Effectiveness of Marital Conflict Resolution Skills on Marital Conflict among Married Couples in Zaria Metropolis, Nigeria

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A Dissertation submitted to the School of Postgraduate Studies of Ahmadu Bello University, Zaria in Partial Fulfillment of the Requirements for the Award of M.Ed. Degree in Guidance and Counselling

Department of Educational Psychology and Counselling,
Faculty of Education,
Ahmadu Bello University,
Zaria

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DECLARATION

The researcher declare that this Dissertation entitled *"Effectiveness of Marital Conflict Resolution Skills on Marital Conflict among Married Couples in Zaria Metropolis, Nigeria"* has been conducted by me under the supervision of Dr. Mustapha I. Abdullahi and Prof. Sani Sambo. All materials consulted and used in the study have been appropriately acknowledged by means of references. To the best of my knowledge, it had not been submitted for the award of any degree in any university or institution.

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SHEHU, Jamila Shika   Date

CERTIFICATION

This Dissertation entitled *"Effectiveness of Marital Conflict Resolution Skills on Marital Conflict among Married Couples in Zaria Metropolis,Nigeria"* by Jamila Shika Shehu meets the regulations governing the award of the degree of Master of Education in Guidance and Counselling of Ahmadu Bello University, Zaria and is approved for its contribution to knowledge and literary presentation.

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Dr. M.I. Abdullahi   Date
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DEDICATION

This research work is dedicated to my elder sisters Hajiya Khadija Shehu and Halima Shehu

of blessed memories. May their gentle souls rest in perfect peace; amen.

ACKNOWLEDGEMENTS

All praise be to Allah who taught man what he knew not. It was not an easy task to conduct research that deals solely with primary data especially dealing with the aspect of human behaviour. the researcher thank the Almighty Allah for making it possible to conduct the research and document it accordingly. No research can be conducted without the guidance and assistance of certain individuals. First, the researcherwishes to tender my profound gratitude to my supervisory team comprising Dr. Mustapha I. Abdullahi and Prof. Sani Sambo. Despite their tight schedules and other responsibilities, they were the compass that directed me to the desired destination. The researcher thanks them for the scholarly guidance, advice, and instructions to ensure that the final product from the research is nothing short of quality in meeting the standard of Masters Dissertation.

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Abstract

This study examined the effect of Marital Conflict Resolution Skills on marital Conflicts among married couples in Zaria metropolis. A total of 98 respondents were used for the study. Their responses on marital conflict were scored before and after the exposure to Marital Conflict Resolution Skills training to ascertain the effect of the training on marital conflicts among married couples. Their responses form the basis for this data analysis. The quasi experimental design was used for this study. Both descriptive and inferential statistics were used for the analysis of the data collected from the sampled distressed married couples. It was observed that Marital Conflict Resolution Skills had reduced marital Conflict among married couples and irrespective of gender when their pre-test mean marital scores were compared with their post-test mean marital conflicts (p = 0.000). Marital conflict resolution skills has no effect on marital conflict among married couples with different educational qualification (p = 0.000) and on the basis of duration in marriage (p = 0.227)respectively. It was recommended that Counsellors should be encouraged to use marital conflict resolution skills in counselling married couples. Teachers and Ward Head should be trained on marital conflict resolution skills. District heads, parents, Counsellors, psychologist and educators should not consider how long the couples had been in marriage while settling issues of marital conflict based on the findings that revealed that marital conflict resolution skills has no significant effect on marital conflicts on the basis of length of marriage.

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CHAPTER ONE
INTRODUCTION

1.1   Background to the Study

Conflict among humans is unavoidable, marriage and other intimate relationships are no exception. The diverse and frequent interactions among groups and individuals provide a limitless platform for conflict. The term connotes an expressed struggle between at least two interdependent parties who perceive incompatible goals, scarce rewards, or interference from the other party in achieving their goals (Hocker & Wilmot, 1995). One of the major reasons that draw the attention of researchers and social organizations to conflict in recent times is its adverse consequences on health, family life, and the stability of communities. An important area of conflict in human settings is marriage. Marriage is a stage of transition in one's life, it is usually perceived that marriage in a healthy way may promote satisfaction and couples in this regard are into an institution with a thought to start affection (Dildar, Sitwat & Yasin, 2013).

The philosophy of marriage varies according to different people and culture, but it is principally an institution in which interpersonal relationships, usually intimate and sexual, are acknowledged. In this context, Nwoye (1991) opined that marriage is something deeper than the mere union of a man and a woman under the same roof. But he perceives marriage as a sacred and a permanent contract which is assumed to be enacted when two people decide on their own accord and in the presence of at least two witnesses, to exchange the formal consent to live a life of vocation of love and sharing for the purpose of promoting their mutual growth and welfare as persons in their journey together through life.

However, people marry for different reasons including legal, social, libidinal, emotional, financial, spiritual, and religious. It is known to involve male and female (different sex) but since 2000, some countries like Brazil, Denmark, Argentina, and Canada have legalized

same-sex marriage within their jurisdictions.

Marriage is a process by which man and woman who initially love each other make their relationship public, official and permanent. It begins with a ceremony known as wedding during which the couple are formally united. It is the joining of the two people in bond that putatively last till death for both religious and socio-cultural belief, but in practice is increasingly cut short by divorce and separation. In essence, lack of the initial affection among couples result in marital conflict, although no marriage is free of conflict. According to Anaya (2003), minor conflict is a normal and even healthy part of a relationship; since relationship conflict are inevitable learning to deal with them in a respectful and positive way provides opportunity for growth and ultimately strengthens the bond between the couples if they are ready to work for it. This invites for marital conflict resolution skills training among the couples.

All healthy marriage experience change and transition, changes in terms of personalities, body's age and romantic love waxes and wanes. When adults are in love, the focus is on the positive, noticing and emphasizing the assets, good qualities and talents of the object ours has, while minimizing the short comings -areas. This moment when all elements are fit in perfectly with each other, it is only temporary, not sustainable for a long period of time. Something can interferes with this process, lovers may hurt and insensitive to feelings, or show an aspect of their personality that jars and conflict with the earlier view , then the sense of unity and deep connection that existed before get threatened.

According to Harras and Demarin (2007), marriage is divided according to the chronological time frame of newly married (0-5years); Middle years (6-25years), this usually coincides with the active parenting stage; Late years 26+ years, also known as the "empty nest" years. Not all marriages fit neatly into these categories. Those in second stage in marriage may find

times shortened due to the certain changes which were not handle properly.

Marriage experienced transition, according to Harras and Demanes (2007), transition in marriage is through cycles of growth, most relationships move through cycles that include romance, disillusionment and mature love. However, marital conflict among the couples has been a devastating issue in the marital homes which various religious group give pre-marital counselling inform of preaching and still the situation of separation and divorce is on the increase. Mba (1993) observed that marriage in many part of the world is so fraught with pain, disruption, heart break and anxieties that the family or families' life appears to be on the blink of total collapse. So, marital conflict has deleterious effects on mental, physical and family health.Stability in marriage according to Nwobi (1991) signifies that husband and wife are in agreement on the major issues concerning marriage such as family income and dealing with extended family. As two people are engaged into a relationship they are two different personalities which create conflict of interest.

Unstable marriage is featured with lack of love, dishonesty, lack of positive communication, lack of care and management. There are a lot of chaos, pride and irrational things. This has been sources of emotional problem especially for the wives who are seen to be fault despite their innocence. To compound the issue of men; which faith permits multiple marriages, use it as a license to cajole, intimidate and threatened their wives. Those whose faith does not permit polygamy keep mistresses outside their matrimonial homes. Marriage is a relationship where trust is build overtime and where committed couple set aside their own interest for the good of their partners and develop skills for keeping the relationship positive and open. Atodo (1988) sees marriage, not as a private contract but as an alliance between two extended families that become bridge during trouble period.

Egbule (2002) observed that the conceptual development of guidance and counselling

evolved as a result of the need to provide solutions to the multifarious personal social problems which result from personality maladjustment and may manifest inform of anger, anxiety, loneliness, sadness, psychosis, neurosis, and inferiority complex. There is therefore the need for marital conflict resolution skills training for married couples. The matrimonial home as sacred, hence, ultimate satisfaction is expected to be found in marriage.

1.2   Statement of the Problem

Marriage is the closest form of relationships among humans is the focal point around which other components revolve. If marriages are functioning well and harmonious, then the rest of the system are also likely to be in good condition. On the other hand, if there is disruption or discord in the marriage (marital conflicts), there will be complete dysfunctional. And, this could affect family stability, children and the entire social climate of the communities. A solid marriage should be developed based on mutual agreement, love, care, commitment, responsibility and concern which in turn provide a stable foundation for a stable society.

A visit to shari'a courts Fada,Tudun wada and GRA Zariahas reveal that almost all the cases are marital issues after which the judges did not succeed in treating them out of court. In all cases related to marital disputes/conflicts the judges use Alternatives Dispute Resolution (ADR) which give the married couples room to resolve their cases out of court but very few of such succeeded. That is what is happening in maternities and vocational centres most of the conversations between colleagues and patients are of marriage concern which at the end they learned nothing at the centre. Some of the causes of the marital conflicts includes: entering marriage with cosy expectations, strains in marriage, absence of romantic love, sexual maladjustment and so on.

As soon as marriages are contracted, they head to divorce and separation due to lack of proper management of marital conflict. In Nigeria, the issue is not how effective marriage

counselling is; but its total absence even in official quarters. Hence, this prompted a research questions of how effective marital conflict resolution training skills is in reducing marital conflict among marital couples.

Although there are studies on marriage and marital conflict in Nigeria, but very few focused on the effectiveness of the marital conflict resolution skills training on marital conflict. This study is therefore an attempt to find out the effectiveness of marital conflict resolution skills in reducing marital conflict in Zaria Metropolis.

1.3   Objectives of the Study

The objectives of the study were:

    i.   To find the effectiveness of Marital Conflicts ResolutionSkills (MCRS) on Marital Conflicts among married couples in Zaria Metropolis.

    ii.   To examine differentialeffect of Marital Conflicts Resolution Skills (MCRS) on Marital Conflicts between male and female married couples in Zaria Metropolis.

    iii.   To assess the effectiveness of Marital Conflicts Resolution Skills (MCRS) on Marital Conflicts among married couples with different educational qualifications in Zaria Metropolis.

    iv.   To find out the effectiveness of Marital Conflicts Resolution Skills (MCRS) onmarital conflict among married couples on the basis of length of marriage in Zaria Metropolis.

1.4   Research Questions

In line with the research problem and objectives, the following research questions were raised:

i.   What are the effectiveness of Marital Conflicts Resolution Skills (MCRS) on Marital Conflicts among married couples in Zaria Metropolis?

ii.   What are thedifferential effects of Marital Conflicts Resolution Skills (MCRS) on Marital Conflicts between male and female married couples in Zaria Metropolis?

iii.   What are the effectiveness of Marital Conflicts Resolution Skills (MCRS) on Marital Conflicts among married couples with different educational qualification Zaria Metropolis?

iv.   What are the effectivenessof MaritalConflicts ResolutionSkills (MCRS) on marital conflicts among married couples on the basis oflength of marriage in Zaria Metropolis?

1.5   Research Hypotheses

The following hypotheses guided the study:

H_{01}:   There isno significant effect of marital conflict resolution skills on marital conflicts among married couples in Zaria Metropolis.

H_{02} There is no significant differentialeffect ofMarital Conflict Resolution Skillson Marital Conflicts between male and female married couples in Zaria Metropolis.

H_{03}:   There is no significant effect of Marital Conflicts Resolution skills on Marital Conflicts among married couples with different educational qualifications in Zaria Metropolis.

H_{04}:   There is no significant effect of Marital Conflict Resolution Skills on marital conflict among married couples on the basis of length of marriage in Zaria Metropolis.

1.6   Basic Assumptions

This study is based on following assumptions:

i.   Marital conflict resolution skills may have effect on marital conflict among married couples in Zaria metropolis.

i.   Marital conflict resolution skills may have differential effect on marital conflict between male and female married couples.

ii.   Marital conflict resolution skills may have effect on marital conflict among married couples with different educational qualification.

iii.   Marital conflict resolution skills may have effect on marital conflict among married couples on the basis of their length of marriage.

1.7   Significance of the Study

The significance of the study is reflected in the fact that marital conflicts are the most common problem among married couples in recent times in Nigerian communities. It is hope that the findings of the study will help in the proper management of marital conflicts so as to promote positive exploration of mutually satisfying alternatives and decision-making based on negotiations.

It is hoped thatthestudy will be of immense significance to married couples, male and female, old and young, as it would equip them to see themselves as responsible individuals who could live together amicably and satisfactorily in their marriages. Specifically, the findings of the study could be beneficial to the married couples, in that it could enable them handle their marital conflict in order to live in peace and harmony in their matrimonial homes, to be in a better psychological well-being and life satisfaction, and those who are happier tend to be healthier. Moreover, achieving marital satisfaction could improve life expectancy in the country, as husband and wife will now live a more purposeful and meaningful life, because

peace is an ingredient for longevity. In essence, the lingering issue of divorce and separation in our communities will be minimized.

The findings of the study could also be of great importance to children who usually suffer the atrocities of marital conflicts. In this regard, children could receive proper upbringing, love and affection from their parent because children who grow up in a married, two-parent family are less likely to experience emotion behavioural problems like drug addiction, prostitution, arm robbery, unwanted pregnancy and trafficking women and children. This implies that parents must try to manage their marital conflict as well as leaving together with the children in order to be their role models.

It is also hoped that findings of the study will be useful to schools in the sense that Headmasters and principals could have peaceful learning atmosphere in their environment, which will contribute meaningful to the development of the right atmosphere for impacting knowledge. There will be few drop outs in the system as pupils and students are product of stable homes.

It is further hope that the findings will assist Counsellors to improve on pre-marital and marital counselling in the country because if more counsellors are to specialize in this field a lot of married couples will be saved from the psychological trauma individuals are subjected. Moreover, the society at large will benefit by producing a well behaved individuals that will contribute positively in its development. Criminal acts like stealing, raping, will be reduced in the society.

The findings of the study could also benefit Government and non-governmental organisations like National Council of Women Societies, Ministry of Women Affairs and Federation of Women Lawyers will benefit in minimizing cases related to marriage and is one of the national objectives to promote civic, political, social and economic participation of women.

Moreover, findings of this study would also increase the number of therapies that can be used by counselling psychologists in enhancing marital satisfaction. It would also form basis for the development of a more effective theory and technique which will be useful for guiding and counselling married couples in Nigeria with a view to enhancing marital satisfaction. It is also believed that an enhancement of marital satisfaction of the target population may increase readiness of married couples thereby making counselling enterprise uncomplicated and establish the success of counsellor at work.

1.8   Scope and Delimitation of the Study

The study focuses mainly on the effectiveness of marital conflict resolution skills training on marital conflict in Zaria Metropolis. However, the study is restricted to the following marital conflict resolution skillscompromising and accommodating. The study on the other hand, is limited to the accessible literate distresses couples ofZaria Metropolis, which their situation is expected after acquiring marital conflict resolution skills training to challenge the marital conflict. Literate person in the context of this study connotes the one who can read and write in Hausa and English language.   The study is based on the domain of guidance and counselling because counselling strategies like attending skills, listening skills, and self-disclosure skills were applied.

1.9   Operational Definition of Terms

The following terms are defined based on the way they are used in this study.

Conflict resolution is the process of solving disagreements in marriages through effective communication since most marriage conflicts result from poor listening skills, lack of affirmation, or clumsy expression of feelings.

Conflict resolutionSkills is the learned ability to resolve disagreements on issues

surrounding marriage.

Marital conflict refers to a series of events that have been poorly handled (due to stubbornness, pride, anger, hurt, and bitterness) so as to deeply damage the marriage relationship.

Marriage Duration refers to the length of marriage, in terms of years, that the couples have been in marriage.

Married couples refer to the husband (the male) and the wife (the female).

Zaria Metropolis refers to Zaria and environs covering Zaria Local Government Area and some part of Sabon Gari Local Government Area of Kaduna State.

CHAPTER TWO
REVIEW OF RELATED LITERATURE

2.1   Introduction

This chapter presents and discusses relevant and related literature on marriage, marital conflicts, and marital conflict resolution strategies and styles. The chapter begins with the conceptual analysis of marriage and family life, and then the concept of conflict and marital conflicts, marital conflicts resolution strategies, the role of third parties in marital conflict resolution and the review of empirical studies on marital conflict resolution.

2.2   The Concept of Marriage and Family Life

Marriage is as old as the history of man; the concept is seen by different scholars from different settings, culture and ideology. Although the concept of marriage is often resulted into family, there are differing views in the literature. For instance, Martison (1960) states that there could be a confusion in literature on the relationship which exists between marriage and family. According to him, the arrival of a child in a marriage makes the marriage and family two social systems operating under the same roof, and at the same time as a subsystem of marriage and marriage as a subsystem of family.

