TITLE PAGE

FACTORS, CONSEQUENCES AND CONTROL OF MARITAL INSTABILITY AMONG SECONDARY SCHOOL TEACHERS IN AKWA-IBOM STATE

BY

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Reg. No.: 19/404GACE/014

BEING A DISSERTATION SUBMITTED TO THE POSTGRADUATE SCHOOL IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF MASTER OF EDUCATION (M.Ed.) DEGREE IN GUIDANCE AND COUNSELLING IN THE DEPARTMENT OF GUIDANCE AND COUNSELLING. FACULTY OF EDUCATION, UNIVERSITY OF ABUJA, ABUJA, NIGERIA.

JULY, 2023

DEDICATION

This dissertation is dedicated to my beloved late father, Mr. Joseph Olinga who laid the foundation for my education. The researcher wish he was alive to see this work as he was a push for me to further my education after my first degree. The researcher pray God bless his soul and grant him eternal rest in Jesus name, Amen.

DECLARATION

I declare that this dissertation is a product of an original research work conducted by me. It has not been presented for the award of any degree in any University. The ideas, observations, comments, suggestions and expressions herein represent my own convictions, except quotations, which have been acknowledged in accordance with conventional academic tradition.

_____ _____

WILLIAMS, Stella Michael Date

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JULY, 2023

CERTIFICATION

This dissertation entitled **"Factors, Consequences and Control of Marital Instability among Secondary School Teachers in Akwa-Ibom State"** by **WILLIAMS, Stella Michael** with **Reg. No. 19/404GACE/014** has been read and approved as meeting the requirements for the award of M.Ed degree in Guidance and Counselling of the University of Abuja, Abuja.

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ABSTRACT

The study investigated Factors, Consequences and Control of Marital Instability among Secondary School Teachers in Akwa-Ibom State. The study adopted descriptive survey design. The population for the study was 338 made up of 142 male teachers and 196 female teachers. The instrument titled "factors, consequences and control of marital instability questionnaire" (FCCMIQ) was used for this study to collect the data. The instrument was validated by the researcher's supervisor for face, content and construct validity. The instrument was further pilot tested using test- retest for 30 secondary school teachers. Using the Pearson Product Moment Correlation Co-efficient, a reliability index of 0.82 was obtained. Nine research questions and six hypotheses were raised to guide the study. Data collected were subjected to statistical analysis based on the research questions and null hypotheses. The hypotheses were tested using t-test statistics. The findings from the study showed that unfaithfulness by either of the couple, inability to appreciate individual differences, argument and constant quarrel and comparing spouse with others are the major factors of marital instability; poor emotional health of spouse, dissolution of marriage, high rate of juvenile delinquency and social vices are the identified consequences of marital instability while marital instability can be controlled by sacrificing ones wishes for the wishes of the spouse, use of avoidance strategy to resolve issues and avoiding over expression from each other. The study recommended that teachers should be mindful of how to handle marital issues and try as much as possible to have deep understanding of one another in all aspects of life to maintain a peaceful home; government should organize workshop, seminars and enlightenment for secondary school teachers on the factors, consequences and control of marital instability among secondary school teachers in Akwa-Ibom State. The study also recommend that there should be a continuous awareness, orientation, conferences organized by government in collaboration with counsellors for secondary school teachers in Akwa-Ibom State; government of Akwa-Ibom state should organize educational programmes for secondary school teachers on the control measures of marital instability irrespective of location; collective effort should be put in place by government, non-governmental organizations and counsellors to continue to organize conferences, workshop and seminars on the consequences of marital instability among secondary school teachers in Akwa-Ibom State for both male and female teachers; teachers should be given opportunity to attend counselling programmes in order to improve their perception positively on the factors and consequences of marital instability, lastly, secondary school teachers in Akwa-Ibom state should be encouraged to seek the services of marital counsellors in order to control marital instability.

CHAPTER ONE

1.0 INTRODUCTION

1.1 Background to the Study

Happiness in marriage is the desire of all intending couples. Marital instability is always a human tragedy that is desired by no one. It causes hurt and suffering to humans. It is an experience, which involves serious disruption of life at many levels. Many people who have been through the experience of marital instability liken it to the experience of sorrow. One of the most important relationships between a man and a woman is marriage which involves emotional and legal commitments to each other. Selecting a partner and entering into a marriage contract is considered a personal achievement and the selection of marriage partner is indeed one of the most important decisions one makes in a lifetime. People marry for many reasons which include; physical attraction, love, happiness, companionship and the desire to have children. Marriage is a socially and legally approved sexual relationship where parties involved have mutual understanding for procreation and protection of their future offspring (Teibowei, 2011).

Marriage is the oldest social institution ordained by God as a social contract between two individuals to become husband and wife. The origin of marriage can be traced to the period of creation. Marriage as a relationship and bond, most commonly between a man and a woman plays a key role in the definition of families. According to Garba (2016)

marriage is a socially, legally, culturally and religiously approved intimate relationship between a man and woman, it is a means of unity that connect between a man and a woman who aim to share a life together for establishing a family.

Marriage should be an exciting and beautiful adventure and the relationship between husband and wife which intend to get better with every passing day or year (Tolorunleke, 2014). However, little things can slip into the relationship. When these little things are not properly handled, they can cause conflict and eventual separation between the partners that may trigger over time. Information from electronic media, magazines, newspapers, court proceedings and environmental observations revealed that marital instability abounds in our society today and this is largely due to marital conflicts that couples experience in the process of trying to perform their marital roles as demanded by their society.

Marriages have undergone major changes during the past few decades globally. The marriage institution is witnessing instability globally (Maciver & Dimkpa, 2012). The fragility of the marriage bond is a notable feature of the contemporary world, and is present at every level of society including secondary school teachers in Akwa-Ibom State of Nigeria.

Marital instability, worrisomely is continuously on the increase in Africa and other developing countries and is associated with separation,

divorce and single parenthood (Duke-Natrebo, 2014). The increase rate in divorce is one of the most visible changes in our societies and the consequences of divorce or separation is high among people who experience their parents' marital instability; children from intact families have better outcomes and a higher well-being than children from divorced families. Also, children from divorced parents have worse cognitive, behavioural and health outcomes in general than children in more stable families (Duke-Natrebo, 2014).

In Nigeria today, the rate at which couples experience divorce and re-marriage is quite alarming. Many families have been and some are still seriously at war with themselves simply because of their failure to arrest, manage and resolve conflicting issues between couples and families. Some families in the Akwa-Ibom State are going through a lot of stress and hardships as a result of marital instability and this has devastating effects on the children and couples.

Marital instability, is referred to the interpersonal difficulties within the marriage relationship. It is depicted by husband and wife having different opinions about issues, events or activities which cannot be mutually resolved. Marital instability usually arises mostly due to lack of understanding between the couple. Dessislav (2015) wrote that family is the most basic unit of society and building block for national development. Just as there cannot exist any society without families or

home, there cannot be sustainable development without stable families or home. Nothing man does is ever perfect, therefore, there are bound to be imperfections in marriages. Omoniyi-Oyafunke, Falola and Salau (2014) referred to marital instability as the process whereby marriages breakdown through separation, abandonment or divorce. Marital instability has become a thing associated with the present-day family institution. This however, is not to say that it had never once occurred in the past, but the rate at which it occurs in our present society is quite alarming.

Marital stability refers to a firm, steady, well-balanced and healthy marital relationship between couples. Stability is ensured as each member fulfils his/her role in the relationship. Mitchel and Plauche (2016) described marital stability as remaining legally married without divorce, physical separation, or legal separation. Married couples achieve marital stability when they abide, work, and continuously support each other in a given task, interest, or a set goal. Dubose (2015) opined that if partners do not make a conscious effort to make their relationship successful, they may face the risk of being neglected. Therefore, a stable relationship is achieved by the positive contribution of both couples. The marital relationship's stability leads to a well-functioning and balanced family life, which consequently leads to a well-adjusted and progressive society (Echebe, 2010). Marital stability is different from but closely related to marital satisfaction. Marital satisfaction leads to marital stability.

A vital factor of particular interest in this study is the working status of married teachers. Marriage is often a happy experience, but sometimes, this happiness is punctured by several challenges specially for those who work and have family responsibilities. Marital instability among working couples is further aggravated by the 21st century practice which bring about changes with increased status of women who are members of the workforce and this singular trend has affected marital happiness, marital satisfaction and marital quality (Srinivasan, 2015).

Married employed women as observed by (Fawole and Isiaq, 2017) experience many stresses in their job ranging from one emergency situation to another and heavy workloads and that these pressures of everyday living can affect marital relationship. Work overload can reduce the time couple spend together, diminishing sexual interest.

Some social factors can affect the instability of the marriage. The idea of managing more than one wife might lead to an end of the family. The habits that either the wife or the husband is involved in extra-marital affairs might lead to an end of the family. The habits that either the wife or the husband is addicted to smoking or drinking also lead to marital dissolution. Lack of trust in many families amongst the couples is wrecking marriages today. Peer influences also threaten the marital stability if care is not taken by the couples. As a result of outside influences, irrational decisions are made to the detriment of one's wish and this might lead to a marital crisis. Other factors such as education,

illegitimate children, religion and infertility can also initiate instability in the marriage (Hussani & Adejare, 2021).

Regarding its consequences, marital instability is not only the issue of the two spouses; its effect goes beyond the individuals involved. Children and other relatives of the couples are the immediate victims who share the potential consequences and exposed to various psychosocial problems (Animasahun & Fatile, 2011). Moreover, marital instability produces various personal, physical, and psychological consequences. Marital instability can result in depression, anxiety, eating disorder. Additionally, it can lead to poor health conditions and the risk of certain diseases, such as heart disease and chronic pains. Nwaokwah (2013) pointed out that children are the ones that majorly suffer certain consequences associated with marital instability. Children reared in homes of divorce or separated parents may engage in disruptive behaviour, aggression, poor capacity for interaction with peers, high tendency for violence, report of drug abuse and even suicidal thought. Children living in homes that experience marital instability may experience extreme emotional expressions; they suffer cognitively and often struggle in school (Hussani & Adejare, 2021). They often have difficulty socializing and expressing appropriate social behaviour. They show higher levels of anxiety and have irrational ideas and fears. Couples play an extremely important role in how children manage tough situations

and they should keep in mind the long-term impact of how their behaviour will affect their children now and in the future

Control of marital instability is required to maintain a stable home. A study of the effect of family therapy on resolving family problems concluded that family therapy is effective for social and psychological problem-solving, promote effective involvement of family members and improved the family members' social and psychological performance, health communication patterns and satisfaction in relationship (Kumar & Singh, 2014). Arabnejad, Birashk and Abolmaali (2014) indicated that acceptance of commitment therapy is also found to increase intimacy and decrease crises among couples.

In order to achieve marital stability, there is need for respect, mutual love, effective communication, sexual satisfaction and willingness to support one another by couples. However, couples may be willing to provide all the necessary support, love and respect to ensure a positive marital stability, yet factors outside the control of such couple may pose a threat to achieving their mission. Since marital instability remains an evergreen subject in our society, the researcher intends to investigate the factors, consequences and control of marital instability on secondary school teachers.

1.2 Statement of the Problem

Broken homes have now become rampant in our contemporary days in which husband, wife and their children live apart. This is

evidenced from the fact that, the law courts are day in day out crowded with people willing to disrupt their marriages, creating disharmony in the society. Therefore, the problem of marital instability in Nigeria needs immediate attention. Marital discord negatively affects spouse's smooth relationship and the life of their children. Marital instability is a major problem among Nigerian couples. There are many factors that are responsible for marital instability in Nigeria.

The increase in divorce rates is one of the most visible changes in contemporary family life. The researcher observed that marital instability has serious consequences on the children's level of economic wellbeing and social life style. The increase of the new forms of instability calls for a serious concern in order to understand their factors and consequences. Instability and the breakdown of family and conjugal ties have relevant consequences on social and economic nature for the persons involved. Marital instability as observed among secondary school teachers in Akwa-Ibom State have negative consequences on the wellbeing of separated or divorced partners as well as on their children and the risks of poverty for women with children increased. It is based on these background that the study sought to examine the factors, consequences and control of marital instability among secondary school teachers in Akwa-Ibom State.

