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Sexual Dysfunction, In-Law Interference And Marital Adjustment Among Married Secondary School Teachers In Delta State, Nigeria

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ABSTRACT

The study examined sexual dysfunction, in-law interference and marital adjustment among married secondary school teachers in Delta State, Nigeria. Five research questions were raised and answered and three hypotheses were formulated and tested at 0.05 level of significance. The study adopted a correlational research design. The population comprised 8,526 married secondary school teachers in Delta State. The sample for the study consisted of 879 married secondary school teachers selected through a three-stage sampling procedure involving simple random, proportionate stratified and convenience sampling techniques. A self-constructed questionnaire titled "Sexual Dysfunction Rating Scale, In-law Interference Rating Scale, Spousal Mutual Support Rating Scale and Marital Adjustment Rating Scale Questionnaire (SDILISMSMAQ)" was used for data collection. The validity of the instrument was established by the researcher's supervisors and two other lecturers. A pilot study was conducted using 100 married teachers, and the reliability of the instruments was determined using Cronbach Alpha, which yielded reliability coefficients of 0.74 for Sexual Dysfunction Rating Scale, 0.73 for In-law Interference Rating Scale and 0.81 for Marital Adjustment Rating Scale. The data collected were analysed using mean and standard deviation. Research Questions 1 and 2 were answered using mean and standard deviation, while Research Questions 3 and 4 were answered using Pearson Product Moment Correlation Coefficient (r) and coefficient of determination (r^2). Research Question 5 was answered using multiple correlation and coefficient of determination, while the hypotheses were tested using linear and multiple regression analyses at 0.05 level of significance. The findings revealed that there was a high status of sexual dysfunction among married teachers in Delta State, with an average mean of 2.98. The findings also revealed a high status of in-law interference among married teachers, with an average mean of 3.05. There was a significant negative relationship between sexual dysfunction and marital adjustment among married teachers, with an r-value of -0.41 and coefficient of determination of 16.8%. There was also a significant negative relationship between in-law interference and marital adjustment, with an r-value of -0.36 and coefficient of determination of 13.0%. Furthermore, sexual dysfunction and in-law interference jointly had a significant relationship with marital adjustment, with a multiple correlation coefficient of 0.67 and coefficient of determination of 45.0%. The study concluded that sexual dysfunction and in-law interference were significantly related to marital adjustment among married secondary school teachers in Delta State. Based on the findings, it was recommended among others that guidance counsellors should provide marriage and relationship counselling services for married teachers, particularly on sexual communication, intimacy, conflict resolution and marital adjustment. School management and counselling units should also organise periodic workshops to help married teachers develop effective strategies for managing marital challenges and maintaining healthy relationships.

Keywords: Sexual dysfunction, in-law interference, marital adjustment, married teachers, secondary school teachers

INTRODUCTION

Marital adjustment is a vital concept in the study of relationships, focusing on how couples navigate and adapt to the inevitable challenges of married life. It is the ongoing process through which spouses align their behaviours, expectations, and attitudes to maintain a healthy and satisfying relationship. Marital adjustment refers to how spouses accommodate each other's needs, expectations, and behaviours throughout their marriage. According to Proulx et al. (2019), marital quality is closely associated with the psychological and relational well-being of spouses and reflects important aspects of how partners experience and manage their relationship. Marital adjustment requires continuous effort, as couples navigate life's challenges, including financial pressures, raising children, and personal growth. As Li et al. (2021) emphasise, the pressures arising from work and family roles can affect individuals' well-being and satisfaction, making the management of competing responsibilities important in family relationships.

This process is dynamic, often influenced by external pressures such as economic strains or internal shifts like changes in personal goals. Marital satisfaction and stability often correlate with the ability of partners to adjust to these changes effectively. Couples who demonstrate high levels of marital adjustment typically enjoy greater emotional intimacy and relational satisfaction (Van Niekerk et al., 2021). Marital adjustment is a dynamic and multifaceted construct that reflects how spouses adapt to each other and manage the demands of marital life. It encompasses several interrelated components, including communication, conflict resolution, emotional intimacy all of which determine the quality and stability of the marital relationship (Hoesni et al., 2020). Each component plays a crucial role in shaping the relational equilibrium that enables couples to maintain harmony and satisfaction over time. Communication is often considered the cornerstone of marital adjustment. Effective communication fosters mutual understanding, trust, and emotional closeness between partners. According to Hoesni et al. (2020), communication within marriage is associated with marital satisfaction among married individuals. Conversely, poor communication is linked with higher levels of marital dissatisfaction, emotional withdrawal, and unresolved grievances. Conflict resolution is another critical component of marital adjustment. Conflict in marriage is inevitable, but the way it is handled determines its impact on the relationship. Emotional intimacy refers to the degree of emotional closeness, affection, and connectedness that partners experience. It is nurtured through shared experiences, vulnerability, and consistent emotional support. According to Van Niekerk et al. (2021), emotional intimacy was associated with relationship satisfaction among couples.