Generally, extant literature despite the contemporary world, agreed that marriage is a heterosexual union of consenting adults, while family is basically a social grouping that has people who are either consequently or conjugally related or both. In this regard, marriage is seen Baseden (1966) as a social institution in which a man and woman are bound to stay together as husband and wife under a recognized constitution. Beattie (1964) defined the term as something deeper and more concrete than a mere legal sexual union between a man and a woman. In this view, the children within the marriage circle are actually a part of the concept forming a subsystem within the marriage, hence the concept of family.

Saxton (1992) defined the concept as a legal term describing certain relationship concerning individuals in order to fulfil three different types of needs: material, sexual and psychological. In the words of Animasahun and Oladeni (2012) people consider love, sexual fidelity and ability to talk about feelings being very important in marriage. Oyedepo (1996) contends that the concept of marriage was instituted in the Garden of Eden by God. Making reference to the Holy Book (the Bible), she quotes from Genesis 2:8 as follows, "And Lord God planted a garden in the eastward of Eden and there He (God) puts a man and a woman He had formed".

Based on the Biblical injunction, the concept of marriage started from the origin of man; Roels (1989) posit that God arranges from the very beginning the institution of marriage. That is, one man and one woman are arranged to come together in faith and love. In the same vein, David (1982) sees marriage as a legal union between a physically mature man and a physically mature woman within a cultural setting and within the prescribed norms of such a society. In the words of Hornby (1981) marriage is a legal union of a man and a woman as husband and wife. Festy (1982) on the other hand views marriage as a cohabitation union of man and woman; that is, a social system, which operate under one roof. The concepts of marriage and family vary from culture to culture and society to society; however, to be a marriage such union should involves sex and procreation. Guillemo (1983) opines that marriage is a compromising union of man and woman which poses developmental life cycle tasks that require individuals to address issues of intimacy and reciprocity. One may share the idea of compromising. The married people have to compromise as they continue to reciprocate each other in the cohabitation.

Moreover, the concept of marriage and family attracts many experts from all fields in an effort to address marital issues. Undiyaundeye (2002) sees marriage as a statutory expectation

of a young man and woman who are supposed to pledge their love for each other to live as husband and wife under marriage ordinance. According to him, marriage is something deeper than the mere union of a man and a woman under the same roof. Nwoye, (1991) defined marriage as a sacred and a permanent contract which is assumed to be enacted when two people decide on their own accord, and in the presence of at least two witnesses to exchange the formal consent to live a life of vocation, of love, and sharing for the purpose of promoting their mutual growth and welfare as persons in their journey together through life. This definition identified permanence and sanctity in the institution of marriage. In the utopian world, the term "Marriage" hinges as reflected in the term, on love, "For better, for worse", a ritual type of phrase on the altar among the couples. None of the people involved envisages conflicts and dissatisfaction at the beginning. The words "permanent" and "love" lure the Christians, Muslims and cultural settings to guarantee the procreation and sustenance of family within the institution of marriage.

In a similar effort, marriage is perceived by Waite and Gallargher (2001) as a social institution under which a man and a woman establish their decision to live as husband and wife by legal commitment and or religious ceremonies. The ultimate factor that must be born in mind is that marriage institution is not accidental, but meant to achieve certain purposes. Amato and Deboer, (2001) Marriage is also a socially acknowledged and approved sexual union between two adult individuals. Therefore, it is a unique institution that affirms and supports a distinct sociology in human culture; bridging of the gender gap, facilitates the generation of life through the fusion of sexes; and promotes the birthright of children to know, to be connected to, and to be in stable relationship with their natural parents (Papeboes & Whitehead, 2001).

In the words of Ariyo (2005), marriage is a legal union between a man and a woman as

husband and wife, which further connotes matrimony, wedlock, alliance, association and union. Emanating from the definitions given above, certain purposes that constitute marriage are unveiled as follows: companionship; social integration of persons, approved sexual union; mutual commitment; mutual growth, bridging of the gender gap; and promoting the birthright of children.

It is worth noting that it is not all union between a man and a woman that constitute marriage. For instance, Moss and Gingles (1965) lament that the marriage of young people may not be strictly accepted as marriage; rather it could be co-habiting since certain rights and or ceremonies that legitimize marriage are absent. In other words, it is not all unions are marriages. According to them, marriages are not uncommon are often caused by pregnancy as young people get themselves involved in love relationships. Some marriages are therefore not properly constituted and may not be considered marriage in its strictest sense. Some marriages procreate while others do not; hence while some unions end up only as marriages, others become families (Sprey, 1972).

According to Thomas (2002), marriage is more than physical attraction, biological union and social integration. It involves total commitment, self-donation to one another, and taking responsibilities that lead to mutual well-being. Marriage celebration may differ from culture to culture and from religion to religion. However, most people enter into it with the right expectations, joy and happiness with the full sense of accomplishing the purpose for which marriage is established. This is corroborated by Esere (2002) that marriage is usually contracted amidst joy, happiness and merry-making for the couple, family members and friends.

Marriage, particularly in African is one of the most important occasions in one's life; the most exciting day in African context is the very day one marries. Marriage, therefore, is not a

private affair. It involves the families, the kith and kin of the intending couples, including the community at large. Onyejiaku (1987) points out that marriage is so exciting that the road cannot be all roses just as a coin has two phases. In the garden of love, as one adage describes the situation of the newly married couples, the other side of the coin is not envisaged.

However, Waite and Gallagher (2000) argued that a happy marriage is conducive to a long, healthy life; their study questioned why the joy of marriage could turn soar suddenly. One reason attributed to issues of happy marriage implies that, the experience by couple may be because they lack the ability to face the challenge and problems that arise and, or they are yet to understand factors that favour marital joy. Essentially, each marriage has its own unique challenges and problems, but the question is not whether they will arise but how to face them when they do (Powell, 2005).

Ariyo (2004) posit that when marital challenges occur, many marriages become disestablished; many marriages become disestablished when the couples are not able to manage challenges such as challenges of resolving their conflict, sexual fulfilment, good communication, mutual commitment, child bearing and rearing. Hence, the phenomenon of marital problem and challenges are worldwide, not limited to a particular region or people alone. For instance, the statistical records published by the National Centre for Health, Marriage and Divorce (2003), indicated that divorce rate in Canada, England and Wales Greece, the Netherlands and United States have been on increase since 1970. The records also showed that divorce around the world has nearly quadrupled since early 1960 in Britain.

Moreover, divorce affects about a third of marriage in Canada and Japan, couples getting married have not more than 50-50 chance of staying together in United States. In Africa, the records showed that divorce ends about two out of every five marriages in Zimbabwe, while the situation is worse in Nigeria where marital relationships are being broken on a daily basis.

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In view of this, spouses are expected to know and practice good interpersonal relationships (Akinade, 1997). Additionally, the principles that can help marriages grow include increasing marital happiness, understanding, love for each other and a sense of fulfilment; to become respectable models to other couples; to keep unwanted people out of the marital life and enjoying more interpersonal quality time together (Akinade, 1997).

In an effort to achieve happy and sustainable marital relationships, Denga (1982) suggested that there is much need for marital adjustments among the couples in order to maintain stability in marriage and family cycle. According to him, marriage is a game of discovery which continues till death does the spouses part or breakdown may come due to the inability of the partners to adjust to each other's way of living and prevailing circumstances beyond their control.

2.2.1   Religious and Traditional Concept of Marriage

The concept of Islamic marriage recognizes the value of legal unionism and discourages illegal sex and as such advocates marriage. The concept of marriage strongly discourages celibacy as may be the practice of other religions, and emphasized that any sound minded Muslim has to establish a conjugal family of procreation. In the light of this, the Qur'an, that is the Muslim guide of life, says when a Muslim marries, he has perfected half of his religion (Ano, 2000). One of the statutory requirements in Muslim marriage is that an individual must be sure of his ability to meet the responsibilities of marriage before taking a spouse. At the time of marriage the bride must be free from all marital bonds. A valid Islamic marriage involves consent and *Sadaq* (Dowry), a man is entitled to marry at least four wives provided he can take care of them equally (Sulaiman, 1999).

The Christian doctrine on marriage stipulates that in marriage only two are united and joined by bond of marriage. Christ taught more on this when referring to these words as being

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uttered by God "so they are no longer two but one" (Matt.19:6). He immediately confirms the stability of the bond which was proclaimed long ago in the scripture: "What therefore God has joined together, let no man put asunder" (Matt. 19:6). According to Lewis (1985), unity and indissolubility are considered the most essential properties of marriage and the natural aims of marriage become impossible when unity is destroyed in any marriage relation existing between couples.

Under the Christian concept of marriage, the person who gives himself or herself to another no longer belongs to himself or herself but the other. The marital bond of faithfulness is therefore, on the basis of its inner being, disposed to be definitive and exclusive. Unity then means an exclusive and total union between man and one woman. Gangwari (1999) explains that: Unity means the marriage is between one man and one woman. It means that the man or the woman cannot marry another person, as the marriage must be between a man and a woman and not a man marrying a man or woman marrying a woman. The contending refers thus: marriage is designed to be practised exclusively by one man and one woman. God intends monogamy to be the rule in marriage not polygamy or polyandry. Washikda (1996) holds that the unity of marriage, distantly recognised by our Lord, is made clear in the equal personal dignity, which must be accorded to a husband and wife in mutual and unreserved affections. Once the marital bond is lawfully and validly established, it is permanent and cannot be broken by any human authority (civil or ecclesial) except death. Absolutely, Canon 1141 of the new Code declares: "A marriage which is ratified and consummated cannot be dissolved by any human power or by any cause other than death. This law includes other Christians who are validly baptized when marriages contracted among themselves are ratified (unions). When a ratified marriage is subsequently consummated sexual intercourse performed in a human manner, the union becomes absolutely indissoluble.

On the other hand, in the traditional Christian concept of marriage, the second Vatican Council Fathers proclaimed that: "marriage and married love are by nature ordered to the procreation and education of children". Indeed, children are the supreme gift of marriage and greatly contribute to the good of the parents themselves. God himself said "it is not good that man should be alone (Gen. 2:18) and from the beginning he made them male and female" (Matt. 19:4). Wishing to associate them in a special way with his creative work he charged them, "Be fruitful and multiply" (Gen. 1:28).

Tagwana (1997) observes that heterosexual relationship within a marriage is a legitimate means through which couples express their love for each other. Nevertheless, it should at the same time be open to procreation which is the natural consequence of the union. Any sexual union devoid of the intention of procreation, reduce the gift of human sexuality to "mere sex", a commodity of consumption, pleasure and exploitation. It presupposes co-habitation and embraces companionship, love, affection, control, mutual help and sexual union. Pope John Paul II, says even when children are not born of a marriage, the bond of togetherness should be equally strong enough to uphold the marriage. In fact, physical sterility may be indicative of a vocation to serve mankind in other social necessities.

Moreover, the second Vatican Council teaches that marriage does not lose value without procreation, though very important but can still be achieved. A marriage can be said to be successful if personal relationship of the spouse grows to maturity and perfecting each other. Unlike the customary marriage, Christian marriage is a sacrament with distinctive characteristics. Once contracted, it cannot be dissolved till death.

2.2.2   Motives for Marriage

Love-sharing and the need for companionship are generally perceived to be the main motive for many people to marry. However, a good number of spouses enter the marriage contract

without proper aims. This is the view of Smalley and Scott (1979) who, in line with Burr (1973), noted that some people enter the marriage contract without rational and realistic expectations, which may be thwarted in due course, hence marriage instability. Thus, Burr (1973), Smalley and Scott (1979), and Obe (1997) contend that many men and women enter marriage contract with confused ideas and expectations and with a focus for themselves. Burr (1973) and Obe (1997) for instance, argue that when those misconceived expectations have been thwarted, marital conflicts, which may lead to marital breakdown, surface in such marriages.

Bagarozzi and Reuben (1968) argued that some couples are motivated by romantic and erotic notions and not critical examination of the proposed opposite sex they intend to marry. According to them, some boys and girls are triggered into marriage by the material wealth of either side and when these material things are not forthcoming, marriage problems crop up, which may lead to divorce. Some teenagers are motivated to marry by infatuation, which is not genuine love, and when this temporary love fades away, problems arise in the marriage. In line with the foregoing, Etta (2002) observes that marriages based on "cupboard love" are prone to dissolubility as against indissolubility in Cannon law.

According to Onyejiaku (1990) developmental stresses and storms push some teenagers into marriage without actual needs and real intention to marry. The urge of sex in men between the ages of 15-22, according to him, is very high. He concedes that sexual urge at this period is higher in boys than in girls, who exhibit their emotional feelings indirectly. Many broken homes today are a result of marriages based on from these types of motivation. In consonance with this, Mouris (2002) observes that marriage focus should not be on flesh but on genuine love for spouses as they come together.

Adolescent period is the period when the youngsters make many mistakes. Onyejiaku (1990)

opines, "sexual intercourse lure many males to marriages which they (males) are not really prepared for". His advice therefore is that marriage counselling should start not only in school but from home and that parent. Parents should guide and counsel their wards as regards the consequences of illegitimate and indiscriminate sexual intercourse, especially on the issue of HIV/AIDS. Mallum (1997) enumerated following as the primary motives for most marriages in Africa: Companionship, Procreation, Assistance, Social requirements/expectation, and Self-actualization.

2.3   The Concept of Conflict and Marital Conflict

In recent times, the family scene is increasingly becoming characterized by conflicts, which prompts the greater intervention of third parties such as counsellors. Conflict is often mentioning such words as war, fight, chaos, oppression, inequality, destruction, misunderstanding etc. Ezinyi (2001) observes that conflict is a part of life and should be expressed, not repressed. She goes further to say expression of conflict offers opportunity to learn and improve our relationships with others. To express conflict means to begin to resolve it.

In the context of marriages, Gloser (1957), cited in Betiang (2002) believes that conflict makes a society more vital and responsive to the population and its attendant problems. Disagreements occur amongst individuals and groups resulting in changes that create room for change. Robertson (1977) affirms that such changes arising from conflicts prevent society from stagnation and also the Prince (Machiavelli) who asserts that "violence is the only midwife for any society that is pregnant in change". For this conflict to be resolved, the opposing parties must show sufficient understanding and co-operation with each other and work together for a common goal Ugabi(2005). Anyaliwhu (1997) sees conflict as a base for stabilisation of friendship between people, especially in marriage and other interpersonal

associations. Contending with this, Ezinyi (2001) points out that the Chinese people see conflict as an "opportunity for change: if we go by this, it then presupposes that conflict on its own is neither negative nor positive.

However, what determine the way a conflict goes is our own personal attitude and our background information about the conflict that normally dictates the way we manage it. People with negative connotations of conflict, manage conflict in a destructive way and the resultant effect is all negative words like the issue of Middle East conflict. However, people with positive connotations of conflict, like the Chinese, manage conflict in a constructive way and the resultant effect is development, change, understanding, evolution, friendship, peace, love, progress, interaction, communication and so on, which could be synonymous with a marriage relationship.

Researchers have variously defined conflict but according to generic connotation, it means a situation that emerges whenever two or more persons seek to possess the same object, occupy the same space or the same exclusive position. Nwude (1995) sees conflict as a struggle between ideas, action or between individuals. Accord (1994) explains conflict as an interaction between two or more people who are competing over perceived or actual goals or values with the aim of beating an opponent or having joint solutions. In the same vein, Meyers (1999) claims that whenever various parties pursue their self-interest, ironically to their collective detriments, conflict arise. To him, conflict is perceived in a compatibility of actions or goals and people in conflict, whether their perceptions are accurate or not, sense that one's side gains is the other's loss.

The cause of conflict is divergent about an issue of interest and the purpose for this conflict is always for a change of attitude, either positive or negative, depending on the standards the people concerned desire. In this work, conflict in the marriage and family context should be

taken to refer to dissension between marital partners over values, beliefs, norms and behaviours, which make up the structure of the nuclear unit. This conflict may centre on any or all-conceivable areas of marked interaction; such as economic activities (both production and consumption of income) child rearing, decision making, performance of household tasks, sex relation, in-laws and others. The resultant effects of all these in the family as they interact or cohabit could cause role conflict.

