

**DIFFERENTIAL EFFECTS OF RATIONAL EMOTIVE  
BEHAVIOUR THERAPY AND SOCIAL SKILLS  
TRAINING IN ENHANCING MARRIED AND UNMARRIED  
PRISON INMATES' PSYCHOLOGICAL ADJUSTMENT IN  
ONDO STATE.**

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***Abstract***

*This study examined the differential effects of Rational Emotive Behaviour Therapy (REBT) and Social Skills Training (SST) in enhancing the Psychological Adjustment of married and unmarried prison inmates in Ondo State. This study adopted quasi experimental research of pre-test, post-test and control groups involving 3x2 factorial design. A sample size of one hundred and eight (108) male prison inmates were purposively and randomly selected from Akure prison (Ondo Centre), Okitipupa prison ( Ondo South) and Owo prison (Ondo North)*

*senatorial districts as participants in the study. The subjects were randomly assigned to two treatment groups and one control group. Psychological Adjustment Scale (PAS) used for the study was adaptation of psychological well-being developed by Ryff (2002). It was administered on the prison inmates before and after the experimental programme. ANCOVA (P 0.05), multiple classification analysis and post-hoc analysis were used to test the hypothesis. The result showed that both REBT and SST are effective in enhancing the psychological adjustment of both married and unmarried prison inmates. It is therefore recommended that counselling psychologist and other prison welfare officers could make use of REBT and SST for the enhancement of the psychological adjustment of prison inmates for the peace and security in the society.*

***Key Words:*** *Differential Effects, Rational Emotive Behaviour Therapy, Social Skills Training, Psychological Adjustment, Prison Inmates.*

**Introduction**

Crime is an aberrant behaviour which if not controlled properly has the ability to destroy a nation. The main focus of prison and its programme of rehabilitation is the re-integration of prisoners to the society positively. Adams, Daramola and Gbore (2015) affirmed that one of the obvious problems intruding the societal peace in Nigeria is the alarming rate at which the prison inmates do return to prison after release.

Orakwe (2010) and Danjuma (2010) described the prison as the hub of national security for holding the captive audience for correction purposes. Prison emerges in the late 1900s in Europe and America with the philosophical shift from the use of corporal punishment to the use of deprivation of right.

liberty and properties as means of correction. In Nigeria, the origin of modern prison started in 1861 and decree 9 of 1972 spelt out in clear details how to run prison system in Nigeria with primary aim of correction rather than corporal punishment that characterized the previous regime.

In the recent time, it is observed that crime is growing at alarming rate all over the world in spite of all the corrective measures. Wahidin (2006) alerted that a number of individual within their productive age are kept in prison all over the world. In view of this, such individual cannot contribute meaningfully to the national development during the period of confinement. Prison solution to crime is so popular that all countries of the world are using it as means of correction. Tenibiaje (2010) pointed out that delinquency and criminal behaviours are common phenomena in our society, and the high rate of occurrence in recent time is of greater concern to the society. Relationship between marriage and crime among men has been widely reported in both quantitative and qualitative studies. Waiter and Gallagher (2000) affirmed that "Marriage makes people better off in part because it constrains them from certain kind of behavior while perhaps immediately attractive but do not pay off in the long run". Hill (1971) also asserted that getting married may lead to desistance from crime. Adams (2007) pointed out that youth are the expected future leaders in a society. Most of these future leaders are engaged in crime, violence, delinquent and corrupt behaviours. There can never be peace, progress and sustainable development.

In view of these, both government and non-governmental organization (NGO) have put in place some

prison rehabilitative measures such as; area of religion, education, vocation and skills acquisition. However, incarceration is painful as many prison inmates do react negatively in the prison due to the changes in their physical, social emotional and psychological needs. Many of them are faced with conduct, emotion and attention disorder, more hardened in the heart with symptoms of defects in both intra and interpersonal relationship.

Good self concept, self esteem and self control have been eroded away. Therefore they were unable to integrate well into society on release due to emotional and psychological adjustment problems. This was affirmed by Zivan (1975) who stated that 95% of prison inmates do return to prison on release due to lack of psychological adjustment.