1.3 Purpose of the Study

The purpose of this study is to examine the factors, consequences and control of marital instability among secondary school teachers in Akwa-Ibom State. The specific objectives of the study are to:

i. find out the factors of marital instability among secondary school teachers in Akwa-Ibom State.

ii. examine the consequences of marital instability among secondary school teachers in Akwa-Ibom State.

iii. identify the control measures of marital instability among secondary school teachers in Akwa-Ibom State.

iv. find out the factors of marital instability among secondary school teachers in Akwa-Ibom State based on gender.

v. examine the factors of marital instability among secondary school teachers in Akwa-Ibom State based on location.

vi. find out the consequences of marital instability among secondary school teachers in Akwa-Ibom State based on gender.

vii. examine the consequences of marital instability among secondary school teachers in Akwa-Ibom State based on location.

viii. find out the control of marital instability among secondary school teachers in Akwa-Ibom State based on gender.

ix. find out the control of marital instability among secondary school teachers in Akwa-Ibom State based on location.

1.4 Research Questions

The following research questions has been raised to guide the study.

1. What are the factors of marital instability among secondary school teachers in Akwa-Ibom State?
2. What are the consequences of marital instability among secondary school teachers in Akwa-Ibom State?
3. What are the control measures of marital instability among secondary school teachers in Akwa-Ibom State?
4. What are the factors of marital instability among secondary school teachers in Akwa-Ibom State based on gender?
5. What are the factors of marital instability among secondary school teachers in Akwa-Ibom State based on location?
6. What are the consequences of marital instability among secondary school teachers in Akwa-Ibom State based on gender?
7. What are the consequences of marital instability among secondary school teachers in Akwa-Ibom State based on location?
8. What are the control measures of marital instability among secondary school teachers in Akwa-Ibom State based on gender?
9. What are the control measures of marital instability among secondary school teachers in Akwa-Ibom State based on location?

1.5 Hypotheses

The following null hypotheses will be tested at 0.05 level of significance.

$H0_1$: There is no significant difference between male and female teachers on the factors of marital instability among secondary school teachers in Akwa-Ibom State.

$H0_2$: There is no significant difference between rural and urban teachers on the factors of marital instability among secondary school teachers in Akwa-Ibom State.

$H0_3$: There is no significant difference between male and female teachers on the consequences of marital instability among secondary school teachers in Akwa-Ibom State.

$H0_4$: There is no significant difference between rural and urban teachers on the consequences marital instability among secondary school teachers in Akwa-Ibom State.

$H0_5$: There is no significant difference between male and female teachers on the control measures of marital instability among secondary school teachers in Akwa-Ibom State.

$H0_6$: There is no significant difference between rural and urban teachers on the control measures of marital instability among secondary school teachers in Akwa-Ibom State.

1.6 Basic Assumption

The research is based on the following assumptions.

1. That the factors of marital instability among secondary school teachers in Akwa-Ibom State can be identified.

2. That the consequences of marital instability among secondary school teachers in Akwa-Ibom State can be investigated.
3. That the control measures of marital instability among secondary school teachers in Akwa-Ibom State can be examined.

1.7 Delimitation of the Study

The study aimed at examining the factors, consequences and control of marital instability among secondary school teachers in Akwa-Ibom State, Nigeria. This study is delimited to public secondary school teachers in Akwa-Ibom State. The study also focused on the gender and location of the teachers on their responses with respect to the factors, consequences and control of marital instability.

1.8 Significance of the Study

This study would be of benefit to parents, teachers, couples, students, government, society and future researchers.

The findings of this study would be beneficial to parents. When parents reflect on the consequences of marital instability on their children and the society, they will prefer to adopt strategies to resolve their problems. Parents through this study would educate their children who are about to go into marriage on the need to make their home peaceful.

The findings of this study would be useful to the teachers and guide them on how to handle different children according to their divergent family background with the aim of ensuring that students

overcome their learning short comings and turn their disadvantages to advantages.

It is hoped that the findings of this study would be of immense benefit to couples experiencing instability in their homes. Couples at the verge of divorce would have to re-think as a result of the findings of this study. Such couples would be aware of the consequences of marital instability on them, their children and the society, and look for possible ways of resolving their differences.

The findings of this study would be useful to students from homes where marital instability exist and how to handle their predicaments and ensure they maintain favourable attitudes in life. They can learn to adopt tested strategies to help them overcome the challenges of divorce and separation.

Also, the findings of this study would convince the government on the need to invest in the training of human capacity especially the guidance counsellors. The trained counsellors will in turn provide services that may help couples experiencing instability in their homes amicably without resorting to divorce and separation.

The society would also benefit from the findings of this study through effective societal adjustment programme that carter for the need of children form such homes and reduce incidence of juvenile delinquent behaviour that serves as social vices and menaces to the society.

Future researchers would find this study helpful, as it will enable them know the factors, consequences and control measure of marital instability among couples and also use it has a reference point. The stakeholders would get access to this study through the library, publication in journals or conferences.

1.9 Operational Definition of Terms

Marital Instability: This is a state of misunderstanding or a disagreement of husband and wife and lack of harmony in the homes of married couples.

Factors: The conditions that precipitate marital instability among couples.

Consequences: The after effect of marital instability as felt by the couples, children and other stakeholders.

Control: Measures or actions that prevent marital instability

1.10 Abbreviations

MIS: Marriage Instability Scale

SS: Secondary School

CHAPTER TWO

2.0 REVIEW OF RELATED LITERATURE

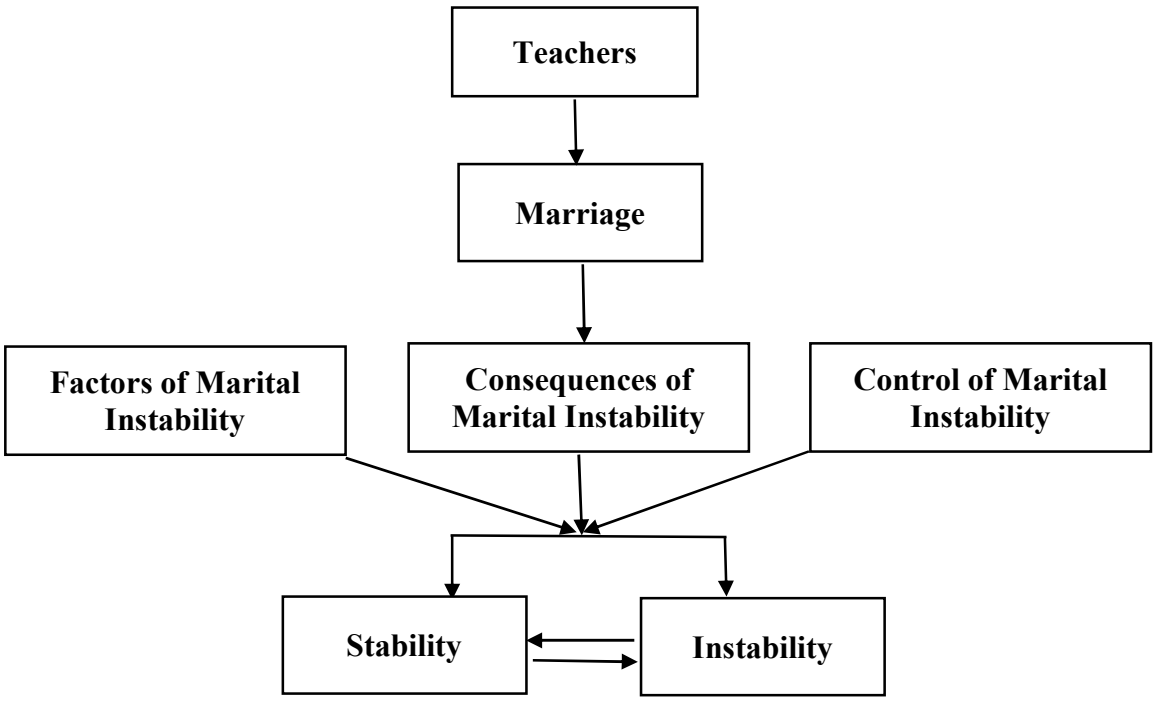
2.1 Introduction

This chapter is discussed under the following sub-headings; conceptual framework, theoretical framework, review of previous studies and summary.

2.2 Conceptual Framework

This section presents concepts related to the study were discussed.

Figure 1: Conceptual framework on Factors, Consequences and Control of Marital Instability



Source: Field Survey (2023)

The conceptual framework sort to find out the interrelatedness of factors, consequences and control of marital stability and instability.

2.2.1 Marriage

The concept of marriage has become quite difficult to define because of varying cultural orientations. Marriage is a legally and socially endorsed union, usually between a man and a woman, that is regulated by laws, rules, customs and beliefs that prescribe the rights and duties of the partners and accords status to their offspring. Marriage is the most essential and fundamental human relationship. It provides a basic structure that establishes a family relationship and raises the next generation (Nadar, 2018).

Marriage is a vital aspect of life as well as a relationship which is planned to last for a lifetime. As a very important human institution, marriage not only provides the initial structure to establish family relations, but also serves as a path to raise and train future generations (Uka, Obidoa & Uzoechina, 2013). However, researches have shown that in recent times, people are turning away from marriages because it is becoming increasingly difficult to maintain a happy and stable union (Amato & Rogers, 2017). Omeje (2014) opined that quite a number of marriages today are into serious conflict and this has modeled a severe threat to the supposedly marital satisfaction and happiness that would have been enjoyed by couples.

Marriage is a special contract of union between a man and woman in accordance with the law which establishes conjugal and family life. It

is the foundation of family and inviolable social institutions whose nature, consequences and incident are governed by law and stipulation (Teibowei, 2011).

In the same vein, Omorogiuwa and Omorogiuwa (2016) described marriage as a culturally approved relationship of one man and one woman (monogamy) or one man and two or more women (polygamy) in which there is cultural endorsement of sexual intercourse between the marital partners and with the expectation that children would be born of the relationship.

Marriage is the oldest social institution ordained by God between two individuals to become husband and wife. Olugbenga (2018) described marriage as a basic institution in every society, he described it as one of the important and fundamental human relationships; it is a culturally, religiously and socially recognized union, normally between a man and a woman, who are referred to as husband and wife. This union establishes rights and obligations between spouses, their children and their in-laws. Abekhale (2020) explained that marriage as a concept is a complex social and cultural relationship, irrespective of where it is contracted. Marriage occupies a central place within the society, to such an extent that each society has developed its own culture and customary traditions in this regard. Marriage is a concept that has gained a universal acceptance. Thus, marriage paves serious way and establishes a solid foundation upon which a family which is the basic unit of the human

society is built. For marriage to take place in any given culture, it must pass through rituals, customs and traditions as proscribed by each culture in accordance with its traditions (Amato & Rogers, 2017).

Marriage is a covenant relationship between male and female spouses. The covenant nature of marriage provides a strong foundation and secure framework for spouses' commitment to each other. Covenant defined the marital responsibilities of husband and wife toward nurturing and protecting their marriage. The couple is expected by their covenant to work hard to protect the marriage from internal and external negative forces (Zhekwo, 2019).

Marriage is ordained by God and gives legitimacy to sexual relationship and reproduction of legitimate children. Waite and Lehrer (2013) explained that marriage is seen as a sacred and permanent contract which is assumed to be enacted when two people, usually a man and a woman decide on their own and in the presence of at least two witnesses to exchange the formal consent to live a life of love and caring for each other for the purpose of promoting mutual growth and welfare. This indicates that marriage is sacred, permanent, and voluntary and involves mutual relationship and compatibility between a man and a woman. Marriage promotes the spirit of give and take which eventually leads to good interpersonal relationship. With this, marriage is expected to be founded in love and should flourish with mutual understanding between

spouses. This is achievable only when the spouses accept to tolerate and accommodate their weaknesses for life. As a lifelong affair (Kreager, Felson, Warner and Wenger 2018) noted that the stability of marriage is of essence. Marital stability can be measured by the degree of happiness, satisfaction and love that exist in the family.

Marriage as explained by (Ojukwu, 2013) is a state of being united with a person of the opposite sex as husband and wife for the purpose of companionship, procreation and maintaining a family. The above definitions require compatibility, commitment and understanding among married couple. The definition of marriage varies from culture to culture, but its principally an institution in which interpersonal relationships usually intimate and sexual interaction are acknowledged (Ojukwu, Woko & Onuoha, 2016). Marriage has been part of human culture for thousands of years and almost all culture and religion on the planet have some sort of marriage ceremony. Marriage comes with many benefits which make a satisfactory difference in one's life. Marriage provide companionship, it allows one to have someone who will have one's feelings and experience. It gives the spouses social and religious acceptance. Marriage brings about better sex life, good marital health, commitment in life, true love and a happier life (Fincham, 2010).