2.3.1 Types of Marital Conflicts

Misunderstanding is usually a generic source of conflict, and when ignored by couples, it could expand to the level where it develops into a conflict and finally a big problem unable to contain by them. Ogwuche (2001) posits that conflict in marriage is contagious and could stem from societal unrest. When couples are not psychologically balanced, their emotional outlook would also be affected, thus different types of marital conflicts emanate, Shertzer and Stone (1976) recognize two types of conflicts existing in marriage relationship as husband and wife interact. These are intra personal conflict and interpersonal conflict.

a)   *Intrapersonal Conflict*

Intrapersonal conflict is a type of conflict within the couples, which arises out of inability to make a satisfactory decision. Otuji (2000), in a marriage sermon, noted that some men, due to their false association with their wives, find it difficult to take a firm decision in the house for fear of the unknown. Such a man, he noted, has already built a false association with his wife and finds it difficult to say the hard truth, which would offend the wife when it is never his intention to do so. In the same vein, Obe (1999) observes that, even though it is good for spouses to respect each other's view, it is still important to avoid any false relationship because at the end of the day, the truth must be told and if the couples have not interacted

transparently, conflict may arise.

b)   *Interpersonal Conflict*

Interpersonal conflict on the other hand is a conflict between or among people who have opposing views or orientations. Atsu (2002) explains that interpersonal conflict is that conflict generated either by the relations, friends and associates of spouses as they cohabit as a family or friends. Since conflicts could have a positive connotation, it is important to aspire to have a change in attitude, especially when conflicts arise. Ogunsayan (2001) observes that children, mother in-laws, father-in-laws or extended family relations, could generate conflicts and the most deadly could be conflicts from either friends of the husband or wife. Here, a friend of either of the spouses can blackmail one to another, and it can generate conflict. It could be to tell the male spouse that his wife was seen in another man's bed or her husband has housed another girl. Such a thing can generate conflict. One can say that even if the conflicts are generated from people one associates freely with, the watch word should be that conflicts are part of life and should be handled maturely for a positive change as spouses live in the same home.

2.3.2   Causes of Marital Conflicts

According to Undiyaundeye (2000), Ogbuche (2001) and Ogunsayan (2001) if individuals, groups, nationalities or nations perceived themselves to be getting less than they deserve and complain about it to no avail, then it will result into conflict. When change is initiated suddenly without broad consultations with those who would be affected by the change, conflict occurs. In marriage, because of our different cultural peculiarities, problems that result from marital breakdown are multidimensional in our society today, the exigencies of these factors either combine to or singly rock marriage (Undiyaundeye, 2000). It is extremely

difficult to understand the character of an individual because of human complex behaviour patterns. If interaction in the family with one of its members leads to conflict, it is a symptom of a sick system. If the symptom is allowed to persist, it may not only cause misery to the individuals but also to the rest of the members in that family. Several factors are responsible for marital conflicts. Ezinyi (2001) documented the following factors:

a) *Cultural and Ethnic Norms:* this influence how roles are carried out within a given family system: A marriage can stand firmly or become very loose and consequently disintegrate as a result of the quality of the relationship that exist between the wife and her husband's relatives and vice versa.

b) *Poor Level of Exposure of Spouses:* The academic and social exposure of couples can make or mar a marriage. When couples are not well exposed or enlightened enough, they are prone to conflicts, misunderstanding or misrepresentation of issues concerning their married life (lheagwam, 2001). There could be external influence and lack of firm decision taking ability, which could create communication gap. This may arise due to lack of objectivity in handling faulty issues in their interaction without bearing in mind that, failure of their marriage is an indictment on themselves. But the reverse is the case where conflicts are treated with all amount of rationality in approach.

c) *Communication Gap:* the poor level of interaction between spouses makes it almost impossible for them to express their views freely. The fear of the unknown could envelop the marriage, leading to marital problems resulting from suspicion of the spouse. Turner (1970) is of the opinion that communication in marital relationship regulates the extent to which each person's interaction can yield his or her own objectives for the sake of another.

d) Influence of Wrong Models: Association with wrong models accounts for some problems in marriage. Where couples associate with people who teach them wrong approach towards marriage relationship, the marriage itself would suffer some cracks, which may act as faulty models for them. This has been affirmed by Satir (1967), where fears were expressed that wrong modelling could lead to crises and confusion in marriage.

e) Infidelity: Inability of either of the couples to maintain the oath of marriage could result in ill feelings, thereby causing friction in a marriage. Here, either the wife or husband maintains company outside the matrimonial home resulting in heartbreak of either of them. For this Zayyan (1995) is of the opinion that "marriage is ideal for those adults who are psychologically, morally, mentally, economically, socially and anatomically mature to execute the duties and obligations of a married life". Moral justification is required for an upright status in a marital relationship.

f) Infertility: One of the rationales for marriage, as posited by Mallum (1996), is procreation. Once a marriage is contracted, the expectation by parents, friends and even the couples themselves is baby-making. If this is delayed due to some natural interference, these relations begin to murmur and thus mount pressure on the couples and the resultant effect could be conflict.

g) Breach of Trust: The Holy Bible book of, Amos 3:3 says, "How can two walk together, except they be agreed". This means that agreement is a very vital river to cross in a marriage. A partner's use of important information about the other partner against him/her in a quarrel or other, issues could hurt the emotion of the other which could lead to a serious betrayal of trust.

h) Early Marriage: When couples get involved in marriage early in life, there is bound to be

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that carry-over of youthful exuberance to marital issues. Consistent exhibition of intolerance and lack of compromising attitudes could occur leading to marriage fracas. Nwobi (1997) suggests that conflict would be reduced if couples thoughtfully and honestly work out their philosophy of marriage before it is consummated taking into account those things they expect in the marriage and see how they can reach an equilibrium with those inevitable areas they may necessarily come across.

i) Sexual Deprivation: The inability of the couples to meet their conjugal rights could cause a long lasting frigidity on their relationship, hence partners are legally bound to satisfy each other sexually. Atsu (1997) posits that couples are expected to express their emotional desire freely to avoid cheating on each other. Couples' emotional satisfaction breeds a healthy and happy family interaction.

j) Conflict in Marital Roles: Many couples find it difficult to adjust materially, socially and psychologically to some structural changes, which leaves one partner in an unfavourable situation. Some attempts by a husband to shun his economic responsibility deliberately leave the entire domestic problems to the woman. When it is obvious that the woman now takes care of the welfare of the home, it would be tasking, debilitating and unassuming. This position may lead to disagreement and frustration giving way to marital conflict. Bello (1998) observes that in Islamic faith, it is the duty of the man to provide for the woman all her needs even if she is a working class. But one would want to suggest that it should be out of the woman's volition to assist in some way especially when she is working to reduce the man's stress and also to sustain his life span.

k) Finance: Spouses should know any source of income, as suspicion may crop up. Bank

accounts, and in whose name, can generate conflicts. Sources of expenditure whether extravagant or splendid should be made known for benefit of the doubt; High desire for new things if the resources are meagre can become an issue, (Obe, 1997; Undiyaundeye,2002). Among the educated elite, finance is one of the acute sources of conflicts and even breakdown and divorce. A man may be generous, whereas the woman is stingy or vice versa. Hence the control of finance in the family can cause marital instability.

l) ReligiousDifferences: When couples, especially the women, are almost too old to stay with parents, they pretentiously accept the religious faith of their husbands to do the rituals of marriage to fulfil all righteousness. But once they find their feet, they go back to their roots. Utsu (1999) aptly opines that some women take marriage to be a fulfilment of social registration, which when not handled properly, could cause conflicts, and subsequently, divorce, hence their husbands have become devil incarnates. How can one live with a devil incarnate when she is a saint or an angel.

In-laws and external influence exert a lot of influence whether negatively or positively on marriage. Sarki (1986) concedes that if the in-laws show some authoritative influence on the marriage, the family of either of the couples may not take it kindly thus causing marriage breakdown. The gossips, criticisms and blames from the in or other external factors lead to frictions between the couples. Experience has shown that external influences are much on marriage. In addition, failure of either spouse to execute his or her own roles in the family, more often than not, brings tumult in the marriage circle today, hence the marital breakdown (Obe, 2000).

2.4 Marital Conflict Resolution Strategies

Marital satisfaction and other similar constructs (e.g., marital adjustment, marital Quality and marital happiness) are studied widely by family researchers. However, there is no consensus regarding their definition and measurement. Some scholars have argued that these constructs are not synonymous (e.g., Heyman, Sayers, & Bellack, 1994; Lenthall, 1977). Others contend that since these constructs have been found to be highly correlated, they may form one factor, as such there is no need to draw a distinction between satisfaction and adjustment. This is because there is lack of evidence to support distinguishing the two constructs.

In this study, the term marital satisfaction, meaning the partners' subjective evaluation of the marriage relationship, is used (Hendrick, 1998) in reference to the concept of marital quality or marital adjustment. Several studies have sought to determine the predictors of marital satisfaction (e.g., Aida & Falbo, 1991; Fenell, 1993; Ptacek & Dodge, 1995). Routinely, studies of marital satisfaction and marital adjustment do not distinguish between the two. They assume that satisfied couples are well adjusted. White and Hatcher (1984) found evidence of a positive relationship between marital adjustment and similarity in the partners' perceived needs for affiliation, autonomy, and nurturance.

Couples who have similar ways of coping with problems and who recognize this similarity are more likely to report higher relationship satisfaction (Ptacek & Dodge, 1995). Aida and Falbo (1991) found that couples who see themselves as equal partners used fewer power strategies to get their way, suggesting a more equal balance of resources. Couples who perceive their relationships as egalitarian are more likely to report high relationship satisfaction.

When marital functioning is adaptive, the well-being of both husband and wife is enhanced. Thus, marital satisfaction increases. Each feels valued and loved in the presence of the other. This provides an environment for growth. Such a supportive environment serves as a refuge in the midst of a world that can be indifferent or threatening. It inoculates partners from emotional stress and from physical and emotional disorders (Hafner, 1986).

On the other hand, when the quality of a marriage begins to deteriorate, this supportive function is destroyed. Each spouse is confronted with a partner, who is critical, derogatory, and rejecting. As partners experience threat in their interactions with one another, each begins to engage in self-protective behaviour that serves only to create greater defensiveness in the other partner. Rather than protecting the spouse from stress, the deteriorating marriage becomes a primary source of stress and conflict.

Conflict is inevitable in any marriage. In the contemporary family, there is a great need to negotiate the changing roles of husbands and wives. For example, discussions about who makes the decisions and how they should be made create a great potential for marital conflict. Marital conflict in itself is not necessarily bad. In fact, less emphasis should be placed on the number of conflicts experienced by a couple than on how they are managed and resolved. More specifically, Gottman and Levenson (1988) suggest that the manner in which a couple handles negative effect in a conflict determines whether the marriage succeeds or fails. The couple's skill in conflict resolution and the subsequent impact that such resolution has on each partner hold the key to whether the marriage continues to function in a constructive way or becomes a destructive or malfunctioning system. The ability of couples to resolve conflicts between them is a major predictor of marital satisfaction.

Conflict resolution styles are "patterned responses or clusters of behavior that people use in conflict (Hocker & Wilmott, 1995, p. 155). More research has been done on conflict styles than on any other aspect of conflict resolution. Most of these studies are done in organizational settings rather than on marital relationships. Rubin, Pmitt, and Kim (1994) propose the dual concern model of conflict resolution based on the degree of concern for one's own aspirations and the concern for the partner's aspirations. The dual concern model has its origins in Blake and Mouton's (1964) managerial grid, and has been adapted to the analysis of conflict by various authors (e.g., Filley, 1975; Rahim & Bonoma, 1979; Thomas, 1976). Hocker and Wilmott (1995) stated that conflict arises when one or both partners perceive their aspirations or goals as incompatible. Such perceived incompatibility depends on the extent to which the available options seem incapable of satisfying the aspirations of either partner.

According to Rubin , (1994) conflict style can be determined from the dual concern model by plotting a grid with concern about one's own outcomes on a horizontal axis and concern about another's outcomes on a vertical axis. Both these axes are graded on a continuum ranging from indifference (at the zero point of the coordinates) to high concern. From this grid, Rubin (1994) describe four conflict resolution styles: avoiding, dominating/disregarding, obliging/yielding, and integrating/problem solving.

2.4.1 Avoiding Strategy

Avoiding is a way of dealing with conflict in which partners try not to overtly recognize its existence or to acknowledge their respective role in the conflict. Avoiding is a style characterized by such behaviours as denial of a conflict, equivocation, being noncommittal, and using jokes as a way not to deal with the conflict at hand. The avoiding partner may

sidestep the issue by changing the topic or simply withdrawing from dealing with the issue. Avoiding a conflict gives the impression that a partner does not care about the relationship. It allows conflict to simmer and heat up unnecessarily. The avoiders usually suppress conflicts until they explode.

2.4.2 Yielding or Obliging Strategy

Yielding or obliging during a clash of incompatible needs involves disregarding one's own needs and acceding to the partner's desires. It is non-assertive of one's own needs. Spouses who consistently yield during such interaction are often avoiding conflict. This is often motivated by the desire to please one's partner, to avoid the partner's anger, and to maintain a harmonious relationship. This pattern can result in a pseudo solution, especially if the yielding is resented. Spouses whose conflict resolution style is to yield will ultimately experience increased psychological distance from each other. Their marriage will become stagnant, boring, and lonely.

2.4.3 Dominating Strategy

Dominating refers to a partner's effort to resolve the problem of differing spousal needs based on one's own terms without regard for the spouse. This competitive style is characterized by behaviors such as aggression, coercion, manipulation, intimidation, and arguing. Another aspect of the dominating style is disregarding. Disregarding refers to passive acts of neglect in which one partner fails to consider the needs of the other partner. When both partners have contentious styles of conflict resolution, their interactions often escalate in increasingly derogatory accusations, defensiveness, and counteraccusations that result in increased inner distress and autonomic arousal in both spouses (Gottman, 1990). Rands, Levinger, and Mellinger (1981) report that a disregarding style is related to unhappiness in marriage.

Replicated observational studies by Levenson and Gottman (1985) have found repeatedly that in dissatisfied couples there is more negative affect (such as, anger, contempt, sadness, fear, or disgust) and more reciprocity of negative effect.

Researchers report that high levels of physiological arousal occurring before and during marital conflict resolution are highly predictive of decline in marital satisfaction over a three-year period. They postulate that high physiological arousal may also be associated with cognitive processes that are detrimental to marital conflict resolution. Cognitive processes that are detrimental to successful conflict resolution include the inability to problem solve, and the inability to think and plan creatively.

2.4.4   Integrating Strategy

The integrating or problem-solving style describes the approach to conflict resolution in which there is mutual concern for one another in the marriage. This style emphasizes the importance of both the marital relationship and partners' goals. It is also known as a collaborative style. When there is mutual concern, partners are able to engage one another, to express and to show concern for each other's needs. Awareness of the needs of self and the other and willingness to attempt to reconcile differences offer the best chance of resolving conflict. When mutual concern is present, partners will sense that their needs have been considered during the marital interaction and will be more likely to be able to live with any unresolved differences. Sillars and Scott (1983) report that the problem solving style results in better decisions and greater marital satisfaction.

In earlier versions of the dual concern model (Blake & Mouton, 1964; Rahim, 1983; Thomas, 1976), there is a centrally located "compromising style" in the conflict resolution grid. This

involves both partners making concessions in working toward an agreement. Partners give up some important goals in order to gain others. Van de Vliert and Prein (1989) found that the compromising style might be better placed between integrating and obliging, and further away from avoiding and dominating in the conflict resolution grid. Pmitt and Carnevale (1993) suggest that the compromising style results from high concern about the partner's outcomes combined with a moderate concern about one's own outcomes.

2.5   Gender and Marital Conflict

In an analysis of family violence, Meichenbaum (2008) documents that spouse abuse or marital violence is frequently cited as grounds for divorce. According to him, marital conflict is often involved violence which could take a form of physical abuse, such as kicking, punching, hitting with a closed fist, hitting with an object, threatening with a weapon and/or the use of a knife or a gun. In this context, conflict or violence does not include psychological abuse, although it often accompanies physical abuse. Such psychological abuse is a better predictor of depression in the victimized spouse, than is physical abuse. Dutton (1992) characterized as a state of siege in which discrete battering episodes occur as intermittent events within a cycle of violence.

Marital violence among couples according to Johnson (1995) is of two kinds; firstly, a common couple violence which reflects conflict between partners that are poorly managed and occasionally escalate to minor violence and tends to be mutual and are of low frequency and less likely to persist. In this instance, both distressed partners engage in mild to moderate physical aggression. This form of violence is less likely to endanger the female, nor cause her on going fear. Secondly, a severe physical aggression or Patriarchal terrorism which is much more frequent, persistent and almost exclusively perpetrated by men who have been court-

ordered to violence treatment programs. Such male violence often reflects efforts to exert control and dominance. Women, who use low level aggression with their spouse, may do so as a form of self-defence.

Meichenbaum (2008) revealed that almost one-half of the violent episodes reported in intimate relationships involved men and women being mutually aggressive. Additionally, a substantial amount of violence in intimate relationships is initiated by women rather than by men. Although women do use aggression in rates comparable to males when a range of mild to moderate aggressive acts are considered, research indicates that women are more severely victimized than men and women are more likely to sustain injuries requiring medical attention (Capaldi, 2004). On the other hand, a meta-analysis of sex differences in injuries found almost equal injury rates for both sexes, whereas older age groups had higher rates of injuries in women. Women are 6 times more likely than men, to throw objects, destroy possessions, and make threatening gestures (Meichenbaum, 2008).