Psychological adjustment is a state of good mental health and ability to relate in the society in acceptable manners. For the prison inmate to re-integrate well into the society, it is required that they must be well adjusted, achieve behavioural integration and relate well with one another right from the prison environment which will assist their smooth transmission to society on release (Oyinloye, 2008).

The researcher therefore embarked on the use of REBT and (SST) to enhance their psychological adjustment of the prison inmates in Ondo State peradventure these will assist the inmates to integrate well into society on release.

REBT has been indicated as an effective behavioural modification therapy package which has produced better result

in cognitive restructuring. Obasoro (2010) found that REBT and SST produced better result in reducing the stress level of widow and improving level of socio maturity. Ker (2007) in her study showed the efficacy of REBT through the method of re-ordering the subjects perception and re-organizing their thinking in removing the root cause of their difficulties.

Ellis (1962) A-B-C-D model on REBT's concept says that people's problem do not stem from activating events but rather from their beliefs about such events. Thus the best route to changing emotions is to change one's beliefs about situations. Disputation of irrational or illogical belief will eventually reduce the problem behaviour. As noted by Mc Donald (1975) in Fashina (1990), "social skills is the ability to interact with others in a given social complex in specific ways that are socially acceptable or valued and at the same time personally beneficial, mutually beneficial or beneficial primary to others" This exclude exploitative, deceitful or aggressive skills which may be of individual benefit.

In the study REBT is intended to bring about a re-ordered perception and view about self and others. This will help prison inmates change their irrational thinking that led to irrational behaviour. SST will develop in them better self understanding, good self concept, good self control and good self esteem which are virtues needed for goal setting and aspiration to live a purposeful and fulfilled life.

#### **Statement of the Problem**

Crime is growing at alarming rate and it is a major concern for the society at large. Prison inmates found it difficult to re-

integrate in an acceptable ways into the normal system of the society after release. Psychotherapy is needed for such deficiencies, therefore the researcher embarked on the use of REBT and SST to enhance the prison inmate psychological adjustment.

#### **Research Hypothesis:**

Marital status of the respondents will not produce any significant effect on the psychological adjustment of the prison inmates when exposed to REBT, SST and the control group.

#### **Methodology**

This study adopted a quasi-experimental research of pre-test, post-test and control group design. It is a 3×2 factorial design involving two experimental groups and one control group. The subjects were randomly assigned to the group. The first group was treated with REBT, the second with SST and control group was not given a treatment.

The target population for this study comprised of all the prison inmates in Ondo state prisons. (That is, all the prison locations in the three senatorial districts in Ondo State).

The sample for this study consisted of one hundred and eight (108) subject (prison inmates). Purposive and simple random sampling techniques were used in the sampling process. The first stage was the random selection of one prison from Ondo centre. The second stage was the selection of only one prison location available in Ondo North and Ondo South. Therefore the three prisons involved in the study were the prisons in Akure (Ondo centre), Owo (Ondo north) and Okitipupa (Ondo South).

The last stage was the purposive selection of thirty six (36) prison inmates who were either married or unmarried whose age range between 18-46years and above in each prison location.

The research instrument “Psychological Adjustment Scale” (PAS) used for the study was adapted from Ryff (2002) psychological well being scale. The instrument had two sections, Section A deals with personal data of the respondent while Section B had forty-two (42) items that addressed psychological adjustment. It is 4point likert scaling format ranging from more than usual (4) rather than usual (3) not more than usual (2) and less than usual(1). Pilot study was carried out in Ekiti State prison. The instrument (PAS) was administered on twenty (20) non-participant inmates from Ado Ekiti prison in Ekiti State to ascertain the construct validity. Data from the subject were subjected to correlation using Cronbach alpha method.

A coefficient of 0.84 was obtained this ensured the reliability of the instrument. A test re-test technique was employed by administering the instrument twice at the interval of two weeks on twenty subjects it was subjected to Pearson product moment a correlation coefficient of 0.82 was obtained.