A good and stable marriage is a marital relationship based on love, mutual respect and the couple's satisfaction with the relationship (Karney & Bradbury, 2020). A stable marriage makes way for a healthy and happy

life and provides the necessary condition for having and nurturing responsible children (Kamp-Dush, Rhoades, Sandberg-Thoma and Schoppe-Sullivan, 2014). However, marriage becomes unstable when couples cannot manage conflicting issues that arise in the union.

2.2.2 Marital Stability

Marital stability refers to a firm, steady, well-balanced and healthy marital relationship between couples. Stability is ensured as each member fulfils his/her role in the relationship. The term stability is the quality, state of being consistent and firmly established. Marital stability is what shows whether a marriage stayed intact or not (Stanley, Amato, Johnson & Markman, 2013). Mitchel and Plauche (2016) defined marital stability as remaining legally married without divorce, physical separation, or legal separation. Married couples achieve marital stability when they abide, work and continuously support each other in a given task, interest or a set goal. Dubose (2015) opined that if partners do not make a conscious effort to make their relationship successful, they may face the risk of being neglected. Therefore, a stable relationship is achieved by the positive contribution of both couples.

The marital stability leads to a well-functioning and balanced family life, which consequently leads to a well-adjusted and progressive society (Echebe, 2010). Marital stability is different from but closely related to marital satisfaction. Marital satisfaction leads to marital stability. It is a crucial part of family life and life satisfaction, and couples

who have stable and fulfilled marriages are healthier, happier, and enjoy longevity (Whisman, Gilmour & Salinger, 2018).

Marital stability is a situation where a marriage is likely to stay together without any reason for termination, separation or divorce. But when there is no common goal to be achieved, no cooperation and support, and when there is lack of understanding, instability could set in (Fitzsimons, Finkel & Vandellen, 2015).

According to (Mustapha, Odebode and Adegboyega 2017), if a union remains inherently together, it is a stable marriage. Couple who are happy in their marriage share common features, such as friendship, togetherness, affection, other-focused and shared spirituality. Chris (2015) opined that couples enjoy affection, mutual feelings, emotional pleasures and love which promote their marital stability. Udeze (2019) explained that marital instability is the failure of husband and wife to perform their obligations in marriage. Instability can be likened to disorganization and perceived unstable marriage. In our present society, marriage institution has been affected by problems, which is as a result of social changes.

2.2.3 Marital Instability

Marital instability, is referred to the interpersonal difficulties within the marriage relationship. It is depicted by husband and wife having different opinions about issues, events or activities which cannot be mutually resolved. Marital instability usually arises mostly due to lack of understanding between the couple. Dessislav (2015) wrote that family

is the most basic unit of society and building block for national development. Just as there cannot exist any society without families or home, there cannot be sustainable development without stable families or home. Omoniyi-Oyafunke, Falola and Salau (2014) described marital instability as the process whereby marriages breakdown through separation, abandonment or divorce.

Marital instability can be seen as a situation whereby the couples deliberately decided to separate for one reason or the other. According to Alika and Edosa (2012), a marriage is structurally stable or unstable. An unstable marriage is one that is not structurally intact, as a result of quarrels, fights, separation or even divorce.

Marital instability is defined as the gamut of activities from thinking about and discussing divorce to actually filing for either separation or divorce. The term marital instability is used to refer to the process whereby marriages breakdown through separation, desertion or divorce. Lee (2013) observed that marital instability in homes could lead to separation and divorce. Owuamanam and Osakinle (2015) revealed that marital instability is caused by sex-related issues, love and trust, socio-cultural factors, anti-social vices and economic factors. Marital instability affects people of all ages, races and cultural backgrounds and often leads to divorce. There are many factors that lead to marital instability. Onwuegbusi (2010) remarked that childlessness and the sex of

the child too are also considered as factors that have been found to contribute to marital instability.

Marital instability is associated with separation, divorce and single parenthood. Separation and divorce are social phenomenon which are allowed or created by the husband or the wife or both. Ezeh (2012) posited that there are numbers of factors that are seriously threating stability of marriage in Nigeria and most of these factors are traceable to some inherited behaviour and thinking from the ancient African society, and imported ideas from other sources that are beyond the African concept of marriage. These factors are the significant causes of marriage instability in Nigeria society; as a result of their functions and effects within a home.

2.2.4 Factors of Marital Instability

The high rate of divorce cannot be farfetched from the inadequate length of courtship before marriage, dissimilarities between spouses in social and economic characteristics such as social class, ethnicity, religion and age. Some factors also include sterility, adultery, desertion and excessive cruelty. The fragility of the marital bond is a notable feature of the contemporary world and thus, spares no continent and is present at every level of society (Spanier & Glick, 2011). It makes society delicate and even endangers the education task and the trust that sustains a home. One may sometimes have the impression that separation and divorce are considered the only way out of marital problem. This is part

of the growing divorce mentality which is the product of marriage instability. Difficulties frequently lead to real friction that leads to separation, divorce, even murder, where a man kills his wife or the wife killing the husband. Marriage instability has made society to currently witness the invasion of many areas of human activity by an essential individualism; economic life, excessive competition etc.

Some factors of marital instability as highlighted by (Ezeh, 2012) include: childlessness, unsatisfactory sexual relationship, non-payment of dowry; polygamy; rumor and faction; lack of commitment towards marriage, sexual incompatibility and infidelity; lack of communication between spouses; abandonment, alcohol addiction, substance abuse; physical abuse, sexual abuse and emotional abuse; inability to manage or resolve conflict; differences in personal and career goals; different expectations about household tasks and financial problems; intellectual incompatibility and inflexibility; mental illness; religious beliefs, cultural and lifestyle differences.

Desperation, especially on the part of the female folks, was a major cause of divorce (Uba, 2017). He added that most young women feel, it is a must to get married at an early age while the older ones cannot stand the stigma of not being married, therefore, they enter into marriages not minding what it may cost because they must get married and some of them in their desperation avoid marriage counseling and courtship so that the man would not change his mind. Meanwhile, some families due to

poverty give away their female children in order to make some money, parents who cannot afford to train their female children give them out for marriage so that she could fetch them money (Usoroh, Ekot & Inyang, 2010). Some factors of marital instability have been identified in the following section.

(a) Infidelity

Marital infidelity is a threat to marriage because it leads to moral degradation, lack of trust and respect for the spouse involved in this act. Papp, Cummings & Goeke-Morey (2019), remarked that marital infidelity is one of the possibly causes of marital instability. Onovo & Ani (2021), affirmed that extramarital behaviour is a violation of rules and relationship norms by one partner resulting into jealousy and rivalry action which can be sexual or emotional. Poduska (2013) described extramarital affair as any emotional or sexual intimacy that violates trust. Marital infidelity is a state of being unfaithful to a covenant, to an agreement, or to a bond such as marriage. It is a phenomenon that adversely destabilizes the uniqueness of marriage and family institutions.

Infidelity is an act of not being faithful to one's partner. It occurs when a person has a sexual relationship with someone other than his/her marriage partner. There are many causes of infidelity – first is most people approach marriage with enthusiasm about the sexual freedom that will follow. Many of these people are disappointed when they discover that sex within marriage it not as consistently as they had expected. Eliud

(2016) observed that this can make them to seek for fulfilment outside marriage. Another cause of infidelity is environmental stimulation. This may be due to the sex saturated culture in our modern societies, for example a TV programme, which makes people to think about sex and encourage them to seek physical gratification, magazines, films, novels, provocative dressing is the other forms of environmental stimulations that encourage sex outside marriage.

Social pressure also influences people as travelling business people and entertainers whose work draws them away from home repeatedly, may cause them to engage in extramarital sex (Rahmani, Alahgholi & Merghati, 2017). This also include people who stay away from their partners due to work can also be tempted to engage in sexual relations outside marriage. When partners feel lonely, unwanted, unloved and emotionally deprived, they often seek intimacy, tenderness, excitement and fulfilment in sexual relationship outside marriage. Infidelity affects the faithful partner because it creates jealousy, bitterness and all kinds of suspicion in marriage. The faithful partner becomes lonely and jealous. Unfaithfulness leads to social problems that result in broken relationships between the couple.

Cheating among Nigerian married teachers is a trend, which is abstract and very different to what was in existence some decades ago, when married teachers were faithful, patient and more tolerating (Dimkpa, 2017). According to Hibbert and Beutler (2012), it is a very difficult issue

for any marriage to continue to exist smoothly or for any family to continue to thrive peacefully in the face of a case of marital infidelity involving any member of the marriage. Some teachers who live apart from their spouse because of transfer/location seem to be more into these anomalies. In confirmation of this view, Tolorunleke (2014) noted that living apart from each other among married teachers sometimes leads to marital infidelity. Ambakederemo and Ganagana (2016) affirmed that marital infidelity causes significant damage to the spouse's image, personal confidence and socio-economic condition at the home front having a deep impact on the attitudes of the family members. Esere, Yusuf & Omotosho (2011) explained that marital infidelity among teachers affects both the immediate and extended families and the students in the classroom because of the teacher's mood while in the class. Onovo and Ani (2021) opined that extramarital affair is not acceptable for both male and female because it is a shameful act. It destroys the family of both teachers in the school and the society at large, breaks the bond of relationship and destabilizes the home. Consequences of marital infidelity are always too bitter to condone.

(b) Financial Issue

Satisfaction with one's financial status can enhance marital satisfaction, and more broadly, life satisfaction. Conversely, financial difficulties and dissatisfaction with one's financial status can lead to marital instability (Dimkp, 2017). Money ranks as the most ordinary

cause of instability in marriage. Lack of finance is one major cause of marital instability and this is because money is essential not only for obtaining necessities of life but also for obtaining luxury issues. Married couples today quarrel and fight over money issues. One spouse or the other is guilty of mismanagement of family financial resources.

The quality of family as asserted by (Amato and Rogers, 2017) was perceived to be higher among families in which financial self-reliance is highly valued. Families which were prudent in paying bills on time, living within the family's income, and avoiding unnecessary debt increased respect for the family, a sense of self-worth, and diminished financially driven tensions. They also concluded that imprudent financial behaviour led to greater family unkindness, decreased family communication, and diminished quality of life. Husbands who spend or give away money impulsively will lead their families into poverty. Drinking, smoking, drugs and gambling are little foxes that eat the families' financial security. On the other hand, some wives are extravagant; they spend a lot of money on cosmetics and clothes at the expense of the family budget. This scenario represents a painful form of abuse, lack of concern which describes a failure to adjust the economic side of marriage (Coleman, 2014).

Few studies have examined whether financial issues such as consumer debt is linked to divorce. Parrotta and Johnson (2018) suggested that consumer debt is not associated with divorce. Moreover,

some scholars have asserted that financial issues do not predict divorce without actually testing the proposition (Amato and Rogers, 2017). Debt fuels a sense of financial unease among couples, and increases the likelihood of quarrel over money matters; moreover, this financial unease casts a pall over marriages in general.

Perceptions of how well one's spouse handles money also play a role in shaping the quality and stability of marriage. When individuals feel that their spouse does not handle money well, they report lower levels of marital happiness (Berry & Williams, 2017). The feelings that one's spouse spent money foolishly increased the likelihood of divorce for both men and women (Dew, 2007). More generally, conflict over money matters is one of the most important problems in contemporary married life.

(c) Poor Sexual Satisfaction

Poor sexual-satisfaction on the part of a married partner may spice up crisis in the union if not properly handled and it could lead to extramarital sexual affairs. Several studies have pointed to the impact of sexual satisfaction on marriage. It is generally believed that the nature of sexual relations is the most important determining factor in marriage life (Sanchez-Fuentes, Santos-Iglesias and Sierra, 2014). Dissatisfactory and unconvincing intercourse will lead to the feelings of deprivation, frustration, and lack of safety which will likely endanger mental health, thereby resulting in the disintegration of the family life. Sanchez-Fuentes,

Santos-Iglesias and Sierra (2014) showed that four factors influence sexual satisfaction, which are as follows:

i. Personal variables such as socio demographic and psychological characteristics, mental and physical health
ii. Variables related to the early relationships and sexual response
iii. Factors related to social protection and family relations
iv. Beliefs and cultural values such as religion.