However, a World Health Organization and United Nations' Report (2006) indicates that violence against women is "severe, pervasive and worldwide. According to the report, at least one in three women is subjected to intimate partner violence in the course of her lifetime. Women subjected to violence are more likely to abuse alcohol and drugs and report sexual dysfunction, suicide attempts, Post Traumatic Stress Disorder, and central nervous system disorders. Partner abuse is also associated with increased levels of depression, anxiety and eating and personality disorders. The report also revealed that one out of 6 Americans households experiences some violence between husbands and wives every year. In other words, severe violence is a chronic feature of almost 13% of all marriages in the U.S. and 1.6 million women are severely assaulted by their partners. Men report a lifetime incidence of being a victim of domestic violence of 7.5%.

According to the report, a woman in U. S. is battered by her partner every 15 seconds; while in general men's physical aggression leads to more injuries than aggression by women. Between 25% and 30% of married women in the U.S. have experienced some form of spouse abuse at some point in their marriage. Of some 50 million married persons in the U.S., some 15 million have experienced violence in their marriage. Thirteen percent or 5 million American wives have been chronically and severely abused by husbands (1 in 6 wives or 16% have violence as part of their relationship). One and one half percent experience a severe violent act such as "beating up" within a given year.

Consequently, women who experience partner abuse are at increased risk of injury, death and a range of physical, emotional and social problems, partner abuse is associated with such problems as depression, suicidality, anxiety, PTSD, eating disorders, substance abuse and personality disorders (Meichenbaum, 2008). He further lament that aggression in intimate relationships typically occurs in the context of an argument between partners. Most problematic areas include finances, household management, and personal disagreements over child rearing and sexual relations. These arguments may lead to throwing, pushing and shoving. The most frequent problems involve issues of commitment, communications and sexuality.

Therefore, marital conflict increases the likelihood of different conflicts which will results into different degrees of injuries to either of the couples or both of them.

2.6 Level of Education and Marital Conflict

The search of factors that can affect marital satisfaction necessitated the use of different attributes of the spouse and conditions, which are psychologically relevant in marital life.

Therefore, the trends in the rates of marriage dissolution as a result of marital conflict globally have been a frequent topic of public discussion.

However, researchers such as Rootalu (2010) study the impact of education on divorce risk in Estonia. The study indicates that people with higher educational levels have lower divorce risks; and the protective effect of education is stronger for men than for women. Hence, there is no general agreement among researchers on the impact of education on the risk of divorce.

Becker (1977) state that the economic theory of the family predicts that the educational level of the wife should increase the risk of divorce, that is better education gives women more economic opportunities outside the marriage and therefore makes the decision to leave the union easier. Rootalu (2010) opine that an important aspect of education is the potential to earn more in occupations that require higher education. This implies that people with higher education have more resources to handle divorce costs and therefore decide to divorce more easily, thus level of education increases marital conflicts.

On the other hand, researchers have argued that higher education may lower the marital conflict, divorce risk. Ono (1998) and Jalovaara (2003) explain that the higher education of partners could mean that as they earn more, the family experiences less economic problems and this factor also should lower the divorce risk. But the high income of the wife may also increase the divorce risk, especially when the income of the wife is higher than the income of the husband (Jalovaara 2003). On the other hand, Amato (1996) and Faust and McKibben (1999) stated that partners with higher educational levels could have better communication skills and therefore be able to solve conflicts in the family more easily. Another argument for the higher divorce risk of persons with higher education is that they hold more liberal values

concerning divorce and accordingly may more easily decide to end an unsatisfactory union (Levinger 1979).

2.7 Marital Conflict Resolution Training Skills Program

According to Rogge, Cobb, Lawrence, Johnson and Bradbury (2013) efforts to prevent relationship distress assume that teaching couples how to communicate effectively enables them to have more fulfilling and durable unions. In light with this assertion, marital conflict resolution training could also be expected to help reduce marital conflict among couples. To achieve this, studies many empirical studies are conducted testing the effect of marital conflict intervention in conflict resolution among couples. According to Johnson *et al.*, (2005) most tests of this nature focus specifically on how couples manage disagreements, and studies of newlywed couples support the contention that displays of critical and hostile behaviors during problem-solving conversations hasten the rate of relationship deterioration while constructive communication offsets these effects. There are program on marital conflict resolution skills training in the literature.

2.7.1 Prevention and Relationship Enhancement Program (PREP)

A common skill training program is the Prevention and Relationship Enhancement Program (PREP); Markman, Stanley, and Blumberg, (1994) emphasize on this model. This program provides couples with training in communication and problem-solving skills, as well as relationship expectations, friendship and commitment. Some example of studies that used this model include Hahlweg (1998) and Markman (1994); follow-up assessments suggest that couples participating in this program are more satisfied than couples who receive no intervention, although couples' self-selection into and out of the intervention may exaggerate these differences (Halford, Markman, & Stanley, 2008).

Prevention and Relationship Enhancement Program (PREP). PREP is a psychoeducational program designed to strengthen relationships by teaching couples communication skills (Rogge et al., 2013). According to them, PREP includes lectures on a range of topics (e.g., problem-solving, time outs, commitment, and sensuality). Couples completed numerous exercises designed to practice the PREP skills. Central to PREP is the Speaker-Listener technique, which slows the pace of communication by ensuring that one spouse's point of view is accurately reflected before moving on to discuss the partner's point of view; in many of the exercises couples discussed various topics while using the speaker-listener technique.

2.7.2   Compassionate and Accepting Relationships through Empathy (CARE)

Compassionate and Accepting Relationships through Empathy (CARE) is aim to strengthen relationships by teaching couples supportive and empathic skills. Based on Integrative Behavioural Couples Therapy (IBCT) (Jacobson & Christensen, 1996); CARE includes lectures covering a core set of acceptance-based skills. As with PREP, the lectures were interspersed with exercises designed to help couples practice new skills or to explore topics in their relationship. CARE emphasizes skills designed to enhance empathy, compassion, and acceptance. Building on strategies in IBCT, couples were encouraged to use the language of acceptance (e.g., focusing on understanding one's partner, making soft rather than hard disclosures) when discussing relationship problems, individual problems, and relationship transgressions (Rogge et al., 2013). Couples also learned basic reframing skills and skills to help them empathically join to tackle problematic patterns of dyadic behaviour.

2.7.3   Relationship Awareness (RA)

Relationship Awareness (RA) is aim to heighten couples' awareness of their relationship and

the importance of regular relationship maintenance (Rogge et al., 2013). They added that, rather than teach couples new skills, RA drew partners' attention to current behaviour in their relationship and encouraged them to decide for themselves if their behaviour was constructive or destructive. For instance, during a physical contact session, couples should be informed about the importance of relationship awareness and maintenance, and they would be introduced to the idea that regular every day events-particularly those captured in commercial films-could be used as prompts to accomplish these goals.

This approach involves couples watching movies. For example, Donen, (1967) advanced that a couple revisits earlier scenes from their marriage and recounts the joys and difficulties they experienced. In separate rooms, couples then followed instructions for 50-60 minute semi-structured discussions in which they addressed the themes of this film (including conflict, support, stress, and forgiveness) and how they could reflect on these themes in their own relationship. Under this model, Coaches intervened minimally in the discussions and primarily focused couples on the task, encouraged partners to engage the questions thoughtfully, and answered any questions. Moreover, the models make use of questionnaires for couples to complete and return for each movie they watched.

2.8   Theoretical Framework

There are different theoretical views about the conflict in human relationships and particularly with respect to marriage contracts. From one perspective, Baumrind, (1973) and Maccoby, (1992) stated that the ability to resolve conflicts, dialogue disputes, and manage interpersonal disagreements is among the central skills a child must acquire as he or she enters the social world. Their view is underpinned by the theories of socialization; the socialization theories propose that social competencies in general and the management of

conflicts in particular are learned at home through mechanisms of participation and observation-participating in social exchanges within the family and observing the dialogue between parents (Asher & Gottman, 1981; Schneider, Attilit, Nadel, & Weissberg, 1989; Darling & Steinberg, 1993). Such perspectives concur with ecological and family systems' models, which point to the bidirectional influences between the parent–child, spousal, and co-parental relationships and between the resolution of conflicts in these relationships and the child's ability to handle conflicts outside the family context (Bronfenbrenner, 1979; Minuchin, 1985).

Consistent with the theory of socialization, studies have demonstrated the negative effects of marital hostility, inept parental discipline, and co-parental undermining behaviour on children's maladjustment, aggression, and behaviour problems (Cummings & Davies, 1994; Katz & Gottman, 1996; Owen & Cox, 1997; Feinberg, 2002). On the contrary, few studies describe parent-child conflict in the toddler years, a period when children begin to engage in conflicted encounters with their parents, and that examine their links with conflict-related behaviours the child observes (like marital conflict) or participates in conflict with peers. Specific theory of marriage and marital conflict are therefore analyzed.

2.8.1 Erikson's Theory of Psychosocial Marriage Counselling

The dynamic nature of marriage and marital conflict could be analyzed from different theoretical perspective; a vital theory in this direction is the Ericson's theory of psychosocial development. Erik Erikson, often described as a neo-Freudian (Stevens, 1983), developed one of the most widely known and substantial theoretical models of identity development (Ashmore & Jussim, 1997). Erikson in his seminal work stated that his work originated in the practice of psychoanalysis. However, Erikson extended Freud's model of psychosexual

development to encompass psychosocial development across the lifespan. He also placed increased emphasis on the role and function of the ego, which he described as a concept denoting man's capacity to unify his experience and his action in an adaptive manner (Erikson, 1950).

Erikson contended that identity development involved the integration of childhood identifications, present physiological and social changes, and future commitments (Erikson, 1950). Erikson's developmental model posits that psychosocial growth and psychosexual growths are intertwined (Corey, 2001). Erikson described eight stages through which individuals develop over the course of the life cycle, each stage characterized by a dialectical crisis which must be resolved. The term crisis was used by Erikson in a developmental sense "to connote not a threat of catastrophe, but a turning point, a crucial period of increased vulnerability and heightened potential…" (Erikson, 1950, p. 96).

A concept fundamental to Erikson's model of psychosocial development is the epigenetic principle (Campbell, 1996). Erikson (1950) expounded on this principle by noting that "anything that grows has a ground plan, and that out of this ground plan the parts arise, each part having its time of special ascendancy, until all parts have arisen to form a functioning whole" (p. 92).

This principle is foundational to developmental progression through the sequence of Erikson's eight psychosocial crises beginning with Trust vs. Mistrust and ending with Integrity vs. Despair. Erikson (1980) maintained that, for normal development to occur, the first in each opposing pair must achieve prominence over the second, although the second of each pair never completely loses influence. Furthermore, each part exists in some form prior

to the phase-specific crisis which denotes each part. Erikson (1980) stated that "it is at the end of adolescence, then, that identity becomes phase-specific, i.e., must find acertain integration as a relatively conflict-free psychosocial arrangement-or remain defective or conflict-laden" (p. 130). These developmental crisis are, Basic Trust vs. Mistrust (Ages 0 to 18 months); Autonomy vs. Shame and Doubt (Ages 18 months to 3 years); Initiative vs. Guilt (Ages 3 to 5 years); Industry vs. Inferiority (Ages 5 to 12 years); Identity vs. Identity Diffusion (Ages 12 to 18 years); Intimacy vs. Isolation (Ages 18 to 35 years); Generativity vs. Stagnation (Ages 35 to 65); Integrity vs. Despair (Ages 65 to death).

However, the presumption is that, a thorough understanding of these developmental stages provides the counsellor with the necessary skills and understanding of the nature of marital conflict and how to approach them. For instance, Erikson described the sixth developmental crisis as "intimacy vs. isolation"; in this stage, the young adult who has successfully emerged from the fifth psychosocial crisis with a sense of identity is now ready for intimacy (Erikson, 1950). Erikson (1950) described intimacy as "the capacity to commit…to concrete affiliations and partnerships and to develop the ethical strength to abide by such commitments, even though they may call for significant sacrifices and compromises" (p. 263). Erikson termed the counterpoint to intimacy "distantiation" (p. 264), which describes "the readiness to isolate and… destroy those forces and people whose essence seems dangerous to one's own" (Erikson, 1950, p. 264). In describing this stage, Erikson quoted Freud's response to the question regarding what a normal adult should be able to do, to which Freud reportedly answered, "Lieben und arbeiten," or "to love and to work" (Erikson, 1968, p. 136).

2.8.2 Theory of Family System Therapy

Family systems therapy represents a relatively new approach to addressing client problems.

Family therapists believe the identified patient's symptoms are maintained by the family's maladaptive patterns (Szapocznik & Kurtines, 1989). According to this theory, psychological problems are the result of the family's inability to acknowledge, discuss, and adjust previously functional interdependent behaviors to new circumstances (Allen, 1988). For example, families have rules about how members should act in different settings and under different circumstances. Rules identify behaviors that are allowable and not allowable, as well as what the consequences are for disobeying the rules. Rules may be spoken or unspoken, and families develop many rules of both types (Richardson, 1987).

Family systems therapy proposes that a family is more than the sum total of its members. While each family member develops a separate personality, this does not occur in a vacuum, but in relation to the personalities of the other family members. Everything that happens to one family member has an effect on all other family members. Whether events are good or bad, the resulting change creates an imbalance that prompts other family members to engage in efforts to restore equilibrium (Richardson, 1987). However, the repetitive and predictable patterns of family interactions suggest that changing the behavior of one member will disrupt the system, a fundamental systemic concept known as complementarity.

Although individuals only have control over their part in interactions, all relationships have a reciprocal character, and a change in input can upset the balance of interactions, resulting in new ways of interacting (McGoldrick & Carter, 2001). However, clients often believe they have no options for dealing with problems and see themselves as powerless victims of circumstance, demonstrating limited understanding of their role in the system. Systemic therapists promote change by helping clients create new connections between existing patterns of interaction (Jenkins & Asen, 1992).

Assisting clients to identify options for change, exploring their perceptions of others' assessment of them, and recognizing the larger systemic context of problems can lead to the establishment of new understandings and thinking patterns that will impact clients' interactions across systems (Lloyd, 2010). Clients are encouraged to go beyond merely exploring problems in therapy sessions by actively addressing problems within actual systemic contexts between sessions. This can include person-to-person encounters, as well as clients paying attention to the fluctuation in symptoms in relation to various circumstances and people (Jenkins & Asen, 1992).

The overarching goal of this therapy is to assist clients in constructing solutions to the problems they bring to therapy. In the service of this goal, the primary task of the therapist is to help clients envision desired outcomes and how the outcomes will be achieved; problem exploration, diagnosing, and history taking are generally avoided (Corey, 2005). As the name indicates, family system therapy approach focuses on solutions rather than problems, a foundational concept that profoundly impacts the manner in which therapeutic work proceeds. In place of pointing out to clients their shortcomings and blaming clients for the problems they bring to therapy, solution-focused therapists engage clients in a search for examples of client competence, or instances when the presenting problem was either absent or less severe (Berg, 1994). Berg and Miller (1992) summed up the central philosophy of solution-focused therapy as follows: "If it ain't broke, DON'T FIX IT! Once you know what works, DO MORE OF IT! If it doesn't work then don't do it again. DO SOMETHING DIFFERENT!" (Lloyd, 2010).

In contrast to traditional problem-solving strategies, client beliefs about the origins of

problems are not explored, and little time is spent exploring the nature of client problems. Instead, the therapist uses information from the client's "problem talk" to steer the conversation toward goal development (De Jong & Berg, 2002). Intentional compliments are given, along with suggestions about how clients can work toward problem resolution. This feedback acknowledges what the clients are already doing through an emphasis on what they can do to increase the likelihood of success. The predominant technique employed to assist clients in finding solutions is the use of questioning (Lloyd, 2010).

2.8.3 Conflict Resolution Theory

However, conflict resolution theory emerged as an early product of the psychotherapy integration movement by Heitler (1987); initially the conflict resolution theory and techniques are used by practicing clinicians, and later applied in academic researches (Heitler, 2001). The theory focuses on conflict resolution treatment and rests it on a familiar premise, the theory maintain that conflicts lie at the core of emotional distress; effective conflict resolution brings resumption of emotional well-being. Conflict may occur within a person (intra-psychic conflict), between people, or between a person and situational factors.

Heitler, (1990 &2001) argued that conflict-focused theory is based on observations about information flow and conflict resolution in healthy problem-solving dialogue. This knowledge base has come from a synthesis of the marital therapy literature, the mediation literature developed in the fields of law, business, and international relations, and clinical experience involving working with individuals, couples, and families. He further explained that conflict resolution theory offers an information flow model for understanding emotional health, distress, and treatment. How people handle their conflicts, that is, their patterns of information flow in negotiating personal decisions, differences with others, and life

challenges, defines their level of personal maturity. Healthy conflict resolution with open and smooth information flow sustains personal well-being and nourishes goodwill in relationships. Poorly handled conflicts in which information is denigrated, sup pressed, or otherwise not allowed to flow smoothly result in the negative emotions, self-defeating behaviors, and relationship difficulties we call psychopathology (Heitler, 2001).

