'a	139, 368
Kaura	111, 290
Kajuru	55, 434
Kauru	85, 004
Lere	165, 581
Sanga	74, 667
Zangon Kataf	158, 185
Total	1,495,644

Source: National Population Commission, (2006)

3.3 Sample Size and Sampling Procedure

The researcher used purposive sampling technique to select one hundred and twenty (120) devitalized and conflicted young couples. Purposive sampling technique is a process that involves the conscious selection of certain participants for the study (Bello & Ajayi, 2000). A baseline questionnaire was issued to couples to fill and at the end of the exercise, each respondent's sheet (questionnaire) was summed up and that enabled the researcher to diagnose the type of couple each belongs to that is, 26 -40 (Devitalized couples), 52-66 (Conflicted couples), 78-92 (Traditional couples), 104-118 (Harmonious couples) and 119-130 (Vitalized couples). The researcher used only those couples that fell between the scores of 26–66 for the study. These diagnoses were mainly for the researcher's use only (details were presented in Appendix II' Pp.155-156').

Random sampling technique was adopted in selecting the control and experimental groups. Random sampling technique is a general and effective method used in experimental research design to have cause and effect (dependent and independent) relationship between the two groups. Sixty (60) young couples were used as control group and sixty (60) as experimental group. This is in line with Gay and Diehl (1992) who suggested a sample size of 30 subjects per group in an experimental design.

Two (2) Local Government Areas (LGAs) out of the twelve (12) LGAs in the Southern Kaduna State were selected systematically that is, by selecting every 6th even number from the target population. The two (2) LGAs served as sample LGAs for the study. This is also in line with Roscoe (1975) who suggested a small sample size from the target population in an experimental design. Table 3.2 shows the detail information of sampled young couples in the two LGAs in the Southern part Kaduna State.

Table 3.2: Sample Size for the Study

S/N	Names of LGAs	Groups		Total No. of Young Married Couples
		Experimental	Control	
1.	Jema'a	25	25	50
2.	Zango Kataf	35	35	70
	Total	60	60	120

3.4 Instrument for Data Collection

For this study, primary data were collected through the use of questionnaire by the researcher. This instrument was chosen for the study because it was considered to be relatively effective to administer and score. The researcher had two different forms of questionnaires: a baseline questionnaire and a pre-test and post-test questionnaire (see appendices II and III, Pp 154-164 for more details). Relationship education training manual was also developed and used by the researcher. The description and full details of these instruments are as follows:

Baseline Questionnaire

The baseline questionnaire was designed to enable the researcher pick out the conflicted and devitalized couples for the study. The questionnaire consisted of two (2) sections that is, section 'A' and 'B'. Section 'A' dealt with the Bio-data of the respondents, while section 'B' was designed to help the researcher pick out the devitalized and the conflicted couples for the research study. It also consisted of 26 items (ie. Question 6 -31) arranged in 4-Points Rating Scale format in which the respondents were required to provide answers. The answers were rated as follows: 'Strongly Agree'=4, Agree =3, 'Disagree'=2 and 'Strongly Disagree'=1. At the end of the scoring

exercise, each respondent's sheet (questionnaire) was summed up and that enabled the researcher to diagnose the type of couple each belongs to that is, 26-40 (Devitalized couples), 52-66 (Conflicted couples), 78-92 (Traditional couples), 104-118 (Harmonious couples) and 119-130 (Vitalized couples). Only those couples who fell between the ranges of 26–66 scores were used for the study. These diagnoses were mainly for the researcher's used only (details were presented in Appendix II' Pp. 154-157').

Relationship Education Training Manual

A training manual on relationship education skills was developed by the researcher and this was used in training the experimental group of the young couples. The training manual consisted of four major topics designed in form of module and each of these modules was treated in a minimum of 2-3 hours per day. The training manual also content topics such as: ways of establishing good relationship, roles and expectation of couples, communication and ways of communicating in marriage and marital discord (marriage and money vs. marriage and sex). In fact general relationship education skills were taught to all the experimental group of the young couples. A minimum of two days per week training was observed by the researcher and the training lasted for a period of four weeks. The following is a step-by- step record of how the training was conducted by the researcher:

The researcher introduced herself to the research group members (young couples) and vice-versa. With this the researcher was able to establish rapport with the group members. The researcher intimate the participating couples on the objectives of the relationship education training viz:

- a. To discover the importance of maintaining good marital relationship among young couples
- b. To create awareness on the dangers of ineffective and inadequate relationship education knowledge and skills before marriage
- c. To help young couples develop adequate and effective skills in managing marital discord

During the training session, activities like home assignment, class practical, focus group discussion, demonstration, brain-storming, questioning, quiz and film watching were carried out by the researcher and the participating group members. Participants were given 20 minutes for questions and responses. The researcher saw client only on appointment. The participating couples with the help of the researcher set ground rules for the training viz: Keeping to time (late coming should be avoided), respecting peoples' opinion, freedom of speech, maintaining order while at the training ground, no answering or receiving calls during session to mention just but a few. A pre-test questionnaire and a biro were given to each participating couples which they were requested to fill and returned to the researcher the following day. Post test treatment was given to the experimental group six weeks after the training session. This has really helped the researcher in determining whether or not the relationship education training has yielded positive effects on the marital relationship of the young couples (details were presented in Appendix IV, Pp 165-187).

Pre-Test and Post-Test Questionnaire

The second questionnaire on the other hand was designed to help in answering the research questions and also testing the six null hypotheses of the study. The questionnaire

consisted of six (6) sections that is, Sections ‘A’ - F’. Section ‘A’ dealt with the personal data of the respondents, Section ‘B’ was on causes of marital discord, section ‘C’ was on type of marriage contracted by the young couples, ‘Di’ – ‘Dv’ was on types of discord engage by young couples, ‘E’ dealt with frequency of marital discord of young couples, while Section ‘F’ was to find out young couples’ awareness on Relationship-education. The questionnaire contained multiple choice questions and a 4-Point Rating Scale. The same questionnaire was used for pre-test and post-test (details were presented in Appendix III Pp 158-164)

The 4-Points Rating Scale format dealt with statement of facts or a set of attitude items considered to be equal in value and to each of which subjects respond and scores assigned to the scale in order to quantify the responses. The scores or values that were assigned to each response are shown in Table 3.3.

Table 3.3: Score Value Table

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

NOTE: Higher numbers indicate more areas of strength and fewer areas of weakness. All the items were measured using 4-Point Rating Scale with “Strongly Agree” (SA) four points, “Agree” (A) three points, “Disagree” (D) two point and “Strongly Disagree” (SD). Further details, are shown in Appendix III.

3.4.1 Validity of the instrument

The three instruments for the study were validated by the Senior Lecturers in

Home Economics and also Statisticians for face and content validity. The corrected instruments were then used for the pilot study to ascertain the validity and reliability of the instrument for the study.

3.4.2 Pilot study

In order to generate data to test the reliability of the research instrument, a pilot study was conducted by the researcher. The aim of the pilot study was to determine the suitability of the instrument for the study, to ascertain any difficulty that the respondents might have when answering the questions, and to reduce any possible ambiguity in using the instrument. The pilot study was conducted in Lere Local Government Area in Kaduna State. This area was chosen for the pilot study because it is also a cosmopolitan area with similar problems with those of the study Area (that is, the two sampled Local Government Areas in the State). The pilot study was conducted using twenty (20) young married couples, where ten (10) couples served in the experimental group and the other ten (10) as control group.

The data collected from the pilot study were coded and subjected to Test Re-test analysis using Pearson Product Moment Correlation Coefficient (r) method to get the reliability of the instrument. At the end of the pilot study, ninety five percent (95%) of the respondents (couples) were tested. Table 3.4 shows the result of the pilot study conducted:

Table 3.4: Pilot Study Result

Groups	Total No. of questionnaire	No. of responses	Missing questionnaire
Experimental group	10	10	0

Control group	10	9	1
Total	20	19	1

Average percentage therefore is: $\frac{\text{Total No. of response} \times 100}{\text{Total No of questionnaire}} = \frac{19 \times 100}{20} = 95\%$

3.4.3 Reliability of the instrument

In order to determine the reliability, the test instrument was administered to the young couples twice within a spate of two weeks to determine their consistencies in their responses. The data obtained from the pilot study were subjected to a reliability test using the Statistical Package for Social Sciences (SPSS) version based on Cronbach Alpha reliability test. The Cronbach Alpha reliability test is commonly used as a measure of internal consistency or reliability of attitudinal test score for a sample of respondents. It is defined as

$$\alpha = \frac{K}{K-1} \left[1 - \frac{\sum_{i=1}^K \sigma_{Y_i}^2}{\sigma_x^2} \right] \dots\dots\dots(1)$$

Where K is the number of components (K-items or test lets), σ_x^2 the variance of the observed total test scores, and $\sigma_{Y_i}^2$, the variance of component *i* for the current sample of persons (Develles, 1991). When the true score is not measured at all, Cronbach Alpha equals to zero and there is only an error component. Alpha equals 1.0 when all items measure only the true score and there is no error component.

Theoretically, Cronbach Alpha coefficient varies from zero to 1 since it is the ratio of two variances. Empirically however, Cronbach Alpha coefficient can take on any value less than or equal to 1 including negative values, although only positive values

make sense. Higher values of positive Cronbach Alpha coefficients are therefore, more desirable. Similarly, Spiegel (1992) and Stevens, (1996) confirmed that. an instrument is considered reliable if it lies between 0 and 1, and that the closer the calculated reliability coefficient is to zero, the less reliable is the instrument, and the closer the calculated reliability co-efficient is to 1, the more reliable is the instrument. This is also in line with Mugenda (2003) who proposed that the average value of correlation coefficient must be around 0.7-0.8 to be considered adequate for the reliability of an instrument. Considering these, the instrument which had reliability coefficient value of 0.98 was considered reliable, hence this implied that the data collection instrument used was adequate, reliable and valid for the study.

Reliability is defined as the estimates of the degree to which a research instrument yields consistently after repeated trials (Mugenda and Mugenda, 2003). Akuezuido and Agu (2003), Olaofe (2010) also opined that an instrument is only reliable to a degree that it measures accurately consistently what it is supposed to measure, yielding comparative result when administered a number of times.

3.5 Procedure for Data Collection

A letter of introduction was obtained from the office of the Head, Department of Vocational and Technical Education, Ahmadu Bello University, Zaria for permission from heads of institutions involved in this study, to administer the questionnaires and conduct the training to young couples in schools, colleges, religious centers and the community. The letter explained the purpose of the study and nature of assistance required from these institutions (details are showed in Appendix I, pg 153) also, discussions were held with the leaders and the respondents on the purpose of the

researcher's study.

The researcher employed the services of three trained research assistants who helped in the successful and smooth conduct of the training and the administration of the questionnaires. The research assistants also served as guides to the respondents during the completion of the questionnaire. The researcher and the research assistants issued out five hundred and fifty copies of baseline questionnaires to couples in the various institutions and communities. This was to enable the researcher pick out the devitalized and conflicted couples for the study. The baseline questionnaire consisted of 26 items arranged in 4-Points Rating Scale format in which the respondents were required to provide answers. At the end of this exercise, each respondent's sheet (questionnaire) was summed up and diagnoses were made based on the respondents' scores, thus: 26-40 (Devitalized couples), 52-66 (Conflicted couples), 78-92 (Traditional couples), 104 -118 (Harmonious couples) and 119-130 (Vitalized couples). Couples who fell between the scores of 26–66 were used for the study. These diagnoses were mainly for the researcher's used only (details were presented in Appendix II' Pp155-156'). Out of the five hundred and fifty copies of baseline questionnaires that were issued out to couples, a total of one hundred and twenty respondents (devitalized and conflicted couples) were selected for the study.

A pre-test questionnaire was issued out to both the devitalized and conflicted couples. Attached to each of the questionnaire was a letter explaining the purpose of the study and instructions for completing the questionnaire. Face to face delivery method was employed in the administration and collection of the instrument. This is because; the method afforded the researcher and the research assistants, higher percentage return of

properly completed questionnaires. A two- day Pre-test exercise was conducted on the respondents and data were collected (Pre-test, according to Asika (2004), is a test that assumes all groups to be similar in relevance performance before the experimental condition is applied).

After the pre-test exercise, the researcher used random sampling technique to divide the respondents into two groups (experimental and control groups respectively). The experimental group was exposed to Relationship Education Training (RET) using the training manual developed by the researcher (details were presented in Appendix V. Pg 165-178). This training exercise lasted for a period of four weeks. However, the control group on the other hand was not given such training skills and techniques. A period of six weeks was observed by the researcher before the administration of the post-test treatment to both the experimental and control groups respectively. Before the commencement of the training and six weeks after the training exercise, data were collected from both the experimental and control groups, this was to enable the researcher determine the effect of Relationship Education training on management of marital discord among young couples. A total of 120 copies of questionnaire each were distributed at pre test and post test and all were also retrieved from the respondents. Precisely, data collection commenced on the 15th October, 2014 and ended on 30th January, 2015.

3.6 Procedure for Data Analysis

Data collected were organized in a tabular form using appropriate procedures such as Frequency, Percentage and Mean for the demographic variables. Descriptive statistics were used to answer the ten research questions. In the course of analyzing the research questions, “strongly agree’ and agree” were classified as “agree”. Similarly,

“strongly disagree” and “disagree” were also classified as “disagree”. A weighted mean of 2.5 and above was considered as an index for agree, while weighted mean of less than 2.5 was considered as disagree. Inferential statistics was used in testing the six null hypotheses. The first five Null hypotheses were tested using Independent t-test statistic while Null hypothesis six was tested using Chi Square statistic. This is because the use of inferential statistics allows researcher(s) to test whether a sample mean significantly differs from a hypothesized value (Musa, 2011). All the six Null Hypotheses were tested at 0.05 alpha level of significance. Decision rule for the testing of the six null hypotheses; when t-calculated value is greater than t-critical, the null hypothesis would be rejected ($t\text{-cal} > t\text{-crit. significance}$), but when t-calculated value is less than t-critical the null hypothesis would be accepted ($t\text{-cal} < t\text{-crit. not significance}$).

CHAPTER FOUR

PRESENTATION AND ANALYSIS OF DATA

This chapter dealt with the statistical analysis and interpretation of the data collected from young couples in relation to effect of relationship education on the management of marital discord among young couples in southern part of Kaduna state. A total of 120 respondents were used. The analysis involved the use of Statistical Package for the Social Sciences (SPSS) 20th edition to analyze the questionnaire. The analysis consisted of descriptive and inferential statistics. This chapter is presented under the following sub-headings:

- 4.1 Analyses of Bio Data of the Respondents
- 4.2 Answers to Research Questions.
- 4.3 Testing of Null Hypotheses
- 4.4 Summary of Major Findings
- 4.5 Discussion of Major Findings

4.1 Analysis of Bio data of the respondents

The total number of respondents that were used for the research work is presented in Table 4.1.1.

Table 4.1.1 No. of Respondents/groups used

Group	Frequency	Percentage (%)
Control	60	50.0
Experimental	60	50.0
Total	120	100.0

Source: Field Work 2015

Table 4.1.1 showed the frequency and percentages of treatment groups that were used for the study. Sixty (60) subjects (experimental group) were exposed to relationship-education training, while the other 60 (control group) were not exposed to such training skill.

Analysis of Respondents by Age

The analysis of bio data generated to determine the respondents' age is presented in Table 4.1.2.

Table 4.1.2: Distribution of Respondents by Age

Age (in years)	Frequency	Percentage (%)
18-22	11	9.2
23-27	11	9.2
28-32	47	39.2
33-37	36	30.0
38 and above	15	12.5
Total	120	100.0

Source: Field Work 2015

The data in Table 4.1.2 revealed that 39.2% of the respondents were between the ages of 28-32 years, 30.0% were between 33-37 years, and 18.4% were between the ages of 18-27 while the oldest group 38 years and above were only 12.5%. Majority (39%) of the couples were between the ages of 28-32 years. The result is believed to truly represent young couples.

Analysis of Respondents by Gender

The analysis of bio data generated to determine the respondents' gender is presented in Table 4.1.3.

Table 4.1.3: Distribution of Respondents by Gender

Gender	Frequency	Percentage (%)
Male	60	50.0
Female	60	50.0
Total	120	100.0

Source: Field Work 2015

The data in Table 4.1.3 revealed that 60 (50.0%) of the respondents were males, while 60 (50.0%) were also females. This implied that, there was equal representation of the respondents.

Analysis of Respondents by Highest Educational Qualification

The analysis of bio data generated to determine the respondents' Highest Educational Qualification is presented in Table 4.1.4

Table 4.1.4 Distribution of Respondents by their Highest Educational Qualification

Educational Qualification	Frequency	Percentage (%)
Primary	1	8
Secondary	17	14.2
NCE/Diploma	63	52.5
Degree/HND	24	20.0
Any other	15	12.5
Total	120	100.0

Source: Field Work 2015

The data in Table 4.1.4 indicated that 63 (52.5%) of the respondents had NCE/Diploma as the highest educational qualification, 24 (20.0%) were degree/HND holders, 17(14.2%) had secondary education while 1(0.8%) had primary school education. Couples with NCE or Diploma were the

majority (52.5%) as indicated in Table 4.1.4. This implied that couples used for the study were all educated.

Analysis of Respondents by Number of years in Marriage

The analysis of bio data generated to determine the respondents' number of years spent in marriage is presented in Table 4.1.5.

Table 4.1.5 Distribution of Respondents by No. of years spent in marriage

No. of Years in Marriage	Frequency (F)	Percentage (%)
1 month – 1 year	5	4.2
2-4	40	33.3
5 – 7	38	31.7
8 – 10	30	25.0
Any other	7	5.8
Total	120	100.0

Source: Field Work 2015

Tables 4.1.5 indicated analysis of Bio-data of the respondents based on years spent in marriage. From the table, 40 (33.3%) were in marriage for 2-4 years, 38 (31.7%) had been in marriage between 5 – 7 years, 30 (25.0%) spent 8 -10 years in marriage, 7(5.8%) spent more than 10years in marriage while 5 (4.2%) spent between 1 month-1year in marriage. This implied that, couples that spent 2-4 years in marriage were the majority 40(33.3%) and that truly showed that they were young couples.