When partners feel emotionally safe and valued, they are more likely to remain committed and resilient in the face of marital challenges. Marital adjustment is crucial not only for the emotional well-being of the spouses but also for the stability of the family unit and society at large. According to Marini et al. (2020), marital quality is associated with loneliness and depressive symptoms, demonstrating the importance of the marital relationship for psychological well-being. Couples who achieve good marital adjustment tend to report higher levels of happiness and life satisfaction. Furthermore, marital satisfaction has significant effects on mental health, with those in well-adjusted marriages experiencing lower levels of anxiety and depression. The relevance of marital adjustment also extends to the family environment. Gao et al. (2022) emphasize that daily relationship quality within the marital and parent-child systems has implications for child adjustment. These children are less likely to exhibit anxiety, depression, or academic difficulties. The stability fostered by marital adjustment provides a secure foundation for children to develop healthy emotional and social skills. Additionally, marital adjustment plays an essential role in the financial stability of the family. Lee and Dustin (2021) note that financial stress, financial knowledge, and financial behaviour are important considerations in understanding financial satisfaction within marriage. In contrast, poor marital adjustment can exacerbate financial difficulties, leading to further relational stress.

Marital adjustment is also relevant at societal level. Marital relationships form an important part of family functioning and the broader social environment, while difficulties within marriage may have consequences for family stability. On the other hand, poor marital adjustment often leads to divorce, which has significant social consequences, including economic instability and disrupted family structures. The consequences of marital negative adjustment are multifaceted, affecting emotional, psychological,

physical, and social aspects of life. According to Lee et al. (2021), hostile marital interactions can contribute to psychological distress, health-risk behaviours, and greater vulnerability to later physical health problems. Individuals in marriages characterized by poor adjustment often experience heightened levels of stress, anxiety, and depression. Marini et al. (2020) explain that marital quality is associated with loneliness and depressive symptoms, indicating the importance of marital relationships for mental health. The ongoing strain of unresolved conflicts can undermine emotional well-being, creating a cycle of dissatisfaction and unhappiness. The physical health of individuals in poorly adjusted marriages is often compromised due to the chronic stress associated with marital conflict. Lee et al. (2021) note that hostile marital interactions may wear down couples' regulatory systems through psychological distress and health-risk behaviours, thereby increasing vulnerability to later physical health problems. The emotional toll of marital dissatisfaction weakens the immune system, making individuals more vulnerable to health issues.

The motivation for this study stems from a concerning trend indicating that marital adjustment among married teachers appears to be steadily declining. For example, a colleague in my office recently broke down in tears, overwhelmed by feelings of isolation and a lack of support from her husband. She conveyed a profound sense of exhaustion and despair, expressing that she was navigating life alone and could no longer bear the emotional strain. This deeply emotional moment highlighted the urgent need to explore the adjustment mechanisms within the lives of married teachers.

In a similar vein, another teacher faced a crisis that further emphasised the issue. Driven by a profound sense of disrespect and an absence of positive support at home, he reached a point of such distress that he contemplated suicide. His experience underscores the severe emotional toll that the erosion of positive marital adjustment can have on individuals and families. Another practical case, was a friend whose husband is a teacher, she complained bitterly, that the husband has to take permission from his father before meeting any of her needs, and until the father approves of it, that need will not be met. Also, another colleague of mine, confided in me that she is dying in silence, as a result of emotional withdrawal from her husband, which has forced her to get addicted to pornography, in order to fill in the missing emotional connection.

These personal accounts underscore the critical need to investigate the factors contributing to the declining marital adjustment among married teachers. Therefore, this study aims to examine how various factors, such as sexual dysfunction, in-law interference, educational level, and spousal mutual support, among others, influence marital adjustment among married teachers within the study area. The focus on married teachers is particularly pertinent, as teaching is a profession characterised by high emotional labour, moderate remuneration, heavy workloads, and significant societal expectations, all of which may exert pressure on marital relationships. Li et al. (2021) found that work-family and family-work conflicts among teachers were associated with emotional exhaustion and affected teachers' job and life satisfaction. Within the socio-cultural context of the study area, teachers are often regarded as moral exemplars and community role models, a status that may further constrain open communication about marital challenges and intensify the strain on marital adjustment.