Conflict resolution theory posits that four detours from the pathway of healthy conflict resolution lead to the four primary types of psychopathology (Heitler, 1990). A fight route leads to anger syndromes; a flight route yields the avoidance psychopathologies (addictions and other obsessive—compulsive disorders); immobilization, that is, a freeze route with the conflict remaining in consciousness without any action response, sustains anxiety (including panic disorder and agoraphobia); and a submit route, giving up in the face of conflicts, results in depression. These four detours create the same emotional syndromes irrespective of whether the conflicts have arisen in the intra-psychic realm, in interpersonal disputes, or between a person and situational factors. This congruence of conflict resolution patterning in the intra-psychic and interpersonal realms makes conflict theory particularly helpful in therapy that treats spouses' individual issues plus their marriage problems (Heitler, 2001).

The theory of conflict resolution also highlighted the role of counselling; Heitler (2001) posits that psychodynamic theory proposes a conflict-based model in which conflicting wishes and fears and values and beliefs (superego) rely on a third party mediator, the ego. Gestalt theory, which describes conflicts as "unfinished business," is most explicitly a conflict model. Gestalt technique has perhaps gone the furthest in helping therapists to observe the subtle cues of "breaks in the flow" that indicate the presence of an intra-psychic conflict. Gestalt theory also stresses the importance of bringing conflicts into the here and

now of the therapy room for resolution, a vital principle in conflict resolution treatment. Behavioural therapies, and particularly behavioural marital therapies, also focus on conflict, delineating communication and anger management skills essential for conflict resolution.

Therapists who use a conflict resolution framework need a broad repertoire of therapeutic interventions in order to facilitate different aspects of the resolution process. Pharmacological, cognitive-behavioural, paradoxical, and solution-focused interventions work particularly well at the outset of treatment when symptom reduction is a primary focus, Psychodynamic and Gestalt interventions facilitate exploration of the deeper concerns that evoke strong feelings in conflict situations. Behavioural interventions are essential to the skill-building aspects of treatment. In turn, conflict resolution expertise and a conflict resolution theoretical overview can enhance therapists' effectiveness with many of these interventions. Pharmacological, paradoxical, and solution-focused interventions, for instance, are strengthened if their use is augmented by skill-coaching to ensure that future conflicts do not yield regressions. Psychodynamic interventions increase understanding of family-of-origin sensitivities: conflict- resolution paradigms then remind the therapist that the job isn't finished until new solutions to these sensitivities have been found. Gestalt therapists can utilize the three steps of healthy conflict resolution to transform top-dog/underdog interactions into healthy mutual problem-solving (Heitler, 2001).

It is worth noting that, the contact comfort theory of Margret Harlow, Savador family system therapy and cognitive marriage theory of R. Fredrick also provide similar theoretical basis for analysing marriage and marital conflict resolution. Based on the foregoing theoretical discussions, this study is design to evaluate the effect of marital conflict resolution skills training on the marital conflict resolution among married couples. The study will focus on the role of the gender differences, level of education and marriage durations.

2.9 Review of Empirical Studies on Marital Conflict Resolution

Several scholars have conducted many empirical studies on marital conflicts resolution and management skills. For instance, Esere and Idowu (2000) undertook a study of couples in Ilorin metropolis; using transactional analysis and came out with the result that for effective marital harmony to thrive, couples should be encouraged to make complementary transactions. Here a message sent from a specific ego state gets the predicted response from the ego state of the other person. Assuming couples had some unusual love misunderstanding during the day, at night they must share their bed. Send a message to your partner by exhibiting a behaviour that he or she cherished most in you, in no time all the accumulated aggression would give way to a positive response and there would be a reunion of the two.

Notably, Olson, Fournier and Druckman (1986) used a data from 8,383 couples in USA collected across nine dimensions of their marriage. The data was analyzed in two phases- cluster structure seeking and classification phase -by three different clustering methods, namely inverse factor analysis, hierarchical agglomerative, and K- means cluster analysis. Seven types of marriage were identified: Devitalized couples (40%), financial focused couples (11%), conflicted couples (14%), Traditional couples (10%), Balanced couples (8%), Harmonious couples (8%) and vitalized couples (9%). The multidimensional profiles were described in relation to global measure of marital satisfaction, demographic characteristics, and clinical and research implications. ENRICH, a computerized marriage-assessment tool that evaluates couples' problem area and strengths along various dimensions of the relationship was established.

The major question in this study was what are the major dimensions of the marital relationship along which marriages can be classified most efficiently? The major objective of

the study was to derive marital ties based on couples' perception of various dimensions of the relationship and to describe the profiles of relationship across these dimensions. Based on the objectives, a conceptual and methodological issue in empirical typology of marital systems was described along with attempts to resolving them.

The 8,383 married couples who participated in the marital enrichment programme, and who had taken ENRICH between 1983 and 1985 were also included in this study. Their scores obtained from the ENRICH computer records were thus: The mean ages were 33 for the males (range: 18-66) and 32 for females (range: 17-64). The average couple had been married for ten years and had 2-3 children. 80% of the couples were in their first marriage 16% had remarried (previously divorced or widowed). The majority of the couples in the sample were 80% Christians and had at least some college education. The conclusion drawn from the study was that couples varied not only in degree of satisfaction with their marriage, but also in their level of distress with various facets of their relationship. It is only necessary for clinicians to get reliable information about marital relationships that can be useful for assessment and intervention and that is based on valid scientific procedures rather than on idiosyncratic impression.

Fournier& Olson (1993), (1992) and (1987), studied couples who took part in PREPARE /ENRICH programme for distress couples. Their assertion was that even though most couples are in distress and abusive relationship, they would prefer to stay married rather than separate, particularly those with children, which means they desire a management skill to sustain their desire. Gottman and Hahlweg (1993) believe, that any marriage relationship that has a deficit in conflict management predicts divorce because a standardized management programme depicts cordiality in couples' relationship.

Thornton (1989), Hendrick and Hendrick (2000) and Yang, Chen, Choi and Zou (2000), study the mode of assisting couples to have marital harmony. Evidence of these studies proved that couples lack enough information on marriage at the stage of engagement, and inadequate methodology of the assessments of premarital programmes. According to these studies, in order to have divorce-preventing efforts there were three assessment tools needed. These were: (1) identify factors that predict divorce (2) Assess couples on these factors to determine their strength and weaknesses (3) Develop specific interventions to deal with the couple's problem areas.

The instrument used here was PREPARE: a 125-item inventory designed to assess strengths and weaknesses in 11 relationship areas. The scale was Base Theoretical and Empirical indications of critical tasks related to marital adjustment in couples who are experiencing stress to provide succour as they cohabit. The PREPARE had concurrent validity with a significant relationship with marital adjustment at P< It also had internal consistency (.70), as well as test-retest reliability (.78) as posited by Notorious and Markman (1993) and Hahlweg and Markman (1993). The resolution reached at the end of the study was that a management skill for couples diminishes marital discord, interpersonal conflicts and the focus of counsellors should lay more emphasis on stress management techniques and much more that helps to relieve stress and build positive mental health as well as encourage effective communication among couples to remove areas of doubt in their relationship to guarantee self-esteem for harmonious living.

In Nigeria also, Ogunsanya (2000) studied some fifty couples in an encounter weekend in the Redeemed People's Mission Church in Ogun State University. These couples had marital problems ranging from communication breakdown to inability to exercise their conjugal rights as couples. The objectives were to create communication outlet for cordiality to be

revitalized. From the results, it was discovered that work family conflict imposes negative influences upon psychological conditions including moodiness and incompetence in couples concerned. A suggestion for the introduction of social support service in work places was recommended since there is a spill over of stress from home to office. To buttress this in a larger light, Aryee and Luki (1999), Beehr (1985) strongly support the assertion and further added that supervision support is important to create a healthy working atmosphere in offices. Schmelz (1997) and Counts (1991) also feel that social support service is good for employees to reduce withdraw tendency and to increase productivity.

Furthermore, Markman, Cox, Stanley and Kessler, (1996) feel that marital problems are associated with decreased work productivity, especially for men. A variety of studies suggest that the seeds of marital distress and divorce are there for married couples when they say "I DO" The studies showed that premarital or early marital variables can differentiate between couples who will do well and those who will not do well with 80% up to 94% accuracy (Clements, Stanley, and Markman, (1997); Foulers, Montel, and Olson (1996), Gottman, (1994), Karney and Bradbuny (1995), Kelly and Conley (1987), and Rogge and Bradbury (1995) had similar ideas when at different levels muted the PREP (Preventive and Relationship enhancement programme).

PREP is a research-based skills building curriculum designed to help partners say what they need to say, get to the heart of problems, avoid standoffs and connect with each other instead of pushing each other away. PREP emphasizes strategies under two crucial frameworks: strategies geared toward lowering risk factors and strategies for raising protective factors to help marriages succeed. Some couples were observed overtime and compared with those who did not. Beneficiaries of PREP have low rate of premarital break up & post marital divorce. They also have high levels of positive communication and low level of negative

communication immediately following the programme. It is important to note that after 4 or 5 years after training. It is also good for couples to review material from time to time hence beyond that; the effects may probably weaken over time if the spouses have reached their goal.

Odukoya (2004) seems to agree with the assertion when she says people should not be condemned when they are exhibiting wrong behaviour, rather, they should be encouraged to be acquainted with the right things in life. Gottman (1994), Markman and Hahlweg (1993) observed that mismanagement and negative interaction in marriage predict both marital distress and negative effects for children. This was further upheld by Gottman (1994), Markman and Hehlweg (1993), Clements, Stanley and Markman (1997); Cowan and Cowan (1992); and Grych and Fincham (1990) when they observe thus: Lack of proper management skills in handling marital discord disrupts the future of the family prospects. Be that as it may, the final arbiter of a successful marriage is assumed to occupy a management skill that would bring everlasting succour to distressed couples which should bring home smiles once again to couples and their immediate family and society in general.

The empirical evidence on the impact of education on divorce is mixed. The analysis of the data from the Fertility and Family Surveys by Harkonen and Dronkers (2006) did not find a relationship between education and divorce in most countries of Eastern and Northern Europe, including Estonia. The exceptions are Poland, where there is a positive impact of women's education on the divorce risk and Lithuania, where the relation is negative. Muszynska and Kulu (2007) show that dissolution levels do not differ across educational levels in Russia. Other studies of divorce in the Nordic countries mostly find a negative effect of education on divorce risk (Hoem 1997 for Sweden, Jalovaara 2003 for Finland, Lyngstad

2004 for Norway).

The reasons for the different directions of educational effects in different countries have not yet been examined thoroughly. One of the few studies is the comparative analysis by Harkonen and Dronkers (2006). They explain the variation with measures of the legal, social and economic environment of the countries. According to their study unconventional family practices (divorces, out-of-wedlock births, and cohabitation) are associated with a negative and welfare state expenditures of the country with a positive educational gradient of divorce. Michael and Tuma (1985) have found that the resources of the family of origin may influence the family formation process. These results suggest that the impact of parental education should be controlled in the current analysis. For example, Lyngstad (2004) has found a positive effect of parental education on the divorce risk of children in Norway. Possible explanations for this impact could be the more liberal upbringing of educated parents' children or more resources in the family of origin one can rely on in case of divorce.

Age at the start of the union has been shown to relate negatively to the divorce risk. Marriages where partners were very young at the start of the union have the highest risk of divorce (Bracher et al. 1993, Chan and Halpin 2005, Kiernan 1986, Lyngstad 2004, Martin and Bumpass 1989, Murphy 1985). Mostly the researchers point out three mechanisms of this relation. Firstly, people who marry young may be insufficiently mature to make complex decisions about the life of themselves, their partners and children (Booth & Edwards 1985, Martin & Bumpass 1989).

Secondly, the partners who marry at young ages may develop in different directions during the time of marriage and may experience more dramatic life cycle transitions than people

who marry at older ages (Morgan & Rindfuss 1985); thirdly, the time for searching the suitable partner could have been insufficient and the decision to marry could have been hastened (Becker et al. 1977); some researchers have also stressed the possibility that people who marry early may not have had adequate marital role models (Berrington and Diamond 1999, Booth and Edwards 1985, Bumpass and Sweet 1972).

Gender is an important variable in predicting both somatization and marital satisfaction. Hintikka, Koskela, Kontula, Koskela, and Viinamaeki, (1999) investigated a 1603 subjects of Finnish origin to determine whether marital happiness was related to the prevalence of common mental disorders. They found that men in general, suffered from mental disorders less frequently than did women. Men and women who were unhappy in their marriages suffered from common mental disorders more often than others who were not. Both men and women in unhappy marriages were found to be at significantly higher risk of common mental disorders as compared with the unmarried and to those in a happy marriage, after adjusting for several confounding factors. Escobar et al. (1989), in two large community samples, found somatization to be correlated with female gender, older chronological age, and lower socioeconomic background. However, his study of the Hispanic community did not include Chinese Asians.

Kleinman (1977), in his study of Chinese somatizers in Taiwan, did not find age or socioeconomic status to be correlated with somatisation. Hsu and Folstein (1997) in their comparative study of Chinese-Americans and Caucasian-Americans who were referred for psychiatric consolation found that wkh the Chinese-American sample, somatisation cannot be explained by differences in gender or age.

Tedeschi and Willis (1993) in their comparison of Asian and Caucasian attitudes toward seeking professional help reported that Asian subjects preferred an older counselor of similar

ethnicity, and that women were more likely to indicate a need for help regardless of ethnic group. Caucasian women were more tolerant of the stigma of being a client, more Unlikely to report interpersonal openness, and more likely to express confidence in mental health practitioners than Asian women or men from either group.

In an objective and subjective assessment of marriage components that best predict marriage satisfaction among 36 male and 30 female married Chinese-Americans (aged 23-74 years), Ying (1991) found that subjective ratings accounted for 33% of the variance in marital satisfaction and that men reported higher satisfaction than women.

Rootalu (2010) study the impact of education on the risk of divorce, the study focuses on the direction and the strength of the effect of education on divorce in Estonia, using data from the longitudinal study "Paths of a Generation" (1983-2005). The educational level of both spouses is considered. The results indicate that people with higher educational levels have lower divorce risks. The protective effect of education is stronger for men than for women.

Animasahun and Oladeni (2012) examined the effectiveness of assertiveness training and marital communication skills in Lagos, and also investigated the moderating effect of length of marriage and number of children. The study revealed that there was a significant main effect of treatment on marital satisfaction. The study concludes that counselling psychologists, marriage counsellors and other professionals working on marriage should make conscious efforts to adopt marital communication skills and assertiveness when managing marital problems and associated challenges.

2.10   Summary

In this chapter, relevant and related literature on marriage, marital conflicts, and marital conflict resolution strategies and styles are reviewed and presented. The chapter also discussed the concept of marriage and family life, and then the concept of conflict and marital conflicts, marital conflicts resolution training programs, and the review of empirical studies on marital conflict resolution and theoretical discussions.

Researchers both local and foreign on the phenomenon under study, none covers Zaria metropolis in explaining how marital conflicts resolution skills can help distressed couples minimize their conflicts, and most importantly, how couples can handle their conflict effectively without resorting to divorce and separation. This lapse justifies the relevance and rationale of the study.

The study is also designed to help married couples in Zaria metropolis to know how to manage their marital conflicts. If couples who are educated can read in between lines to discover the root of their problems as couples, a final solution to harsh hassles couple be reached.

<center>**CHAPTER THREE**</center>
<center>**METHODOLOGY**</center>

3.1   Introduction

The chapter presents the research design, the population, sample and sampling techniques of the study. Other aspects presented are instrumentation, validity, reliability, procedure for data collection and the procedure for data analysis. The chapter also discusses the justifications for the methods and techniques used in the study.

3.2   Research Design

This study employed Quasi-Experimental design involving (Pre-test Post-test). The design is appropriate and consistent with the objective of the study, and efficient in providing relevant data and framework for achieving the research objectives.

In the pre-test, post-test design participants are studied before and after the treatment manipulation. In a pre-test post-test there is only one group and all of them are in the experimental condition. The design involves a researcher administering a pretest, implement a treatment and then measured the same variables as was measured with the pretest.(Cohen, Mannion & Morrison, 2007).

This design is represented as:

O1 X O2

Where: O1 is the pre-test

   X is the treatment

   O2 is the post-test

Therefore, the treatment in this study was the marital conflict resolution training skills given to the experimental group. In essence, the use of the quasi-experimental pre-test/post-test

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design is informed by its suitability since everyone is being manipulated in the same way, any changes sees across the group of participant is likely from the manipulation.