### **Treatment Phase**

The treatment phase spanned through eight (8) weeks. The first and the last week were designed for pre test and post test respectively. The remaining six (6) weeks were used for the treatments. The counseling sessions were run once a week for duration of ninety minutes in each of the experimental group. Control group was not given treatment, Akure medium prison was treated with Rational Emotive Behaviour Therapy (REBT),

Owo prison with Social Skills Training (SST) and Okitipupa prison was not given treatment being the control group.

### **Treatment sessions**

#### **Session 1**

##### **Introduction to the Programme**

The researcher gave the subjects warm welcome, aquatint them with one another, explained the objective and benefit of the programme and spelt out the needs for the researcher maximum cooperation during the programme. Pre-test was given to with experiment and control groups.

**Session II:** The subjects were acquainted with the importance of REBT and SST in their respective prison locations. This section was devoted to self exploration. REBT affords prison inmates to learn skills to identify and dispute irrationally thinking. SST as well assist them to develop good self concept good self control and self esteem in other to remove inferiority complex, guilt, fear of unknowing and failure.

**Section III:** The therapist reviewed the previous work with the subject on the need to correct wrong thoughts. The participants work in group and monitor specific target behaviours, stressing the need to demonstrate self control in various settings. Take home assignment was given.

**Session IV:** This section is meant for problem identification. The therapist welcomes the group members (subject) and reviewed the last session with them. Group members discussed different types of offences/ or crimes affecting them such as stealing assault and fighting. Therapist asked them question and

used their response to correct their thinking error in preparation for the next session.

**Session V:** Identification of the sources of psychological discomfort (problems) was discussed. This is to guide the prison inmates to identify root sources and nature of their problems (anger, worry, anxiety, aggressiveness, depression, sadness, greediness and frustration. The researcher explained how unresolved problems can affect one's psychological adjustment, one's personality and productivity.

**Session VI:** This section was meant for guiding the participants through the acquisition of REBT and SST techniques such as deferring regiment, objectives assessment, not shying away from problems but rather facing reality for the purpose of lasting solution.

**Session VII:** Choice making from the alternatives. The inmates were to make choice for a purposeful or satisfying life by choosing the best option from the list of the positives available.

**Session VIII:** This is the post treatment stage. The two experimental groups (A<sub>1</sub>&A<sub>2</sub>) and one control group were subjected to post test using the psychological adjustment scale (PAS) to evaluate the result of the training.

**Data Analysis**

Analysis of covariance (ANCOVA), Scheffe post hoc analysis, multiple classification analysis (NCA) were adopted to analysis data generated and to test the hypotheses at 0.05 significant level.

**Result**

In testing the hypothesis, mean scores on psychological adjustment of married and unmarried prison inmates exposed to REBT, SST and those in the control group were obtained and subjected to statistical analysis using Analysis of Covariance (ANCOVA) at 0.05 level of significance. The result is presented in Table 1.

**Table 1: ANCOVA of Marital Status and treatment on the Psychological Adjustment of the Subjects.**

Source	SS	Df	Ms	F-cal	F-table	P
Corrected model	20055.590	6	3342.598	37.739	2.17	.000
Covariate (pretest)	279.259	1	279.259	2.986	3.92	.087
Marital status	942.481	1	924.481	9.885*	3.92	.002
Group	16561.193	2	8280.596	88.537*	3.07	.000
Marital status Group	910.415	2	455.207	4.687*	3.07	
Error	9446.262	101	93.527			
Corrected Total	29501.852	107				
Total	1635998.000	108				

P<0.05

Table 1 indicated that the f-calculated value for interaction effect of marital status and treatment on the psychological adjustment of the inmates was 4.867 while the F-table value was 3.07. Since F-cal value is greater than the table value, the hypothesis was rejected (F=4.867, P<0.05). It implies that there was significant effect of marital status on the psychological adjustment of subjects exposed to REBT, SST and control group. Similarly, the main effect of marital status (F= 9.885, P<0.05) and treatment (F = 88.537, P<0.05) on the psychological adjustment of prison inmates was statistically significant at 0.05 level in each case.