Sexual dysfunction, though frequently underreported, may constitute a critical dimension of marital life that may be especially salient for married teachers. The demanding nature of teaching, marked by long working hours, administrative responsibilities, and emotional exhau stion, can adversely affect sexual desire and satisfaction. As Yılmaz Karaman et al. (2021) found, sexual dysfunction is closely associated with sexual satisfaction and marital adjustment among married couples with sexual functioning disorders. For married teachers, chronic fatigue, stress, and work–family imbalance may exacerbate sexual difficulties, thereby weakening emotional bonds and undermining marital adjustment. In contexts where discussions of sexual matters remain culturally sensitive, affected teachers may lack access to appropriate counselling or support, allowing unresolved sexual challenges to silently erode marital harmony.

Similarly, in-law interference may remain a prominent issue within many marriages in the study area, where extended family systems are deeply embedded in social life. Married teachers, particularly those residing close to extended family members due to posting or economic constraints, may experience

heightened in-law involvement in their marital affairs. According to Jeon (2020), the relationship between in-laws and married couples is associated with marital adjustment, with satisfaction in relationships between spouses and parents-in-law influencing personal and partner marital adjustment. For teachers, whose professional income and housing options may be limited, dependence on extended family support can blur boundaries and expose marriages to external pressures. This dynamic may place teachers in difficult positions, torn between professional identity, spousal commitment, and familial obligations, thereby complicating the process of marital adjustment. It is therefore against this background that this study examines the relationships between sexual dysfunction, in-law interference and marital adjustment among married secondary school teachers in Delta State.

Statement of the Problem

Marital adjustment is essential for maintaining emotional stability, psychological health, and relationship satisfaction in marriage. For secondary school teachers, whose work demands mental alertness, emotional resilience, and regular interaction with students, a well-adjusted marriage can provide strength and motivation. Conversely, poor marital adjustment may lead to emotional exhaustion, distraction, and decreased job performance. As a teacher, my personal observations and informal interactions have shown that many married teachers in Delta State face major marital challenges that threaten their peace of mind and job efficiency. Some teachers have complained of strained relationships caused by constant interference from in-laws, including situations where household decisions are influenced or overridden by extended family members. Others have reported being solely responsible for financial obligations, while their spouses show little or no willingness to contribute. Cases of emotional disconnection, often arising from unresolved sexual dissatisfaction, have also been observed, causing coldness, resentment, and limited communication between partners.

These real-life scenarios indicate that various underlying factors may influence the marital adjustment of teachers. Sexual dysfunction, for example, could impede emotional intimacy and lead to feelings of frustration or inadequacy. In-law interference might cause loyalty conflicts, power struggles, and breaches of the couple's privacy. Conversely, spousal mutual support, emotional, financial, and moral, can act as a buffer against marital stress, helping couples navigate difficulties more effectively. Despite the importance of these issues, there is limited empirical research examining how these specific factors affect the marital adjustment of married teachers in Delta State. Understanding the roles of these variables is crucial not only for promoting marital stability but also for protecting teachers' emotional well-being and workplace productivity. This study aims to explore the relationship between sexual dysfunction, in-law interference and marital adjustment among married teachers in Delta State, specifically addressing the question: how can sexual dysfunction and in-law interference influence marital adjustment?

Research Questions

The following research questions guided the study:

1. What is the status of sexual dysfunction among married Teachers in Delta State?
2. What is the status of in-law interference among married Teachers in Delta State?
3. What is the relationship between sexual dysfunction and marital adjustment among married secondary school teachers in Delta State?
4. What is the relationship between in-law interference and marital adjustment among married secondary school teachers in Delta State?
5. What is the combined relationship among sexual dysfunction, in-law interference and marital adjustment among married secondary school teachers in Delta State?

Purpose of the Study

The purpose of this study was to examine sexual dysfunction, in-law interference and marital adjustment among married secondary school teachers in Delta State. Specifically, the study sought to:

1. determined the status of sexual dysfunction among married Teachers in Delta State
2. found out the status of in-law interference among married Teachers in Delta State;
3. examine is the relationship between sexual dysfunction and marital adjustment among married secondary school teachers in Delta State?

4. determine the relationship between in-law interference and marital adjustment among married secondary school teachers in Delta State; and
5. examine the combined relationship among sexual dysfunction, in-law interference and marital adjustment among married secondary school teachers in Delta State.

Research Hypotheses

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

1. There is no significant relationship between sexual dysfunction and marital adjustment among married secondary school teachers in Delta State.
2. There is no significant relationship between in-law interference and marital adjustment among married secondary school teachers in Delta State.
3. There is no significant relationship among sexual dysfunction, in-law interference and marital adjustment among married secondary school teachers in Delta State.