With the increasing age, duration of marriage and number of children, the frequency of sexual activity and lack of sexual satisfaction, sexual desire decreases (especially in women), which may be due to the declining attractiveness of the person's sexual partner, increased financial activity over time, workload, childcare and so on (Sanchez-Fuentesa, Santos-Iglesias and Sierra, 2014). Some researchers have concluded that education level, and extreme sexual orientation of the marriage partner is capable of endangering a marital union. Such orientations like homosexuality, lesbianism, bestiality, Sodom, oral sex, excessive sexual appetite especially when the other partner is at the other extreme of the scale can cause instability in homes.

(d) Extended Family Issue

Sometimes, parents and relatives may unduly interfere in a couple's private life, and thus cause tension. For example, some relatives want to have a say over a couple's life, this makes a couple feel strongly compelled to live by the expectations of their parents. Such spouses have

no independence in their domestic affairs (Berry & Williams, 2017). The interference by extended family members in a couple's private life often leads to marital disharmony. This is because the primary relationship that spouses have with their parents could significantly influence the conduct of the marriage.

Some once upon-a-time happy couples have had their marriages rocked for their inability to properly manage extended family issues. In most cases, women find it difficult to accommodate relations of the husband (especially mothers and sisters in-law) and vice versa on the part of some husbands, a situation most marriage partners may find difficult to accommodate. Some men/women often quarrel with spouses whose interests are only on the betterment of their own relations (Samadaee-Gelehkolaee, McCarthy, Khalilian, Hamzehgardeshi, Peyvandi and Elyasi, 2016).

Families are an important role model for couples to determine the norms, beliefs and values related to relationships and can therefore affect couples' relationships satisfaction and stability (Schramm & Harris, 2011). Positive support from family affects couples' satisfaction with their relationships and is essential for marriage stability. When family members are supportive, they help to resolve marital issues, provide financial support or assist the couple in childcare (Amadi and Amadi, 2014). While negative interference of family members on couples' interpersonal relationships could lead to decreased family commitment,

marital insecurity which can have negative consequences on their marital satisfaction.

(e) Lack of Mutual Respect

Mutual respect for one's spouse is critical for marriage sustenance and lack of it is a critical factor capable of rocking even the strongest marital foundation of hitherto blissful homes. The Holy Bible admonishes couples thus: wives respect your husband who in turn should love their wives as they would love their own body. Schramm and Harris (2011) argued that each of the above mention conditions may not apply to the other since a husband might find it difficult to continue to love a wife who does not respect him or his authority; neither would a wife respect the husband who does not love her. Respect and love are reciprocal variables in every marriage and as such, a spouse owes it an obligation to respect and love his/her marriage partner, failure which fans the embers of marital discord and discontent (Udeze, 2019).

Often time, couple enters into crisis when they confuse role in the marriage and in the long run leads to misunderstanding and lack of mutual respect for each other (Sanchez-Fuentes, Santos-Iglesias and Sierra, 2014). Spouses enter a solemn and binding arrangement in marriage, in essence, their unique roles are complementary. Unfortunately, there is frequent usurpation and abdication of

responsibilities or role reversals, which bring dire sequences. Cooper (2015) asserted that there is a control centre in each of us, which is selfish and demanding. Spouses have fights owning to attitudes, habits and pride. They strive for fulfilment, identity and control. Of course, this contradict the idea of marital oneness that predicates on complementary roles and equality of a person. One the confusion of roles, it should be clear that if spouses disregard the idea of distinct gender roles, crisis would ensue. The confusion of roles involves either make domination or female usurpation of authority (Cooper, 2015).

(f) Poor Communication

Marital communication has been a factor that has occupied central position in all discourse concerning marital stability (Esere, Yusuf & Omotosho, 2011). Inability of spouses to communicate effectively with each other is very unhealthy to the union. Effective marital communication entails that couples discuss issues, respond to questions, call for explanations and accept same timely (when given), as any delay may send out a wrong signal which a partner is bound to give a different interpretation. Effective communication can ease many other marital unrests before they could degenerate into crisis situations. Put differently, poor marital communication has been blamed for some other marital problems that have ended in divorce or separation. Purposeful open dialogue between couples often tends to be overtaken by incessant arguments about anything, everything, and nothing; misinterpretation

generates misunderstandings; verbal attacks are countered by keeping silence especially on the husband's side (Awake, 2008).

Communication is an essential element that affects all human inclinations and is an important determining factor in the quality of relationship between spouses and marital satisfaction (Amiri, Farhoodi, Abdolvand & Rezaie, 2011). Communication plays a vital role in marriage and intimacy between couples. Overall, relationship between spouses are formed on the basis of four basic types of relationships, namely: emotional relationship, cognitive (intellectual) relationship, economic relationship and sexual relationship (Aliakbari-Dehkordi & Keyghobadi, 2013). Couples who readily communicate their thoughts and feelings with each other can accept and understand each other's feelings. Also, couples who spend more time together, engage in verbal or emotional communication to a great extent experience higher marital stability.

(g) Social Incompatibility

There is no doubt that some marriages have absolutely no foundation or basis for being contracted at the first instance. This is so because the pair is socially incompatible and may only manage to get along for a short while before signs of incompatibility would start to manifest. It would then be discovered that the couple are strange bed fellows - socially, religiously and ideologically. Such marriage is bound to experience crisis, in a situation where a marriage partner sets high and

unrealistic standards in the home. The imperfection of man is unquestionable and as such it is not possible that such idealistic standards are realized. This is capable of degenerating into crisis in the home. Many married people become disappointed when they discover that their union is not all they had expected and that their spouse is not quite what they had envisioned him/her to be (Awake, 2008). Additionally, some couples unrealistically expect to get more out of marriage than they put into it (Amao-Kehinde, 2008).

2.2.5 Consequences of Marital Instability

Marital crises may have had some deadly consequences on couples, their children and the society at large. Social vices and crimes may become the order of the day as delinquent children from unstable homes ultimately graduate into irresponsible adult. The adolescence is a stage at which human beings are highly emotionally unbalanced, character formation not yet stabilized and as such people can always slant to either side of the scale at the slightest pressure. This is the singular reason why robbery gangs, kidnap and assassination squads, and prostitution are mostly populated by people in their adolescence and early adulthood. Living without their parents did not offer them the opportunity to develop as good citizens with good scales of conscience.

Since marriage and family serve both the spouse, their offspring and the entire society, it would not be out of way to state that marital

instability have great influence not only on the principal partners of marriage (spouses), but also on all the segments which it serves.

Instability represents problem in marriage relationship (Undiyaundeye & Reamen, 2012). According to them instability has a lot of negative effects on the spouses who have lost confidence in themselves and botherless about each other passionately. The lingering effect of marital instability is separation and finally the divorce. According to Cooper (2015), divorce is always a traumatic, emotionally difficult experience. It affects all areas of one's functioning and possess serious challenges to our psychological and social adjustments.

Single-parenting an offshoot of separation and divorce implies that a mother or a father is parenting single-handedly. While the single parent must provide for all the normal needs of the family, the very nature of the single parent family results in added stress as the family lacks the personnel to fulfill all the normally-expected roles. However, the stresses of single parenthood are experienced in three main areas: children, money, and loneliness (Howse, Dunton & Marshall, 2015).

Several studies have indicated that children from separated unions hardly enjoy a successful marital relationship. Gleen and Sheton in Undiyaundeye and Reamen (2012) noted that persons whose parents are divorced are more likely to have a collapse relationship than persons from stable homes. Senses of insecurity, drug abuse, delinquencies, emotional

instabilities, etc, are some consequences of marital instability on offspring.

2.2.6 Control of Marital Instability

Crisis occurs in every marriage. What often distinguishes a happier marriage from a less happy marriage is how the crisis is resolved. Some couples never actually resolve issue, instead the crisis just seems to go away with time; however, it is certainly somewhere under the surface breeding bitterness and will usually come up again in the future. Some couples insist they have no crisis. In this case, one person is usually giving in to the other and not complaining about it; however, the person giving in will usually have problems at some point, such as depression or anxiety. There are so many other ways that couples handle crises, some healthy and some not. If couples can learn to resolve crisis in a healthy way, it will become easier to deal with and the marriage becomes stronger and happier. Some of such healthy strategies will be highlighted below.

Marriage enrichment programme as a strategy for marital crisis resolution is designed specifically as an instructional group counselling package. The programme was not only designed to improve marital adjustment, but also other marriage related skills including interpersonal skills, decision making and planning skill as different techniques employed in marital negotiation skills could also be improved by the programme (Uka, Obidoa & Uzoechina, 2013).

Personal involvement in one's problem has been found to be positively related to marital happiness. A crucial element in a healthy relationship is where communication is effective. Effective communication helps in molding well-desired behaviours which leads to a happy relationship. An effective communication gives marital partners the opportunity to share their problems. anxiety and concerns with each other.

Communication deficits as stated by (Crosby, 2015) occur among couples during attempted crisis resolution discussions. He however suggested that, whatever the origin of the deficit, appropriate training in the acquisition of skillful responses would help in developing more effective communication behaviour for couples. Owuamanam (2012) recommended marriage counselling typifying psychodynamic that are treating marital crisis based on early childhood experience, the co-joint family therapeutic approach (bringing family's communication, network into play). It is hoped, however, that if a sour relationship becomes irresolvable by the couples, genuine effort could be made to reach a professional helper; who is supposed to help couples to recover or to salvage their failing marriage by helping them discover the toxins in their union and to learn those missing interpersonal skills they need, to enrich and improve the emotional situation in their marriage (Nwoye, 2011).

To build blocks of marital unity in marriage, Nwoye (2011) recommends two vital options, namely:

1. Personality option, and

2. Character options.

To him, the personality option has about eight cardinal aims, namely:

i. Joint marital broad goal of "we shall succeed"

ii. Learn the magic of keeping physically fit, to prevent frustration of the other spouse;

iii. Be empathetic to one another;

iv. Proper use of their intelligence in home matters;

v. Develop in themselves the right sense of perspective and autonomy in marital problem;

vi. Be creative in mind and in spirit;

vii. Flexibility and transparent in actions; and

viii. The development of proper sense of judgment.

In addition, character option claims that:

i. Couples should be honest about the relationship;

ii. Take bold steps in resolving marital problems;

iii. Learn to forgive and keep the past behind one, and

iv. The availability of shared value orientation.

To further corroborate this area of marital stability ingredient, Nwoye (2011) further suggested some socio-psychological protocols. These are:

1. The wife should maintain in her role as a partner in all spheres of the marital life to see herself as a dear lover, confidant, help-mate,

sister, nurse and even seeing the man as a child will help the marriage to grow. Also, the wife should see the husband as her life partner and not a senior prefect, but a loving head teacher, guide, counsellor, honey and a senior brother;

2. Couples should copy the good aspect of each other and reinforce these good aspects by fully appreciating them for the good traits to grow into the expected virtues. They should not castigate themselves over faults and failings; but look for remediating training to brush up the others;
3. Encouragement and joint participation in some daily home routine, energizes love to wax stronger and tougher;
4. Over expectation from each other promotes hatred and defence tactics, excuses should be found for the absence of one's spouse.

2.3 Theoretical Framework

The theory for this study is anchored on Social Learning Theory of Bandura 1977 and Marital Communication Theory of Weakland 1956.

2.3.1 Social Learning Theory

The Social Learning Theory of Bandura (1977) emphasizes the importance of observing and modelling the behaviours, attitudes and

emotional reactions of others. Bandura (1977) stated that learning would be exceedingly laborious, if people had to rely solely on the effects of their own actions to inform them what to do. Fortunately, most human behaviour is learned observationally through modelling; from observing others one forms an idea of how new behaviours are performed, and later this coded idea serves as a guide for action.

According to the theory, when marriage fails to function effectively the cause may be traced from the parents where parents were models to their children. This is based on the grounds that people learn through imitation. The tendency is that after imitation and the partner, who acquires such tries to exhibit the behaviour in his or her marriage, there is likelihood that it may not be accepted by the second and may result in marital crisis.

The Social Learning Theory is relevant to this study as it assumes that when crisis occur in marriage, it is the responsibilities of husband and wife to settle the issue amicably to avoid the negative effect of marital instability on the couple involved, children and the society at large.