Multiple Classification Analysis (MCA) was applied as presented in Table 2 to determine the combined effect of marital status and treatment on the adjustment of the subjects.

**Table 2: Multiple Classification Analysis showing the Psychological adjustment of subjects by marital status and treatment**

Variable Category	+ N	Unadjusted Deviation	Eta	Adjusted for Independent + Covariate	Beta
REBT					
Unmarried	17	-6.81	.11	-6.51	.20
Married	19	6.09		5.82	
SST					
Unmarried	22	-3.10	-4.3	-3.28	-3.4
Married	14	0.10		0.38	
Control					
Unmarried	19	-0.33	-2.6	-0.09	-2.1
Married	17	0.36		0.09	
		Multiple R		Multiple R <sup>2</sup>	Grand mean
REBT		.198		.039	134.75
SST		-.326		-.113	128.83
Control		.205		.042	104.17

Table 2 showed that married inmates had higher adjustment mean scores on the psychological adjustment when exposed to treatments that is REBT-unmarried = 128.24 (134.75-6.51), REBT married = 140.57 (134.75+5.82), SST – unmarried = 125.55(128.83-3.28), SST – married = 129.21 (128.83+0.38), control –unmarried = 104.08(104.17-0.09), control - married = 104.26(104.17+.042). This implied that the marital status and counselling therapies administered on prison inmate enhanced the psychological adjustment of the subjects.

### Discussion of Findings

The study centered on examination of differential effects of Rational Emotive Behaviour Therapy and Social Skills Training on the psychological adjustment of married and unmarried prison inmates in Ondo State. Improvement was observed and achieved among the subjects exposed to the treatments (training techniques).

The results corroborated the findings of many other studies that have been empirically established. The results are hereby discussed.

Hypothesis one showed that there was significant effect of marital status on the psychological adjustment of the subjects exposed to REBT, SST and control. Therefore, the hypothesis was rejected. The result from table 1 showed that married inmates had higher adjusted mean score on their psychological adjustment level when exposed to treatments than the unmarried inmates. From this point of view, marriage has the capacity to generate direct social control.

The result supports the findings of Waiter and Gallagher (2000) which affirmed that “Marriage makes people better off in

part because it constrains them from certain kind of behavior while perhaps immediately attractive but do not pay off in the long run". This finding also agreed with Hill (1971) who asserted that getting married may lead to desistance from crime.

**Conclusion**

In conclusion, both Rational Emotive Behaviour Therapy and Social Skills Training are effective therapies to assist individuals who suffer from psychological adjustment problems. And if the prison inmates are well trained, it will enhance their positive integration to the society on release.

- Based on the findings of this study, REBT produced better psychological adjustment effects on married prison inmates than SST, therefore, it was recommended that REBT should be administered on prison inmates for better enhancement of their psychological adjustment while
- SST could be used as complementary treatment with REBT for proper development of skills among prison inmates to foster their re-integration to the society for purposeful and productive life and the peace of the society.
- Prison inmate should make use of the skills acquired through REST and SST to their day to day life within and after release.
- Counseling sessions should be recognized and encouraged in all prison locations to assist the inmates resolve their problems.

**Implication for Counseling**

- This study throws more light to the effectiveness of psychotherapy as a vital tool in solving man's manner in

which Rational Emotive Behaviour Therapy (REBT) and social skills Training was used in enhancing the psychological adjustment of the married and unmarried prison inmates.