3.3 Populationof the Study

The population of this study comprised of all couples experiencing marital conflict in Zaria Local Government Area. Realizing the fact that it is very difficult to determine the exact number and accessibility, this study restricted the determination process to the following criteria/sources:

    i. Shari'ah courts.

    ii. Schools and Training/skills acquisition centres within Zaria Local Government Area.

    iii. Hospital and Maternities within Zaria Local Government Area.

    iv. Social welfare centres in Zaria Local Government councils.

Based on the above criteria/sources and the pilot testing conducted by the researcher, a total number of 139 marital coupleswere identified. Table 3.2 gives further details on the population of the study.

Table 3.1: Details on the Population of the Study

S/No	Population Source	Number within Zaria	Marital couples identified with conflict	% on the population of 139
1	Shari'ah Court	2	63	45
2	Schools and Training/skills acquisition centres	9	31	22
3	Hospitals and Maternities	11	27	20
4	Social welfare centres	4	18	13
	Total	*26*	*139*	*100.00*

Source: Researcher's Data Collection & computation, 2014

**3.4	Sample and Sampling Techniques**

In determining the sample size used in the study, the following filters or criteria are used:

i.	The marital couples experiencing conflict to be selected for the study must be literate in either Hausa or English language.

ii.	The couples must be accessible in terms of reach and cooperation.

iii.	The couples must be willing to undergo the marital conflicts resolution skills training and apply same in resolving their marital conflicts.

Based on the above criteria and pilot testing conducted by the researcher, a total number of 98 couples were identified representing 70.05% of the population and was used as the sample size of the study. With accessibility and willingness to undergo the training programme as key considerations, the couples that formed the sample size for the study were selected scientifically. First, the attribute of the population in terms of the source are reflected and thereafter the selection was done randomly. Table 3.3 shows the details of the sample size.

Table 3.2: Details on the Sample Size Selection

S/No	Population Source	Marital couples identified with conflict	% on the population of 139	Sample size (column d x 63)	% on the Sample of 98
1	Shari'ah Court	63	45	36	36
2	Schools and Training/skills acquisition centres	31	22	28	28
3	Hospital and Maternities	27	20	19	19
4	Social welfare centres	18	13	17	17
	Total	*139*	*100.00*	*98*	*100.00*

Source: Researcher's Data Collection & computation, 2014

**3.5	Instrumentation**

In this study, Marital Conflict ResolutionQuestionnaire (MCRQ) was developed by the

researcher. The questionnaire is divided into four Sections; section A covers the demographic or couples personal inventory form. This section has nine (9) variables used to collect information about the respondents. The second section (section B) of the questionnaire measures the possible issues, nature and causes of marital conflict among married couples using the Likert scale (5 scales). The section has nine (9) variables. Section C, will deal with the participants view on the effect of marital conflict resolution skills, socio economic status and gender differences marital conflict resolutions, the section has eights (8) variables. The last section (section D) deals with the Locke Wallace Marital Adjustment Test for Marital satisfaction among couples. The section has 14 variables.

However, in line with pre-test/post-test design the questionnaireswere administered before the treatment (marital conflict resolution training/counselling) and after the treatment in order to assess the effect of the training skills on the married couples.

3.5.1   Validity of the Instrument

Face and content validity was established for the instrument. One of the major steps used is that the researcher ensures that relevant items are selected for the study, by review of relevant literature on marital conflict resolution. This literature revealed that for any marital skill program to be meaningful, the components in it must be relevant to the needs of a particular marriage relationship. Consistently, the study employs relevant variables, which are conflict-prone in a marriage dyad.

On the other hand, the questionnaire was subjected to expert Judgement in the Department of Educational Psychology and counsellingand also translated into Hausa language by experts to ascertain the sufficiency of the content, and the appropriateness of the instruments, that is, to

guarantee that the instruments could facilitate the achievement of the research objectives. In essence, the following steps as advanced by Rama (2007) were followed to ensure validity and reliability of the research instrument, as documented in the literature;

Step One: The purpose, objectives, research questions, and hypotheses of the research were examined. The step also dealt with determining who the audience, their background is, and especially their educational /readability levels, access, and the process used to select the respondents (sample vs. population) are also part of this step.

Step Two: After developing a thorough understanding of the research, the next step was to generate statements/questions for the questionnaire. In this step, content (from literature/theoretical framework) was transformed into statements/questions. In addition, a link among the objectives of the study and their translation into content was established.

Step Three: As a result of Steps 1-2, a draft questionnaire was ready for establishing validity. In this regard, validity was established using a panel of experts and a field test. Areas examined by the lecturer/expert were:

1. Is the questionnaire valid? In other words, is the questionnaire measuring what it intended to measure?

2. Does it represent the content?

3. Is it appropriate for the sample/population?

4. Is the questionnaire comprehensive enough to collect all the information needed to address the purpose and goals of the study?

Step Four: In this final step, reliability of the questionnaire using a pilot test wascarried out.

3.5.2   Pilot testing

A pilot study was conducted on shariah court fada Zariacity. This court forms part of the study area but not among the sample for the actual study. It was selected because it shares similar characteristics in all respects with the sample of the study. Questionnaires were distributed to the distressed married couples and retrieved by the researcher.

3.5.3   Reliability of the Instrument

Test re-test method was used in establishing the reliability of the instrument. The data collected from the pilot testing were statistically analysedusingCronbach Alpha which can range from 0 to 1, with 0 representing an instrument with full of error and 1 representing total absence of error. The pilot testing provided 0.672 as the Cronbach alpha which means that the instrument used is reliable. ACronbach's Alpha of 0.65 or higher is considered acceptable reliability (Rama, 2007).The details of the reliability test, which was processed using the Statistical Package for Social Sciences (SPSS), is attached hereto as Appendix D.

3.6   Procedure for Data Collection

An introduction letter was collected from the Department of Educational Psychology and counselling by the researcher in order to attach it with the questionnaire. The procedure for data collection involvedadministration of questionnaire and conduct of interview with the assistance of appropriate research assistant. The researcher and the research assistant coordinated the organization, distribution and collection of the data collection instrument. The data collection was divided into such stages

3.6.1Pre-treatment Phase

At this stage the marital conflict resolution questionnaire was distributed to the participant for the first time to obtained data before acquiring the skills.

3.6.2 Treatment Phase

At this stage the marital conflict resolution skills was communicated to the participant. The entire training program lasted for 6weeks which two different marital conflict resolution skills were trained to the distressed couples.

Session 1 (Week 1): General orientation and pre-test
Objectives:
- Establishing an enabling environment for discussion and group session to thrive.

How to achieve objective of the session:
- Clarification of the format and evolution of the way of accomplishing the training.
- Administration of the pre-test assessment tool (MCRQ) in order to ascertain the pre-entry behavior and level of conflict.

Session 2 (Week 2): Teaching on marriage and marital conflicts
Objectives:
- Explanation on the meaning of the word marriage
- Definitions of the term marital conflict.
- Description of condition under which marital conflicts arise
- Enumerating the effects of marital conflicts.

How to achieve objective of the session:
- Use of PowerPoint slides containing pictures of marriage, marital conflict, causes and effects of marital conflicts.
- Encouraging the subject to highlight some of the causes of marital conflict.

Session 3 (Week 3): Teaching of marital conflicts resolution skill (compromising style)
Objectives:
- Highlighting the importance of marital conflicts management.
- Introduction of compromise as a skill of marital conflict resolution.
- Discussing bargaining for the best with the focus on the relationship.

How to achieve objective of the session:
- Demonstrations of pictures and discussion thereon.
- Division of participants into smaller groups to discuss and present their solution to a hypothetical marital conflict.

Session 4 (Week 4): Teaching of marital conflicts resolution skill (accommodating style)
- Introduction of accommodation as the second skill for marital conflict resolution.

- Discussing coexistence as a key factor in accommodating style.

How to achieve objective of the session:
- Demonstrations of pictures and discussion thereon.
- Division of participants into smaller groups to discuss and present their solution to a hypothetical marital conflict.

Session 5 (Week 5): Practical demonstration and general discussion
Objectives:
- Ascertaining the subject understanding of compromising and accommodating styles of marital conflicts resolution.
- Appraising the group discussions

How to achieve objective of the session:
- Demonstrating and role-play acting (drama) using hypothetical cases.
- Encouraging the subject to have their couples' corner activities so as to practice the skills taught.

Session 6 (Week 6): Review of sessions 1-5 and post-test
Objectives:
- Summarising the activities of the training programme.
- Administering the post-test assessment tool (MCRQ).
- Formal end to the programme.

How to achieve objective of the session:
- Asking the participants about what they gain during the training sessions especially what they like most and what they dislike most.
- Distribution of the post-test assessment tool.

3.6.3 Post treatment Phase

At this stage the marital conflict resolution questionnaire was also administered for the second time to the participant after acquiring the skills.

3.7   Procedure for Data Analysis

Descriptive statistics such as mean and standard deviation were employed in the analysis to assist in answering the research questions of the research. The data analysis was conducted

using statistical package for social science (SPSS 20.0). The hypothesis formulated was tested at 0.05% level of significance using inferential statistics from the Paired sample t-test statistics, and the analysis of variance.

<center>**CHAPTER FOUR**</center>

<center>**RESULT AND DISCUSSION**</center>

4.1   Introduction

This study is primarily aimed at assessing the Marital Conflict Resolution Skills on reducing marital Conflicts among married couples in Zaria Metropolis. A total of 98 married couples consisting of both male and female couples with different educational qualifications and different durations in marriage. The first section presents the distribution of respondents by their demographic variables in frequencies and percentages. These include their gender, ages, duration in marriage educational qualification among others. A total of four research questions were answered using the descriptive statistics of   means, standard deviations and standard errors of means. The third section test four research null hypotheses using the inferential statistics of t test statistics, Analysis of Variance (ANOVA). All the hypotheses were testedat 0.05 alpha level of significance. Summary of findings was also presented.

4.2   Presentation of Bio Data Variables

In this section the bio data variables and other nominal questions were presented in frequencies and percentages distribution of the options in each variable

Table 4.2.1: Bio Data Variables

Variables	N	Percentage
Gender		
Male	39	39.80
Female	59	60.20
Total	**98**	**100.00**
Educational Qualification		
Ph.D	6	6.12
Master	6	6.12
First degree	18	18.37
NCE/OND	45	45.92
Non formal Education	19	19.39
Other Qualification	4	4.08
Total	**98**	**100.00**
Duration in marriage		
1-5 year	15	15.31
6-10 year	30	30.61
11-20 year	27	27.55
21-30 year	15	17.35
Over 31	11	11.22
Total	**98**	**100**

The above table shows the distribution of the variables based on gender, educational qualification and duration of marriage of the distressed couples.

4.3   Answering of Research Questions

Question One: What is the effectiveness of Marital Conflict Resolutions Skills on marital conflicts among married couples in Zaria metropolis?

Table 4.3:1: Paired sample t test statistics on the in the pre-testmean andpost-test mean

Variable	Tests groups	N	Mean	std.dev
Mean	Pre test	98	56.2653	5.63412
Scores	Post test	98	52.1939	7.41503

Marital Conflict Resolutions has effect in marital conflicts among married couples in Zaria metropolis. Their calculated mean conflict level has been reduced from 56.2653 before the skills to 52.1939 after the skill. This shows that their marital conflict has been significantly reduced   as a result of theMarital Conflict Resolutions skills.

 Question Two: What are the differential effects of Marital Conflict Resolution Skills on marital Conflicts between male and femalemarried couples in Zaria Metropolis?

Table 4.3.2: Descriptive statistics on differential effect of Marital Conflict Resolution Skills on marital Conflicts among male and female married couples in Zaria Metropolis Descriptive

Conflict score	N	Mean	Std. Deviation
Male pre-test Conflict	39	57.8462	5.89174
Female Pre-test Conflict	59	56.6949	5.71825
Male Post Test Conflict	39	52.4615	7.37651
Female Post Test Conflict	59	50.1695	7.48597
Total	**196**	**54.1173**	**7.33600**

The mean conflicts level of Males was 57.8462 and 52.4615 before and after the skills respectively.

The mean conflicts level of Females was 56.6949 and 50.1695 before and after the skills respectively.

Question Three: What is theeffectiveness of Marital Conflict Resolution Skills on marital Conflicts among married couples with different educational qualification in Zaria Metropolis?

Table 4.3.3: Descriptive statistics on the differential effect of Marital Conflict Resolution Skills on marital Conflicts among married couples with different educational qualification in Zaria Metropolis

Descriptive

Conflict Scores	N	Mean	Std. Deviation
Pre Test PhD	6	54.1667	1.47196
Pre Test Masters degree	6	50.1667	3.65605
Pre Test First degree/HND	18	50.9444	5.55690
Pre Test NCE/OND	45	53.3111	8.03917
Pre Test Non-Formal education	19	51.7895	9.27709
Pre Test Other qualification	4	47.2500	5.90903
Post test PhD	6	55.3333	.81650
Post test Masters	6	52.3333	1.75119
Post test First Degree/HND	18	52.5556	5.15606
NCE/OND	45	55.0889	6.71860
Non formal education	19	55.5263	5.96861
Post test Other	4	47.1250	2.95452
Total	**196**	**53.2117**	**6.79629**

The descriptive statistics showed that their pre-test scores were 54.1667, 50.1667, 50.9444, 53.3111, 51.7895 and 47.2500 for qualification levels of PhD, Masters degree, First degree/HND, NCE/OND, Non formal education and other qualification respectively.

In contrast, the post test scores were 55.3333, 52.3333, 52.5556, 55.0889, 55.5263 and 47.1250 for qualification levels of PhD, Masters degree, First degree/HND, NCE/OND, Non formal education and other qualification.

Research Question Four: What is the effectiveness of Marital Conflict Resolution Skills (MCRS) on marital conflict among married couples based on Marriage duration in Zaria Metropolis?

Table 4.3.4: Descriptive statistics on in the effect of Marital Conflict Resolution Skills on marital Conflicts among married couples based on marriage durations in Zaria Metropolis

Marital conflict Scores	N	Mean	Std. Deviation
pre-test 1-5 yrs	15	57.2632	1.8419
pre-test 6-10 yrs	30	46	2.04969
pre-test 11-20 yrs	27	47.6111	3.1351
pre-test 20-30 yrs	15	53.0889	3.74386
pre-test over 30 yrs	11	50	1.84708
Post test 1-5 yrs	15	52.5	3.8023
post test 6-10 yrs	30	49.2632	1.8419
Post test 11 – 20 yrs	27	38	2.04969
post test 20-30 yrs	15	39.6111	3.1351
Post test over 30 years	11	45.0889	3.74386
Total	196	47,95442	1.84708

The descriptive statistics table above showed that The pre-test marital scores were 57.2632, 52.4815, 59.0000, 55.0000 and 44.6508 for durations in marriages of 1-5 years, 6-10 years, 11-20 years, 20-30 years, and over 30years respectively. The post test marital mean scores were 54.6508, 52.4815, 59.0000, 55.0000 and 44.6508 for durations in marriages of 1-5 years, 6-10 years, 11-20 years, 20-30 years, and over 30years respectively.

4.4   Testing of Hypotheses

Hypothesis One: Marital Conflict Resolutions Skills has no significant effect on marital conflicts among married couples in Zaria metropolis

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Justification for statistical technique: The paired sample t test is used by comparing their level of marital conflict before and after exposure to Marital Conflict Resolutionskills, using their pre test and post test conflict mean level scores.

Table 4.4.1: Paired sample t teststatisticson the pre-test mean conflict and post test mean conflict

Variable	Tests groups	N	Mean	std.dev	std.err	Df	T Calculat	Sig (p)
Mean	Pre test	98	56.2653	5.63412	.56913			
Conflict						97	7.318	0.000
	Post test	98	52.1939	7.41503	.74903			
scores								

Calculated p < 0.05, calculated t > 1.96 at df97

The calculated p value paired t-test statistics showed that the p value of 0.0000 was found to be lower than the 0.05 alpha while the calculated t-value of 7.318 is higher than the t-critical value of 1.96 at df 97. This shows that their marital conflict has been significantly reduced as a result of theMarital Conflict Resolutions skills.

Therefore the null hypothesis which states that there is no significant effect Marital Conflict Resolutions Skills effect on marital conflicts among married couples in Zaria metropolis, is hereby rejected.

Hypothesis Two: There is no significant differential effect of Marital Conflict Resolution Skills on marital Conflicts among male and female married couplesin Zaria Metropolis

To test this hypothesis the Pre-test mean conflict level and the post test mean conflict level were compared for both male and female to see if significant reduction has taken place or not.

Table 4.4.2: ANOVA ondifferential effect of MCRS on marital conflict between male and female

Conflict score	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1960.718	3	653.573	14.705	.000
Within Groups	8533.583	192	44.446		
Total	**10494.301**	**195**			

The Analysis of variance Calculated p value of 0.000 was found to be lower than the 0.05 alpha level, just as the calculated t-value of 14.705 was found to be higher than the t-critical value of 2.60.