2.3.2 Marital Communication Theory

The marital communication theory was propounded by Weakland (1956). According to him crisis in marriage arises due to inappropriate communication. The theory stipulates that crises ensues in marriage

relationship in a situation where there is confusion and lack of clarity in communication pattern of husband and wife. This is a situation when the partner who is receiving the message of the communication finds it very difficult to make a meaning out of it. When there is confusion and lack of understanding in the communication between couple, the tendency is for the confused partner to reject the communication thereby creating a vacuum, which leads to crisis. Also, the presence of noise in the communication network leads to crisis in marriage. Lack of communication among couple is an important source of marital problem. This is because many things supressed and left unsaid, the result of which leads to bitterness, frustration and tension within either of the partners.

The theory recognizes three levels of human communication where crisis can arise. Such levels are at the syntactical level, semantic level and pragmatic level in communication network. The syntactical level refers to the way the information is transmitted, the semantic aspect refers to when the information is received while the pragmatic aspect is the effect of the information on one another.

Marital Communication Theory is explicit on what could cause marital crises, which is inappropriate communication between couples. Weakland (1956) formulated this theory based upon the assumption that in any marriage relationship where there is confusion and lack of clarity in communication pattern of husband and wife crisis is bound to ensue in such marriage Disharmony will ensue each of the partner sees his/her

position as being superior to the other. In a situation where the couples fail to understand each other due to gender difference, age, educational qualification or occupational status, crisis will definitely arise. The theory made it clear that when there is lack of communication in any marriage, there is bound to be frustration and situation of hate within either of the partner. The Marital Communication Theory is relevant to this study as it stipulates that problems arise in marriage when couple fail to understand information conveyed by each other clearly.

2.4 Review of Previous Studies

Animasahun and Fatile (2011) conducted a study Patterns of Marital Instability in Modern African Society, especially Lagos Metropolis, and the Implications on Marriage Counselling. Two hundred and fifty married men and women were selected in Lagos metropolis, using purposive and convenience sampling technique. Among the participants were: one hundred and eleven married men (44.4%) and one hundred and thirty-nine married women (55.6%) respectively. The mean of the respondents' age was 39.96, while the standard deviation was 8.44. The major instrument used was marriage instability scale (MIS) constructed and validated by the researchers with a coefficient alpha of .848. Five null hypotheses were tested at 0.05 level of significance. Data collected were analyzed using ANOVA and t-test statistics in testing the hypotheses. The results obtained showed that; there was no significant difference in marriage instability between couples with polygamous

family background and couples with monogamous family background. There was no significant difference in marriage instability among couples with different social status. There was no significant difference in marriage instability between couples with different religious background. There was no significant difference in marriage instability among couples with different careers. There was no significant difference in marriage instability among couples with different educational background. The findings of the research have various implications for couples in modern African society; there is need for them to visit a professional marriage therapist for marriage assessment. The findings of the study were discussed and suggestions were made for further studies.

The major difference between Animasahun and Fatile study and this present study is that Animasahun and Fatile investigated the patterns of marital instability in modem African society using Lagos state as a case study while this present study investigates factors, consequences and control of marital instability among secondary school teachers in Akwa-Ibom State.

Tolorunleke (2014) carried out a study on the Causes of Marital Conflicts among Couples in Nigeria: Implication for Counselling Psychologists. It was a descriptive research with emphasis on survey approach. Purposive sampling method was used to cover both Urban and Rural areas of study. Findings revealed that marital conflicts did exist. The results of the two hypotheses tested revealed that there were no

significant differences in the causes of marital conflicts among couples based on level of education and length of marriage. In conclusion, the inevitability of conflicts in any form of marriage was established. To prevent or manage crisis therefore will depend largely on the mutual understanding of couples involved. Based on this conclusion, it is recommended that adequate provision be made for both preventive, remedial and rehabilitative counseling, interventions through different bodies such as government and non-governmental organizations (NGO's) for the married and prospective couples to enhance marital stability in our societies.

This study is slightly similar to this current study as it investigated the causes of marital conflicts among couples in Nigeria, while this present study find the factors, consequences and control of marital instability among secondary school teachers in Akwa Ibom State.

Omoniyi-Oyafunke, Falola and Salau (2014) conducted a study on Effect of Marital Instability on Children in Abeokuta Metropolis. A descriptive research method was adopted for the study. The total numbers of two hundred and fifty-one (251) respondents were selected from Abeokuta Metropolis using stratified and systematic sampling technique with the use questionnaires to collect information from respondents who participated in the study. The data collected were carefully analysed using percentages supported by chi-square to represent the raw data in a meaningful manner. It was discovered that children of divorced/separated

are prone to drug addiction, armed robbery, commercial sex workers and other forms of criminal activity, not only that they also tend to go wayward, naughty, unruly and rebellious. The study also established that children who grow up in a single parent family are more likely to be used for trafficking, rituals and house helps than the children who grow up in an intact family. It is therefore recommended that family counselling be emphasized by the stakeholders (government, religious leaders, and counsellors to minimise instability in the family and effort should be intensified to discourage marital discord.

The slight difference between the two studies is that the current study focus on factors, consequences and control of marital instability while Omoniyi-Oyafunke, Falola and Salau study focus on the effect of marital instability which is the same as consequences.

Amadi and Amadi (2014) examined Marital Crisis in the Nigerian Society: Causes, Consequences and Management Strategies. The investigation was designed as opinion survey using a structured questionnaire rated on a 4-point scale. Three research questions and four null hypotheses guided the investigation, and generated data was analyzed using descriptive statistics of the mean and standard deviation, while the hypotheses were subject to the t-test statistic. Findings indicated that emergence of crises in marital home is occasioned by a lot of factors including incompatibility in social and sexual like, lack of marital confidence, third-party syndrome, economic disquiets, etc. Consequences

of marital crises were identified to include; poor mental, emotional and physical health of couple and their children, physical abuse and threat to life of partners, escalation of social vices and crimes such as drug abuse, kidnapping, prostitution, school drop out of children of crises ridden and broken homes. Recommended management strategies include pre-marriage orientation, seminars, workshops and counselling. The education system was identified as a potent medium for reducing the threat of marital crises sequel to which a curriculum approach was recommended, proposing the integration of pre-marriage courses and family lining into the basic education programme.

The study is slightly similar to this current study in the sense that it examined marital crises in the Nigerian Society: causes, consequences and management strategies, while the present study also examine the factors, consequences and control of marital instability among secondary school teachers.

Ojukwu, Woko and Onuoha (2016) examined the Impact of Educational Attainment on Marital Stability among Married Persons in Imo State. The study adopted a casual comparative design. Eight hundred and three (803) married persons were selected through simple random sampling for the study. The study made use of questionnaire for the collection of data. Two research questions guided the study. Spearman's Correlation Coefficient and independent t-test analysis were used to analyse the data. The findings revealed that there was a positive

relationship between married person's low and high levels of educational attainment and marital stability while there was no significant relationship between those with medium level of educational attainment and their marital stability. Based on the findings, it was recommended that those involved and involved in the marriage molding institution should organize seminars, workshops and conferences to educate intending couples with regard to choosing partners based on the couples' educational attainment.

Ojukwu, Woko and Onuoha study is different from the current study as they examined the impact of educational attainment on marital stability while the current study is on factors, consequences and control of marital instability. Also, the location of both studies differs.

Olorunda (2016) carried out a study on the Causes and Effects of Marital Conflict on Family Stability among Couples in Gboko Metropolis of Benue State as well as the counselling intervention strategies. The study believes that the stability of a nation is dependent on the stability of the family institution. The most potent method that can effectively address marital conflict in this dispensation is counselling. The descriptive survey method was adopted for the study. The population was made up of all married couples in Gboko metropolis with a sampled population of 200 respondents selected for the study using the purposive random sampling method. A self-developed questionnaire titled Marital Conflict Inventory was used for the study. The study found that the

inability of couples to recognize and appreciate individual differences that exist in their spouses; poor attitude of spouses towards in-laws, barrenness or impotence and lack of submissiveness are some of the major causes of marital conflict. The effects of marital conflict on couples and children which include disharmony, hatred was discovered. The two hypotheses tested revealed that there is a significant effect of marital conflict on couples and children. Some counselling intervention strategies and other ways of resolving marital conflict were recommended.

The major difference between Olorunda and this present study is that, the present study is carried out in the Akwa Ibom State while Olorunda study was carried out in Gboko metropolis in Benue state. This provides better research comparison between the two study.

Asa and Nkan (2017) carried out a study on Factors Associated with Marital Instability in Rural Households. Using a case study of rural farming households in Akwa Ibom State, Nigeria, Descriptive statistics and factor analysis were employed to analyze data collected from 240 married couples selected using a multi-stage sampling procedure. Results revealed that the average age of the respondents was 42 years; 91.7% of them were functionally literate; their average household size comprised of six persons; and seventeen years was their average years of marriage. Findings also revealed that majority of the respondents had low marital instability; factor analysis result showed that socio-cultural difference, psychological factor, economic factor, marriage-based factor, health

factor, sex-related factor, conflict factor and communication-based factor were the major factors associated with marital instability among married persons in the study area. The findings highlight avenues of theoretical development to better understand marital instability among rural dwellers in Nigeria as well as have implications for marriage counselling among married persons in the study area.

Asa and Nkan studied factors associated with marital instability in among rural farming households in Akwa-Ibom State, while the present study investigates the factors, consequences and control of marital instability among secondary school teachers in Akwa-Ibom State. Although, both studies related and conducted in the same state but the difference is that Asa and Nkan study concentrated on rural farming households while the current study major on teachers in secondary schools which can be urban and rural dwellers.

Udeze (2019) conducted a study on Factors Responsible for Marital Conflicts among Couples in Federal Capital Territory, Abuja: Implications for Marriage Counselling. Four specific objectives, four research questions and three null hypotheses were formulated. The research design was a survey design. The study population comprised of all couples in the Federal Capital Territory Abuja. The researcher used the purposive random sampling technique to sample 300 couples who reside in the Federal Capital Territory Abuja. The instrument for data collection was a self-structured questionnaire named "Factors

Responsible for Marital Conflicts (FRMC)". The instrument was structured along four-point modified Likert-Scale. Both face and content validity was carried out. To ascertain the reliability, the test-retest method of reliability was used under a pilot test and a reliability index value of 0.79 was obtained. The data collected were analyzed using percentages, frequency counts for the demographic data; mean scores for the research questions and t-test for the three null hypotheses. It was found that multiple factors are responsible for marital conflicts among which are; failure to appreciate individual differences, betrayal of trust, inability to satisfy spouse sexually; serious consequences arising from marital conflicts include; loss of spousal confidence, dissolution of marriage, physical assaults, strategies that work for conflict resolution in marriage include talking over issues; being emphatic, creative, flexible and transparent; being honest, assertive and forgiving and gender did no correlate with the responses by couples on factors, consequences and control of marital conflict. It is therefore concluded that recommended that couples be educated about the causes of marital conflict as a first step towards managing conflict in marriage, the consequences of marital conflict should be publicized to enable stakeholders weigh their decisions and actions. Couples should exhaust all means for conflict resolution before taking any drastic actions that my end in dissolution of their marriage.

Udeze explored the Factors Responsible for Marital Conflicts among Couples in Federal Capital Territory, Abuja: Implications for Marriage Counselling while this current study focused on the factors, consequences and control of marital instability in Akwa Ibom. The study is slightly similar to this current study but different in location.

Hussani and Adejare (2021) investigated the Effect of Marital Instability as Perceived by Married Academic Staff of Shehu Shagari College of Education, Sokoto; Implications for Marital Counselling. The population of the study consists of all the five hundred and five (505) married academic staff of Shehu Shagari College of Education, Sokoto. A total of 217 married academic staff was sampled. The instrument titled "Determinant of Marital Instability Scale" was adapted version of Abdullahi (2012) with reliability index of 0.72 was used in collecting relevant data. Analysis of variance t-test was used in analyze hypotheses one and two. The findings indicated that, there was a significant difference among the respondents in their perception on factors responsible for marital instability base on the findings. However, the result further revealed no significant difference in perception of the respondents based on their family type. As a result of this, it was recommended among others that, marital instability counselling management services should be provided by the counsellors for the couples irrespective of their gender to enable them manage their marital life and resolve marital conflicts when they arise.

Hussani and Adejare study investigated the effect of marital instability as perceived by married academic staff of a College of Education in Sokoto State while the present study is on factors, consequences and control of marital instability among secondary school teachers in Akwa Ibom State. The difference is in terms of location and respondents.