- Counseling implication for this study cannot be overemphasized, because the gaps that were left opened by other measures of prison rehabilitation such as psychological adjustment problem and other affecting variables were best treated with REBT and SST. This shows that emotional issues are best resolved with psychotherapy.
- By implication, counseling intervention is a must for the prison inmates and it must be handled by qualified professionals (counseling psychologist)

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**SEXUAL DYSFUNCTION AS CORRELATES OF  
MARITAL SATISFACTION  
AMONG MARRIED PEOPLE IN NIGERIA.**

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***Abstract***

*The study investigated sexual dysfunction as correlates of marital satisfaction among married people in Nigeria. The research design was the descriptive study of the survey type. The population consisted of all married people in the three major ethnic groups in Nigeria (Yoruba, Igbo and Hausa/Fulani). The sample for the study comprised of 1,200 married people whose ages' ranged between 18 years and above and were selected through multi-stage sampling technique. The instrument was a questionnaire constructed by the researchers*

*titled "Marital Relations Questionnaire" (MRQ) which was used to obtain data from the respondents. The instrument's face, content and construct validity were ensured and a co-efficient of 0.73 was obtained while, test-re-test method of reliability was adopted with a co-efficient of 0.80 at 0.05 level of significance. Two research hypotheses were generated for the study. Data collected for the study were analysed using Pearson Product Moment Correlation and t-test Analysis. Hypotheses were tested at 0.05 level of significance. The findings of the study showed: that there was significant relationship between sexual dysfunction and marital satisfaction of married people in Nigeria; there was also significant difference between marital satisfaction of married people in Nigeria by gender. Conclusively, sexual dysfunction and marital satisfaction are negatively/ inversely related among married people in Nigeria. Therefore, it is recommended that counsellors should design effective programmes that would enhance effective sexual functioning and marital satisfaction among married people in Nigeria, women should be encouraged to reduce their stressful activities so as to promote marital satisfaction.*

**Introduction**

Sexual dysfunction is an inability of an individual to participate effectively or actively in sexual relationship as he or she wants or wishes to. It appears to be a sexual problem that is associated with a failure to achieve an erection, pre-mature ejaculation, retarded ejaculation, frigidity, sexual arousal disorders, erectile disorder, sexual pains disorders, sexual-response cycle, inability to achieve orgasm, impotence, low sexual drive and vaginismus (Nwoye, 1991) as cited by Yahaya,

Esere, Ogunsanmi and Oniye (2008).

Coretti and Baldi (2007) stressed that sexual dysfunction is a difficulty experienced by an individual or a couple during any stage of a normal sexual activity, including desire, preference, arousal or orgasm in either man or woman. They posited that, if the condition is not properly handled, it can lead to severe scaring and permanent loss of erectile functioning which could have a link to marital dissatisfaction and consequent break- up of marriage. This could be as a result of the psychological trauma the sufferer is subjected to, such as an insanity, anxiety, fear and depression. They also opined that the disorder can also occur in young men and children such as individuals with sickle cell disease, diabetes, hepatitis and individuals who abuse certain medications. Akingbade (2015) posits that one cannot deny that having sex in marriage or making love is one of the most enjoyable activities in marriage and further states that, sexual activity does not only increase marital satisfaction and harmony, but improves overall health. The researchers were of the view that sexual interactions can help to burn enough calories, improve health, reduce stresses, lower blood pressure, serves as a cardio exercise which helps the heart to pump blood very fast, boosts immunity, enable one to sleep peacefully because of the oxytocin released during orgasm which is a sleeping promoter.

Owuamanam (2004) reports that sexual dysfunction is sexual inadequacy and that , it is a generic term that is used to refer to any impairment in sexual functioning found in both man and woman which could cause marital dissatisfaction or lead to divorce or break-up of marriage. The author further stressed

that this could bring about anxiety, fear and low self-concept.

Akintoke (2015) lists some causes that can promote sexual dysfunction to include age, fatigue, alcoholism, smoking, influence of childhood learning about sex, stresses of everyday life, busy schedule, poverty, ignorance and the use of some chemotherapy drugs for the treatment of certain blood related diseases such as Hiv-Aids, diabetes and hypertension.

Akingbade, (2015) opines that majority of deaths due to bad heart such as arteriaosclerosis, heart attack, stroke and some other organic condition has been traced to erectile dysfunction.