Analysis of Respondents by Number of Children

The analysis of bio data generated to determine the respondents' number of children is presented in Table 4.1.6.

Table 4.1.6: Distribution of Respondents by No. of children

No. of Children	Frequency (F)	Percentage (%)
None	21	17.5
1	24	20.0

2	41	34.2
3	25	20.8
Any other	9	7.5
Total	120	100.0

Source: Field Work 2015

Table 4.1.6 agreed with Table 4.1.5 that these were young couples. The result revealed that 66 (55.0%) of the couples had 2-3 children each, 24 (20.0%) had one child each, 21 (17.5%) had no child while 9 (7.5%) had more than 3 children. Thus, couples with two and three children each were the majority (55.0%). This implied that couples used for the study were young couples.

Analysis of Respondents by sex of Children

The analysis of bio data generated to determine the respondents' sex of children is presented in Table 4.1.7.

Table 4.1.7: Distribution of Respondents by sex of children

No. of Children /couple	Male		Female	
	Freq.	%	Freq.	%
1	84	70.0	83	69.2
2	22	18.3	20	16.7
3	13	10.8	16	13.3
4	1	.8	1	.8
Total	120	100.0	120	100.0

Source: Field Work 2015

The data in Table 4.1.7 indicated that 84 (70.0%) of the couples had one boy child each, 83 (69.2%) had one girl child, 22 (18%) had 2 boy child while 20 (16.7%) had 2 girl child each, 13 (10.8%) had 3 boys, while one couple (0.8%) had 4 boys. Thus majority of the respondents had one male and one female child (70.0% and 69.2% respectively).

Analysis of Respondents by type of Occupation

The analysis of bio data generated to determine the respondents' occupation is presented in

Table 4.1.8.

Table 4.1.8: Distribution of Respondents by occupation

Couple's Occupation	Frequency (F)	Percentage (%)
Full time House Wife	11	9.2
Full Time Farmer	2	1.7
Civil Servant/Military /Para Military	80	66.7
Business Trader	23	19.2
Any Other	4	3.3
Total	120	100.0

Source: Field Work 2015.

The data in Table 4.1.8 revealed that 80 (66.7%) of the respondents were civil servants, 23 (19.2%) were into business/trading, 11 (9.2%) were full time house wives while 4 (3.3%) of the couples were in other occupations. Thus, majority (66.7%) of the couple were civil servants. This implied that occupation had no effect on the marital discord of young couples in the study area.

Analysis of Respondents by Monthly Earnings

The analysis of bio data generated to determine the respondents' monthly earnings is presented in Table 4.1.9.

Table 4.1.9: Distribution of Respondents by Monthly Earnings

Monthly Earnings	Frequency (F)	Percentage (%)
N10,000 -N20,000	32	26.7
N30,000 - N40,000	27	22.5
N50,000 - N60,000	19	15.8
N70,000 - N80,000	30	25.0
Any other	12	10.0
Total	120	100.0

Source: Field Work 2015

Data in Table 4.1.9 revealed that 32 (26.7%) of the couples earned between N10, 000-N20, 000 per month, 30 (25.0%) earned N70, 000-N80, 000 as their monthly earnings, 27 (22.5%) earned between N30, 000 - N40, 000 and 19 (15.8%) earned between N50, 000 - N60, 000, and while 12 (10.0%) earned more than N80, 000 per month. Hence, majority (26.7%) of the couples earned N10, 000 - N20, 000 monthly. This implied that couples in the study area earned little per month.

Analysis of Respondents by Age Difference between Spouses

The analysis of bio data generated to determine age difference between spouses is presented in Table 4.1.10.

Table 4.1.10: Distribution of Respondents by age difference between spouses

Age difference in years	Frequency (F)	Percentage (%)
2 yrs older than my spouse	7	5.8
3 yrs older than my spouse	21	17.5
4 yrs older than my spouse	16	13.3
5 yrs older than my spouse	44	36.7
Any other	32	26.7
Total	120	100.0

Source: Field Work 2015

From the data in Table 4.1.10 the frequency and percentage total for age difference in years between spouses were as follows: 44 (36.7%) were 5 years older than their spouses, 32 (26.7%) were more than 5 years older their spouses, 21 (17.5%) were 3 years older, 16 (13.3) were 4 years older while 7 (5.8%) of the respondents were 2 years older than their spouses. Thus, majority of the respondents (36.7%) were five years older their spouses. This implied that age had no effect on the marital discord of young couples in the study area.

Analysis of Respondents by sex Demand of Spouse

The analysis of bio data generated to determine sex demand of spouses is presented in Table 4.1.11.

Table 4.1.11: Distribution of Respondents by sex demand of spouse

Level of sex demand	Frequency (F)	Percentage (%)
Too demanding	21	17.5
Moderately demanding	33	27.5
Demanding	35	29.2
Less demanding	25	20.8
Do not care (very poor)	6	5.0
Total	120	100.0

Source: Field Work 2015

The data in Table 4.1.11 revealed the percentage and frequency for the sex demand of spouses. 35 (29.2%) of the couples were too demanding, 33 (27.5%) indicated moderately demanding, 25 (20.8%) indicated less demanding, 21 (17.5%) were too demanding, while 6 (5.0%) indicated that their spouses did not care (very poor). Thus, majority (56.7%) of the couples were sex demanding. This implied that sex had effect on the marital relationship of young couples in the study area.

Analysis of Respondents by Religion Belief

The analysis of bio data generated to determine religion belief of spouses is presented in Table

4.1.12

Table 4.1.12: Distribution of Respondents by Religious Belief

Religion	Frequency (F)	Percentage (%)
Christianity	101	84.2
Islamic	15	12.5
Traditional	3	2.5
Paganism	1	.8
Total	120	100.0

Source: Field Work 2015

The data in Table 4.1.12 revealed that, 101 (84.2%) of the respondents were Christians, 15 (12.5%) were Muslims 3 (2.5%) were Traditionalist, while 1(0.8%) were pagans. Hence, majority (84.2%) of the couples were Christians.

4.2 Answers to Research Questions

This section presents the analysis of data used for answering the ten research questions raised in chapter one of this research work. In answering the research questions and testing the null hypotheses, two groups of respondents (control and experimental) were used. The data collected were categorized into Agreed and Disagreed for easy analysis of items, sound judgment and conclusion. The computations were based on 4-Point Rating Scale. Weighted mean of 2.5 and above was considered as benchmark for agree while weighted mean of less than 2.5 was considered as a benchmark for disagree. The weighted mean of 2.5 was obtained by adding all the 4-points rating scale (4+3+2+1 = 10 divide by 4 =2.5). Tables 4.2.1 to 4.2.10 present the result of the data used in answering the ten research questions.

Research Question One: What are the causes of marital discord among young couples in the southern part of Kaduna state?

The analysis of data generated to determine the causes of marital discord among young couples in the southern part of Kaduna state is presented in Table 4.2.1.

Table 4.2.1: Mean Responses on Causes of Marital Discord

	Item/Statements The following are causes	Responses				Mean score	Decision
		SA	A	D	SD		
1.	Spouse's narcissistic personality style	48	53	14	5	3.20	Agree
2.	Financial problems	58	32	2	28	3.10	Agree
3.	Poor communication skills of spouse	46	34	32	8	2.98	Agree
4.	Spouse's infidelity (cheating)	30	69	10	11	2.98	Agree
5.	Sexual habit of spouse	40	39	30	11	2.90	Agree
6.	Differences in educational level	11	9	52	48	1.86	Disagree
7.	Age difference of spouses	5	13	43	59	1.73	Disagree
8.	Spouse's religious belief	8	12	37	63	1.71	Disagree
Cumulative mean						2.6	
Total Percentage		Agreed=74.1%				Disagreed =25.9%	

Source: Field Study 2015

Table 4.2.1 revealed that 74.1% of couples agreed that narcissistic personality style of spouse, finance problem, poor communication skills, infidelity and sex issues were some of the causes of discord in marital homes while for those who were in disagreement had a total score of 25.9%. Also the cumulative mean was 2.6 > 2.5 benchmark of agree. This implied that narcissistic personality style of spouse, finance problem, poor communication skills, infidelity and sex issues were the main causes of marital discord among young couples in the southern part in Kaduna state. Details of result are in Appendix V.

Research Question Two: What are the different types of marriage contracts engaged in by young couples in southern part of Kaduna State?

The analysis of data generated to determine the different types of marriage contracts engaged in by young couples in southern part of Kaduna State is presented in Table 4.2.2

Table 4.2.2: Mean Responses on type of Marriage Contracted

Types of Marriage Contracts	Frequency (F)	Percentage (%)
Christian marriage	56	46.7
Traditions and Christian marriage	25	20.8
Muslim marriage	17	14.2
Registry (court) marriage	9	7.5
Traditional	13	10.8
Total	120	100.0

Source: Field Work 2015

Table 4.2.2 revealed data on types of marriage contract engaged in by young couples in southern part of Kaduna State. 56 (46.7%) contracted Christian marriage, 25 (20.8%) contracted traditional and Christian marriages, 17 (14.2%) contracted Muslim marriage, 13(10.8%) contracted traditional marriage, while 9(7.5%) contracted Registry (court) marriage. This outcome revealed that majority (46.7%) of the respondents contracted Christian marriage.

Research Question Three: What are the different types of marital discord experienced by young couples in the southern part of Kaduna State?

The analysis of data generated to determine the different types of marital discord experienced by young couples in southern part of Kaduna State is presented in Table 4.2.3

Table 4.2.3 Mean Responses (Control vs Expt.) on Type of Marital Discord Experienced

Item/Statements The following are types of marital discord	Group	Responses				Mean Score	Decision
		SA	A	D	SD		
1. Sex and sex issues or problems (Acute discord)	Control	17	16	10	17	2.55	Agree
	Expt	3	4	27	26	1.73	Disagree
2. Poor relationship with in-laws (Acute discord)	Control	19	16	12	13	2.68	Agree
	Expt	8	11	26	15	2.20	Disagree
3. Spouse's inability to provide for the family (Role discord)	Control	18	18	15	9	2.75	Agree
	Expt	5	9	17	29	1.83	Disagree
4. Valuing parents advices over Spouses' (Value discord)	Control	16	15	26	3	2.73	Agree
	Expt	5	3	27	25	1.75	Disagree
5. Spouse's poor belief over their children (norm discord)	Control	14	16	20	11	2.53	Agree
	Expt	3	6	23	28	2.02	Disagree
6. Lack of interest in spouse's affaires (interest discord)	Control	16	21	11	12	2.68	Agree
	Expt	6	11	21	22	2.02	Disagree
7. No regard for spouses feeling (value discord)	Control	21	18	12	9	2.77	Agree
	Expt	2	8	29	21	1.98	Disagree
8. Spouse's infidelity (interest discord)	Control	30	14	8	8	3.10	Agree
	Expt	4	1	16	39	1.50	Disagree
Total						21.79	
						14.74	

Total Mean Control = 2.7 Total Mean Experimental= 1.8

Source: Field Study 2015

The data in Table 4.2.3 showed the results for both experimental and control groups respectively on types of marital discord experienced by young couples in the southern part of Kaduna State. The results revealed that the mean scores for the control group were higher than that of the experimental group in terms of acute (2.55 and 1.73), role (2.75 and 1.83), interest (3.10 and 1.50), value (2.73 and 1.75) and norm (2.53 and 1.73) discords respectively. This can also be compared with the calculated mean for the control group which was $2.7 > 2.5$ benchmark of agrees while that of the experimental group was $1.8 < 2.5$ benchmark of disagree. This implied that young couples in the southern part of Kaduna State were involved in all the five types of marital discord outlined by the researcher. Details of result are in Appendix V.

Research Question Four: To what extent are young couples aware of Relationship education training?

The answer to this research question is presented in Table 4.2.4.

4.2.4 Mean Responses on Relationship Education Awareness of Young Couples

	Item/ statements	Responses				Mean Score	Decision
		SA (4)	A (3)	D (2)	SD (1)		
1.	I attended relationship-education training class before marriage	11	28	50	31	2.16	Disagree
2.	I have full knowledge of relationship education training right from school	11	18	65	26	2.12	Disagree
3.	I have relationship-education training class in my church/ Mosques	14	35	46	25	2.32	Disagree
4.	My parents organized relationship training to all their children that are getting married	5	11	60	44	1.81	Disagree
5.	I now have adequate knowledge of relationship-education during this period of training.	48	43	11	18	3.01	Agree
Cumulative mean Total Percentage		Agree=26.4%				2.3	Disagree=73.6%

The summary of data used to answer the research question four is presented in Table 4.2.4. The analysis presented 26.4% as the total percentage of those who agreed that they were aware of Relationship Education, while those who disagreed had 73.6%. The result also revealed that, calculated value $2.3 < 2.5$ index score (decision mean). This implied that young couples in the study area were not aware of or lack effective and adequate knowledge of Relationship Education before marriage, specifically before the training. However, after the training session the knowledge of young couples concerning relationship education had improved as indicated in the data: 3.01 (mean score) of the couples were in agreement that they had adequate knowledge of relationship education during the training period`. Details of result are in Appendix V.

Research Question Five: What is the difference between young couples who went through Relationship-Education training and those who did not on the management of acute discord?

The analysis of data generated to determine the difference between young couples who went through Relationship-Education training and those who did not on the management of acute discord is presented in Table 4.2.5

Table 4.2.5: Mean Responses (Control vs Expt. groups) on Management of Acute Discord

Item/Statements	Group	Responses				Mean	Decision
		SA	A	D	SD		
1. No enough money for food	Control	15	18	14	13	2.58	Agree
	Expt	10	11	22	17	2.23	Disagree
2. No enough money for cosmetics	Control	14	18	18	10	2.60	Agree
	Expt	10	6	15	29	1.95	Disagree
3. No enough money for clothing	Control	13	23	10	14	2.58	Agree
	Expt	6	13	21	20	2.42	Disagree
4. Poor relationship with in-laws	Control	12	20	15	13	2.52	Agree
	Expt	4	12	15	29	1.85	Disagree
5. Poor sexual demands of partner	Control	13	16	20	11	2.52	Agree
	Expt	5	12	20	23	1.98	Disagree
Total						12.8	
						10.4	

Total mean Control = 2.6 Total mean Experimental = 2.1

Source: Field Study 2015

Data in Table 4.2.5 indicated differences between young couples who went through Relationship Education training and those who did not on the management of acute discord. The result showed that there were reduced incidences on all the five acute discord items listed between young couples who went through Relationship Education training and those who did not on the management of acute discord. This difference can be seen in the total mean scores and frequencies of both the experimental and control groups. The calculated value for control group was $2.6 > 2.1$ (experimental group). This also showed that calculated value of 2.6 (control group) > 2.5 (decision mean), while for the experimental group, the calculated mean was $2.1 < 2.5$ (decision mean). This implied that Relationship Education training had positive effect on the management of acute discord. Details of result are in Appendix V.

Research Question Six: What is the difference between young couples who went through Relationship Education training and those who did not on the management of role discord?

The analysis of data generated to determine the difference between young couples who went through Relationship Education training and those who did not on the management of role discord is presented in Table 4.2.6

Table 4.2.6: Mean Responses (Control vs Expt.) on Management of Role Discord

Item/Statements	Group	Responses				Mean	Decision
		SA	A	D	SD		
1. My spouse inability to take care and pay for sick child's hospital bill	Control	26	5	16	13	2.73	Agree
	Expt	4	4	13	39	1.55	Disagree
2. My wife's constant cooking of Food late in the evening	Control	28	4	19	9	2.85	Agree
	Expt	6	3	17	34	1.68	Disagree
3. My husband's inability to assist with some household chores	Control	21	9	13	17	2.57	Agree
	Expt	6	14	12	28	1.97	Disagree
4. My spouse inability to satisfy me sexually due to her/his job	Control	28	15	13	4	3.12	Agree
	Expt	1	9	14	36	1.58	Disagree
5. My spouse inability to give me his/her maximum attention	Control	14	17	14	15	2.50	Agree
	Expt	4	6	22	28	1.77	Disagree
Total						13.77	
						8.55	

Total Mean Control = 2.8 Total Mean Experimental = 1.7

Source: Field Study 2015

Table 4.2.6 presented the result of data used to answer research question six. The summary of the result revealed that cumulative mean for the control group was $2.8 > 2.5$ decision mean while that of the experimental group was $1.7 < 2.5$ decision mean. This implied that Relationship Education training had positive effect on the management of role discord. Details of result are in Appendix V.

Research Question Seven: What is the difference between young couples who went through Relationship Education training and those who did not on the management of value discord?

The analysis of data generated to determine the difference between young couples who went through Relationship education training and those who did not on the management of value discord is presented in Table 4.2.7.

Table 4.2.7: Mean Responses (Control vs Expt.) on Management of Value Discord

Item/Statements	Group	Responses				Mean	Decision
		SA	A	D	SD		

1.	My partner spend more on Clothing articles than food	Control	21	11	12	16	2.62	Agree
		Expt	2	5	17	36	1.55	Disagree
2.	My partner spent more his/her time with friends than with the family	Control	23	14	8	15	2.75	Agree
		Expt	2	7	17	34	1.62	Disagree
3.	My partner value his/her parent's Advices more than mine	Control	10	14	18	18	2.27	Agree
		Expt	2	7	18	33	1.63	Disagree
4.	My partner value already made (articles) things than home Made.	Control	20	9	17	14	2.58	Agree
		Expt	1	11	16	32		Disagree
5.	My partner value alcohol than food	Control	22	16	2	20	2.67	Agree
		Expt	0	3	9	48	1.25	Disagree
Total							12.87	
							7.73	

Total Mean Control = 2.6 Total Mean Experimental = 1.6

Source: Field Study 2015

Data in Table 4.2.7 indicated differences between young couples who went through Relationship Education training and those who did not on the management of value discord. The result showed that there were reduced incidences on all the five items listed between young couples who went through relationship education training and those who did not on the management of value discord. This difference can be seen in the total mean scores and frequency of both the experimental and control groups. The total mean score for control group was greater (2.6) than that of the experimental group (1.6). The analysis also revealed that the calculated value for the control group was $2.6 > 2.5$ index score, while calculated value for the experimental group was $1.6 < 2.5$ index score. This implied that relationship education training had positive effect on the management of value discord. Details of result are in Appendix V.