Okojide, Adekeye and Adejumo (2021) this study examined psychological well-being as predictor of marital stability among employed women in Lagos State, Nigeria. The study employed a descriptive survey design. A total of 540 married female secondary school teachers and married female commercial bank workers were randomly selected for the study. Data was collected using questionnaire titles "Psychological Well-Being and Marital Stability Scales." One research question and two research hypotheses were raised. The research questions were answered using descriptive statistics while the hypotheses were tested at the p=0.05 level of significance, using inferential statistics. Simple linear regression analysis was used to test hypothesis one while independent sample t-test for hypothesis two. The results revealed a high prevalence of psychological well-being among women teachers and bankers and a significant influence of psychological well-being on marital stability (R=.184, R2=0.034, F=3.104, p=0.005). Furthermore, no significant difference was found in the marital stability of married female teachers and bankers. Based on the findings, recommendations were made. The study concluded that positive relations with others as an

indicator of psychological well-being were positively related to marital stability. Also, participants' marital stability could be explained by different coping strategies, which the women in the two sub-sectors had devised to manage their work roles and family responsibilities.

Okojide, Adekeye and Adejumo (2021) study is different from this current study in the sense that it examined psychological well-being as predictor of marital stability among employed women in Lagos State while the current study examined factors, consequences and control of marital instability among secondary school teachers in Akwa Ibom State. Although, there is a little similarity as the former used married female secondary school teachers which is also part of the respondents for the current study.

Onovo and Ani (2021) examined the Causes of Marital Instability among Teachers in Enugu Education Zone of Enugu State, Nigeria. The study adopted a descriptive survey research design. The population for the study was 2026 teachers, of these 317 were male teachers and 1709 were female currently serving in the 31 government owned secondary schools in Enugu education one of Enugu State, Nigeria. To ensure that a representative sample was chosen in accordance, 5% of the population was drawn. Thus, giving the sample size of teachers to be 101. A self-structured questionnaire developed by the researcher called Causes of Marital Instability Scale (COMIS). The instrument was face validated by three (3) research experts: one in Measurement and Evaluation and two others in Guidance and Counselling Department. Cronbach Alpha

reliability estimate was used to ascertain the internal consistency of the entire instrument which is .73. 91 out of 101 copies of the instrument were retrieved, signifying 90.09 % return of duly filled copies of the administer instrument. Data collected for this study were used to analyze the two research questions using mean, grand mean and standard deviation and t-test statistics to test the hypotheses at .05 level of confidence. The findings obtained from the analysis showed that marital infidelity and lack of finance cause instability among male and female teachers in Enugu Education Zone of Enugu State, Nigeria to a great extent. The study also found out that there is no significant difference in the mean rating of the extent to which marital infidelity and lack of finance cause instability among male and female teachers in Enugu Education Zone of Enugu State, Nigeria. Based on the findings, the researcher recommended, among others that Government at all level should provide good incentives that will aid married teachers to be very responsible. This will help to reduce much of the sexual practices among teachers' in the school.

Onovo and Ani study is similar with the ongoing study, because it equally aimed at identifying the causes of marital instability among teachers. The difference is in terms of location.

2.5 Summary

The chapter dealt with review of related literature on factors, consequences and control of marital instability. The factors responsible for marital instability were discussed as follows: infidelity, financial

problem, poor sexual satisfaction, extended family issue, lack of mutual respect, poor communication and social incompatibility. The consequences of marital instability is divorced and separation which can have adverse effects on the children and on the society.

The Social Learning Theory of Bandura 1977 and Marital Communication Theory of Weakland 1956 were reviewed to provide a background to the study. In the review of previous study, the researcher reviewed eleven past research studies that are relevant to the current study in terms of design, setting, sample, findings and recommendations. Some of the differences are in terms of content, as few of the reviewed work were on marital conflict while the current study is concerned with factors, consequences and control of marital instability. There is also difference in location as only one of the reviewed works was carried out in Akwa Ibom State. The present study covers the gaps that were created by the previous studies such as title, populations, design, sample size, location, instrumentation, data collection procedure and method of data analysis.

CHAPTER THREE

3.0 METHODOLOGY

3.1 Introduction

This chapter deals with the research design, population of the study, sample size and sampling procedure, instrumentation, validity and reliability of the instrument, data collection procedure and method of data analysis.

3.2 Research Design

The researcher adopted a descriptive survey design. Anochie (2009) reported that a survey research is one in which a group of people or items are studied by collecting and analyzing data from only a few people or items considered to be representative of the entire group.

The choice of a survey research design is informed by the fact that the research has a wider scope and allows a great deal of information to be obtained from a large population that is geographically dispersed.

3.3 Population of the Study

The population of the study comprised of all public secondary school teachers in Akwa Ibom State. There are 235 public secondary schools in the state and the population of teachers is 6,788 (Akwa-Ibom State Education Board 2022).

3.4 Sample Size and Sampling Procedure

A sample size of 363 teachers was selected for the study. The selection of the sample size was based on Glenn (2012) who

recommended that 10 percent and above of a population should be selected as sample. In line with the Glenn's recommendation, the researcher selected 40% of the respondents for the study.

A multi-stage sampling procedure was used to select the respondents. The researcher first used a stratified sampling to group teachers into the three education zones of the state. This was followed by a simple random sampling where the researcher selected four schools (2 rural and 2 urban) from the cluster of schools in each of the education zones, given a total of 12 schools. Finally, a proportionate sampling technique was used to select 40% of the teachers from the twelve schools for the study making 363 teachers.

Table 1: Sampled Distribution

Education Zone	Name of School	No. of Teachers			Sample size
		Male	Female	Total	
Uyo	Ibiono Community High School, Edem Urua	33	46	79	32
	Offot Ukwa Secondary School, Uyo	39	43	82	33
	St. Theresa secondary school, Edem Ekpat	36	40	76	30
	Community comprehensive secondary school, Ikot Eyo	31	38	69	28
Ikot Ekpene	Comprehensive secondary school, Ediene Abak	37	51	88	35
	Community secondary school, Ikot Obok Idem	39	40	79	32
	Community secondary school, Ikot Abia Idebi	37	32	69	28
	Christian community secondary school, Okoyo	28	39	67	27
Eket	Akama Catholic School, mission road Essene	33	41	74	30
	Community secondary school, Esa Ekpo	30	45	75	30
	Secondary school, Ibatto Ndon	42	31	73	29

Mkpat Erin				
Community secondary school, Odio	39	33	72	29
Total	**424**	**479**	**903**	**363**

Source: Akwa Ibom State Ministry of Education (2022)

3.5 Instrumentation

The instrument for data collection was a self-structured questionnaire, titled: Factors, Consequences and Control of Marital Instability for Teachers (FCCMIT). The questionnaire was structured along four-point likert scale which consists of two sections. Section A: contains items on demographic data of the respondents, while Section B: contains statements from the research questions. The scale had 4 options namely; Strongly Agree (SA-4 points), Agree (A-3 points), Disagree (D-2 points) and Strongly Disagree (SD-1 point). When the scores are added, they made up a total of 10 points. When divide the 10/4 it would be 2.50, which is the decision rule point of 2.50. Any value that is 2.50 and above shows agreement but any value that is below 2.50 shows disagreement. The respondents are expected to expressed their opinions by indicating a tick (√) against the most appropriate options.

3.6 Validity and Reliability of the Instrument

The researcher presented the drafted instrument to her supervisor in the department of Guidance and Counselling, University of Abuja for face, content and construct validity.

To ascertain the reliability of the instrument, a pilot test was conducted in Government Secondary School Abak using thirty (30) teachers who will not be participating in the main study. The researcher used test-retest method of validity to obtain the data from the conducted pilot test to determine the reliability of the instrument, the researcher further used Pearson Product Moment Correlation Coefficient to analyse the data from the pilot test. At the end, an index of 0.82 was obtained.

3.7 Data Collection Procedure

The researcher collected a letter of introduction from her department to Akwa-Ibom State Education Board seeking approval to allow the researcher access to secondary schools in the state. The researcher employed the help of 3 research assistants who were adequately and properly briefed on their expected role of administering the questionnaire to the respondents. These research assistants were chosen from among the teachers from the secondary schools in each of the education zones.

The researcher with the help of the three (3) well briefed research assistants introduced the intent of the research work to the respondents and urge them to be honest as possible in their responses as the goal of the study is purely for academic purpose. The researcher further assured them of the confidentiality of the information they provided.

3.8 Method of Data Analysis

The data collected were analyzed using both descriptive and inferential statistics. The descriptive statistics included the percentage, frequency counts and mean scores for the demographic data and research questions. The decision rule is 2.50, any mean score from 2.50 and above was considered agreed, while any mean score below 2.50 was considered as disagreed. The inferential statistics included t-test statistics. The hypotheses were tested at 0.05 level of significance.

CHAPTER FOUR

4.0 DATA PRESENTATION, ANALYSIS AND INTERPRETATION

4.1 Introduction

This chapter deals with presentation of data, analysis and results (answers to research questions and test of hypotheses), summary and discussion of findings.

4.2 Presentation of Data

The data analysed and presented in this chapter are the demographic data, answer to research questions and testing of hypotheses. A total of 363 copies of the questionnaire were distributed but only 338 were returned.

4.2.1 Demographic Data

In this section, data on teachers' gender and location are presented.

Table 2: Distribution of Respondents based on Gender

Gender	Frequency	Percentage

Male	142	42.01
Female	196	57.99
Total	**338**	**100.00**

Table 2 shows that the number of male respondents was 142 (42.01%) while the female were 196 (57.99%). This means that there are more female participants in the study than the male.

Table 3: Distribution of Respondents based on Location

Location	Frequency	Percentage
Urban	175	51.78
Rural	163	48.22
Total	**338**	**100.00**

Table 3 shows that the number of urban respondents was 175 (51.78%) while the rural respondents were 163 (48.22%). This means there were more urban participants in the study than the rural respondents.

4.3 Data Analysis and Results

This section contained data on the research questions answered in this study.

4.3.1 Answers to Research Questions

Research question one: What are the factors of marital instability among secondary school teachers in Akwa-Ibom State?

Table 4: Factors of Marital instability among secondary school teachers in Akwa-Ibom State

N = 338

S/N	Statement	SA	A	D	SD	Mean	Std.Dev	Decision
3.	Unfaithfulness by either of the couple	189	102	18	29	3.33	0.92	Agreed
4.	Inability to appreciate individual differences	92	127	53	66	2.72	1.07	Agreed
5.	Spouse always out on tight programme	35	12	204	90	1.98	0.84	Disagreed
6.	Betrayal of trust among couples	131	173	29	5	3.27	0.68	Agreed
7.	Argument and constant quarrel	157	109	23	49	3.11	1.05	Agreed
8.	Struggle for financial independence	15	65	132	126	1.91	0.86	Disagreed
9.	Comparing spouse with others	207	91	13	27	3.41	0.89	Agreed
10.	Extended family interference	192	86	16	44	3.26	1.03	Agreed

11.	Inability to satisfy spouse sexually	108	153	34	43	2.96	0.96	Agreed
12.	Lack of submissiveness among spouse	33	71	198	36	2.30	0.79	Disagreed
13	Ignorance of the complementary nature in marriage	13	54	213	58	2.07	0.69	Disagreed
14	High desire for materialism	176	82	64	16	3.24	0.92	Agreed
Sectional Mean						**2.80**	**1.06**	**Agreed**

From Table 4 item 3, 4, 6, 7, 9, 10, 11 and 14 are the popular factors identified by the respondents as the factors responsible for marital instability among secondary school teachers in Akwa-Ibom State while item 5, 8, 12 and 13 are not among the popular factors responsible for marital instability among the secondary school teachers in Akwa-Ibom State. Generally, the respondents agreed that most of the identified factors are responsible for marital instability among secondary school teachers in Akwa-Ibom State (sectional mean = 2.80, which is greater than the critical value of 2.50).

Research Question Two: What are the consequences of marital instability among secondary school teachers in Akwa-Ibom State?