Aina (2010) describes sexual dysfunction as being characterized by the inability to develop or maintain an erection of the penis and associated with not achieving orgasm. She argues that the underlying causes of this problem which appears to have brought marital dissatisfaction among married people in Nigeria could be linked to a damage to the nervic erigentes which delays erection as well as diabetes and cardiovascular disease which simply decreases blood flow to the tissue in the penis. Oyedepo (2014) reports that 15-20% men in Nigeria suffer from one type of sexual dysfunction or the other and that, 40-57% of women experienced varying degrees of sexual dysfunction.

Dion (1999) stresses that sexual dysfunction of woman could occur as a result of any physiological changes that affects the reproductive system such as premenstrual syndrome, pregnancy, postpartum, child labour and menopause.

On the other hand, marital satisfaction according to Lenthal (2006) is a special case of relationship and a degree to

which an individual's needs, expectations, and desires are being satisfied in their marriage. Marital satisfaction appears to be a total evaluation of the experiences or the rating in which individual ascribes to his or her marriage at meeting certain expectations such as economic, emotional and sexual issues which could enhance marital satisfaction.

Toral and Kendal (2006) stressed that marital satisfaction is seen as being happy within ones marriage and claim that satisfied marriage does not have propensity to divorce. Divorce itself is determined by the presence of thoughts or actions which may lead to marital dissatisfaction such as sexual inability of either of the partners in the relationship. Pinsof (2007) argument of marital satisfaction was that it is positively affected or promoted by sufficient love for each other, loyalty, improved sexually related issues, parenting and religion.

Marital satisfaction, according to Sherkat (2007) is also related to spouse's satisfaction with the roles each of them plays in the relationship at bringing satisfying and enduring marital life. This appears so simply because these roles evolve around finances, work schedule, care for children and the needs of other family members.

There were reported cases of break-up of marriages in the Nigeria society through national dailies, magazines and electronic media, also the visits of the researchers to customary courts and the palaces of Kings in the South West of Nigeria confirmed such incessant callings for divorce of marriages by partners especially on those marriages that are not even up to a

year of existence based on the intolerance on issues of shortcomings that are associated with health status of partners as regards sexuality which seems not to promote the desired marital satisfaction.

Efforts were made by the researchers to trace sources of frequent divorce of marriages to the family. After all, a society starts from the individual homes where children are expected to grow up in a conducive environment and become ideal, responsible married individuals and great leaders in future. Hence, there is expected to be a likelihood of having a society that will be worse than what is been witnessed at present if married people would not live up to the standards that are required of them in their matrimonial homes . It appears that many children from these homes are often exposed to fighting, bullying, thuggery, scavenging at social gatherings, touts, pre-marital pregnancies, abortion, drug abuse, stealing, street hawking, poor academic performance in school, smoking, gambling, betting, high attendance of school- aged children at political rallies, motor parks, and viewing centres.

### **Statement of the Problem**

Marriages are breaking up in Nigeria as a result of sexual dysfunction which appears to be promoting marital dissatisfaction among married people. The occurrence of divorce of marriage has been a serious concern not only to the counsellors but social workers, government, parents and all those who are involved in handling marital issues. If married people continue to experience sexual dysfunction unabated, it may be dangerous to family stability and promote marital dissatisfaction. Therefore, there was the need to identify and

investigate the relationship between sexual dysfunction and marital satisfaction among married people in Nigeria. Observations have shown that marital dissatisfaction could be due to sexual dysfunction which could threaten marital satisfaction of married people in Nigeria.

### **Purpose of the Study**

The purpose of this study was to investigate the relationship between sexual dysfunction and marital satisfaction and also to investigate the influence of marital satisfaction of married people in Nigeria by gender.

### **Methodology**

The study employed descriptive research of the survey type to describe the phenomenon of sexual dysfunction and marital satisfaction among married people in Nigeria. Sample consisted of 1,200 married people who were selected by means of multistage sampling technique. Six States were selected from each of the major ethnic groups of Nigeria (Yoruba, Igbo and Hausa/Fulani) through simple random sampling techniques. A total of 500 respondents were selected from both Yoruba and Igbo ethnic groups, while only 200 respondents were selected from Hausa/ Fulani ethnic group. The ages' of the respondents ranged from 18 years and above.