Research Question Eight: What is the difference between young couples who went through Relationship Education training and those who did not on the management of interest discord?

The analysis of data generated to determine the difference between young couples who went through Relationship Education training and those who did not on the management of interest discord is presented in Table 4.2.8

Table 4.2.8: Mean Responses (Control and Expt.) on Management of Interest Discord

Item/Statements	Group	Responses				Mean	Decision
		SA	A	D	SD		
1. My spouse does not have interest in providing life necessities to his family	Control	37	11	6	6	3.32	Agree
	Expt	0	9	6	45	1.40	Disagree
2. My spouse has no regard for or is careless about my parent's well being	Control	30	15	10	5	3.17	Agree
	Expt	15	5	15	40	1.42	Disagree
3. My spouse easily makes friends with the opposite sex than his/her own sex	Control	27	17	5	11	3.00	Agree
	Expt	11	9	4	36	1.92	Disagree
4. My spouse has no interest in whatever thing I am doing	Control	26	12	15	7	2.95	Agree
	Expt	0	10	23	27	1.72	Disagree
5. I do not care about the kind of love and attention I receive from my partner	Control	22	24	7	7	3.02	Agree
	Expt	1	14	17	28	1.80	Disagree
Total						15.46	
						8.26	

Total Mean Control = 3.1

Total Mean Experimental = 1.7

Source: Field Study 2015

Table 4.2.8 revealed the analyses of data used to answer research question eight. The result showed that there were reduced incidences on all the five items listed between young couples who went through relationship education training and those who did not on the management of interest discord. This difference can be seen in the total mean scores and frequency of both the experimental and control groups. The total mean score for control group was greater than that of the experimental group. The analysis also revealed that the calculated mean value for the control group was $3.1 > 2.5$ index score, while calculated mean value for the experimental group was $1.7 < 2.5$ index score. This implied that relationship education training had positive effect on the management of interest discord. Details of result are in Appendix V.

Research Question Nine: What is the difference between young couples who went through Relationship Education training and those who did not on the management of norms discord?

The analysis of data generated to determine the difference between young couples who went through Relationship Education training and those who did not on the management of norm discord is presented in Table 4.2.9

Table 4.2.9: Mean Responses (Control vs Expt.) on Management of Norms Discord

Item/Statements	Group	Responses				Mean	Decision
		SA	A	D	SD		
1. My spouse's belief toward his/her children sex is poor	Control	6	6	12	36	1.70	Disagree
	Expt	18	4	0	38	2.03	Disagree
2. The kind of respect I receive from my in-laws is bad	Control	3	10	12	35	1.68	Disagree
	Expt	19	8	1	32	2.23	Disagree
3. My spouse's inability to talk or chat with me freely due to some cultural beliefs	Control	5	3	10	42	1.52	Disagree
	Expt	16	5	2	37	2.00	Disagree
4. My spouse does not involve me in any family decisions due to some cultural beliefs	Control	4	11	12	33	1.77	Disagree
	Expt	5	8	12	35	1.72	Disagree
5. My spouse distances himself/self from me after child birth due to cultural Belief	Control	5	5	12	38	1.62	Disagree
	Expt	4	8	11	37	1.65	Disagree
Total						8.29	
						9.63	

Total Mean Control= 1.7 Total Mean Experimental = 1.9

Source: Field Study 2015

Table 4.2.9 presents the analysis of data used to answer research question nine. The result showed that calculated mean for the control group and that of experimental group were less than the decision mean (1.7<2.5, 1.9<2.5) respectively. This implied that Relationship Education training had no effect on the management of norm discord. Details of result are in Appendix V.

Research Question Ten: What is the difference in the frequency of marital discord of young couples before and after the training?

The analysis of data generated to determine the frequency of marital discord of young couples before and after the training is presented in Table 4.2.10.

Table 4.2.10: Frequency of Marital Discord of Young Couples before and after the training

Item Statements	Treatment test categories			
	Before treatment		After treatment	
	Frequency	%	Frequency	%
1. My partner and I have discord every day	30	50.0	27	45.0
2. My partner and I have discord twice a week	14	23.3	13	21.7
3. My partner and I have discord once a week	10	16.7	9	15.0
4. My partner and I have discord twice in a month	4	6.7	6	10.0

5. My partner and I have discord once in a month	2	3.3	0	0.0
Total	60	100.0	60	91.7

Source: Field Study 2015

Table 4.2.10 shows the analysis of the data used to answer research question ten. The result revealed significant difference in the frequency of marital discord of young couples before and after the training. The following results were obtained as frequencies for marital discord of young couples before the training: 30 (50.0%), 14 (23.3%), 10 (16.7%), 4 (6.7%) and 2 (3.3%) while after the training they were 27 (45.0%), 13 (21.7%), 9 (15%) and 6 (10%). This implied that the rates of marital discord of young couples were reduced from 50% every day to 45% and from 3.3% once in a month to 00.0% also the result revealed that relationship education training had positive effect on the frequency of marital discord of young couples.

4.3 Test of Null Hypotheses:

Null Hypothesis One: There is no significant difference between young couples who went through relationship-education training and those who did not in the management of acute discord.

Independent t- test statistics was used to test the null hypothesis and the results are shown in

Table 4.3.1

Table 4.3.1: Analysis of respondents on the management of acute discord (Experimental and Control Groups)

Variable	Groups	N	Mean	SD	Std.err	Df	T calculated	t critical	Sig (p)
Acute Discord	Experimental	60	12.2167	2.89998	.37439	118	4.293	1.96	0.000
	Control	60	9.9500	2.88435	.37237				

t calculated > t critical at df 118 (Source: Field Work, 2015)

The result in Table 4.3.1 indicates significant difference on the management of acute discord of the two groups of respondents. Calculated-t value of 4.293 was greater than the 1.96 critical-t value at df 118. The standard deviation and calculated mean value of the two groups have confirmed this difference. The table also presented 2.89998 and 2.88435 as the standard deviation, while 12.2167 and 9.9500 as the mean scores for the experimental and control groups respectively. This implied that young couples who went through Relationship-Education training had acquired adequate and effective skills on the management of acute discord than those who did not. Therefore, the null hypothesis which stated that there is no significant differences between young couples who go through Relationship-Education training and those who do not on the management of acute discord, is hereby rejected. Details of result are in Appendix V.

Null Hypothesis Two: there is no significant difference between young couples who went through Relationship Education training and those who did not on the management of role discord.

Independent t- test statistics was used to test the null hypothesis and the results are shown in

Table 4.3.2.

Table 4.3.2: Analysis of respondents on the management of role discord (Experimental and Control Groups)

Variable	Groups	N	Mean	SD	std.err	Df	t calculated	t critical	Sig (p)
Role Discord 0.004	Experimental	60	10.1833	3.33696	.43080	118	2.924	1.96	
	Control	60	8.5167	2.89061	.37318				

t calculated > t critical at df 118

(Source: Field Work, 2015)

The results in Table 4.3.2 showed that calculated t value of 2.924 was greater than 1.96 critical t value at df 118. Also, calculated mean for experimental group and that of the control group were

10.1833 and 8.5167 respectively and this has confirmed that. The standard deviation of the two groups also confirmed this difference and this implied that young couples who went through the relationship-education training had acquired significant skills in the management of role discord than those who did not. Therefore, the null hypothesis which stated that there is no significant differences between young couples who go through relationship-education training and those who do not on the management of role discords, was therefore rejected. Details of result are in Appendix V.

Null Hypothesis Three: There is no significant difference between young couples who went through Relationship Education training and those who did not on the management of value discord.

Independent t- test statistics was used to test the null hypothesis and the results are shown in Table

4.3.3.

Table 4.3.3: Analysis of respondents on the management of value discord
(Experimental vs. Control)

Variable	Groups	N	Mean	SD	std.err	Df	t calculated	t critical	Sig (p)
Value Discord 0.000	Experimental	60	9.7833	3.41031	.44027	118	3.603	1.96	
	Control	60	7.7667	2.67675	.34557				

t calculated > t critical at df 118

(Source: Field Work 2015)

Table 4.3.3 analysis revealed that, significant differences exist between young couples who went through Relationship Education training and those who did not on the management of value discord. The fact is that calculated t value of 3.603 was greater than 1.96 critical t value at df 118. Their calculated mean value also confirms this difference where 9.7833 and 7.7667 were recorded for experimental and control groups respectively, this difference can also be seen in their respective standard deviation. Therefore, the null hypothesis which stated that there is no significant differences between young couples who go through Relationship Education training and those who do not on the management of value discord was therefore rejected. Details of result are in Appendix V.

Null Hypothesis Four: There is no significant difference between young couples who went through Relationship Education training and those who did not on the management of interest discord.

Independent t- test statistics was used to test the null hypothesis and the results are shown in Table 4.3.4.

Table 4.3.4: Analysis of respondents on the management of interest discord (Experimental and Control)

Variable	Groups	N	Mean	SD	std.err	Df	T calculate d	t critica l	Sig (p)
Interest Discord	Experimental	60	9.8833	3.89738	.50315	118	3.341	1.96	0.011
	Control	60	7.9167	2.36709	.30559				

t calculated > t critical at df 118 (Source: Field Work 2015)

Table 4.3.4 results presented that significant differences exist between the experimental group and the control group. Reason being that calculated t value of 3.341 was greater than the 1.96 critical t values at df 118. Their calculated means also revealed this difference where 9.8833 and 7.9167 for experimental and control groups respectively. This also implied that young couples who went through the training were significantly different from those who did not on the management of interest discord. Therefore, the null hypothesis which stated that there is no significant differences between young couples who go through Relationship-Education training and those who do not on the management of interest discord, was therefore rejected. Details of result are in Appendix V.

Null Hypothesis Five: There is no significant difference between young couples who went through Relationship Education training and those who do not on the management of norms discord.

Independent t- test statistics was used to test the null hypothesis and the results are shown in

Table 4.3.5.

Table 4.3.5: Analysis of respondents on the management of norms discord (Experimental and Control Groups)

Variable	Groups	N	Mean	SD	std.err	Df	t calculated	t critical	Sig (p)
Norms Discord 0.561	Experimental	60	8.0333	3.1189	.4026	118	0.583	1.96	
	Control	60	8.4000	3.7380	.4825				

t calculated < t critical at df 118 (Source: Field Work 2015)

Table 4.3.5 presents the result of independent t-test statistics on the management of norms discord for the control and experimental groups respectively. The analysis indicated no any significant difference between the two groups of respondents. This is because the calculated t value of 0.583 was less than the 1.96 critical t values at df 118. Calculated mean were 8.0333 and 8.4000 for experimental and control groups respectively. This implied that relationship education training had no significant effect on the management of norm discord between the experimental group and control group. The null hypothesis was therefore accepted and retained. Details of result are in Appendix V.

Null Hypothesis Six: There is no significant difference in the frequency of marital discord of young couples before and after the training.

Chi-square statistics was used to test the null hypothesis and the results are shown in Table

4.3.6.

Table 4.3.6 (a): Chi square statistics on the frequency of marital discord of young couples before and after the training

Variation	Value	Df	Sig
Pearson Chi-Square	29.517 ^a	4	.000
Likelihood Ratio	31.742	4	.000
Linear-by-Linear Association	21.786	1	.000
N of Valid Cases	120		

2 cells (20.0%) have expected count less than 5. The minimum expected count is 4.50.

Table 4.3.6 (b) Cross Tabulation Statistics on the Frequencies of Marital Discord of Young Couples (Pre- tests and Post-test)

		How often do you experience marital discord					Total	
		My partner and I have discord every day	My partner and I have discord twice a week	My partner and I have discord once a week	My partner and I have discord twice in a month	Any other (Once a month)		
Test	Pre-test	Count	30	14	10	4	2	60
		% within test	50.0	23.3	16.7	6.7	3.3	100.0
	50.0	% within how often do you experience marital discord	75.0	35.0	25.0	44.4	35.7	
		Count	27	13	9	6	0	55
	100.0	Percentage within test	45.0	21.7	15.0	10.0	0.0	
		% within how often do you experience marital discord	75.0	57.9	64.3	15.8	44.4	
	120	Count	57	27	19	10	2	
		Percentage within test	47.5	22.5	15.8	8.3	1.7	
	100.0	Percentage within how often do you experience marital discord	100.0	100.0	100.0	100.0	100.0	
		100.0						
Total								

(Source: Field Work 2015)

Table 4.3.6 statistics indicated significant difference in the frequency of marital discord of young couples before and after the training. The summary of the result revealed that before the Relationship Education training, couples' discord rate was 30 (50%) every day, but after the training the frequency of marital discord of the couples has reduced to 27 (45%) daily. Also 23.3% responded for twice a week before the training, while after the training the discord rate was reduced to 21.7%. Similarly the discord rate for once a month was 3.3% before the training but was reduced to 0.0% that is, no more discord. This implied that there was reduction on the rate of marital discord of young couples after been exposed to Relationship Education training. Therefore the null hypothesis which stated that there is no significant difference in the frequency of marital discord of young couples before and after the training was rejected. Details of result are in Appendix V.

4.4 Summary of Major Findings

Based on the data analyzed, the following were the major findings:

1. The main causes of marital discord among young couples in the southern part of Kaduna state were narcissistic personality style of spouses (3.20), financial problems (3.10), poor communication skills (2.98), infidelity (2.98) and sex related issues (2.90) as revealed in Table 4.2.1 data.
2. The analysis on type of marriage contracted by couples in the southern part of Kaduna state also revealed that 46.7% (majority) of the couples contracted Christian marriage (details in Table 4.2.2 data).
3. The result of this study also revealed that, young couples in southern part of Kaduna state experienced all the five types of marital discords outlined by the researcher, namely acute, role, interest, value and norm discord respectively.
4. Seventy three point six percent (73.6%) of the respondents were ignorant and lacked adequate knowledge of Relationship Education before the training exercise (see Table 4.2.4).
5. The analysis of independent t-test statistics result on null hypothesis one revealed that t-calculated value of 4.293 > t-critical value of 1.96 (t-calculated > t-critical) at df 118. The calculated mean of

young couples who went through Relationship-Education training was also greater than those who did not. This implied that there was significant difference between couples who went through relationship-education training and those who did not on the management of acute discord. The null hypothesis was therefore rejected. (see Table 4.3.1).

6. Null hypothesis Two result revealed that there was a significant difference between the experimental group and control group on the management of role discord. Calculated t value of 2.924 > critical t value of 1.96 (t-calculated>t-critical) at df 118. The calculated mean and standard deviation for the two groups also confirmed this difference whereby that of the experimental group was greater than the control group. The null hypothesis was therefore rejected (See Table 4.3.2.).
7. Null Hypothesis Three result revealed that, there was significant differences between young couples who went through Relationship-Education training and those who did not on the management of value discord. The fact is that calculated t-value of 3.6.03 > t critical value of 1.96 (t-calculated>t-critical) at df 118. Calculated mean value of the two groups also confirmed this difference where that of experimental was greater than that of the control group. The null hypothesis was therefore rejected (See Table 4.3.3).
8. The statistical analysis of null hypothesis Four indicated that, there was a significant difference between the control group and experimental group on the management of interest discord. Calculated t value of 3.341 > critical t value of 1.96 (t-calculated>t-critical) at df 118. This was also confirmed by the calculated means of the two groups whereby the mean value of the experimental group was greater than that of the control group. The null hypothesis was therefore rejected (See Table 4.3.4).
9. Null hypothesis Five results indicated that there was no difference between the control group and experimental group on the management of norms discord. This was confirmed where the calculated t value of 0.583 < critical t value of 1.96 (t-calculated<t-critical) at df 118. Calculated

mean of the control group was also greater than that of the experimental group. The null hypothesis was therefore accepted and retained (See Table 4.3.5).

10. The result of null hypothesis Six revealed that there was significant difference in the frequency of marital discord of young couples before and after the training. The confirmation of this was revealed in the frequency of marital discord of young couple for pre-test and post test. The discord rate of young couples for pre test was greater than the post test; there was immense reduction in the frequency of discord of young couples after the training. Therefore the null hypothesis which stated that there is no significant difference in the frequency of marital discord of young couples before and after the training was therefore rejected (See Table 4.3.6).

4.5 Discussion of Major Findings

The research study was to determine the effect of Relationship education training on the management of marital discord of young couples in the southern part of Kaduna state, Nigeria. Two groups of respondents were used in relation to the causes, types, frequency and effect of relationship education training on management of marital discord among young couples. In order to achieve the stated objectives of the study, six null hypotheses were postulated and tested. The interpretations of both the descriptive and inferential analyses were done, and detailed discussions of the findings were enunciated thus:

Table 4.1.1 of this study indicated that 60 young couples were used as control group while the other 60 as experimental group. The data in Table 4.1.2 revealed that 39.2% of the respondents were between the ages of 28-32years while 12.5% were above 38years. The result is believed to truly represent young couples. The data in Table 4.1.4 revealed that majority (52.5%) of the couples were NCE/Diploma holders and this had no effect on the marital discord of young couples in the study area. Table 4.1.5 results also revealed that 33.3% of the respondents spent 2-4 years in marriage and that truly showed that they were young couples. Sixty six point seven (66.7%) percent of the couples were civil servants and 26.7% of them had monthly earning of N10, 000-N20, 000. Table 4.1.10 result indicated 36.7% as the age difference between spouses. 56.7% of the couples were sex demanding, this implied that sex had effect on the marital relationship of young couples in the study area.