Table 5: Consequences of Marital instability among secondary school teachers in Akwa-Ibom State

N = 338

S/N	Statement	SA	A	D	SD	Mean	Std.Dev	Decision
15.	Usually unhappy and depressed	213	87	31	7	3.50	0.75	Agreed
16.	Loss of spousal confidence	78	109	128	23	2.72	0.89	Agreed
17.	Poor emotional health of spouse	206	77	43	12	3.41	0.84	Agreed
18.	Feeling unloved	138	97	30	73	2.89	1.16	Agreed

19.	Social insecurity	241	64	29	4	3.60	0.69	Agreed
20.	Economic insecurity	87	132	103	16	2.86	0.86	Agreed
21.	Poor emotional health of children	156	106	55	21	3.17	0.92	Agreed
22.	Negative mentoring of children	103	122	86	27	2.89	0.93	Agreed
23.	Dissolution of marriage	198	106	5	29	3.40	0.89	Agreed
24.	Suicide tendencies	135	111	26	66	2.93	1.12	Agreed
25.	Threat to life of partner	101	153	48	36	2.94	0.93	Agreed
26.	High rate of juvenile delinquency	96	102	87	53	2.71	1.04	Agreed
27.	Increase in social vices	78	173	62	25	2.90	0.84	Agreed
28.	Poor academic achievement by children	52	131	128	27	2.62	0.84	Agreed
	Sectional Mean					**3.04**	**0.97**	**Agreed**

From Table 5, all items 15 – 28 are identified by the respondents as the consequences of marital instability among secondary school teachers in Akwa-Ibom State Generally, the respondents agreed that the consequences of marital instability among secondary school teachers in Akwa-Ibom State (sectional mean = 3.04, which is greater than the critical value of 2.50).

Research Question Three: What are the control measures of marital instability among secondary school teachers in Akwa-Ibom State?

Table 6: Control of Marital instability among secondary school teachers in Akwa-Ibom State

N = 338

S/N	Statement	SA	A	D	SD	Mean	Std. Dev	Decision
29.	Sacrificing my wishes for the wishes of my spouse	127	99	104	8	3.02	0.88	Agreed
30.	Allowing go of some point for peace	113	146	47	32	3.01	0.92	Agreed
31.	Talk over issues for clarity immediately	61	93	109	75	2.41	1.02	Disagreed
32.	Adopt flexibility when consideration solutions	96	107	82	53	2.73	1.04	Agreed
33.	Performance based treatment is utilized-	47	112	178	1	2.61	0.72	Agreed

34.	We consult marital counsellor to help in resolving the crises	53	78	110	97	2.26	1.04	Disagreed
35.	Use of avoidance strategy to resolve marital crises	84	129	72	53	2.72	1.01	Agreed
36.	Use of personality options such as being empathic, creative, flexible and transparent	28	88	217	5	2.41	0.66	Disagreed
37.	Use of character options such as honesty, assertiveness and forgiveness	120	61	102	55	2.73	1.11	Agreed
38.	Clear role definition helps in resolving marital crises	37	183	94	24	2.69	0.76	Agreed
39.	Avoiding over expression from each other	142	107	52	37	3.05	1.00	Agreed
	Sectional Mean					**2.69**	**0.97**	**Agreed**

From Table 6, item 29, 30, 32, 33, 35, 37, 38 and 39 are the popular factors identified by the respondents as the control measures of marital instability among secondary school teachers in Akwa-Ibom State while item 31, 34 and 36 are not among the popular control measures of marital instability among the secondary school teachers in Akwa-Ibom State. Generally, the respondents agreed that most of the identified control measures of marital instability among secondary school teachers in Akwa-Ibom State (sectional mean = 2.69, which is greater than the critical value of 2.50).

Research Question Four: What are the factors of marital instability among secondary school teachers in Akwa-Ibom State based on gender?

Table 7: Mean Score on the Factors of Marital instability among secondary school teachers in Akwa-Ibom State based on gender

N = 338

Gender	No	Mean	Std.Dev

Male	142	2.81	1.04
Female	196	2.79	1.07

Result on Table 7 shows the factors of marital instability among secondary school teachers in Akwa-Ibom State based on gender. Male respondents indicated a mean score of 2.81, while female respondents indicated a mean score of 2.79. The mean score on factors of marital instability among secondary school teachers in Akwa-Ibom State were higher for the male teachers than their female counterpart even though both have a mean score that is higher than 2.50 decision rule. The implication of this result is that the male secondary school teachers in Akwa-Ibom State are contributed with more factors of marital instability.

Research Question Five What are the factors of marital instability among secondary school teachers in Akwa-Ibom State based on location?

Table 8: Mean Score on the Factors of Marital instability among secondary school teachers in Akwa-Ibom State based on Location

N = 338

Location	**No**	**Mean**	**Std.Dev**
Urban	175	2.87	1.00
Rural	163	2.70	1.11

Result on Table 8 shows the factors of marital instability among secondary school teachers in Akwa-Ibom State based on location. The urban respondents indicated mean score of 2.87, while the rural respondents indicated a mean score of 2.70. The mean score on factors of marital instability among secondary school teachers in Akwa-Ibom State were higher for urban teachers than their rural counterpart even though both have a mean score that is higher than 2.50 decision rule. The implication of this result is that the urban secondary school teachers in Akwa-Ibom State have more factors of marital instability.

Research Question Six: What are the consequences of marital instability among secondary school teachers in Akwa-Ibom State based on gender?

Table 9: Mean Score on the Consequences of Marital instability among secondary school teachers in Akwa-Ibom State based on Gender

N = 338

Gender	No	Mean	Std.Dev
Male	142	3.11	0.90
Female	196	2.99	1.01

Result on Table 9 shows the consequences of marital instability among secondary school teachers in Akwa-Ibom State based on gender. Male respondents indicated a mean score of 3.11, while female respondents indicated a mean score of 2.99. The mean score on consequences of marital instability among secondary school teachers in Akwa-Ibom State were higher for the male teachers than their female counterpart even though both have a mean score that is higher than 2.50 decision rule. The implication of this result is that the male secondary school teachers in Akwa-Ibom State are facing more consequences of marital instability.

Research Question Seven: What are the consequences of marital instability among secondary school teachers in Akwa-Ibom State based on location?

Table 10: Mean Score on the Consequences of Marital instability among secondary school teachers in Akwa-Ibom State based on Location

N = 338

Location	No	Mean	Std.Dev
Urban	175	3.07	0.93

Rural	163	3.00	1.01

Result on Table 10 shows the consequences of marital instability among secondary school teachers in Akwa-Ibom State based on location. The urban respondents indicated mean score of 3.07, while the rural respondents indicated a mean score of 3.00. The mean score on consequences of marital instability among secondary school teachers in Akwa-Ibom State were higher for urban teachers than their rural counterpart even though both have a mean score that is higher than 2.50 decision rule. The implication of this result is that the urban secondary school teachers in Akwa-Ibom State are facing more consequences of marital instability.

Research Question Eight: What are the control measures of marital instability among secondary school teachers in Akwa-Ibom State based on gender?

Table 11: Mean Score on the Control measures of Marital instability among secondary school teachers in Akwa-Ibom State based on Gender

N = 338

Gender	No	Mean	Std.Dev
Male	142	2.76	0.94
Female	196	2.64	0.99

Result on Table 11 shows the control measure of marital instability among secondary school teachers in Akwa-Ibom State based on gender. Male respondents indicated a mean score of 2.76, while female respondents indicated a mean score of 2.64. The mean score on control measure of marital instability among secondary school teachers in Akwa-Ibom State were higher for the male teachers than their female counterpart even though both have a mean score that is higher than 2.50 decision rule. The implication of this result is that the male secondary school teachers in Akwa-Ibom State can control marital instability.

Research Question Nine: What are the control measures of marital instability among secondary school teachers in Akwa-Ibom State based on location?

Table 12: Mean Score on the Control measures of Marital instability among secondary school teachers in Akwa-Ibom State based on Location

N = 338			
Location	**No**	**Mean**	**Std.Dev**
Urban	175	2.78	0.92
Rural	163	2.61	1.01

Result on Table 12 shows the control measure of marital instability among secondary school teachers in Akwa-Ibom State based on location. The urban respondents indicated mean score of 2.78, while the rural respondents indicated a mean score of 2.61. The mean score on consequences of marital instability among secondary school teachers in Akwa-Ibom State were higher for urban teachers than their rural counterpart even though both have a mean score that is higher than 2.50 decision rule. The implication of this result is that the urban secondary school teachers in Akwa-Ibom State have control marital instability.

4.3.2 Test of Hypotheses

The following hypotheses were tested at 0.05 level of significance.

$H0_1$: There is no significant difference between male and female teachers on the factors of marital instability among secondary school teachers in Akwa-Ibom State.

Table 13: Two-tailed t-test result in respect of male and female teachers on the Factors of Marital Instability among Secondary School Teachers in Akwa-Ibom State

Gender	N	$\bar{X}$	S.D	df	t-value	Std. Error	Sig@0.05	Decision
Male	142	2.82	1.04					
				338	0.267	0.117	0.790	Not significant
Female	196	2.79	1.07					

Result on Table 13 showed that there was no significance difference in the responses of male and female teachers on the factors responsible for marital instability among secondary school teachers in Akwa-Ibom State (*p= 0.790*, which is greater than 0.05 level of significance). As a result, the first hypothesis was accepted. In other words, the opinion of male and female respondents on the factors responsible for marital instability among secondary school teachers in Akwa-Ibom State are not obviously different.

$H0_2$: There is no significant difference between rural and urban teachers on the factors of marital instability among secondary school teachers in Akwa-Ibom State.

Table 14: Two-tailed t-test result in respect of rural and urban teachers responses on the Factors of Marital Instability among Secondary School Teachers in Akwa-Ibom State

Location	N	$\bar{X}$	S.D	df	t-value	Std. Error	Sig@0.05	Decision
Urban	175	2.87	1.01					
				338	1.469	0.115	0.143	Not significant
Rural	163	2.70	1.11					

Result on Table 14 showed that there was no significance difference in the responses of urban and rural teachers on the factors responsible for marital instability among secondary school teachers in Akwa-Ibom State (*p= 0.143*, which is greater than 0.05 level of significance). As a result, the second hypothesis was accepted. In other words, the opinion of urban and rural respondents on the factors responsible for marital instability among secondary school teachers in Akwa-Ibom State are not obviously different.

$H0_3$: There is no significant difference between male and female teachers on the consequences of marital instability among secondary school teachers in Akwa-Ibom State.

Table 15: Two-tailed t-test result in respect of male and female teachers on the Consequences of Marital Instability among Secondary School Teachers in Akwa-Ibom State

Gender	N	$\bar{X}$	S.D	df	t-value	Std. Error	Sig@0.05	Decision
Male	142	3.11	0.90					
				338	1.153	0.123	0.250	Not significant
Female	196	2.99	1.01					

Result on Table 15 showed that there was no significant difference in the responses of male and female respondents on the consequences of marital instability among secondary school teachers in Akwa-Ibom State ($p= 0.250$, which is greater than 0.05 level of significance). As a result, the third hypothesis was accepted. In other words, the opinion of male and female respondents on the consequences of marital instability among secondary school teachers in Akwa-Ibom State are not obviously different.

$H0_4$: There is no significant difference between rural and urban teachers on the consequences of marital instability among secondary school teachers in Akwa-Ibom State.

Table 16: Two-tailed t-test result in respect of rural and urban teachers on the Consequences of Marital Instability among Secondary School Teachers in Akwa-Ibom State

Location	N	$\bar{X}$	S.D	df	t-value	Std. Error	Sig@0.05	Decision
Urban	175	3.07	0.93					
				338	0.650	0.069	0.516	Not significant
Rural	163	3.00	1.01					

Result on Table 16 showed that there was no significant difference in the responses of urban and rural respondents on the consequences of marital instability among secondary school teachers in Akwa-Ibom State ($p= 0.516$, which is greater than 0.05 level of significance). As a result, the fourth hypothesis was accepted. In other words, the opinion of urban and rural respondents on the consequences of marital instability among secondary school teachers in Akwa-Ibom State are not obviously different.

$H0_5$: There is no significant difference between male and female teachers on the control measures of marital instability among secondary school teachers in Akwa-Ibom State.

Table 17: Two-tailed t-test result in respect of male and female teachers on the Control Measures of Marital Instability among Secondary School Teachers in Akwa-Ibom State

Gender	N	$\bar{X}$	S.D	df	t-value	Std. Error	Sig@0.05	Decision
Male	142	2.76	0.94					
				338	1.103	0.118	0.271	Not significant
Female	196	2.64	0.99					

Result on Table 17 showed that there was no significant difference in the responses of male and female respondents on the control measures of marital instability among secondary school teachers in Akwa-Ibom State (*p= 0.271*, which is greater than 0.05 level of significance). As a result, the fifth hypothesis was accepted. In other words, the opinion of male and female respondents on the control measures of marital instability among secondary school teachers in Akwa-Ibom State are not obviously different.