The mean conflicts level of Males was 57.8462 and 52.4615 before and after the skills respectively. The mean conflicts level of Females was 56.6949 and 50.1695 before and after the skills respectively. This shows that reduction has taken place in the marital conflict for both male and female as a result of the Skills.

The Post Hoc Test using the scheffe Homogenous sub set confirm this as the means conflicts for both male and female before treatment was placed in higher subset and their mean conflicts after treatment were placed in lower subset showing a reduction has taken place

Therefore the null hypothesis which states that there is no significant differentialeffect of Marital Conflict Resolution Skills on marital Conflicts among male and female married couples in Zaria Metropolis is hereby rejected.

Hypothesis Three: There is no significant effect of Marital Conflict Resolution Skills on marital Conflicts among married couples with different educational qualification in Zaria Metropolis

To test this hypothesis the Pre-test mean conflict level and the post test mean conflict level

were compared for all categories of education qualification levels.

Table 4.4.3: ANOVA on effect of MCRS among couples with different educational background

Conflict score	Sum of Squares	Df	Mean Square	F	Sig.
		ANOVA			
Between Groups	346.404	5	69.281	2.040	.080
Within Groups	3124.180	92	33.958		
Total	**3470.584**	**97**			

The Analysis of variance Calculated p value of 0.080 was found to be higher than the 0.05 alpha level, just as the calculated t-value of 2.040 was found to be than the t-critical value of 2.60

Table 4.4.4 POST HOC TEST

Highest Educational Qualification	N	Subset for alpha = 0.05
		1
Other qualification	4	47.1250
Masters degree	6	52.3333
First degree/HND	18	52.5556
NCE/OND	45	55.0889
Non-Formal education	6	55.3333
Ph.D.	19	55.5263
Sig.		**.132**

The Post Hoc Test using the scheffe Homogenous sub set confirm this as the pre-test means conflicts for most of the different educational levels were placed in highest subset of 3 or four, while most of the post-test mean conflicts for most of the different educational levels were placed in either subset one or two. These shows that for each of the educational qualification levels, their mean marital conflicts has not reduced after the treatment

Therefore the null hypothesis which statesthat there is no significant effect of Marital Conflict Resolution Skills on reducing marital Conflicts among married couples with different educational qualification in Zaria Metropolis, is hereby accepted.

Hypothesis Four: There is no significant effectof Marital Conflict Resolution Skills in reducing marital conflict among married couples based on length of Marriage in Zaria Metropolis

To test this hypothesis the Pre-test mean conflict level and the post test mean conflict level were compared for all categories of marriage durations to see if significant reduction has taken place or not

Table 4.4.5: ANOVA on the effect of MCRS among couples based on marriage duration

Conflict score	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	155.790	3	51.930	1.473	.227
Within Groups	3314.795	94	35.264		
Total	**3470.584**	**97**			

The Analysis of variance Calculated p value of 0.227 was found to be higher than the 0.05 alpha level, just as the calculated t-value of 1.473 was found to be less than the t-critical value of 2.60.

Table 4.4.6: POST HOC TEST

Number of years married	N	Subset for alpha = 0.05
		1
20-30 yrs	4	50.7500
6-10 yrs	27	52.8333
1-5 yrs	63	54.8810
11-20 yrs	4	56.8750
Sig.		.285

The Post Hoc Test using the scheffe Homogenous sub set confirm this as the pre-test means conflicts for most of the different durations in marriage were placed in highest subset of 2 or 3 four, while their post test mean scores were placed in the lower subset one, indicating no reduction in marital conflict for all category of durations in marriage.

Therefore the null hypothesis which states that there is nosignificant effect of Marital Conflict Resolution Skills on marital Conflicts among married couples with different lengthof marriage is hereby accepted.

4.5   Summary of the Major Findings

The following are the summary of the major findings of the study:

1. Marital Conflict Resolutions skills had significant effect onmarital conflicts among married couples in Zaria metropolis.

2. Marital Conflict Resolutions skills had significant differentialeffect on marital conflicts among male and female married couples in Zaria Metropolis.

3. Marital Conflict Resolutions skills had no significant effectonmarital conflicts among married couples with different educational qualifications in Zaria Metropolis.

4. Marital Conflict Resolutions skill has no significant effectonmarital conflicts among married couples with differentlength ofmarriagein Zaria Metropolis.

4.6 Discussions of Results

One of the objectives of this study is to find the effect of Marital Conflicts Resolution Skillson Marital Conflicts among married couples in Zaria Metropolis. The results indicated that marital conflict skills had significant effect on marital conflicts among couples in Zaria metropolis. The findings arein line with Gottman (1994), Markman and Hehlweg (1993), Clements, Stanley and Markman (1997); Cowan and Cowan (1992); and Grych and Fincham (1990) when they observed thus: Lack of proper management skills in handling marital discord disrupts the future of the family prospects. Be that as it may, the final arbiter of a successful marriage is assumed to occupy a management skill that would bring everlasting succour to distressed couples which should bring home smiles once again to couples and their immediate family and society in general.

The Marital Conflict Resolutions skills had significant effect on marital conflicts among males and females married couples in Zaria Metropolis. This shows that reduction has taken place in the marital conflict of both male and female as a result of the Skills. These findings are in line with the conflict resolution theory as the product of the psychotherapy integration. The theory predicts that conflict resolution treatment and rests on a familiar premise that conflicts lie at the core of emotional distress; effective conflict resolution brings resumption of emotional well-being. Conflict resolution theory offers an information flow model for understanding emotional health, distress, and treatment.The findings is in congruence with the study of Notorious and Markman (1993) and Hahlweg and Markman (1993). Which found that a management skill for couples diminishes marital discord, interpersonal conflicts

and the focus of counsellors should lay more emphasis on stress management techniques and much more that helps to relieve stress and build positive mental health as well as encourage effective communication among couples to remove areas of doubt in their relationship to guarantee self esteem for harmonious living.

The study found that Marital Conflict Resolutions skills had no significant effectonmarital conflicts among married couples with different educational qualification in Zaria Metropolis. This finding is in disagreed with that of Rootalu (2010) who examined the impact of education on divorce risk in Estonia. The study indicates that people with higher educational levels have lower divorce risks; and the protective effect of education is stronger for men than for women. On the contrary, the finding is in line with the economic theory of family as advocated by Becker *et al.* (1977) which stated that the economic theory of the family predicts that the educational level of the wife should increase the risk of divorce, that is better education gives women more economic opportunities outside the marriage and therefore makes the decision to leave the union easier.Rootalu (2010) added that an important aspect of education is the potential to earn more in occupations that require higher education, which implies that people with higher education have more resources to handle divorce costs and therefore decide to divorce more easily, thus level of education increases marital conflicts. The finding also argues those of Ono (1998) and Jalovaara (2003) who argued that higher education may lower the marital conflict, divorce risk. In that, higher education of partners could mean that as they earn more, the family experiences less economic problems and this factor also should lower the divorce risk. It is also argue with Amato (1996) and Faust and McKibben (1999) who found that partners with higher educational levels could have better communication skills and therefore be able to solve conflicts in the family more easily.

This finding also contradict that from the Fertility and Family Surveys by Harkonen and Dronkers (2006) who did not find a relationship between education and divorce in most countries of Eastern and Northern Europe, including Estonia. And, Muszynska and Kulu (2007) who found that dissolution levels do not differ across educational levels in Russia.The finding support the findings of other studies of divorce in the Nordic countries mostly find a negative effect of education on divorce risk (Hoem 1997 for Sweden, Jalovaara 2003 for Finland, Lyngstad 2004 for Norway).While Lyngstad (2004) has found a positive effect of parental education on the divorce risk of children in Norway. Possible explanations for this impact could be the more liberal upbringing of educated parents' children or more resources in the family of origin one can rely on in case of divorce.

The Marital Conflict Resolutions skills had no significant effectonmarital conflicts among married couples on the basis of marriage durations in Zaria Metropolis. This showed that there is no reduction in marital conflicts on the basis of lengths of marriages as a result of the skills. This finding is contrary with the finding of Animasahun and Oladeni (2012) whoexamined the effectiveness of assertiveness training and marital communication skills in Lagos, and investigated the moderating effect of length of marriage and number of children. They revealed that there was a significant main effect of treatment on marital satisfaction. The study concluded that counselling psychologists, marriage counsellors and other professionals working on marriage should make conscious efforts to adopt marital communication skills and assertiveness when managing marital problems and associated challenges.

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1   Introduction

This chapter presents the summary of the chapters, offer deduced conclusions and raise some recommendations as well as presents suggestions for further studies.

5.2   Summary

The study was aimed at effect of Marital Conflict Resolution Skills on reducing marital conflicts among males and female married couples in Zaria Metropolis. To achieve this main objective the study was structured in four different chapters, and this action is to summarize the five chapters. Chapter one presents the background and introduction of the study, as well as statement of problem that necessitated the drawing up of objectives and the research questions and research hypotheses. It was established that   Marital Conflict Resolution Skills has reduced marital Conflicts among males and female married couples in Zaria Metropolis.

Several literatures relevant and related to the area of study were reviewed. It was presented under such sub headings as teaching: Theoretical frame work, duration of marriage effect on marital conflict, effect of educational qualification, Implication of literature review on the study.

The study adopted the quasi experimental design. In this design, the researcher uses Marital Conflict Resolution Skills training question after recording their first response on marital conflicts and second responses after exposing them to the Marital Conflict Resolution Skills. The respondents were 98 sampled married couples of Zaria metropolis. The test instrument was therefore Marital Conflict Resolution Skills training questionnaire

The analyses and discussions of resultswere aided by the use of statistical package to analyze the data collected from the test data as well as on. The study presented the frequencies of the demographic variables. Four research questions as well as four research null hypotheses. It was discovered among others that: The Marital Conflict Resolutions has significant effect on marital conflicts among married couples in Zaria metropolis, Significant difference exist in the effect of Marital Conflict Resolution Skills on Reducing marital Conflicts among males and female married couples in Zaria Metropolis. Significant difference has notexisted in the effect of Marital Conflict Resolution Skills on marital Conflicts among marriedcouples with different educational qualification Zaria Metropolis. Significant difference has no exists in the effect of Marital Conflict Resolution Skills on marital Conflicts among married couples on the basis of marriage durations in Zaria Metropolis.

5.3   Contributions to Knowledge

The study established that:-

1. Marital conflict resolution skill hassignificant effect on marital conflict among married couples in Zaria metropolis.

2. The study also inferred thatmarital conflict resolution skills has significant differential effect on marital conflicts among male and female;

3. Marital conflict resolution skills was established to have no significant effect on marital conflict among married couples with different educational qualification. Moreover,

4. Marital conflict resolution skills has been established to have no significant effect on marital conflict among married couples on the basis of length in marriage.

**5.4	Conclusions**

Based on the findings of this study it was revealed that marital conflict resolution skill has effect in reducing marital conflict among married couples in Zariametropolis. Reduction has taken place in the marital conflict for both male and female as a result of the Skills from the training.marital conflict resolution skills has no effect on marital conflict among married couples with different educational qualification in Zaria metropolis.There is no effect of marital conflict resolution skills on marital conflicts among married couples on the basis of length in marriage.

**5.5	Recommendations**

Based on the outcome of this study, the following recommendations are hereby put forward.

1.	Counselors should be encouraged to use marital conflict resolution skills in counselling married couples.	Teachers and	Ward Head should be trained on marital conflict resolution skills.

2.	Marital conflict resolution skills should be used by counselors, parents and elders for both male and female marital client.

3.	District heads, parents, Counselors,psychologist and educators should not consider how long the couples had been in marriage while settling issues of marital conflict based on the findings that revealed that marital conflict resolution skills has no significant effect on marital conflicts on the basis of length of marriage.

4.	Counselors should not consider educational qualification in settling marital issues, also ward head and elders should be synthesized on these basis .

**5.6	Suggestions for Further Studies**

The study is by no means exhaustive. Further studies on the area related to the general issues

of marriage and marital conflicts will provide a rewarding research experience like:

1) Effect of socio cultural factors on marital conflicts among married couples in Kaduna state.

2) Effect of infertility on marital conflicts among married couples in Zaria metropolis.

3) Effect of in-laws and relatives on marital conflicts among married couples in Hausa community.

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APPENDICES

Appendix A

Department of Educational Psychology and Counselling
Faculty of Education
Ahmadu Bello University, Zaria

Dear Sir/Madam,

QUESTIONNAIRE

Thank you for participating in a study of Marital Conflict Resolution Skills among Married Couples in Zaria Metropolis. The study is part of the requirements for the award of Master of Science in Education of Ahmadu Bello University, Zaria.

Kindly response to the questions as honestly as possible, all the information collected from you will be treated confidential. Your response will make this study a success and will be of very important in helping married couples in Zaria Metropolis to improve their relationships. Please do not discuss your responses with your partner. Your anticipated cooperation is highly appreciated. Thank you very much, and may God bless you richly.

Jamila Shehu Shika

Section A: Couples' Personal Inventory Form

Please tick (✓) the appropriate places

1. Sex: Male   [   ]   Female [   ]

2. Age: Below 20 Years []   21-30   [   ]   31-40   [ ]   41 and above   []

3. Highest Educational Qualification:
(a) Ph.D [   ]   (b) Masters Degree [   ]   (c) First Degree/HND [ ]
(d) NCE/OND []   (e) Non-Formal Education []
(f) Other Qualifications, (please specify): …………………

4. Number of years married:
(a) 1-5 years   [   ]   (b) 6-10 years   [   ](c) 11-20 years [   ]
(d) 20-30 years [   ]   (e) over 30 years[   ]

5. Indicate how many children you have
(a) None [   ]   (b) 1- 5 [   ]   (c) 6-10 [   ] (d) 11 - 15 [   ]
(e) 15 and above [   ]

6. How many wives have you? …………………………….
         1. []   2.[]   3.   [ ]   4.   [] Over 4 []

Section B: Causes of Marital Conflict among the Married Couples

1. Have you ever experienced conflict in your marriage? Yes [   ] No [   ]

2. If your response in Q10 is yes, what is the nature and the issues involved?
(a) Aggressive Husband/Wife   [   ]
(b) Lack of Cooperation   [   ]
(c) In-laws Issues   [   ]
(d) Financial Problems   [   ]
(e) Children Issues   [   ]
(f) Lack of spending time together   [   ]
(g) Decrease in Effective Communications   [   ]

Please indicate the extent of your agreement with the following statements on the causes of marital conflict based on your experience of marriage, using the scale; Strongly Agree (1), Agree (2), Neutral (3), Disagree (4), Strongly Disagree (5).

S/N	Couple's Views on Causes of Marital Conflict	1	2	3	4	5
3	Aggression and uncompromising position regarding major decisions is often responsible for marital conflict					
4	Exhibition of immoral behaviour by either of the couples and frequent nagging by couples cause marital conflict					
5.	The Husband's inability to meet the financial and moral needs of the family is responsible for marital conflict.					
6.	Lack of knowledge of marital objectives by couples causes marital conflicts					
7.	Sexual maladjustment and differences in sexual desire among couples is often responsible for marital conflict					
8.	Disregards for each other's relatives and lack of humility among couples often causes marital conflict					

Section C: Participants View on the Effect of Gender Differences, Socio Economic Status and Marital Conflict Resolution Skills on the Married Couple in Reducing Marital Conflicts

1. Please indicate the category you belong to
(a) Low Income Earners   [   ]   (b) Medium Income Earners   []
(c) Higher Income Earners []

2. Please indicate the Nature of your present occupation
(a) Federal Civil Servant   [   ]   (b) State/LG Civil Servant   [   ]
(c) Private Sector Employee [   ]   (d) Business/Farming   [   ]
(e) House wife (Female)   [   ]

Please indicate the extent of your agreement with the following statements on the effect of socio-economic status, gender differences and marital conflict resolution skills based on your experience of family life, using the scale; Strongly Agree (1), Agree (2), Neutral (3), Disagree (4), Strongly Disagree (5).