The findings based on the analyzed data in Table 4.2.5 and 4.3.1 revealed that Relationship-Education training had significant effect on the management of acute discord among young couples in the southern part of Kaduna State. The study indicated that the mean scores for respondents on relationship with in-laws was not cordial, money spent on food/entertainment was not enough, poor sexual demands of partners, money spent on clothing and cosmetics were not enough, were high before the training while after the training, there was positive reduction on the mean scores of these

items. The findings of this study agree with the findings of Leslie (1993) who stated that acute discord occurred frequently in new marriages as these couples have the need to establish a successful method of dealing with difficult situations. Also this conflict may arise from arguments on how much money is reasonable to be spent on cosmetics, food, drinks, clothing and entertainment. There are also special problems of adjustment connected with in-laws, sex and money (Olaitan & Akpan 2003). This discord became more pronounced when the couple failed to focus upon current issues affecting the family and resolve them. With this type of discord, partners tended to challenge each other's weakness and found fault in the least things done or said (Olaitan & Akpan 2003).

The data analyzed in Table 4.2.6 and 4.3.2 revealed that Relationship-Education training had significant effect on the management of role discord among young couples who went through Relationship-Education training. These differences were revealed in the mean scores and standard deviation of the two groups of respondents. The respondents' management of role discord showed that constant late preparation of food, spouse inability to assist with some household chores, to satisfy spouse sexually, to take care and pay for sick child's hospital bills and give his/her maximum attention attracted the highest mean response before the training, while after the training these were reduced. This implied that there were differences between young couples who went through relationship-education training and those who did not on the management of role discord.

This finding is in agreement with Olaitan & Akpan (2003) who reported that, couples having simultaneous roles or playing dual role (i.e. family and a job outside the home) however, are likely to experience role discord because each one makes demands which may interfere with the fulfillment of the other. For instance, working mothers often experience role discord at home because of the demands of their home-making chores and that of their husbands, if the husband's expectations are strongly influenced by traditional sex role pattern with the implication that wife ought to be around the house to do the house work and enjoy less authority. Some men did not like late meals and this might have been as a result of the wife coming back from work late. This may form the bases for

discord in most homes where the home-makers are workers. Dobson & Dozois (2008) affirmed that, role conflict happened among young couples when there is imbalance in the demands from the children. The expectations of the husband and her commitments as a person within the limits of her abilities. Conflicts occurred where the husband fails to come to terms with the reality of his expectations of his wife, who is now also the mother of his children. That is, where he is not willing to accept without undue stress or complaint his wife's increased emotional and physical demands on him during the time when she is not yet functioning effectively. Conflict occurs where certain household work are left for one spouse, who feels that it is more appropriate for the other. Lawanda (2013) also emphasized that couples should have an agreeable and committed way of discharging their various roles and household chores.

Furthermore, the data in Table 4.2.7 and 4.3.3 revealed that Relationship-Education training had significant effect on the management of value discord among young couples who went through relationship-education training than those who did not. This difference is shown in the calculated mean value, standard deviation and standard error of the two groups. There was great improvement on the five value discord items outlined by the researcher. This implied that young couples who went through Relationship-Education training had significant reduction on the value discord compared with those who did not.

The result also confirmed that before the training, partner spent most of his/her time with friends than with the family attracted the highest mean response, while after the training it has reduced. It also revealed that partner value his/her parent's advices than the other before the training was reduced after the training. This observation was also in lined with Olaitan and Akpan (2003); Benokraitis, (2008) who established that, value influenced one's life as well as the live of one's family. A person's value indicates his needs, wants, interest, aims and purpose. Values are motivating factors that influence the choice one makes. The choice making may be complex because husband and wife hold different values and this is where conflicts may arise. A woman who values dresses might use the money meant for feeding or paying bills and pocket money to buy dresses for herself. As such, this may result in imbalance in family resources and demands due to

mismanagement of income. Where the man resists this misapplication of money, value conflict or discord will arise at home. Some people hold absolute, value that is, beliefs which are firmly held and unchanging that interpret what is desirable or worth in a situation regardless of the surrounding factors or conditions. They are deeply rooted and associated with one's way of life; they also help to make up one's personality (Benokraitis, 2008).

Table 4.2.8 and 4.3.4 data revealed the findings between young couples who went through Relationship-Education training and those who did not on the management of interest discord. There was significant difference between the two groups of respondents (experimental and control groups). This difference can be noticed in the calculated mean value for the experimental group and that of the control group also the standard deviation of these groups confirmed this difference. This is also confirmed by the following means responses: 'I do not care about the kind of love and attention I receive from my partner' attracted the highest mean response before training, while after the training it was reduced. It also showed that spouse easily made friends with opposite sex than his/her own sex before training, but this also reduced after the training. This implies that there were difference between young couples who went through Relationship-Education training and those who did not on the management of interest discord.

Benokraitis (2008) pointed out that spouses cannot meet all of their partners' interest all the time. For instance, one partner may be interested in going out in the evenings, while the other wants to do something special, or one roll over and goes to sleep when the other spouse wants something else such as romance. The low self-esteem and unfulfilled needs of husband or wife are the sources of most tension within family. The responses towards satisfaction of needs/interest may sometimes lead to conflict between spouses and or with another family member; the type of food the wife cooks, type of friends he/she keeps, the type of clothes she wears can also result to discord in your relationship (Dobson & Dozois, 2008).

Table 4.2.9 and 4.3.5 revealed that Relationship-Education training had no significant effect on the management of norms discord among young couples who went through Relationship-Education training and those who did not. In order to support this outcome, in fact there was no difference in the mean scores of young couples who went through Relationship-Education training and those who did not on the five norm discord items that were outlined by the researcher. The calculated mean for management of norms discord for both the experimental and control groups respectively were lower than the decision mean. The null hypothesis five was accepted and retained. Olaitan and Akpan (2003) observed that, norm discord is mostly associated with couples who contracted mixed marriage; where the husband and wife have different patterns of life and cultural backgrounds. The wife might reject some norms, while the husband accepts them. Violation of established family norms by either of the spouses can lead to conflict.

The finding in Table 4.2.10 and 4.3.6 revealed that there were significant differences in the frequency of marital discord of young couples before and after the training. The cross tabulation statistics table confirmed this position. Before the training, couples' discord rate was very high but after the training the frequency of marital discord of the couples was reduced. This implied that there was a reduction in the rate of marital discord of young couples after been exposed to Relationship-Education training. Therefore the null hypothesis which stated that there is no significant difference in the frequency of marital discords of young couples before and after the training was rejected.

The findings of this research work agreed with the result obtained from Olaitan and Akpan (2003) who observed that when couples failed to focus upon current issues affecting the family and resolved them, this becomes progressive, that is any conflict that is unresolved becomes progressive thereby increasing the frequency of the couples' discord. On the other hand, Ononuju (2004) pointed out that, discord is normal, but what is bad is the extent and depth of the disagreement and what it resulted to. Good handling of discord results in successful adjustment while bad management of discord is a step to marital failure. A family that does not experience any form of quarrel or a disagreement is made up of

“yes men or women” who have no opinion of their own over issues. They comply with everything said by others even if it means ‘murdering’ another person.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

This chapter is presented under the following sub-headings

- 5.1 Summary
- 5.2 Conclusion
- 5.3 Recommendations
- 5.4 Limitations of the Study
- 5.5 Suggestions for Further study

5.1 Summary

The objective of the study was to determine the effect of Relationship Education training on the management of marital discord among young couples in the southern part of Kaduna State, Nigeria. The study had ten specific objectives, ten research questions and six formulated Null hypotheses. The researcher used experimental research design for the study. The population for the study was one million four hundred and ninety five thousand six hundred and forty four (1,495, 644) couples and a sample size of one hundred and twenty (120) young couples were used for the study. Questionnaire was used as instrument for data collection. All the six null hypotheses were tested at 0.05 alpha level of significance. The summary of the results are as follows:

1. The main causes of marital discord among young couples in the southern part of Kaduna state were narcissistic personality style of spouse, financial problem, poor communication skill sex related issues and infidelity.
2. The analysis on type of marriage contracted by couples in the southern part of Kaduna state also indicated that majority (46.7%) of the couples contracted Christian marriage.

3. The study also showed that, Young couples in southern part of Kaduna state experienced all the five types of marital discord namely; acute, role, interest, value and norm studied by the researcher.
4. Most (73.6%) of the respondents were ignorant and not aware of Relationship education before the training exercise.
5. Relationship Education training had significant effect on the management of acute discord among young couples in the southern part of Kaduna state, Nigeria. The null hypothesis was therefore rejected.
6. There was significant difference between young couples who went through Relationship Education training and those who did not on the management of role discord. The null hypothesis was therefore rejected.
7. There was significant difference between young couples who went through Relationship-Education training and those who did not on the management of value discord. The null hypothesis was therefore rejected.
8. Relationship-Education training had significant effect on the management of interest discord of young couples who went through the training than those who did not. The null hypothesis was therefore rejected.
9. Relationship-Education training had no significant effect on the management of norms discord of young couples who went the training and those who did not (control and experimental group). The null hypothesis was therefore accepted and retained.
10. Relationship-education training had significant effect on the frequency of marital discord of young couples before and after the training. The discord rate of young couples for pre test was greater than the post test. Therefore the null hypothesis which stated that there is no significant difference in the frequency of marital discord of young couples before and after the training was therefore rejected.

5.2 Conclusion

Based on the findings of the study the following conclusions were drawn:

Young couples in the southern part of Kaduna State lacked adequate and effective knowledge of Relationship Education and this had resulted in ineffective discord management. However, if these couples are not given the right education on marriage, there will be continuous decline in happy and stable marriages and this will pose a social danger to the society.

Narcissistic personality style of spouse, finance issues, communication skills, sex related issues and infidelity were always neglected during marriage counseling. However these were the major causes of disharmony among couples, but when early and effective relationship education skills are taught to couples, such anti-social behaviours will not occurred.

There were marital discords among young couples in the southern part of Kaduna State. Couples in the study area experienced acute discord, role discord, interest discord, value discord and norm discord.

Relationship Education training had significant effect on the management of acute discord, role discord, value discord and interest discord among young couples who went through the training than those who did not.

Relationship Education training had no significant effect on the management of norm discord. Hence this factor was found to be responsible for decline in marital harmony among couples.

Young couples that went through Relationship Education training had positive improvement on the frequency of marital discord than those who did not.

5.3 Recommendations

Having discussed the result of this study, the following recommendations were put forward:

1. Where possible, parents should send their children who are preparing for marriage to good religious and government counseling unit that have enough and experienced marriage counselors

who will provide effective and adequate marriage education training to their wards rather than being restricted to some inexperienced and improper ones. Doing so will help in giving them vital knowledge on marriage relationship that will guide against any marriage misfortune that may likely interfere with their marriage life.

2. Religious leaders should prevail on all intending couples on the need to undergo thorough and effective Relationship-Education training before getting married so as to acquire adequate skills in managing marital discords.
3. Marriage seminars and workshops should be conducted regularly by relevant stakeholders (religious organizations, governmental institutions, NGOs) so as to give couples and the intending couples on adequate knowledge on current marital issues and effective ways of handling them. The couples should be taken through a structured counselling program with the word of God being the final Authority.
4. The Government at all levels should enact laws where regular and free seminars on Relationship Education would be held so as to enable couples manage and reduce some of the marital discord, that may likely arise in their homes.
5. Remuneration, good salary, job satisfaction of social workers and counselors should be enhanced and regularly reviewed with full monitoring by government officials (social welfare) so as to boost their morale in discharging their duties and thereby in turn giving the right instructions to their clients, which will enable them to effectively maintain peace, love and mutual relationship in their homes or families.
6. Training and Re-training of counselors in the area of marriage Relationship Education should be organized regularly by the Government and Religious Leaders as a way of updating the marriage counselors with useful knowledge in the area of Relationship Education.
7. All those aspects of the curriculum of tertiary institutions that are related to Relationship Education training should be emphasized because, it is at this level that most young ones

develops relationship that leads to marriage. Doing so will enable them acquire the knowledge and skills before leaving their colleges. The curriculum should also cover factors that contribute to conflict in marriage that is, communication, financial management, sexual relations, in-laws, children, behaviour, domestic violence and emotional abuse and time management.

8. Relationship Education training should be given priority by marriage counselors, cleric (Pastors and Imams), parents and other leaders whereby special day should be set aside for couples and intending couples to discuss on general marriage relationship issues. Marital norms should be handled very carefully as this is a very sensitive issue that needs special wisdom and patience from both sides.
9. Couples should be mature in age and knowledgeable on marital issues before contracting any marriage so as to avoid pre-mature divorce resulting from complications from discords. Couples should be faithful, and have self- control. Couples who are experiencing intense marital conflicts should be open to share their ordeal, this will help in solving the problem and serve as a guide to other couple that may likely experience similar problems in their married lives.
10. Home Economics Specialists (Family and Child Specialists) should find a way of organizing regular talk-shows, seminars and workshops in schools, colleges, communities and worship centers where adequate knowledge and positive skills in handling marital problems like sex issues, communication, finance and infidelity can be discussed. This can also be done on the media such as television and radio by experienced Home Economists.

5.4 Suggestions for Further Study

For further studies the following topics are suggested:

1. Effect of Relationship-Education training on the socio-cultural and economic characteristics of couples in Kaduna state.
2. The role of Relationship Education training on the financial management and communication skills among young couples in Nigeria.

3. Effect of Relationship Education training on the management of domestic violence among middle age couples.

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APPENDIX I



DEPARTMENT OF VOCATIONAL & TECHNICAL EDUCATION

AHMADU BELLO UNIVERSITY, ZARIA NIGERIA

FACULTY OF EDUCATION

Telephone: 069-51755, 50692

Vice Chancellor: Professor. Abdullahi Mustapha B.Sc. (Hons) Pharm(ABU), Ph.D (London) FPSN

Head of Department: ~~Dr. M. Haruna~~ (ABU), MSc (Gulgeria)

Your Ref: _____
Our Ref: _____ PH.D/EDUC/5543/2011-2012

27th February, 2014

Date: _____

Letter of Identification

TABAT JUMMAI GRACE – PH.D/EDUC/5543/2011-12

This is to certify that the above mentioned name is a Postgraduate student (Ph.D Home Economics Education) in the Department of Vocational and Technical Education, Ahmadu Bello University, Zaria, carrying out a research topic: ***Effect of Relationship Education Training in Reducing Marital Discords Among Married Couples in Southern Part of Kaduna State.***

Please, kindly give her every assistance she may require.



Professor A.A. Udoh
HEAD OF DEPARTMENT

APPENDIX II: SECTION A

Home Economics Section
Department of Vocational and Technical Education
Ahmadu Bello University, Zaria

Dear Respondent,

Baseline Questionnaire for Young Couples

The researcher is a postgraduate student of the above institution conducting a research on: EFFECT OF RELATIONSHIP EDUCATION TRAINING FOR YOUNG COUPLES. Your kind responses would be highly appreciated and shall be treated confidentially.

Thanks for your prompt response.

Yours Faithfully

Jummai Grace, TABAT

Section B: Baseline Questions for Young Couples

INSTRUCTION: Please use the key below to enter appropriately the right score that best fit question 6 – 31.

KEY

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

- 1. Sex (Male) Or (Female)
- 2. Cell-phone Number-----
- 3. Educational qualification (Highest)-----
- 4. How long have you been married? (No. of years) -----
- 5. Where was the wedding contracted? (Church, Court, Mosque etc)-----

IDENTIFYING COUPLES BASED ON THEIR TYPES

	SA (4)	A (3)	D (2)	SD (1)
6. I am always happy being with my partner.				
7. My partner respects me.				
8. My partner always shows appreciation for having me.				
9. I have never experienced serious disagreement with my partner.				
10. We always resolve our disagreement/conflict in a peaceful manner.				
11. I always tell my partner that I love him/her.				
12. My partner always apologize to me when ever we have any disagreement.				
13. I do enjoy love making (sex) with my partner.				
14. My partner’s company is more important than any persons company.				
15. We talk to each other on things affecting our relationship.				
16. My partner respects my opinions, suggestions, ideas etc.				
17. I am always free to talk to my partner.				
18. My partner is good in initiating discussions in the family.				
19. I am always comfortable introducing my partner to friends.				
20. I seriously trust my partner.				
21. I always share my happiness and bad times with my partner.				
22. My partner plays active role in the affairs of the home.				
23. I cherish my relationship with my partner.				
24. My partner is much more concerned about my welfare.				
25. My partner does not keep late night hours.				

26. My partner easily forgives and forgets.				
27. My partner is a peace-maker.				
28. I assist my partner financially and other-wise.				
29. I visit my partner freely in his/her work place.				
30. We pray, eat, and sleep together.				
31. My partner always surprises me with gifts.				

NOTE: Summation of the above scores will determine the type of couple one belongs to, that is

26-40..... Devitalized couples

52-66..... Conflicted couples

78-92..... Traditional couples

104-118..... Harmonious couples

119-130..... Vitalized couples

APPENDIX III

PRE-TEST/POST-TEST QUESTIONNAIRE FOR YOUNG COUPLES

Department of Vocational and Technical Education
Ahmadu Bello University, Zaria.

Dear Respondent,

Request to Fill Questionnaire

I am a Postgraduate Student in the Department of Vocational and Technical Education, majoring in Family and Child Development (Home Economics) Ahmadu Bello University, Zaria.

I am presently conducting a research study on: “EFFECT OF RELATIONSHIP-EDUCATION TRAINING ON MANAGEMENT OF MARITAL DISCORD AMONG YOUNG COUPLES IN KADUNA STATE, NIGERIA” in partial fulfillment for the requirement of a Doctorate Degree. Your kind and honest responses in filling out the attached questionnaire will be highly appreciated and all responses shall be treated and kept as confidential.

Thank you for your anticipated cooperation.

Yours faithfully,

Jummai Grace TABAT.