The data for the study were collected using a questionnaire constructed by the researchers titled “Marital Relation Questionnaire” (MRQ) which was validated by the researchers. The instrument consisted of parts A, B and C. Part A was designed to collect information on personal characteristics of respondents such as gender, ethnicity, state

and educational level. Parts B and C contained items that sought for information on the participants experiences on sexual dysfunction and the level of marital satisfaction.

The face, content and construct validity of the instrument were ensured. For the face validity, the sixty items designed were presented to sociologist and other specialists in Guidance and Counselling. Tests and Measurement experts also assisted to scrutinize the instrument in order to ascertain its face and content validity. The experts agreed that the items in the content of the instrument measured what it was intended to measure as they appeared on the instrument. In order to ensure the content validity, experts in sociology and marital counselling, Tests and Measurement were also consulted in a bid to ascertain the appropriateness of the instrument. They all agreed that the items on the questionnaire contained and represented adequately the concepts and variables they were supposed to measure. The construct validity of the instrument was carried out by correlating the scores obtained from the test administration of “Marital Relations Questionnaire” (MRQ) to Sexual Dysfunction Rating Scale (SDRS) by Aina (2010). A co-efficient of 0.71 was obtained at 0.05 level of significant. Scores of the administration of the two instruments were correlated using Pearson Product Moment Correlation Analysis at 0.05 level of significance. A correlation co-efficient of 0.73 was obtained which indicated that (MRQ) measured approximately the same construct with SDRS. Hence, the instrument (MRQ) met the sufficient criteria for a valid instrument for use in this study.

In order to ensure the reliability of the instrument, test-retest method was adopted. A trial testing was carried out in Ekiti State with 50 married people whose ages' ranged from 18 years and above and who were not part of the sample . After two weeks of the administration of the first test, the same instrument was administered on the same set of people. The two sets of scores obtained were correlated using Cronbach alpha. A correlation co-efficient of 0.80 was obtained at 0.05 level of significance indicating that the instrument was reliable for the study.

The research instrument was administered personally by the researchers and with the help of some research assistants who helped to interpret the items in the questionnaire to the respondents. Copies of the questionnaire were retrieved immediately after completion.

The data collected were analysed using Pearson Product Moment Correlation Analysis and t- test at 0.05 level of significance.

**Results**

Hypothesis One states that, there is no significant relationship between sexual dysfunction and marital satisfaction of married people in Nigeria.

To determine if sexual dysfunction of married people in Nigeria was significantly related to marital satisfaction or not, the data collected were subjected to Pearson Product Moment correlation Analysis.

In testing the hypothesis, mean scores of respondents on sexual dysfunction and marital satisfaction were computed using Pearson Product Moment Correlation Analysis at 0.05

level of significance. The result is presented in Table 1.

Table 1: *Test of relationship between Sexual Dysfunction and Marital Satisfaction among Married People in Nigeria.*

Variables	N	r-cal	r. tab
Sexual Dysfunction	1160	- 0.222*	0.195
Marital Satisfaction	1160		

\*P<0.5 (Significant Result)

Table 1 shows that r-cal = - 0.222, r-tab = 0.195, r-cal was greater than r-tab. Therefore, the null hypothesis was rejected. It implied that, there was a significant relationship between sexual dysfunction and marital satisfaction among married people in Nigeria. This could be as a result of high rate of poverty, ignorance, unemployment, busy schedules, stressful activities, alcoholism, anxiety, depression and abuse of certain medications that could be used to treat some blood related diseases such as diabetics, high blood pressure, sickle cell diseases and hepatitis. It appears that if these trends are not checked in the society by the government and individuals that are involved by providing job opportunities, regular payment of salaries, wages, allowances, proper education, enlightenment campaigns and orientation, the rate at which divorce of marriage would be occurring could be high.

Hypothesis Two states that there is no significant difference between marital satisfaction of married people in Nigeria by gender. In testing the hypothesis, the mean scores of male and female respondents on marital satisfaction among married people in Nigeria were computed using t-test at 0.05 level of significance. The result is presented in Table 2