S/N	Statements	1	2	3	4	5
3	High income earnings have positive effect in reducing marital conflicts among married couples					

4	Level of educational qualification have positive effect in reducing marital conflicts among married couples					
5.	Type of occupation of marital couples have positive effect in reducing marital conflicts among married couples					
6.	Marriage duration is significant in reducing marital conflicts among married couples					
7.	Gender differences is significant in reducing marital conflicts among married couples					
8.	Marital conflict resolution skills are not significant in reducing marital conflicts among married couples					

Section D: Marital Adjustment Test for Marital Satisfaction among the Married Couples

1. Which dot describes the degree of happiness, everything considered, of your present marriage?

•　　　•　　　•　　　•　　　•　　　•　　　•

Very Unhappy　　　　　　　　　Happy　　　　　　　Perfectly Happy

State the approximate extent of agreement or disagreement between you and your mate on the following items:

S/N	Items	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree
2.	Handling Family Finances						
3.	Matters of Recreation						
4.	Demonstration of Affection						
5.	Friends						
6.	Sex Relations						
7.	Conventionality (Right, Good of Proper Conduct)						
8.	Philosophy of Life						
9.	Ways of dealing with in-laws						

10. When disagreement arise, they usually results in:
(a) Husband giving in　　　　　　　　　[　　]
(b) Wife Giving in　　　　　　　　　　[　　]
(c) Agreement by mutual give and take　[　　]

11. In leisure time, do you generally prefer:
(a) To be "on the go"　　　　　　　　[　　]
(b) To be "stay at home"　　　　　　　[　　]

12. Does your mate generally prefer:
(a) To be "on the go"　　　　　　　　[　　]
(b) To "stay at home"　　　　　　　　[　　]

13. How often do you wish you had not married?

(a) Frequently   [   ]

(b) Occasionally   [   ]

(c) Rarely   [   ]

(d) Never   [   ]

14. If you had your life to live over again, do you think you would:

(a) Marry the same person   [   ]

(b) Marry a different person   [   ]

(c) Not marry at all   [   ]

15. To what extent do you confide in your mate?

(a) Almost never   [   ]

(b) Rarely   [   ]

(c) In most things   [   ]

(d) In everything   [   ]

**SASHEN SANIN MUTUNTAKAR DAN ADAM DA BA SHAWARA,
TSANGAYAR ILMI
JAMI'AR AHMADU BELLO, ZARIYA
RANKA/RANKI YA DADE**

JERIN TAMBAYOYIN NAZARI

Mun gode maka/maki da shigowa wannan nazari mai taken 'Hanyoyin' warware rikici tsakanin ma'aurata a garin zariya da kewaye.' Wannan nazarin bangare ne na cika ka'idodin samun digiri na tsakiya (na biyu) a fannin kimiyyar ilmi a jami'ar Ahmadu Bello, Zariya.

Don Allah a taimaka a amsa tambayoyin cikin adalci yadda ya kamata, kuma dukkan bayanan da aka samu a wurinka/wurinki za a yi amfani dasu a matsayin sirri. Kuma bayananka/bayananki za su sa wannan nazarinyayi nasara kuma zai zama abu muhimmi da zai taimaki ma'aurata a garin zariya da kewaye dangane da gyara dangantakarsu ta aure. Don Allah kada ka/ki fada wadan'uwanka/dan'uwanki abin da ka/kika fada game da tambayoyin; muna fatan zamu samu hadin kai daga gareka/ki. Mun gode kuma Allah ya yi albarka.

Taku

Jamila Shehu Shika

SASHE NA DAYA

Don Allah a kyasta (√) a wurin daya dace

1. Jinsi – Namiji (   ) Mace (   )

2. Shekaru -Kasa da ashirin (   )

    – ashirin da daya zuwa talatin (   )

      Talatin da daya zuwa arba'in (   )

      - Arba'in da daya zuwa sama (   )

3. Ilmin Boko:

   a) Digiri da uku (   )   b) Digiri na biyu (   )

   c) Digiri na farko ko babbar difloma (   )

   d) Takardar shedar malanta ko karamar difloma (   )

   e) Ilmin azure ko addini (   )   f) Wasu Ilmin na daban (don Allah a fayyace)

4. Yawan shekaru da yin aure:

   a) daya zuwa biyar (   )   b) shida zuwa goma (   )

   c) goma sha daya zuwa ashirin (   ) d) ashirin da daya zuwa talatin (   )

5. Yawan yara

   a) babu ko daya (   )   b) daya zuwa biyar (   )

   c) shida zuwa goma   (   ) d) goma sha daya zuwa sha biyar (   )

   f) fiye da goma sha biyar (   )

6. Yawan mata/matanka nawa?_____

   _____

SASHE NA BIYU

ABUBUWAN DA KE KAWO RAKICI TSAKANIN MA'AURATA

1. Ko ka/kin taba samun wani rikici a aurauka/auranki? e (   ) a'a (   )

2. Idan amsar tambaya ta daya e ce, to ta yaya abin ya kasance kuma wadanne abubuwa ne ya kunsa?

a) Miji/mata mai cin zali () b) rashin hadin kai (   )

c) maganganun surukai (   ) d) matsalar kudi (   )

e) Matsalar yara(   )   f) rashin zama tare ana tattaunawa (   )

g) raguwar tattaunawa mai amfani (   )

Don Allah ka/ki nuna yarda da wadannan maganganu dangane da abubuwan da ke haddasa rikicin aure dangane da dadewarka/kidayin aure, tare da yin amfani da ma'aunai kamar haka .

Na yarda sosai (1)   Na yarda (2) tsaka – tsaki (3) ban yarda ba (4) ban yarda ba sosai (5)

Zamba	Ra'ayoyin ma'aurata game da abubuwan da ke haddasa rikici tsakanin mata da miji	1	2	3	4	5
3.	Cin zali da rashin samun daidaituwa game da wasu muhimman shararwari su ne ke kawo rikici ga ma'a urata					
4.	Nuna halayen batanci daga wurin miji ko kuma mata da kuma yawan fitina na ma'aurata suna kawo rikici					

5.	Gazawar miji na biyan bukatu da tarbiya ko nuna da'a ga iyali shike kawo rikici na aure					
6.	Bambancin ra'ayi akan jima'i tsakanin ma'aurata na kawo rikicin aure					
7.	Rashin sanin/jahiltar manifofin aure ga ma'aurata yana haddasa rikici					
8.	Rashin daidaitawa a wajan saduwa da bambance bambance na sha'awar saduwa a tsakanin ma'aurata yana kawo sabani					
9.	Nuna halin ko in kula na yanuwan ma'aurata da rashin tawali'u tsakanin ma'aurata na kawo sabani na aure					

SASHE NA UKU

Ra'ayin masu tattaunawa game da tasirin bambance – bambance na jinsi, da walwalar arziki da jin dadi da kuma hanyoyin sasantawa don rage rikicin aure.

1. Don Allah a nuna ajin da mutum ya fada a ciki

   a) Mai samu kadan (   ) b) Mai samu tsaka – tsaki ( ) c) Mai samu sosai ()

2. Aikin da mutum keyi a yanzu

   a) Ma'aikacin gwamnatin tarayya (   )

   b) Ma'aikacin jiha kokaramar hukuma (   )

   c) Ma'aikaci mai zaman kansa(   )   d) Kasuwanci ko noma (   )

   e) Matar aure (mace) (   )

Don Allah ka/ki nuna yarda da wadannan batutuwa dangane da tasirin walwalar

95

arziki da jin dadi da bambance – bambance na jinsi da kuma hanyoyin

sasantawa don rage rikicin aure, dangane da dadewarka/ki a rayuwar aure ta yin

amfani da ma'auni kamar haka.

Na yarda sosai (1)   Na   yarda (2)   Yarda tsaka – tsaki (3)

Rashin yarda (4) Rashin yarda sosai (5)

S/N	BATU	1	2	3	4	5
3.	Ana samun saukin rikici na ma'aurata a gidajan masu samu sosai					
4.	Ana samun saukin rikici na ma'aurata a gidajan masu ilmi sosai					
5.	Irin aikin da mata ko miji keyi yana tasiri wajen rage rikici tsakanin ma'aurata					
6.	Dadewar aure na da muhimmanci wajen rage rikici a tsakanin ma'aurata					
7.	Bambance – bambance na jinsi na da muhimmanci wajen rage rikici tsakanin ma'aurata.					
8.	Hanyoyin sasanta rikicin aure basu da muhimmanci a wajen rage rikice – rikice a tsakanin ma'aurata.					

SASHE NA HUDU

Hanyoyin gwada daidaituwar aure don samun gamsuwa tsakanin ma'aurata

1. Wane digo ne a nan ke bayyana yanayin farin ciki, idan aka dubi komi da komai na aurenka/ki a yanzu?

●   ●   ●   ●   ●   ●   ●

Cikin bakin ciki   farin ciki   farin ciki sosai

Bayyana hakikanin yarda ko rashin yarda tsakaninka/kid a abokin zama a kan wadannan batutuwa

S/N	Batutuwa	Yarda a ko da yaushe	Kusan akwai yarda koda yaushe	Wani lokaci ana yarda	A kowane lokaci babu yarda	Kusan babu yarda ko da yaushe	Ko da yaushe babu yarda
2.	Kula da harkokin kudi na iyali						
3.	Harkokin wasani ko motsa jiki						
4.	Nuna kaunar juna						
5.	Harkar abokai ko kawaye						
6.	Huldodin jima'i						
7.	Zama mutuntaka						
8.	Falsatar rayuwa						
9.	Hanyoyin zama da						

surakai						

10.   Idan an samu rashin jituwa suna iya sawa

      a). miji ya hakura (   )   b) mata ta hakura (   )

      c) yin yarjejeniyar hakuri da juna (   )

11.   A lokacin hutawa k/ki kan kasance a cikin shiri

      a) Don saduwa da juna (   ) b) Don kaurace wa juna (   )

12.   Abokin zamanka/ki ya/takan kasance a shirye

      a) Don Saduwa da juna (   )   b) Don kaurace wa juna (   )

13.   Ka/ki kan yawan fatan da ma ba ka/ki yi aure ba?

      a) koda yaushe (   )   b) lokaci – lokaci (   )

      c) ba safai ba (   )   d) ban taba ba (   )

14.   Idan a ce zaka/zaki kara dawowa duniya kana/kina ganin zaka/zaki

      a) Auri wadda/wanda ka/kika auran? (   ) b) Auri wata/wani daban (   )

      c) Ko daya (   )

15.   kakan/kikan yi sirri da abokin zamanka/ki?

      a) Ban taba ba   (   )   b) Ba safai ba (   )

      c) A kusan duka abubuwa (   )   d) A kan komi

APPENDIX C

1. **Reliability**

Scale: ALL VARIABLES

Case Processing Summary

			N	%
Cases	Valid		35	35.7
		a	63	64.3
	Total		98	100.0

Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.737	36

Conflict score	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1960.718	3	653.573	14.705	.000
Within Groups	8533.583	192	44.446		
Total	**10494.301**	**195**			

T-Test

Group Statistics

	sex	N	Mean	Std. Deviation	Std. Error Mean
mean_scores	male	39	56.5513	5.95244	.95315
	female	59	52.6949	5.53205	.72021

Independent Samples Test

		Levene's Test for Equality of Variances				
		F	Sig.	t	df	Si
mean_scores	Equal variances assumed	.142	.707	3.277	96	
	Equal variances not assumed			3.228	77.275	

Oneway

Descriptives

mean_scores

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mea	
					Lower Bound	Upper Bour
Ph.D	19	55.5263	5.96861	1.36929	52.6495	58.
Masters degree	6	52.3333	1.75119	.71492	50.4956	54.
First degree/HND	18	52.5556	5.15606	1.21530	49.9915	55.
NCE/OND	45	55.0889	6.71860	1.0s0155	53.0704	57.
Non-Formal education	6	55.3333	.81650	.33333	54.4765	56.
Other qualification	4	47.1250	2.95452	1.47726	42.4237	51.
Total	98	54.2296	5.98157	.60423	53.0304	55.

ANOVA

mean_scores

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	346.404	5	69.281	2.040	.080
Within Groups	3124.180	92	33.958		
Total	3470.584	97			

Post Hoc Tests

Multiple Comparisons

Dependent Variable: mean_scores

Scheffe

(I) highest educational qualification	(J) highest educational qualification	Mean Difference (I-J)	Std. Error	Sig.	95% Lower B
Ph.D	Masters degree	3.19298	2.72893	.926	
	First degree/HND	2.97076	1.91673	.790	
	NCE/OND	.43743	1.59434	1.000	
	Non-Formal education	.19298	2.72893	1.000	
	Other qualification	8.40132	3.20576	.241	
Masters degree	Ph.D	-3.19298	2.72893	.926	-1
	First degree/HND	-.22222	2.74706	1.000	
	NCE/OND	-2.75556	2.53266	.945	-
	Non-Formal education	-3.00000	3.36445	.977	-1
	Other qualification	5.20833	3.76156	.859	
First degree/HND	Ph.D	-2.97076	1.91673	.790	
	Masters degree	.22222	2.74706	1.000	
	NCE/OND	-2.53333	1.62518	.786	
	Non-Formal education	-2.77778	2.74706	.960	-1
	Other qualification	5.43056	3.22121	.724	
NCE/OND	Ph.D	-.43743	1.59434	1.000	
	Masters degree	2.75556	2.53266	.945	
	First degree/HND	2.53333	1.62518	.786	
	Non-Formal education	-.24444	2.53266	1.000	
	Other qualification	7.96389	3.04044	.242	
Non-Formal education	Ph.D	-.19298	2.72893	1.000	
	Masters degree	3.00000	3.36445	.977	
	First degree/HND	2.77778	2.74706	.960	
	NCE/OND	.24444	2.53266	1.000	
	Other qualification	8.20833	3.76156	.451	
Other qualification	Ph.D	-8.40132	3.20576	.241	-1
	Masters degree	-5.20833	3.76156	.859	-1
	First degree/HND	-5.43056	3.22121	.724	-1
	NCE/OND	-7.96389	3.04044	.242	-1
	Non-Formal education	-8.20833	3.76156	.451	-2

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Homogeneous Subsets

mean_scores

Scheffe[a,b]

highest educational qualification	N	Subset for alpha = 0.05
		1
Other qualification	4	47.1250
Masters degree	6	52.3333
First degree/HND	18	52.5556
NCE/OND	45	55.0889
Non-Formal education	6	55.3333
Ph.D	19	55.5263
Sig.		.132

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 8.406.

b. The group sizes are unequal. The harmonic mean of the group

sizes is used. Type I error levels are not guaranteed.

Oneway

	Notes
Output Created	13-JAN-2016 10:04:41
Comments	
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	Active Dataset	DataSet2
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Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on cases with no missing data for any variable in the analysis.

Syntax		ONEWAY mean_scores BY v4
		  /STATISTICS DESCRIPTIVES
		  /MISSING ANALYSIS
		  /POSTHOC=SCHEFFE ALPHA(0.05).

Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.02

Descriptives

mean_scores

					95% Confidence Interval for Mean		
	N	Mean	Std. Deviation	Std. Error	Lower Bound	Upper Bound	Minimu
1-5 yrs	63	54.8810	5.77237	.72725	53.4272	56.3347	4
6-10 yrs	27	52.8333	6.26498	1.20570	50.3550	55.3117	4
11-20 yrs	4	56.8750	7.59797	3.79899	44.7849	68.9651	4
20-30 yrs	4	50.7500	4.29146	2.14573	43.9213	57.5787	4
Total	98	54.2296	5.98157	.60423	53.0304	55.4288	4

ANOVA

mean_scores

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	155.790	3	51.930	1.473	.227
Within Groups	3314.795	94	35.264		
Total	3470.584	97			

Post Hoc Tests

Multiple Comparisons

Dependent Variable: mean_scores

Scheffe

(I) number of years married	(J) number of years married	Mean Difference (I-J)	Std. Error	Sig.	95% Lower B
1-5 yrs	6-10 yrs	2.04762	1.36595	.526	
	11-20 yrs	-1.99405	3.06197	.935	-
	20-30 yrs	4.13095	3.06197	.612	
6-10 yrs	1-5 yrs	-2.04762	1.36595	.526	
	11-20 yrs	-4.04167	3.18151	.657	-
	20-30 yrs	2.08333	3.18151	.934	
11-20 yrs	1-5 yrs	1.99405	3.06197	.935	
	6-10 yrs	4.04167	3.18151	.657	
	20-30 yrs	6.12500	4.19903	.549	
20-30 yrs	1-5 yrs	-4.13095	3.06197	.612	-
	6-10 yrs	-2.08333	3.18151	.934	-
	11-20 yrs	-6.12500	4.19903	.549	-

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Marital conflict Scores	N	Mean	Std. Deviation
pre test 1-5 yrs	15	57.2632	1.8419
pre test 6-10 yrs	30	46	2.04969
pre test 11-20 yrs	27	47.6111	3.1351
pre test 20-30 yrs	15	53.0889	3.74386
pre test over 30 yrs	11	50	1.84708
Post test 1-5 yrs	15	52.5	3.8023
post test 6-10 yrs	30	49.2632	1.8419
Post test 11 – 20 yrs	27	38	2.04969
post test 20-30 yrs	15	39.6111	3.1351
Post test over 30 years	11	45.0889	3.74386
Total	196	47,95442	1.84708

Homogeneous Subsets

mean_scores

Scheffe[a,b]

number of years married	N	Subset for alpha = 0.05
		1
20-30 yrs	4	50.7500
6-10 yrs	27	52.8333
1-5 yrs	63	54.8810
11-20 yrs	4	56.8750
Sig.		.285

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 7.234.

b. The group sizes are unequal. The harmonic mean of the group

sizes is used. Type I error levels are not guaranteed.

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