SECTION A: RESPONDENTS' BIO-DATA

INSTRUCTION: Please tick (\checkmark) where appropriate

1. Age (in years)

- (a) 18 – 22 []
- (b) 23 – 27 []
- (c) 28 – 32 []
- (d) 33 – 37 []
- (e) 38 and above []

2. Gender

- (a) Male []
- (b) Female []

3. Highest Educational qualification

- (a) Primary []
- (b) Secondary []
- (c) NCE/Diploma []
- (d) Degree/HND []
- (E) Any other (specify) -----

4. No. of years you have spent in marriage

- (a) 1 month – 1year []
- (b) 2-4 []
- (c) 5-7 []
- (d) 8-10 []
- (e) Any other (specify) -----

5. How many children do you have now?

- (a) None []
- (b) 1 []
- (c) 2 []
- (d) 3 []
- (e) Any other (specify) -----

6. No. of boys-----

No. of girls-----

7. Occupation

- (a) Full-time house wife []
- (b) Full-time farmer []
- (c) Civil servant/military/pera-military []
- (d) Business trader []
- (e) Any other (specify) -----

8. How much do you earn per month?

- (a) N10, 000 - N20, 000 []
- (b) N30, 000 – N40, 000 []
- (c) N50, 000 – N60, 000 []
- (d) N70, 000 – N80, 000 []
- (e) Any other (specify) -----

9. Indicate the age difference in years between you and your spouse

- (a) 2 years older than my spouse []
- (b) 3 years older than my spouse []
- (c) 4 years older than my spouse []
- (d) 5 years older than my spouse []
- (e) Any other (specify) -----

10. Indicate the level of demand for sex by your spouse

- (a) Too demanding []
- (b) Moderately demanding []
- (c) Demanding []
- (d) Less demanding []
- (e) Do not care (very poor) []

11. Indicate your Religion belief

- (a) Christianity []
- (b) Islamic []
- (c) Traditionalist []
- (d) Paganism []
- (e) Any other (specify) -----

SECTION B: CAUSES OF MARITAL DISCORD

INSTRUCTION: Please circle () the number below the answer that best matches your Feelings.

	Strongly Agree (4)	Agree (3)	Disagree (2)	Strongly Disagree (1)
1. Sex is the major cause of discord in my home.	4	3	2	1
2. Economic level of my spouse is causing a lot of problems in the home. (finance problem).	4	3	2	1
3. My spouse's religion belief is the cause of discord in my family.	4	3	2	1
4. Differences in our educational level is causing a lot of problems in my marriage.	4	3	2	1
5. Age differences is the cause of discord in the family	4	3	2	1
6. Poor communication skills of my spouse is the cause of discord in family	4	3	2	1
1. My spouse's narcissistic personality style (having no regard for other peoples 'feelings, absence of guilt or remorse)	4	3	2	1
8. My spouse's infidelity (cheating)	4	3	2	1

SECTION C: TYPE OF MARRIAGE CONTRACTED BY THE COUPLE

INSTRUCTION: Please tick (√) where appropriate

- (a) Christian marriage []
- (b) Traditional and Christian marriage []
- (c) Muslim’s marriage []
- (d) Registry (Court) marriage []
- (e) Traditional []
- (f) Any other (specify)

SECTION D(i)-Dv: Types of Marital Discord

How often have the following areas been a problem in your marriage?

	Very often	Often	Rarely	Never
1. Money spent on food/entertainment is always not enough	4	3	2	1
2. Money spent on cosmetics is always not enough	4	3	2	1
3. Money spent on clothing is always not enough	4	3	2	1
4. Relationship with in-laws is not cordial	4	3	2	1
5. Sexual demands of my partner.		3	2	1

SECTION D(ii): Role Discord**How often have the following areas been a problem in your marriage?**

	Very often	Often	Rarely	Never
1. My spouse inability to take care and pay for sick child's hospital bill.	4	3	2	1
2. My wife's constant cooking of food late in the evening.	4	4 3	3 2 2	1
3. My husband's inability to assist with some household chores.	4	4 3	2 2	1
4. My spouse inability to satisfy me sexually due to her/his job.	4	3	2	1
5. My spouse inability to give me his/her maximum attention.	4	3	2	1

SECTION D (iii): Value Discord**How often have the following areas been a problem in your marriage?**

	Very often	Often	Rarely	Never
1. My partner spent more on clothing articles than food.	4	3	2	1
3. My partner spend most of his/her time with friends than with the family.	4	3	2	1
3. My partner value his/her parent's advices than mine	4	3	2	1
4. My partner values already-made (artificial) things than the home-made.	4	3	2	1
5. My partner value alcohol than food.	4	3	2	1

SECTION D (iv): Interest Discord

How often have the following areas been a problem in your marriage

	Very often	Often	Rarely	Never
1. My spouse does not have interest in providing life necessities to his/her family members	4	3	2	1
2. My spouse has no regard or careless about my parent's well-being.	4	3	2	1
3. My spouse easily make friends with opposite sex than his/her own sex.	4	3	2	1
4. My spouse has no interest in what ever thing I am doing	4	3	2	1
5. I do not care about the kind of love and attention I receive from my partner	4	3	2	1

SECTION D(v): Norms Discord:

How often have the following areas been a problem in your marriage?

	Very often (4)	Often (3)	Rarely (2)	Never (1)
1. My spouse's beliefs toward his/her children's sex is poor.	4	3	2	1
2. The kind of respect I received from my in-laws is bad.	4	3	2	1
1. My spouse's inability to talk or chat with me free due to some cultural beliefs.	4	3	2	1
4. My spouse does not involve me in any family decisions due to some cultural beliefs	4	3	2	1
2. My spouse distance himself/herself from me after child birth due to cultural belief	4	3	2	1

SECTION E: The Awareness of Young Couples about Relationship-Education

	Very much aware (4)	Aware (3)	Not aware (2)	Not very much aware (1)
1. I attended Relationship-education training class before marriage.	4	3 4	2	1
3. I have full knowledge of relationship-education training right from school.	4	3	2	1
3. I have relationship-education training class in my church/mosque.	4	3	2	1
4. My parent organizes relationship-education training for all their children that are getting married	4	3	2	1
5. I now have adequate knowledge of relationship-education during this period of training.	4	3	2	1

SECTION F: FREQUENCY OF MARITAL DISCORD

How often do you experience marital discords?

- a. My partner and I have discord every day []
- b. My partner and I have discord twice in a week []
- c. My partner and I have discord once in a week []
- d. My partner and I have discord twice in a month []
- e. My partner and I have discord once in a month []

APPENDIX IV-A

RELATIONSHIP EDUCATION TRAINING MANUAL

FOR

YOUNG COUPLES

DEVELOPED BY:

Dr. ADAMU HADIZA
GUIDANCE AND COUNSELING EDUCATION, UNIT
AHMADU BELLO UNIVERSITY, ZARIA.

ADAPTED BY:

TABAT JUMMAI GRACE
(PH.D STUDENT, FACULTY OF EDUCATION, A.B.U. ZARIA)

RELATIONSHIP-EDUCATION TRAINING MANUAL

General relationship education skills were taught to all the experimental group of the young couples and the training lasted for a period of four weeks. The training manual consisted of four major topics which were designed in form of module and each module lasted for minimum of 2-3 hours. A minimum of two days per week training were observed by the researcher. Post test treatment was given to the experimental group six weeks after the training session. This really helps the researcher and the research assistance in determining whether the relationship education training has yielded positive effects on the marital relationship of the young couples or not.

FIRST CONTACT:

The following is a step-by- step record of how the training was conducted by the Researcher:

1. **Knowing each other:** The researcher introduced herself to the research group members (young couples) and vice-versa. With this the researcher was able to establish rapport with the group members.
2. The researcher intimate the participating couples on the objectives of relationship-education training:
 - a. To discover the importance of maintaining good marital relationship among young couples
 - b. To create awareness on the dangers of ineffective and inadequate relationship-education training skills before marriage
 - c. To help young couples develop adequate and effective skills in managing marital discord
3. Participants will be given 20 minutes for questions and responses.
4. **Training Activities:**
 - During the training session, activities like home assignment, class practical, focus group discussion, demonstration, brain-storming, questioning, quiz and film watching were conducted.
 - The researcher sees client only on appointment.

5. Ground rules:

The participating couples with the help of the researcher set ground rules for the training viz:

- Keeping to time (late coming should be avoided)
 - Respecting peoples opinion
 - Freedom of speech
 - Maintaining order while at the training ground
 - No answering or receiving calls during session etc.
6. The researcher appreciates all couples that came. Light refreshment was given to each participant.
 7. The pre-test questionnaire and a biro were given to each participating couples which they were requested to filled and returned to the researcher the following day.

MODULE I: ESTABLISHING GOOD RELATIONSHIP

FIRST SESSION

TOPIC: Definition of concepts of relationship and young couples

Objectives: At the end of the session, participants should be able to explain:

- What relationship is all about?
- How to establish good relationships
- Some of the danger signals in relationship
- What leads to sourness in relationship?

Process:

1. Researcher received feedback on the home assignment from the clients (couples) by reading out what they like and dislike from their spouses.
2. The researcher now introduces the new topic to the clients. The word relationship is written boldly on the board and clients were asked to define in written or verbally
3. Responses were written on the board.
4. The researcher made clarification on the concept of relationship
 - It is a kind of behaviour or feelings toward somebody else
 - The connection between two or more people or groups and their involvement with one another, especially as regards the way they behave toward and feel about one another.
 - It is a significant connection or similarity between two or more things, or the state of being related to something else.
 - an emotionally close friendship, especially one involving sexual activity
 - the way in which two or more people are related by birth, adoption, or marriage, or the fact of being related by birth, adoption, or marriage

Characteristics of good relationship:

- . Openness
- . Respect for one another
- . Forgiveness
- . Tolerance

Danger signals in relationship:

- . Unnecessary disagreement and violence
- . Mistrust and suspicious
- . Malice
- . Unresolved argument
- . Indiscriminate lying
- . Unforgiving spirit

Causes of sourness in relationship

- . External forces
- . Illness
- . Changes in life (eg. lost of job)
- . Lack of self esteem
- . Lack of openness

. Communication breaks down

5. Class activity: Participants will be divided into smaller groups and questions will be given to each group where they will be required to brainstorm and present what they have for the group:

- a. How can solid and genuine relationships be obtained?
- b. How can a soured relationship be amended? Give other reasons apart

Second session:

Topic: Marriage and marriage myths

Objectives:

1. to be acquainted with the concept of marriage
 2. to identify some of the marriage myths used in the community
 3. to identify the various types of marriages we have
 4. mention some of the reasons why people marry
- Concept of marriage: Marriage is the union of a man and a woman who make a permanent and exclusive commitment to each other of the type that is naturally fulfilled by bearing and rearing children together.

Process:

1. Review of last session
 - Relationship
 - Characteristics of good relationship
 - Danger signals in relationship
 - Causes of sourness in relationship

The researcher received feedback from the various groups on the class assignment given. She then assisted where necessary.

- 2a. the session is on marriage and marriage myths. This is written boldly on the board
- b. participants write answers in the books and read to the hearing of group members.
- c. the researcher writes agreed answers on the board
- d. the researcher then explains to the clients

- Marriage (also called matrimony or wedlock) is a social union or legal contract between people called spouses that established rights and obligations between the spouses, between the spouses and their children, and between the spouses and their in-laws.

- **Reasons for marriage:** People marry for so many reasons but some of these reasons include:

- . To meet the needs of man's fellowship, comfort and joy (companionship).
 - To carry out the biological function of bearing and rearing children (procreation).
- . For protection
- . For providence

Myths of marriage: Myths means, something that many people believe on but which does not exist or is false. These beliefs could be:

- . Marriage is 50/50 that is marriage is a give and take game
- . I can change him/her after we are married
- . Love is a cure to all.

Types of marriage:

- . Monogamy: where each person has only one spouse
- . Polygyny: is a marriage in which a man can legally marry more than one wife.
- . Polyandry: is where one woman marries more than one man.

- . Arranged: this is where Family members often look for the best match for their child
- . Levirate: A woman marrying her dead husband's brother

Activity: Participants will be divided into smaller groups and questions Will be given to each group where they will required to brainstorm and present what they have for the group:

- Identify any five reasons apart from the ones mentioned above why people marry?
- Identify and discuss other forms/types of marriage

- **Assignment:** Write on the dangers of making a wrong choice of partner.
- **Counseling:** the researcher sees the clients by appointment

MODULE II

FIRST SESSION:

TOPIC: Roles and Expectation of couples

Objectives:

- . List down five roles each of the husband and that of wife
- . Identify effect of lack of performing ones' role

Process:

- Review of last session
- Researcher received feedback on home assignment from the clients
- Introduction of the new topic: Roles and Expectation of couples
 - Researcher writes the topic boldly on the board and the concept of role was then explained to them.
 - she then asked the participants to identify five roles each of their partners
 - agreed answers were then written on the board

Husbands' Role

- show love to his wife and children
- protect his family members
- provide shelter (build or rent)
- provides food
- pay bills (hospital, light, water, school fees etc)
- provides good education to his children
- assist the wife with some domestic activities (sweep, wash etc)
- responsible for maintaining peace and order in the home
- cloths his family members

Wives' Role

- Prepare good meals for the family
- Responsible for keeping the house and it surroundings clean
- Taking good care of the children, husband and herself
- Providing good guidance to the children
- Responsible for inculcating good and acceptable habits to her children
- Responsible for maintaining peace and order in the home

Class activity:

- In a group the researcher asked clients to write on the effect of not performing ones' role
- Clarification of the question is made and agreed answers are written on the board:
 - . Discords/conflict
 - . Lack of trust
 - . Lack of confidence
 - . Lack of respect
 - . Mischievous acts (Lost of personality)

Assignment:

Identify any five reasons why couples should perform their respective roles?

SECOND SESSION

TOPIC: Self esteem and personality

OBJECTIVES:

- . Explain the concept of self esteem and personality
- . To identify ways of developing self esteem
- . To identify some of the causes and dangers of low self esteem
- . To identify certain personalities/qualities admire in a partner

Process

- Review of last session.
- The researcher received feedback on home assignment from the couples
 - The researcher introduced the new topic to the clients that is by writing it boldly on the board.
 - define the concept of self esteem
 - Responses from the clients are written on the board
 - the researcher clarified the definition of self esteem through class discussion
 - . Self esteem: is seen as, confidence in your own merit as an individual person
 - . It also means self-confidence, self-worth, sense of worth, self-image, self-respect, self-regard, self-assurance, pride.

Ways of developing self esteem

- . Being listened to
- . Being spoken to respectfully
- . Getting appropriate attention and affection
 - . Having accomplishments recognized and mistakes or failures acknowledged and accepted.
 - . Set yourself a challenge (set a goal).
 - . Engage yourself on profitable work.
 - . Take regular exercise
 - . Try to get enough sleep

Importance of self esteem

- Self-esteem allows people to face life with more confidence, benevolence and optimism, and thus easily reach their goals and self-actualize.
- It allows oneself to be more *ambitious*, but not with respect to possessions or success, but with respect to what one can experience emotionally, creatively and spiritually.
- It increases initiative and make one to be confidence

Characteristics of low and high self-esteem personality

A person with low self-esteem may show some of the following characteristics:

- *Heavy self-criticism* and dissatisfaction
- *Hypersensitivity to criticism* with resentment against critics and feelings of being attacked.
- *Chronic indecision* and an exaggerated fear of mistakes.
- *Excessive will to please* and unwillingness to displease any petitioner.
- *Perfectionism*, which can lead to frustration when perfection is not achieved.
- *Neurotic guilt*, dwelling on and exaggerating the magnitude of past mistakes
- *Floating hostility* and general defensiveness and irritability without any proximate cause
- *Pessimism* and a general negative outlook.
- *Envy*, invidiousness, or general resentment.

High self-esteem personality

- Are able to act according to what they think to be the best choice, trusting their own judgment and not feeling guilty when others do not like their choice.
- Do not lose time worrying excessively about what happened in the past, nor about what could happen in the future. They learn from the past and plan for the future, but live in the present intensely
- Fully trust in their capacity to solve problems, not hesitating after failures and difficulties.
- They ask others for help when they need it.
- Consider themselves equal in dignity to others, rather than inferior or superior, while accepting differences in certain talents, personal prestige or financial standing.
- Resist manipulation; collaborate with others only if it seems appropriate and convenient.
- Are able to enjoy a great variety of activities.
- Are sensitive to feelings and needs of others; respect generally accepted social rules, and claim no right or desire to prosper at others' expense.
- can work toward finding solutions and voice discontent without belittling themselves or others when challenges arise

Causes of low self esteem

Being harshly criticized

Being physically, sexually or emotionally abused

Being ignored, ridiculed or teased

Being expected to be perfect all the time

- having your physical and emotional needs neglected in childhood
- failing to meet the expectations of your parents
- coming from a community which often experiences prejudice, such as being an asylum seeker, or being poor but living in a wealthy neighbourhood
- peer pressure to conform to social norms which you don't agree with
- physical ill-health – its impact on your quality of life and activities you can do
- bereavement
- facing redundancy or being unemployed
- Social isolation and loneliness.

Dangers of low self esteem in relationship:

- The impact of low self-esteem on your life can be significant; you may find that all areas of your life are affected in some way and confirm your core belief that you are of little value.
- It affects ones' personal relationships: If you have low self-esteem you might find that you form damaging relationships. You may feel that you do not deserve to be treated with love and respect, and so allow friends or partners to take advantage of you or control you.

- It affects social life: People with low self-esteem are very difficult to hear criticism and are overly-sensitive and upset very easily.
 - . Stay away from activities that can expose them to any type of judgment.
 - . Isolated and frustrated.
- Engage in negative behaviours like, taking drugs, unsafe sex or drinking too much.
- Develop aggressive or violent personality.