$H0_6$: There is no significant difference between rural and urban teachers on the control measures of marital instability among secondary school teachers in Akwa-Ibom State.

Table 18: Two-tailed t-test result in respect of rural and urban teachers on the Control Measures of Marital Instability among Secondary School Teachers in Akwa-Ibom State

Location	N	$\bar{X}$	S.D	df	t-value	Std. Error	Sig@0.05	Decision
Urban	175	2.78	0.92					
				338	1.671	0.105	0.096	Not significant
Rural	163	2.61	1.01					

Result on Table 18 showed that there was no significant difference in the responses of urban and rural respondents on the control measures of marital instability among secondary school teachers in Akwa-Ibom State (*p= 0.096*, which is greater than 0.05 level of significance). As a result, the sixth hypothesis was accepted. In other words, the opinion of urban and rural respondents on the control measures of marital instability among secondary school teachers in Akwa-Ibom State are not obviously different.

4.4 Summary of Findings

The following findings were made in this study.

1. The findings showed that unfaithfulness by either of the couple, inability to appreciate individual differences, betrayal of trust among couples, argument and constant quarrel, comparing spouse

with others, extended family interference, inability to satisfy spouse sexually and

high desire for materialism are the major factors of marital instability among secondary school teachers in Akwa-Ibom State.

2. Loss of spousal confidence, unhappy and depressed, poor emotional health of spouse, feeling unloved, dissolution of marriage, social insecurity, suicide tendencies, high rate of juvenile delinquency, increase in social vices and economic insecurity are the identified consequences of marital instability among secondary school teachers in Akwa-Ibom State.
3. The result showed that marital instability can be controlled by sacrificing ones wishes for the wishes of the spouse, adopting flexibility when considering solutions, use of avoidance strategy to resolve crises and avoiding over expression from each other.
4. The study found no significant difference between male and female on the factors of marital instability among secondary school teachers in Akwa-Ibom State.
5. The result showed the response of urban and rural teachers did not differ significantly on the factors of marital instability among secondary school teachers in Akwa-Ibom State.

6. The study found no significant difference between male and female on the consequences of marital instability among secondary school teachers in Akwa-Ibom State.
7. The study found no significant difference between the urban and rural teacher on the consequences of marital instability among secondary school teachers in Akwa-Ibom State.
8. The result showed no significant difference between male and female on the control measures of marital instability among secondary school teachers in Akwa-Ibom State.
9. The study found no significant difference between the urban and rural teacher on the control measures of marital instability among secondary school teachers in Akwa-Ibom State.

4.5 Discussion of Findings

Findings showed that unfaithfulness by either of the couple, inability to appreciate individual differences, betrayal of trust among couples, argument and constant quarrel, comparing spouse with others, extended family interference, inability to satisfy spouse sexually and high desire for materialism are the major factors of marital instability among secondary school teachers in Akwa-Ibom State. Moreover, Cooper (2015) stated that lack of money can be the source of marital instability in marriage and this is because money is essential not only for obtaining necessities of life but also for obtaining luxury items. Teachers in the

study area quarrel over high desire for material things and this can lead to marital instability. Olorunda (2016) also supported that barrenness or impotence and non-submissiveness as some of the major causes of marital conflict.

There were consequences like loss of spousal confidence, unhappy and depressed, feeling unloved, dissolution of marriage, social insecurity, suicide tendencies among secondary school teachers in Akwa-Ibom State. Undiyaundeye and Reaman (2002) stated that crises denote drawback in marriage. According to them, crises has a lot of negative effects on the spouse who have lost confidence in themselves and bother less about each other passionately. In lingering effects of marital instability is separation and finally total divorce.

The result showed that marital instability can be controlled by sometime sacrificing one's own wishes for the wishes of the other person, adopting flexibility when considering solutions and use of avoidance strategy to resolve crises. According to David (2009), sooner or later, such partners will eventually come face to face with the realities of their differences and the experience can be traumatic for some spouses, some are disgusted by suddenly realizing that their marriage is far from the perfect ideal. That a marriage which started out so wonderfully well could end up in such a woeful state is an experience that has kept many a disillusioned couple from denying the existence of marriage crises

starring them in the face. Nwoye (2012) stated that counselling is a process where persons are helped or directed to deal with crises so that they resolve them. Both counselling and physiotherapy may take place on an individual on one on one basis or in couples.

The study found no significant differences between male and female secondary school teachers in terms of the factors responsible for marital instability in Akwa-Ibom State. This can be attributed to their similar understanding of the concept marital instability in the study area (Cornel, 2014). Also, male and female teachers did not differ significantly in terms of the consequences of marital instability in Akwa-Ibom State. The result showed that male and female teachers did not differ significantly in terms of the control measures of marital instability in Akwa-Ibom State.

The study found that urban and rural teachers did not differ significantly in the factors responsible for marital instability among secondary school teachers in Akwa-Ibom State. The urban and rural teachers did not differ significantly in the consequences of marital instability among secondary school teachers in Akwa-Ibom State. The study found that there is no significant difference in terms of control measures of marital instability among secondary school teachers in Akwa-Ibom State. This can be as a result of the available means of crises

resolutions. Cooper (2015) reported that effective communication can go a long way in resolving marital crises.

CHAPTER FIVE

5.0 SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This chapter presents the summary of the research, conclusion, limitations of the study, recommendations, contribution to knowledge and suggestions for further studies.

5.2 Summary

This study was designed to investigate the factors, consequences and control of marital instability among secondary school teachers in Akwa-Ibom State. Nine (9) objectives, nine (9) research questions and six (6) null hypotheses were raised to guide the study. Chapter two focused on the review of related literatures, theoretical framework and review of previous studies. Literatures related to this study were discussed. Two theories related to the study were reviewed and the study was hinged on marital communication theory.

The chapter three discussed the methodology adopted by the researcher. Descriptive survey design was adopted by the researcher and the population was the entire teachers in public secondary schools in Akwa-Ibom State. A sample of 363 based on Glenn (2012) was adopted for the study. Questionnaire was used as instrument for data gathering. Chapter four was on data presentation, analysis and interpretation. The data were analysed using frequency counts, mean scores and the hypotheses were tested at 0.05 level of significant. This fifth chapter concluded the study with summary, conclusion, recommendations and suggestions for further studies.

5.3 Conclusion

The researcher concluded that factors such as infidelity/unfaithfulness by either of the couple, inability to appreciate individual differences, betrayal of trust among couples, argument and constant quarrel, comparing spouse with others and inability to satisfy spouse sexually causes marital instability among secondary school teachers in Akwa-Ibom State. Consequences like loss of spousal confidence, feeling unloved, dissolution of marriage and social insecurity are all the implication of marital instability among secondary school teachers in Akwa-Ibom State. Marital instability can be controlled by sacrificing one's own wishes for the wishes of the other person, adopting

flexibility when considering solutions and use of avoidance strategy to resolve crises.

5.4 Limitations of the Study

This work is not without limitations, as such, the following are some limitations of the study: The use of only secondary teachers in Akwa-Ibom State limits it. The nature of the instrument used, structured questionnaire, in which the respondents made a choice among the options proposed by the researcher, does not permit them either to give their unguided opinions. There was no assurance of the accuracy and genuineness of the responses because there was no opportunity for further probe. The respondents' views may be partial reflection of the factors, consequences and control of marital instability among secondary school teachers in Akwa-Ibom State. The design was only a descriptive survey which may not give a comprehensive cover for the study.

5.5 Recommendations

The following recommendations were made from the findings of this study.

1. Teachers should be mindful of how to handle marital issues and try as much as possible to have deep understanding of one another in all aspects of life to maintain a peaceful home.

2. It is therefore recommended that secondary school teachers in Akwa-Ibom State should ensure faithfulness and trust dominate their relationship.
3. Government should organize workshop, seminars and enlightenment programme for secondary school teachers on the factors, consequences and control of marital instability among secondary school teachers in Akwa-Ibom State.
4. The study recommended that there should be a continuous awareness, orientation, conferences organized by government in collaboration with counsellors for secondary school teachers in Akwa-Ibom State.
5. Government of Akwa-Ibom state should organize educational programmes for secondary school teachers on the control measures of marital instability irrespective of location.
6. Collective effort should be put in place by government, non-governmental organizations and counsellors to continue to organize conferences, workshop and seminars on the consequences of marital instability among secondary school teachers in Akwa-Ibom State for both male and female teachers.
7. Teachers should be given opportunity to attend counselling programmes in order to improve their perception positively on the factors and consequences of marital instability.

8. Secondary school teachers in Akwa-Ibom state should be encouraged to seek the services of marital counsellors in order to control marital instability.

5.6 Contributions to Knowledge

The findings of the study have shown that marital instability is on the increase and factors such as inability to appreciate individual differences, argument and constant quarrelling are causes of marital instability. The study also found out that the consequences of marital instability are economic insecurity, increase in social vices and poor emotional health of the children among others while marital instability can be controlled by use of avoidance strategy to resolve issues, clear role definition and letting go of some issues for peace to reign. This calls for urgent counselling intervention.

5.7 Suggestions for Further Studies

Based on the findings, the following are suggested for further studies.

1. A study on factors responsible for marital conflicts among couples in Akwa-Ibom State: implications for marriage counselling.
2. An investigation on family stability of secondary school teachers in South-East, Nigeria: Implications for counselling.

3. Influence of pre-marital counselling on marital stability among couples in South-South, Nigeria: Implications for Counselling.

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APPENDIX I

APPENDIX II

Department of Guidance and
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Faculty of Education
University of Abuja
P.M.B. 117
13th January, 2022.

Dear Respondent

LETTER OF INTRODUCTION

I am a postgraduate student of the above named institution carrying out a research on "Factors, Consequences and Control of Marital Instability among Secondary School Teachers in Akwa Ibom State" for M.Ed degree in Guidance and Counselling. I wish to solicit for your information which will be helpful in my dissertation. There is no right or wrong answer, therefore your honest response will be highly appreciated. Every information provided will be treated with utmost confidentiality and used purely for this research work.

Thank you.

WILLIAMS, Stella Michael
Reg. No.: 19/404GACE/014

APPENDIX III

QUESTIONNAIRE ON FACTORS, CONSEQUENCES AND CONTROL OF MARITAL INSTABILITY FOR TEACHERS (FCCMIT)

Instruction: In Section 'A' please tick [√] in the appropriate column, while in Section 'B' tick [√] against each option which best represent your opinion.

Section A: Demographic Data

1. Gender: Male [ ] Female [ ]
2. Location: Urban [ ] Rural [ ]

Section B: Research Statements

Key:

SA - Strongly Agree
A - Agree
D - Disagree
SD - Strongly Disagree

S/N	Statement	SA	A	D	SD
	Factors of Marital Instability				
3.	Unfaithfulness by either of the couple				
4.	Inability to appreciate individual differences				
5.	Spouse always out on tight programme				
6.	Betrayal of trust among couples				
7.	Argument and constant quarrel				
8.	Struggle for financial independence				
9.	Comparing spouse with others				
10.	Extended family interference				
11.	Inability to satisfy spouse sexually				
12.	Lack of submissiveness among spouse				
13	Ignorance of the complementary nature in marriage				
14	High desire for materialism				

	Consequences of Marital Instability				
15.	Usually unhappy and depressed				
16.	Loss of spousal confidence				
17.	Poor emotional health of spouse				
18.	Feeling unloved				
19.	Social insecurity				
20.	Economic insecurity				
21.	Poor emotional health of children				
22.	Negative mentoring of children				
23.	Dissolution of marriage				
24.	Suicide tendencies				
25.	Threat to life of partner				
26.	High rate of juvenile delinquency				
27.	Increase in social vices				
28.	Poor academic achievement by children				
	Control of Marital Instability				
29.	Sacrificing my wishes for the wishes of my spouse				
30.	Allowing go of some point for peace				
31.	Talk over issues for clarity immediately				
32.	Adopt flexibility when consideration solutions				
33.	Performance based treatment is utilized				
34.	We consult marital counsellor to help in resolving the crises				
35.	Use of avoidance strategy to resolve marital crises				
36.	Use of personality options such as being empathic, creative, flexible and transparent				
37.	Use of character options such as honesty, assertiveness and forgiveness				
38.	Clear role definition helps in resolving marital crises				

39.	Avoiding over expression from each other				