Concept of personality

- Personality is that pattern of characteristic thoughts, feelings, and behaviours that distinguishes one person from another and that persists over time and situations.
- It is a term in psychology which reflect a person's overall emotional evaluation of his or her own worth
 - . It is self confidence and satisfaction in oneself
 - . It is the positive or negative evaluations of the self, as in how we feel about it'

Admirable personalities/qualities

- . Honesty
- . Loving
- . Openness
- . Industrious
- . Confidence

Practical : The researcher pasted some bills on the wall and asks the participating couples to move to the right bill that represents their kind of self

Assignment: couples are to discuss and write on some of the qualities they admire in their partners, apart from the ones listed above

MODULE III

TOPIC: Communication and ways of Communicating in Marriage

OBJECTIVES:

- Couples should be able define communication
- identify the various means of communicating in marriage
- identify some of the ground rules for effective couples' communication

Process

1. Review of last session.
2. The researcher received feedback on home assignment from the couples
3. The researcher wrote the word communication boldly on the board in capital letters and asked the couples to give the meaning of the word.
4. Couples write answers in books and read out.
5. Responses are written on the board by the researcher.
6. The researcher clarified the definition of the concept communication:
 - It is a process of sharing ideas, information, and messages with others in a particular time and place.

- communication means to give or exchange thoughts, feelings and information
- it is a mutual exchange of ideas with understanding by any effective

means

it is the means by which people develop a collective view of the tasks that face them

- As the core of all human activities that enables people to influence the attitudes and action of others. There are two types of communication:

- Verbal communication
- Non-verbal communication

Verbal communication:

- This involves talking or speaking to each other about something that happened in either school, office, home, to mention but a few.
- it involves the use of words which individual expresses to another
- it is face-to-face communication process whereby the content of information passes from person to another
- verbal communication is spoken verbally or orally

Ground rules for couples' verbal communication/Effective way of verbal communication by couples:

- Mutual openness and honesty should be observed when talking to each other.
- exercise self-control
- respect your spouse when talking
- show interest in what your spouse is saying
- avoid distraction
- speak gently and politely
- learn to say sorry to each other
- talk about things that make you laugh and smile
- learn to praise your spouse when talking
- describe the problem without laying blame
- set aside time and venue to talk
- express your feelings clearly
- do not insult or criticize
- speak on the positive side
- empathize on the needs and feelings of your partner

Non-verbal communication:

This is where people use facial expressions, body language, or gestures, visual communication (the use of images or pictures, such as painting, photography, video, or film)

- Non-verbal message sometimes tell people more than actual words.
- it conveys relationship more adequately.
- it is the expression of thoughts, ideas, feelings, and values through action without spoken words. This is expressed in the following ways:
 - a. eye contact
 - b. body posture
 - c. facial expressions
 - d. self-inflicting behavior: as in nail biting, tugging at hair
 - e. repetitive behavior: tapping foot, playing hair or objects etc
 - f. touching: tapping the shoulder to get attention, tender touch
 - g. changed in tone of voice: weak, low, broken, loud and soft
 - h. signals or command: as in snapping fingers, staring directly to

disapproval.

6. **Practical:** the participating couples are to demonstrate on the use of verbal and non-verbal communication in the class with their partners

Barriers to good communication

- . System design
- . Attitudinal barriers
- . Ambiguity of word or phrases
- . Physical barriers

Leading causes of communication problems in a marriage

- Having a competitive attitude
- Selfishness (me instead of us)
- Yelling at your spouse

Importance of good communication in marriage

- it brings about positive development in the family
- it reduces suspicious in the family
- it strengthens the marriage (develop strong bonds)
- it brings peace and harmony in the family.

8. Assignment:

Participants' are to observe and practice both verbal and non verbal communication with their spouse at home.

9. Counseling (10 minutes)

- the researcher see the clients by appointment

MODULE IV

FIRST SESSION

TOPIC: Marital Discord: Marriage and Money vs. Marriage and Sex

Objectives: By the end of the session, the participating couples will be able to:

- Outline some of the major causes of discord in marriage
- Identify possible ways of resolving marital discord

PROCESS

1. review of last session
2. Researcher received feedback on the home assignment from the clients.
3. The topic for this session is on marital discord
4. Define the concept of marital discord
5. The researcher wrote the responses of the clients on the board
6. The researcher clarified the definition of marital discord through class discussion

- It is a disagreement or strife between husband and wife

- Incompatibility or conflict between spouses.

Causes of conflict:

- Money

- Sex

- Household responsibilities

- Child rearing

- In-laws

- Personality difference (differences in educational achievement, age, etc

9. Activity: Quiz

1. Marital discord includes physical and verbal battery of a partner.
2. Marital discord is rare in middle and upper income families.
3. Abusers often come from families where they witnessed marital discord as children.
4. People who are being continually abused by intimate partners make a choice to stay in the relationship.
5. There is no marital discord among young couples.
6. Men cannot be victims of domestic violence.
7. When children live in situations where there is marital discord, they are often also abused.
8. Children rarely suffer long-term effects as result of living in a home where there is marital discord.
9. Many women are killed or maimed annually by abusing partners.
10. If you know about a situation where someone is being abused, you should stay out of it.

** Anticipated Responses – Some participants will argue but acknowledge all feelings and ideas as valid and possible. However, try and balance their feeling or opinion.

Participants will also be shared into groups to discuss positive ways of resolving some of these conflicts.

Ways of resolving discord in marriage

- . Be bold enough to discuss the problem
- . Act in love
- . Have faith in god
- . Pray for God's guidance
- . Seek for help when things seems too tough
- . Walk according to the teachings of the Holy Bible and Quran

Eg. In-law's problem:

- As much as possible, try to be yourself right from the beginning (do not pretend to be what you are not)
- Your spouse family should be part of you (Love and accept them)
- Always be concern with what is happening in your spouse's compound
- Give respect to whoever deceived to be respected

Money management

- It is the process of managing money including investments, budgeting, banking and taxes.
- It can also be referred to as the process of budgeting, saving, investing, spending or over-seeing the cash usage of an individual or group.

Principles for developing a good financial system:

- . Make a realistic budget and stick to it
- . As much as possible, avoid dept
- . Avoid wastage
- . Develop a saving habit

DEBT TRAP:

- It is a way of creating an indebtedness that will take years to undo.
- . Couples should learn to live on one salary and save the other if both are working.
- . If possible, couples should keep a joint account.
- . Couples should try and avoid the idea of

Group activity: Couples are to draw up their family budget

Marriage and Sex

Of all Gods' creatures, only humans have sex face to face. This means that for mankind sex is an intimate act of love, not just an act of procreation.

- Couples should learn to talk about sex in marriage
- Sexual integrity (fidelity)

- Sexual intimacy

Two key reasons for sex in marriage:

- For pleasure
- For procreation

Conclusion:

- The researcher revised all the topics treated during the training.
- A post-test questionnaire will be issued out to the experimental group six weeks after the training so as to determine the effectiveness of the training.
- Refreshment and watching of films on marital relationship.
- closing.

RELATIONSHIP-EDUCATION TRAINING HANDOUT FOR YOUNG COUPLES

WEEK ONE: ESTABLISHING GOOD RELATIONSHIP

1. Definition of concept of relationship:
 - couples write their answers on pieces of papers
 - each participant reads his/her answer to the group members and where agreed answers are written on the board.

2. Clarification of the definition of relationship:
 - It is a kind of behaviour or feelings toward somebody else
 - The connection between two or more people or groups and their involvement with one another, especially as regards the way they behave toward and feel about one another.
 - It is a significant connection or similarity between two or more things, or the state of being related to something else.
 - An emotionally close friendship, especially one involving sexual activity
 - The way in which two or more people are related by birth, adoption, or marriage, or the fact of being related by birth, adoption, or marriage

Characteristics of good relationship

- . Openness
- . Respect for one another
- . Forgiveness
- . Tolerance

Danger signals in relationship:

- . Unnecessary disagreement and violence
- . Mistrust and suspicious
- . Malice
- . Unresolved argument
- . Indiscriminate lying
- . Unforgiving spirit

Causes of sourness in relationship

- . External forces
- . Illness
- . Changes in life (eg. lost of job)
- . Lack of self esteem
- . Lack of openness
- . Communication breaks down

Marriage and marriage myths

- Concept of marriage: Marriage is the union of a man and a woman who make a permanent and exclusive commitment to each other of the type that is naturally fulfill by bearing and rearing children together.

- Marriage (also called matrimony or wedlock) is a social union or legal contract

between people called spouses that established rights and obligations between the spouses, between the spouses and their children, and between the spouses and their in-laws.

- Reasons for marriage: People marry for so many reasons but some of these reasons include:
 - . To meet the needs of man's fellowship, comfort and joy (companionship).
 - . To carry out the biological function of bearing and rearing children (procreation).
 - . For protection
 - . For providence
- Myths of marriage: Myths means, something that many people believe on but which does not exist or is false. These beliefs could be:
 - . Marriage is 50/50 that is marriage is a give and take game
 - . I can change him/her after we are married
 - . Love is a cure to all.
- **Types of marriage:**
 - . Monogamy: where each person has only one spouse
 - . Polygyny: is a marriage in which a man can legally marry more than one wife.
 - . Polyandry: is where one woman marries more than one man.
 - . Arranged: this is where Family members often look for the best match for their child
 - . Levirate: A woman marrying her dead husband's brother
- **Activity:** Participants will be divided into smaller groups and questions will be given to each group where they will required to brainstorm and present what they have for the group:
 - a. How can solid and genuine relationship be obtained?
 - b. How can soured relationship be amended? Give other reasons apart from the ones discuss
 - c. Identify any five reasons apart from the ones mentioned above why people marry?
 - d. Identify and discuss other forms/types of marriage
- **Assignment:** Write on the dangers of making a wrong choice of partner.
- **Counseling:** the researcher sees the clients by appointment

WEEK TWO

Roles and Expectation of couples, Self esteem and personality

4. Roles/expectations of husband
5. Roles/expectations of wife
6. Effect of not performing ones' role
7. Concepts of self esteem and personality
8. Admirable personalities/qualities

Husbands' Role

- love to his wife and children
- protects his family members
- provides shelter (build or rent)
- provides food
- pays bills (hospital, light, water, school fees etc)
- provides good education to his children
- assist the wife with some domestic activities (sweep, wash etc)
- responsible for maintaining peace and order in the home
- cloths his family members

Wives' Role

- Prepare good meals for the family
- Responsible for keeping the house and its surroundings clean
- Taking good care of the children, husband and herself
- Providing good guidance to the children
- Responsible for inculcating good and acceptable habits to her children
- Responsible for maintaining peace and order in the home

Effect of not performing ones' role

- . Discords/conflict
- . Lack of trust
- . Lack of confidence
- . Lack of respect
- . Mischievous acts (Lost of personality)

Concept of self esteem and personality

- **Self esteem:** is seen as, confidence in your own merit as an individual Person
- Self-confidence, self-worth, sense of worth, self-image, self-respect, self-regard, self-assurance, pride.

Ways of developing self esteem

- . Being listened to
- . Being spoken to respectfully
- . Getting appropriate attention and affection
 - . Having accomplishments recognized and mistakes or failures acknowledged and or accepted.
- . Set yourself a challenge (set a goal).
- . Engage yourself on profitable work.
- . Take regular exercise
- . Try to get enough sleep

Importance of self esteem

- Self-esteem allows people to face life with more confidence, benevolence and optimism,

and thus easily reach their goals and self-actualize.

- It allows oneself to be more *ambitious*, but not with respect to possessions or success, but with respect to what one can experience emotionally, creatively and spiritually
- It increases initiative and makes one to be confident

Characteristics of low and high self-esteem personality

A person with low self-esteem may show some of the following characteristics:

- Heavy self-criticism and dissatisfaction
- Hypersensitivity to criticism with resentment against critics and feelings of being attacked.
- Chronic indecision and an exaggerated fear of mistakes.
- Excessive will to please and unwillingness to displease any petitioner.
- Perfectionism, which can lead to frustration when perfection is not achieved.
- Neurotic guilt, dwelling on and exaggerating the magnitude of past mistakes
- Floating hostility and general defensiveness and irritability without any proximate cause
- Pessimism and a general negative outlook.
- Envy, invidiousness, or general resentment.

High self-esteem personality

- Are able to act according to what they think to be the best choice, trusting their own judgment and not feeling guilty when others do not like their choice.
- Do not lose time worrying excessively about what happened in the past, nor about what could happen in the future. They learn from the past and plan for the future, but live in the present intensely
- Fully trust in their capacity to solve problems, not hesitating after failures and difficulties.
- They ask others for help when they need it.
- Consider themselves equal in dignity to others, rather than inferior or superior, while accepting differences in certain talents, personal prestige or financial standing.
- Resist manipulation; collaborate with others only if it seems appropriate and convenient.
- Are able to enjoy a great variety of activities.
- Are sensitive to feelings and needs of others; respect generally accepted social rules, and claim no right or desire to prosper at others' expense.
- can work toward finding solutions and voice discontent without belittling themselves or others when challenges arise

Causes of low self esteem

- . Being harshly criticized
- . Being physically, sexually or emotionally abused
- . Being ignored, ridiculed or teased
- . Being expected to be perfect all the time
 - having your physical and emotional needs neglected in childhood
 - failing to meet the expectations of your parents
 - coming from a community which often experiences prejudice, such as being an asylum seeker, or being poor but living in a wealthy neighbourhood
 - peer pressure to conform to social norms which you don't agree with
 - physical ill-health – its impact on your quality of life and activities you can do
 - bereavement
 - facing redundancy or being unemployed
 - Social isolation and loneliness.

Dangers of low self esteem in relationship:

- The impact of low self-esteem on your life can be significant; you may find that all areas of your life are affected in some way and confirm your core belief that you are of little value.

- It affects ones' personal relationships: If you have low self-esteem you might find that you form damaging relationships. You may feel that you do not deserve to be treated with love and respect, and so allow friends or partners to take advantage of you or control you.
- It affects social life: People with low self-esteem are very difficult to hear criticism and are overly-sensitive and upset very easily.
- Stay away from activities that can expose them to any type of judgment.
- Isolated and frustrated.
- Engage in negative behaviours like, taking drugs, unsafe sex or drinking too much.
- Develop aggressive or violent personality.

Concept of personality

- Personality is that pattern of characteristic thoughts, feelings, and behaviours that distinguishes one person from another and that persists over time and situations.
- It is a term in psychology which reflect a person's overall emotional evaluation of his or her own worth
 - It is self confidence and satisfaction in oneself
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Admirable personalities/qualities

- . Honesty
- . Loving
- . Openness
- . Industrious
- . Confidence

Pr Practical : The facilitator pasted some bills on the wall and asks the participating couples to move to the right bill that represents their kind of self

As Assignment: couples are to discuss and write on some of the qualities they admire in their partners, apart from the ones listed above

WEEK THREE

Communication and ways of Communicating in Marriage

1. Definition of communication
2. couples write their answers on pieces of papers
3. Making clarification on the concept of communication:
 - It is a process of sharing ideas, information, and messages with others in a particular time and place.
 - communication means to give or exchange thoughts, feelings and information
 - it is a mutual exchange of ideas with understanding by any effective means
 - it is the means by which people develop a collective view of the tasks that face them
 - As the core of all human activities that enables people to influence the attitudes and action of others.

There are two types of communication:

- Verbal communication
- Non-verbal communication

Verbal communication:

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- describe the problem without laying blame
- set aside time and venue to talk
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This where people use facial expressions, body language, or gestures, visual communication (the use of images or pictures, such as painting, photography, video, or film)

- Non-verbal message sometimes tell people more than actual words.
- it conveys relationship more adequately.
- it is the expression of thoughts, ideas, feelings, and values through action without spoken words. This is expressed in the following ways:
 - a. eye contact
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4. Practical: the participating couples are to demonstrate on the use of verbal and non-verbal communication in the class with their partners

Barriers to good communication

- . System design
- . Attitudinal barriers

- . Ambiguity of word or phrases
- . Physical barriers

Leading causes of communication problems in a marriage

- Having a competitive attitude
- Selfishness (me instead of us)
- Yelling at your spouse

Importance of good communication in marriage

- it brings about positive development in the family
- it reduces suspicious in the family
- it strengthens the marriage (develop strong bonds)
- it brings peace and harmony in the family.

5. Assignment:

Participants' are to observe and practice both verbal and non verbal communication with their spouse at home.

6. counseling (10 minutes)

- the researcher see the clients by appointment

WEEK FOUR

Topic: Marital Discord: Marriage and Money vs. Marriage and Sex

Objectives: By the end of the session, the participating couples will be able to:

- Outline some of the major causes of discord in marriage
- Identify possible ways of resolving marital discord
- 7. concept of marital discord
- 8. answers are written on pieces of papers
- 3. Explanations and clarification are made through class discussion
- Marital discord can be defined as disagreement or strife between husband and wife.
- Incompatibility or conflict between spouses.

Causes of discord:

- Money
- Sex
- Household responsibilities
- Child rearing
- In-laws
- Personality difference (differences in educational achievement, age, etc)

Activity: Participants will also be shared into groups to discuss positive ways of resolving some of these conflicts

Ways of resolving discord in marriage

- . Be bold enough to discuss the problem
- . Act in love
- . Have faith in god
- . Pray for God's guidance
- . Seek for help when things seems too tough
- . Walk according to the teachings of the Holy Bible and Quran

Eg. **In-law's problem:**

- As much as possible, try to be yourself right from the beginning (do not pretend to be what you are not)

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Principles for developing a good financial system:

- . Make a realistic budget and stick to it
- . As much as possible, avoid dept
- . Avoid wastage
- . Develop a saving habit

Debt trap:

It is a way of creating an indebtedness that will take years to undo.

- . Couples should learn to live on one salary and save the other if both are working.
- . If possible, couples should keep a joint account.
- . Couples should try and avoid the idea of

Group activity: Couples are to draw up their family budget

MARRIAGE AND SEX

Of all Gods' creatures, only humans have sex face to face. This means that for mankind sex is an intimate act of love, not just an act of procreation.

- Couples should learn to talk about sex in marriage
- Sexual integrity (fidelity)
- Sexual intimacy

Two key reasons for sex in marriage:

- For pleasure
- For procreation

Conclusion:

- The researcher revised all the topics treated during the training.
- A post-test questionnaire will be issued out to the experimental group six weeks after the training so as to determine the effectiveness of the training.
- Refreshment and watching of films on marital relationship.

APPENDIX V
OUT PUT DATA

Frequency Table

Group		Frequency	Percent
Valid	Control	60	50.0
	Experimental	60	50.0
	Total	120	100.0

A e		Frequency	Percent
Valid	18-25	11	9.2
	23-27	11	9.2
	28-32	47	39.2
	33-37	36	30.0
	38 and above	15	12.5
	Total	120	100.0

Gender		Frequency	Percent
Valid	male	60	50.0
	female	60	50.0
	Total	120	100.0

Highest educational qualification		Frequency	Percent
Valid	Primary	1	.8
	Secondary	17	14.2
	NCE/DIPLOMA	63	52.5
	Degree/HND	24	20.0
	Any other	15	12.5
	Total	120	100.0

How many years have you spent in marriage		Frequency	Percent
Valid	1 month - 1 year	5	4.2
	2-4 yrs	40	33.3
	5-7 yrs	38	31.7
	8-10 yrs	30	25.0
	Any other	7	5.8
	Total	120	100.0

How many children do you have now

	Frequency	Percent
none	21	17.5
1	24	20.0
Valid 2	41	34.2
3	25	20.8
Any other	9	7.5
Total	120	100.0

No. of male children (boys)

	Frequency	Percent
1	84	70.0
2	22	18.3
Valid 3	13	10.8
4	1	.8
Total	120	100.0

No. of female children (girls)

	Frequency	Percent
1	83	69.2
2	20	16.7
Valid 3	16	13.3
5	1	.8
Total	120	100.0

Occupation

	Frequency	Percent
full time house wife	11	9.2
full time farmer	2	1.7
Valid civil servant/military/para military	80	66.7
business trader	23	19.2
Any other	4	3.3
Total	120	100.0

How much do you earn per month

	Frequency	Percent
Valid N10,000 -N20,000	32	26.7
N30,000 - N40,000	27	22.5
N50,000 - N60,000	19	15.8
N70,000 - N80,000	30	25.0
Any other	12	10.0
Total	120	100.0

Economic level

	Frequency	Percent
Valid Very high	2	1.7
Moderately high	40	33.3
High	42	35.0
Poor	27	22.5
Very poor	9	7.5
Total	120	100.0

Age difference in years between you and your spouse

	Frequency	Percent
Valid 2 yrs older than my spouse	7	5.8
3 yrs older than my spouse	21	17.5
4 yrs older than my spouse	16	13.3
5 yrs older than my spouse	44	36.7
Any other	32	26.7
Total	120	100.0

Level of demand for sex by your spouse

	Frequency	Percent
Valid too demanding	21	17.5
moderately demanding	33	27.5
Demanding	35	29.2
less demanding	25	20.8
do not care (very poor)	6	5.0
Total	120	100.0

Religious belief

		Frequency	Percent
Valid	Christianity	101	84.2
	Islamic	15	12.5
	Traditional	3	2.5
	Paganism	1	.8
	Total	120	100.0

Type of marriage contracted by the couple

		Frequency	Percent
Valid	Christian marriage	56	46.7
	Traditions and Christian marriage	25	20.8
	Muslim marriage	17	14.2
	Registry (court) marriage	9	7.5
	Traditional	13	10.8
	Total	120	100.0

HYP1T-Test

Group Statistics

	Group	N	Mean	Std. Deviation	Std. Error Mean
POSTTEST_ACUTE_DISCORDS	Control	60	12.2167	2.89998	.37439
	Experimental	60	9.9500	2.88435	.37237

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
POSTTEST_ACUTE_DISCORDS	Equal variances assumed	.031	.860	4.293	118	.000	2.26667	.52804	.22101	3.31232
	Equal variances not assumed			4.293	117.997	.000	2.26667	.52804	1.22101	3.31232

Hyp 2T-Test

Group Statistics

	Group	N	Mean	Std. Deviation	Std. Error Mean
POSTTEST_ROLE_DISCORD	Control	60	10.1833	3.33696	.43080
	Experimental	60	8.5167	2.89061	.37318

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
										Lower	Upper
POSTTEST_ROLE_DISCORD	Equal variances assumed	1.448	.231	2.924	118	.004	1.66667	.56996	.53800	2.79533	
	Equal variances not assumed			2.924	115.648	.004	1.66667	.56996	.53776	2.79557	

Hyp3 T-Test

Group Statistics

	Group	N	Mean	Std. Deviation	Std. Error Mean
POSTTEST_VALUE_DISCORDS	Control	60	9.7833	3.41031	.44027
	Experimental	60	7.7667	2.67675	.34557

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
										Lower	Upper
POSTTEST_VALUE_DISCORDS	Equal variances assumed	3.708	.057	3.603	118	.000	2.01667	.55969	.90833	3.12501	
	Equal variances not assumed			3.603	111.696	.000	2.01667	.55969	.90768	3.12565	

**Hyp 4
T-Test**

Group Statistics

	Group	N	Mean	Std. Deviation	Std. Error Mean
POSTTEST_INTEREST_DISCORDS	Control	60	9.8833	3.89738	.50315
	Experimental	60	7.9167	2.36709	.30559

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
POSTTEST_INTEREST_DISCORDS	Equal variances assumed	6.730	.011	3.341	118	.001	1.96667	.58868	.80092	3.13241
	Equal variances not assumed			3.341	97.314	.001	1.96667	.58868	.79835	3.13499

**Hypo 5
T-Test**

Group Statistics

	Group	N	Mean	Std. Deviation	Std. Error Mean
POSTTTEST_NORMS_DISCORD	Control	60	8.4000	3.73803	.48258
	Experimental	60	8.0333	3.11892	.40265

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
POSTTTEST_NORMS_DISCORD	Equal variances assumed	2.010	.159	.583	118	.561	.36667	.62850	-.87793	1.61126
	Equal variances not assumed			.583	114.332	.561	.36667	.62850	-.87834	1.61168

**Hypo 6
Crosstabs**

test * How often do you experience marital discord Cross tabulation

		how often do you experience marital discord					Total	
		My partner and I have discord every day	My partner and I have discord once a week	My partner and I have discord once a month	My partner and I have discord once in a year	any other		
Test	Pretest	Count	5	32	8	5	10	60
		% within test	8.3%	53.3%	13.3%	8.3%	16.7%	100.0%
	post test	% within how often do you experience marital discord	55.6%	84.2%	42.1%	35.7%	25.0%	50.0%
		Count	4	6	11	9	30	60
		% within test	6.7%	10.0%	18.3%	15.0%	50.0%	100.0%
		% within how often do you experience marital discord	44.4%	15.8%	57.9%	64.3%	75.0%	50.0%
Total	Count	9	38	19	14	40	120	
	% within test	7.5%	31.7%	15.8%	11.7%	33.3%	100.0%	
	% within how often do you experience marital discord	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	

Chi-Square Tests

	Value	df	Assump. Sig. (2-sided)
Pearson Chi-Square	29.517 ^a	4	.000
Likelihood Ratio	31.742	4	.000
Linear-by-Linear Association	21.786	1	.000
No. of Valid Cases	120		

a. 2 cells (20.0%) have expected count less than 5. The minimum expected count is 4.50.

Frequencies RQ1

Statistics

		I attended relationship-education training class before marriage	I have full knowledge of relationship education training right from school	I have relationship-education training class in my church/mosque	My parent organizes relationship training to all their children that are getting married	I now have adequate knowledge of relationship-education during this period of training.
N	Valid	120	120	120	120	120
	Missing	0	0	0	0	0
Mean		2.69	2.63	3.03	2.34	2.81
Std. Deviation		1.275	1.159	1.219	1.065	1.204

Frequency Table

I attended relationship-education training class before marriage

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	31	25.8	25.8
	Disagree	50	41.7	41.7
	Agree	28	23.3	23.3
	Strongly Agree	11	9.2	9.2
	Total	120	100.0	100.0

I have full knowledge of relationship education training right from school

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	26	21.7	21.7
	Disagree	65	54.2	54.2
	Agree	18	15.0	15.0
	Strongly Agree	11	9.2	9.2
	Total	120	100.0	100.0

I have relationship-education training class in my church/mosque

	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Disagree	25	20.8	20.8	20.8
Disagree	46	38.3	38.3	38.3
Valid Agree	35	29.2	29.2	29.2
Strongly Agree	14	11.7	11.7	11.7
Total	120	100.0	100.0	

My parent organizes relationship training to all their children that are getting married

	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Disagree	44	36.7	36.7	36.7
Disagree	60	50.0	50.0	50.0
Valid Agree	11	9.2	9.2	9.2
Strongly Agree	5	4.2	4.2	4.2
Total	120	100.0	100.0	

I now have adequate knowledge of relationship-education during this period of training.

	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Disagree	18	15.0	15.0	15.0
Disagree	11	9.2	9.2	9.2
Valid Agree	43	35.8	35.8	35.8
Strongly Agree	48	40.0	40.0	40.0
Total	120	100.0	100.0	

Frequencies RQ 2 CAUSES OF MARITAL DISCORD

Statistics

	Sex is the major cause of discord in my home	Economic level of my spouse is causing a lot of problems in the home (finance problem)	My spouse's religious belief is the cause of discord in my family	Differences in our educational level is causing a lot of problems in my marriage	Age differences is the cause of discord in my family	Poor communication skills of my spouse is the cause of discord in the family	My spouse's Narcissistic personality style (having no regard for other people's feelings, absence of guilt or remorse)	my spouse's fidelity (cheating)
N	Valid Missing	120 0	120 0	120 0	120 0	120 0	120 0	120 0
Mean		2.4917	2.3500	1.8750	1.8167	1.7250	2.1167	1.7333
Std. Deviation		1.26355	1.05838	1.04971	.84000	.87891	1.13895	1.08258

Frequency Table

Sex is the major cause of discord in my home

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	11	9.2	9.2
	Disagree	30	25.0	25.0
	Agree	39	32.5	32.5
	Strongly Agree	40	33.3	33.3
	Total	120	100.0	100.0

Economic level of my spouse is causing a lot of problems in the home (finance problem)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	28	23.3	23.3
	Disagree	2	1.7	1.7
	Agree	32	26.7	26.7
	Strongly Agree	58	48.3	48.3
	Total	120	100.0	100.0

My spouse's religious belief is the cause of discord in my family

	Frequency	Percent	Valid Percent	Cumulative Percent	
Valid	Strongly Disagree	63	52.5	52.5	52.5
	Disagree	37	30.8	30.8	30.8
	Agree	12	10.0	10.0	10.0
	Strongly Agree	8	6.7	6.7	6.7
	Total	120	100.0	100.0	

Differences in our educational level is causing a lot of problems in my marriage

	Frequency	Percent	Valid Percent	Cumulative Percent	
Valid	Strongly Disagree	48	40.0	40.0	40.0
	Disagree	52	43.3	43.3	83.3
	Agree	9	7.5	7.5	7.5
	Strongly Agree	11	9.2	9.2	9.2
	Total	120	100.0	100.0	

Age differences is the cause of discord in my family

	Frequency	Percent	Valid Percent	Cumulative Percent	
Valid	Strongly Disagree	59	49.2	49.2	49.2
	Disagree	43	35.8	35.8	35.8
	Agree	13	10.8	10.8	10.8
	Strongly Agree	5	4.2	4.2	4.2
	Total	120	100.0	100.0	

Poor communication skills of my spouse is the cause of discord in the family

	Frequency	Percent	Valid Percent	Cumulative Percent	
Valid	Strongly Disagree	8	6.7	6.7	6.7
	Disagree	32	26.7	26.7	26.7
	Agree	34	28.3	28.3	28.3
	Strongly Agree	46	38.3	38.3	38.3
	Total	120	100.0	100.0	

My spouse's narcissistic personality style (having no regard for other people's feelings, absence of guilt or remorse)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	5	4.2	4.2
	Disagree	14	11.7	11.7
	Agree	53	44.2	44.2
	Strongly Agree	48	40.0	40.0
	Total	120	100.0	100.0

My spouse's fidelity (cheating)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	11	9.2	9.2
	Disagree	10	8.3	8.3
	Agree	69	57.5	57.5
	Strongly Agree	30	25.0	25.0
	Total	120	100.0	100.0

Frequencies RQ 3 TYPES OF MARRIAGE CONTRACTS

Type of marriage contracted by the couple

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Christian marriage	56	46.7	46.7
	Traditions and Christian marriage	25	20.8	67.5
	Muslim marriage	17	14.2	81.7
	Registry (court) marriage	9	7.5	89.2
	Traditional	13	10.8	100.0
	Total	120	100.0	100.0

RQ4 PRE Frequencies

Statistics

		Sex is the major cause of discord in my home	Economic level of my spouse is causing a lot of problems in the home (finance problem)	My spouse's religious belief is the cause of discord in my family	Differences in our educational level is causing a lot of problems in my marriage	Age differences is the cause of discord in my family	Poor communication skills of my spouse is the cause of discord in the family	my spouse's narcissistic personality style (having no regard for other people's feelings, absence of guilt or remorse)	my spouse's fidelity (cheating)
N	Valid	60	60	60	60	60	60	60	60
	Missing	0	0	0	0	0	0	0	0
Mean		2.68	2.58	1.93	1.88	1.72	2.87	2.33	2.02
Std. Deviation		1.396	1.197	1.148	.922	.922	1.490	1.298	1.308

Frequency Table

Sex is the major cause of discord in my home (Acute discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	17	28.3	28.3
	Disagree	10	16.7	45.0
	Agree	16	26.7	26.7
	Strongly Agree	17	28.3	28.3
	Total	60	100.0	100.0

Poor relationship with in-laws (acute discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	13	21.7	21.7
	Disagree	12	20.0	20.0
	Agree	16	26.7	26.7
	Strongly Agree	19	31.7	31.7
	Total	60	100.0	100.0

spouse's inability to provide for the family (role discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	9	15.0	15.0
	Disagree	15	25.0	25.0
	Agree	18	30.0	30.0
	Strongly Agree	18	30.0	30.0
	Total	60	100.0	100.0

Partner value his/her parent's advice (value discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	3	5.0	5.0
	Disagree	26	43.3	43.3
	Agree	15	25.0	25.0
	Strongly Agree	16	26.7	26.7
	Total	60	100.0	100.0

Spouse belief toward his/her children (norm discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	11	18.3	18.3
	Disagree	20	33.3	33.3
	Agree	15	25.0	25.0
	Strongly Agree	14	23.3	23.3
	Total	60	100.0	100.0

Spouse has no interest in whatever thing am doing (interest discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	12	20.0	20.0
	Disagree	11	18.3	18.3
	Agree	21	35.0	35.0
	Strongly Agree	16	26.7	26.7
	Total	60	100.0	100.0

Spouse has no regard or feelings for me (value discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	9	15.0	15.0
	Disagree	12	20.0	20.03
	Agree	18	30.0	30.0
	Strongly Agree	21	35.0	35.0
	Total	60	100.0	100.0

My spouse cheat on me (interest discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	8	13.3	13.3
	Disagree	8	13.3	13.3
	Agree	14	23.3	23.3
	Strongly Agree	30	50.0	50.0
	Total	60	100.0	100.0

RQ4 POST Frequencies

Statistics

		Sex is the major cause of discord in my home	Economic level of my spouse is causing a lot of problems in the home (finance problem)	My spouse's religious belief is the cause of discord in my family	Differences in our educational level is causing a lot of problems in my marriage	Age differences is the cause of discord in my family	poor communication skills of my spouse is the cause of discord in the family	my spouse's narcissistic personality style (having no regard for other people's feelings, absence of guilt or remorse)	my spouse's fidelity (cheating)
N	Valid	60	60	60	60	60	60	60	60
	Missing	0	0	0	0	0	0	0	0
Mean		2.30	2.12	1.82	1.75	1.73	2.00	1.90	1.45
Std. Deviation		1.094	.846	.948	.751	.841	.957	.915	.699

Frequency Table

Sex is the major cause of discord in my home (Acute discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	26	43.3	43.3	43.3
Disagree	27	45.0	45.0	45.0
Agree	4	6.7	6.7	6.7
Strongly Agree	3	5.0	5.0	5.0
Total	60	100.0	100.0	

Poor relationship with in-laws (Acute discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	15	25.0	25.0	25.0
Disagree	26	43.3	43.3	43.3
Agree	11	18.3	18.3	18.3
Strongly Agree	8	13.3	13.3	13.3
Total	60	100.0	100.0	

spouse's inability to provide for the family (Role discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	29	48.3	48.3	48.3
Valid Disagree	17	28.3	28.3	28.3
Valid Agree	9	15.0	15.0	15.0
Valid Strongly Agree	5	8.3	8.3	8.3
Total	60	100.0	100.0	

Spouse value his/her parent's advice than mine (Value discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	25	41.7	41.7	41.7
Valid Disagree	27	45.0	45.0	45.0
Valid Agree	3	5.0	5.0	5.0
Valid Strongly Agree	5	8.3	8.3	8.3
Total	60	100.0	100.0	

Spouse belief toward his/her children is poor (norm discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	28	46.7	46.7	46.7
Valid Disagree	23	38.3	38.3	38.3
Valid Agree	6	10.0	10.0	10.0
Valid Strongly Agree	3	5.0	5.0	5.0
Total	60	100.0	100.0	

Spouse has no interest in what am doing (interest discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Strongly Disagree	22	36.7	36.7	36.7
Valid Disagree	21	35.0	35.0	35.0
Valid Agree	11	18.3	18.3	18.3
Valid Strongly Agree	6	10.0	10.0	10.0
Total	60	100.0	100.0	

Value discord

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	21	35.0	35.0
	Disagree	29	48.3	48.3
	Agree	8	13.3	13.3
	Strongly Agree	2	3.3	3.3
	Total	60	100.0	100.0

My spouse is cheating on me (interest discord)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	39	65.0	65.0
	Disagree	16	26.7	26.7
	Agree	4	6.7	6.7
	Strongly Agree	1	1.6	1.6
	Total	60	100.0	100.0

RQ5 PRE Frequencies

Statistics

	money spent on food/entertainment is always not enough	money spent on cosmetics is always not enough	money spent on clothing is always enough	relationship with in-laws is not cordial	sexual demands of my partner
N	60	60	60	60	60
Valid	60	60	60	60	60
Missing	0	0	0	0	0
Mean	2.47	2.02	2.62	2.45	2.67
Std. Deviation	.982	1.000	1.136	1.111	1.244

Frequency Table

Money spent on food/entertainment is always not enough

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	13	21.7	21.7
	Rarely	14	23.3	23.3
	Sometimes	18	30.0	30.0
	Often	15	25.0	25.0
	Total	60	100.0	100.0

Money spent on cosmetics is always not enough

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	10	16.7	38.3
	Rarely	18	30.0	30.0
	Often	18	30.0	30.0
	very often	14	23.3	23.3
	Total	60	100.0	100.0

Money spent on clothing is always not enough

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	14	23.3	23.3
	Rarely	10	16.7	16.7
	Often	23	38.3	38.3
	very often	13	21.7	21.7
	Total	60	100.0	100.0

Relationship with in-laws is not cordial

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	13	21.7	21.7
	Rarely	15	25.0	25.0
	Often	20	33.3	33.3
	very often	12	20.0	20.0
	Total	60	100.0	100.0

Sexual demands of my partner

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	11	18.3	18.3	18.3
	Rarely	20	33.3	33.3	33.3
	Often	16	26.7	26.7	26.7
	very often	13	21.7	21.7	21.7
	Total	60	100.0	100.0	

USE ALL.

RQ5 POST Frequencies

Statistics

		money spent on food/entertainment is always not enough	money spent on cosmetics is always not enough	money spent on clothing is always enough	relationship with in-laws is not cordial	sexual demands of my partner
N	Valid	60	60	60	60	60
	Missing	0	0	0	0	0
Mean		2.13	1.80	2.10	1.90	2.02
Std. Deviation		.929	.879	1.020	1.100	1.049

Frequency Table

Money spent on food/entertainment is always not enough

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	17	28.3	28.3	28.3
	Rarely	22	36.7	36.7	65.0
	Often	11	18.3	18.3	18.3
	very often	10	16.7	16.7	16.7
	Total	60	100.0	100.0	

Money spent on cosmetics is always not enough

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	29	48.3	48.3	48.3
	Rarely	15	25.0	25.0	25.0
	Often	6	10.0	10.0	10.0
	Very Often	10	16.7	16.7	16.7
	Total	60	100.0	100.0	

Money spent on clothing is always enough

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	20	33.3	33.3	33.3
	Rarely	21	35.0	35.0	68.3
	Often	13	21.7	21.7	21.7
	very often	6	10.0	10.0	10.0
	Total	60	100.0	100.0	

Relationship with in-laws is not cordial

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	29	48.3	48.3	48.3
	Rarely	15	25.0	25.0	25.0
	Often	12	20.0	20.0	20.0
	very often	4	6.7	6.7	6.7
	Total	60	100.0	100.0	

Sexual demands of my partner

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	23	38.3	38.3	38.3
	Rarely	20	33.3	33.3	33.3
	Often	12	20.0	20.0	20.0
	very often	5	8.3	8.3	8.3
	Total	60	100.0	100.0	

RQ6 PRE Frequencies

Statistics

		My spouse inability to take care and pays for sick child's hospital bill	My wife's constant cooking of food late in the evening	My husband's inability to assist with some household chores	My spouse inability to satisfy me sexually due to her/his job	My spouse inability to give me his/her maximum attention
N	Valid	60	60	60	60	60
	Missing	0	0	0	0	0
Mean		1.77	1.82	2.12	1.90	2.58
Std. Deviation		1.095	1.000	1.263	1.020	1.253

Frequency Table

My spouse inability to take care and pays for sick child's hospital bill

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	13	21.7	21.7	21.7
	Rarely	16	26.7	26.7	26.7
	Often	5	8.3	8.3	8.3
	very often	26	43.3	43.3	43.3
	Total	60	100.0	100.0	

My wife's constant cooking of food late in the evening

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	9	15.0	15.0	15.0
	Rarely	19	31.7	31.7	31.7
	Often	4	6.7	6.7	6.7
	Very Often	28	46.7	46.7	46.7
	Total	60	100.0	100.0	

My husband's inability to assist with some household chores

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	17	28.3	28.3	28.3
	Rarely	13	21.7	21.7	21.7
	sometimes	9	15.0	15.0	15.0
	Often	21	35.0	35.0	35.0
	very often				
	Total	60	100.0	100.0	

My spouse inability to satisfy me sexually due to her/his job

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	4	6.7	6.7	6.7
Rarely	13	21.7	21.7	21.7
Often	15	25.0	25.0	25.0
Very Often	28	46.7	46.7	46.7
Total	60	100.0	100.0	

My spouse inability to give me his/her maximum attention

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	15	25.0	25.0	25.0
Rarely	14	23.3	23.3	48.3
Often	17	28.3	28.3	76.7
Very Often	14	23.3	23.3	23.3
Total	60	100.0	100.0	

RQ6 POST Frequencies

Statistics

	My spouse inability to take care and pays for sick child's hospital bill	My wife's constant cooking of food late in the evening	My husband's inability to assist with some household chores	My spouse inability to satisfy me sexually due to her/his job	My spouse inability to give me his/her maximum attention
N Valid	60	60	60	60	60
Missing	0	0	0	0	0
Mean	1.48	1.63	2.02	1.58	1.80
Std. Deviation	.725	.802	1.172	.809	.988

Frequency Table

My spouse inability to take care and pays for sick child's hospital bill

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	39	65.0	65.0	65.0
Rarely	13	21.7	21.7	21.7
Often	4	6.7	6.7	6.7
Very often	4	6.7	6.7	6.7
Total	60	100.0	100.0	

My wife's constant cooking of food late in the evening

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	34	56.7	56.7	56.7
Rarely	17	28.3	28.3	28.3
Often	3	5.0	5.0	5.0
Very Often	6	10.0	10.0	10.0
Total	60	100.0	100.0	

My husband's inability to assist with some household chores

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	28	46.7	46.7	46.7
Rarely	12	20.0	20.0	20.0
Often	14	23.3	23.3	23.3
Very Often	6	10.0	10.0	10.0
Total	60	100.0	100.0	

My spouse inability to satisfy me sexually due to her/his job

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	36	60.0	60.0	60.0
	Rarely	14	23.3	23.3	23.3
	sometimes	9	15.0	15.0	15.0
	Often	1	1.7	1.7	1.7
	Total	60	100.0	100.0	

My spouse inability to give me his/her maximum attention

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	28	46.7	46.7	46.7
	Rarely	22	36.7	36.7	36.7
	Sometimes	6	10.0	10.0	10.0
	Often	4	6.7	6.7	6.7
	very often				
	Total	60	100.0	100.0	

RQ7 PRE Frequencies

Statistics

		my partner spend more on chlothing articles than food	my partner spend most of his/her time with friends than with the family	my partner value his/her parent's advices than mine	my partner values already made (artificial) things than the home-made	my partner value alcohol than food
N	Valid	60	60	60	60	60
	Missing	0	0	0	0	0
Mean		1.90	2.37	2.28	1.85	1.38
Std. Deviation		1.130	1.414	1.106	1.022	.885

Frequency Table

My partner spend more on clothing articles than food

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	16	26.7	26.7	26.7
	Rarely	12	20.0	20.0	20.0
	Often	11	18.3	18.3	18.3
	Very Often	21	35.0	35.0	35.0
	Total	60	100.0	100.0	100.0

My partner spend most of his/her time with friends than with the family

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	15	25.0	25.0	25.0
Rarely	8	13.3	13.3	13.3
Often	14	23.3	23.3	23.3
Very Often	23	38.3	38.3	38.3
Total	60	100.0	100.0	

My partner value his/her parent's advices than mine

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	18	30.0	30.0	30.0
Rarely	18	30.0	30.0	30.0
Often	14	23.3	23.3	23.3
Very Often	10	16.7	16.7	16.7
Total	60	100.0	100.0	

My partner values already made (artificial) things than the home-made

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	14	23.3	23.3	23.3
Rarely	17	28.3	28.3	28.3
Sometimes	9	15.0	15.0	51.0
Often	20	33.3	33.3	33.3
very often				
Total	60	100.0	100.0	

My partner value alcohol than food

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	20	33.3	33.3	33.3
Rarely	2	3.3	3.3	3.3
Sometimes	16	26.7	26.7	26.7
Often	22	36.7	36.7	36.7
very often				
Total	60	100.0	100.0	

RQ7 POST Frequencies

Statistics

		My partner spend more on clothing articles than food	My partner spend most of his/her time with friends than with the family	My partner value his/her parent's advices than mine	My partner values already made (artificial) things than the home-made	My partner value alcohol than food
N	Valid	60	60	60	60	60
	Missing	0	0	0	0	0
Mean		1.55	1.63	1.65	1.68	1.25
Std. Deviation		.790	.882	.880	.833	.541

Frequency Table

My partner spend more on clothing articles than food

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	36	60.0	60.0	60.0
	Rarely	17	28.3	28.3	28.3
	Often	5	8.3	8.3	8.3
	Very Often	2	3.3	3.3	3.3
	Total	60	100.0	100.0	

my partner spend most of his/her time with friends than with the family

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	34	56.7	56.7	56.7
	Rarely	17	28.3	28.3	28.3
	Often	7	11.7	11.7	11.7
	Very Often	2	3.3	3.3	3.3
	Total	60	100.0	100.0	

My partner value his/her parent's advices than mine

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	33	55.0	55.0	55.0
	Rarely	18	30.0	30.0	30.0
	Often	7	11.7	11.7	11.7
	Very Often	2	3.3	3.3	3.3
	Total	60	100.0	100.0	

My partner values already made (artificial) things than the home-made

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	32	53.3	53.3
	Rarely	16	26.7	26.7
	Often	11	18.3	18.3
	Very Often	1	1.7	1.7
	Total	60	100.0	100.0

My partner value alcohol than food

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	48	80.0	80.0
	Rarely	9	15.0	15.0
	Sometimes	3	5.0	5.0
	Total	60	100.0	100.0

USE ALL.

RQ8 PRE Frequencies

Statistics

	my spouse does not have interest in providing life necessities to his family members	my spouse has no regard or careless about my parent's well being	my spouse easily make friends with opposite sex than his/her own sex	my spouse has no interest in whatever thing I am doing	I do not care about the kind of love and attention I receive from my partner
N	Valid 60	60	60	60	60
	Missing 0	0	0	0	0
Mean	1.72	1.93	2.05	2.03	2.15
Std. Deviation	1.106	1.087	1.199	1.134	1.039

Frequency Table

My spouse does not have interest in providing life necessities to his family members

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	6	10.0	10.0
	Rarely	6	10.0	10.0
	Often	11	18.3	18.3
	Very Often	37	61.7	61.7
	Total	60	100.0	100.0

My spouse has no regard or careless about my parent's well being

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	5	8.3	8.3	8.3
	Rarely	10	16.7	16.7	16.7
	Often	15	25.0	25.0	25.0
	Very Often	30	50.0	50.0	50.0
	Total	60	100.0	100.0	

My spouse easily make friends with opposite sex than his/her own sex

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	11	18.3	18.3	18.3
	Rarely	5	8.3	8.3	8.3
	Often	17	28.3	28.3	28.3
	Very Often	27	45.0	45.0	45.0
	Total	60	100.0	100.0	

My spouse has no interest in whatever thing I am doing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	7	11.7	11.7	11,7
	Rarely	15	25.0	25.0	25,0
	Often	12	20.0	20.0	20,0
	Very Often	26	43.3	43.3	43.3
	Total	60	100.0	100.0	

I do not care about the kind of love and attention I receive from my partner

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	7	11.7	11.7	11.7
	Rarely	7	11.7	11.7	11.7
	Often	24	40.0	40.0	40.0
	Very Often	22	36.7	36.7	36.7
	Total	60	100.0	100.0	

RQ8 POST Frequencies

Statistics

		My spouse does not have interest in providing life necessities to his family members	My spouse has no regard or careless about my parent's well being	My spouse easily make friends with opposite sex than his/her own sex	My spouse has no interest in whatever thing I am doing	I do not care about the kind of love and attention I receive from my partner
N	Valid	60	60	60	60	60
	Missing	0	0	0	0	0
Mean		1.40	1.42	1.58	1.72	1.80
Std. Deviation		.741	.645	.809	.739	.860

Frequency Table

My spouse does not have interest in providing life necessities to his family members

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	45	75.0	75.0	75.0
	Rarely	6	10.0	10.0	10.0
	Often	9	15.0	15.0	15.0
	Total	60	100.0	100.0	

My spouse has no regard or careless about my parent's well being

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	40	66.7	66.7	66.7
	Rarely	15	25.0	25.0	25.0
	Often	5	8.3	8.3	8.3
	Total	60	100.0	100.0	

My spouse easily make friends with opposite sex than his/her own sex

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	36	60.0	60.0	60.0
	Rarely	4	6.7	6.7	6.7
	Often	9	15.0	15.0	15.0
	Very Often	11	18.3	18.3	18.3
	Total	60	100.0	100.0	

My spouse has no interest in whatever thing I am doing

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	27	45.0	45.0	45.0
	Rarely	23	38.3	38.3	38.3
	Often	10	16.7	16.7	16.7
	Total	60	100.0	100.0	

I do not care about the kind of love and attention I receive from my partner

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	28	46.7	46.7	46.7
	Rarely	17	28.3	28.3	28.3
	Sometimes	14	23.3	23.3	23.3
	Often	1	1.7	1.7	1.7
	Total	60	100.0	100.0	

RQ9 PRE Frequencies

Statistics

		My spouse's belief toward his/her children sex is poor	The kind of respect I received from my in-laws is bad	My spouse's inability to talk or chat with me freely due to some cultural beliefs	My spouse does not involves me in any family decisions due to some cultural beliefs	My spouse distance himself/herself from me after child birth due to cultural belief
N	Valid	60	60	60	60	60
	Missing	0	0	0	0	0
Mean		1.72	1.68	1.53	1.78	1.68
Std. Deviation		1.059	.930	.982	1.027	1.112

Frequency Table

My spouse's belief toward his/her children sex is poor

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	36	60.0	60.0	60.0
	Rarely	12	20.0	20.0	20.0
	Often	6	10.0	10.0	10.0
	Very Often	6	10.0	10.0	10.0
	Total	60	100.0	100.0	

The kind of respect I received from my in-laws is bad

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	35	58.3	58.3
	Rarely	12	20.0	20.0
	Often	10	16.7	16.7
	Very Often	3	5.0	5.0
	Total	60	100.0	100.0

My spouse's inability to talk or chat with me freely due to some cultural beliefs

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	42	70.0	70.0
	Rarely	10	16.7	16.7
	Often	3	5.0	5.0
	Very Often	5	8.3	8.3
	Total	60	100.0	100.0

My spouse does not involves me in any family decisions due to some cultural beliefs

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	33	55.0	55.0
	Rarely	12	20.0	20.0
	Often	11	18.3	18.3
	Very Often	4	6.75.0	6.7
	Total	60	100.0	100.0

my spouse distance himself/herself from me after child birth due to cultural belief

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	38	63.3	63.3
	Rarely	12	20.0	20.0
	Often	5	8.3	8.3
	very often	5	8.3	8.3
	Total	60	100.0	100.0

RQ9 POST Frequencies

Statistics

		My spouse's belief toward his/her children sex is poor	The kind of respect I received from my in-laws is bad	My spouse's inability to talk or chat with me freely due to some cultural beliefs	My spouse does not involves me in any family decisions due to some cultural beliefs	My spouse distance himself/herself from me after child birth due to cultural belief
N	Valid	60	60	60	60	60
	Missing	0	0	0	0	0
Mean		1.43	1.65	1.53	1.73	1.68
Std. Deviation		.621	.840	.791	1.039	1.049

Frequency Table

My spouse's belief toward his/her children sex is poor

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	38	63.3	63.3	63.3
	Rarely	4	6.7	6.7	6.7
	Often	18	30.0	30.0	30.0
	Total	60	100.0	100.0	

The kind of respect I received from my in-laws is bad

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	32	53.3	53.3	53.3
	Rarely	1	1.7	1.7	1.7
	Sometimes	8	13.3	13.3	13.3
	very often	19	31.7	31.7	31.7
	Total	60	100.0	100.0	

My spouse's inability to talk or chat with me freely due to some cultural beliefs

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Never	37	61.7	61.7	61.7
	Rarely	2	3.3	3.3	3.3
	Often	5	8.3	8.3	8.3
	Very Often	16	26.7	26.7	26.7
	Total	60	100.0	100.0	

My spouse does not involves me in any family decisions due to some cultural beliefs

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	35	58.3	58.3	58.3
Rarely	12	20.0	20.0	20.0
sometimes	8	13.3	13.3	13.3
Often	5	8.3	8.3	8.3
Total	60	100.0	100.0	

My spouse distance himself/herself from me after child birth due to cultural belief

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Never	37	61.7	61.7	61.7
Rarely	11	18.3	18.3	18.3
Often	8	13.3	13.3	13.3
Very Often	4	6.7	6.7	6.7
Total	60	100.0	100.0	

RQ10 PRE Frequencies

How often do you experience marital discord

	Frequency	Percent	Valid Percent	Cumulative Percent
My partner and i have discord every day	30	50.0	50.0	50.0
My partner and i have discord twice a week	14	23.3	23.3	23.3
My partner and i have discord once a week	10	16.7	16.7	16.7
My partner and i have discord twice in a month	4	6.7	6.7	6.7
My partner and I have discord once in a month	2	3.3	3.3	3.3
Total	60	100.0	100.0	

RQ10 POST Frequencies

How often do you experience marital discord

	Frequency	Percent	Valid Percent	Cumulative Percent
My partner and i have discord every day	28	46.7	46.7	46.7
My partner and i have discord twice a week	13	21.7	21.7	21.7
My partner and i have discord once a once a week	9	15.	15.0	15.0
My partner and i have discord twice in a month	6	10.0	10.0	10.0
My partner and I have discord once a month	0	0.0	0.0	00.0
Total	60	100.0	100.0	