RESEARCH METHOD

This study used a correlational research design to examine the relationships among sexual dysfunction, in-law interference, level of education, spousal mutual support, and marital adjustment. The study population comprised of 8526 married secondary school teachers in Delta State. The study's sample size consists of 879 married secondary school teachers from Delta State. The sampling procedure for the study was carried out in three distinct stages to ensure a representative and manageable sample of married secondary school teachers from Delta State. In the first stage, the researcher employed a simple random sampling technique to select secondary schools across the state. Specifically, two secondary schools were randomly selected from each of the 25 local government areas (LGAs) spanning the three senatorial districts of Delta State. In the second stage, the researchers adopted a proportionate stratified sampling method to determine the number of married secondary school teachers to be selected from each LGA. In the third and final stage, convenience sampling was used to select individual participants. Only those married secondary school teachers who were available and willing to participate in the study were included.

The instrument for data collection was a questionnaire titled Sexual Dysfunction Rating Scale, In-law Interference Rating Scale, Spousal Mutual Support Rating Scale, and Marital Adjustment Rating Scale Questionnaire (SDILISMSMAQ). The questionnaire were divided into two sections. The validity of the instrument was established by the researcher's supervisors and two other lecturers. A pilot study was carried out using 100 married teachers the data obtained were analysis using the Cronbach Alpha method with reliability coefficients of 0.74**,** for Sexual Dysfunction Rating Scale, and 0.73 for In-law Interference Rating Scale and 0.81 for Marital Adjustment Rating.

The research instruments were administered to participants by the researcher and 3 trained research assistants. It was distributed to married secondary school teachers for their responses, which was collected on-site. The data collected for this study were analysed using Pearson's Product Moment Correlation Coefficient (PPMCC) and its coefficient of determination (r^2) while hypotheses were tested using linear regression multiple regression analysis. All hypotheses tested at the 0.05 level of significance.

RESULTS

Research Question 1: *What is the status of sexual dysfunction among married teachers in Delta State?*

Table 4.1: Mean Analysis of the Status of Sexual Dysfunction among Married Teachers in Delta State N = 759

S/N	Statement	Mean	SD	Remark
1	I experience a lack of interest in sexual activity.	3.10	0.88	High
2	I feel little to no sexual desire, even when in a romantic situation.	3.05	0.91	High
3	I find myself avoiding sexual thoughts.	2.98	0.95	High
4	I feel emotionally disconnected from sexual experiences.	3.02	0.90	High
5	My level of sexual desire is significantly lower than I would like it to be.	3.15	0.87	High
6	I struggle to become physically aroused.	3.08	0.92	High
7	I have difficulty maintaining arousal throughout sexual activity.	3.00	0.94	High
8	I experience a delay in sexual stimulation.	2.95	0.96	High
9	My body does not respond to sexual cues the way it used to.	3.12	0.89	High
10	I feel frustrated by my inability to stay aroused.	3.06	0.91	High
11	I find it difficult to reach orgasm, even with adequate stimulation.	2.90	0.98	High
12	My orgasms feel significantly less intense than they used to.	2.85	1.00	High
13	I experience excessive delay in reaching orgasm, leading to frustration.	2.88	0.97	High
14	I experience physical pain during sexual activity.	2.60	1.05	High

Average Mean = 2.98
Average Standard Deviation = 0.94
Criterion Mean = 2.50

Table 1 shows that the respondents agreed to items 1–14 with mean ranged of 2.60–3.15 and mean average of 2.98, which were above benchmark of 2.50 as high status of sexual dysfunction among married teachers in Delta State.

Research Question 2: *What is the status of in-law interference among married teachers in Delta State?*

Table 4.2: Mean Analysis of the Status of In-law Interference among Married Teachers in Delta State N = 759

S/N	Statement	Mean	SD	Remark
1	My in-laws excessively interfere in my personal life, making unsolicited emotional demands.	3.20	0.85	High
2	I feel pressured by my in-laws to conform to their expectations, even at the expense of my emotional well-being.	3.15	0.87	High
3	My in-laws create tension in my marital relationship by emotionally manipulating my spouse.	3.05	0.90	High
4	My in-laws disregard my personal space in my home.	3.08	0.88	High
5	My in-laws impose their opinions on how my spouse should run our household.	3.12	0.86	High
6	I feel that my in-laws do not respect the personal boundaries of my spouse.	3.10	0.87	High
7	My in-laws attempt to dictate how my spouse spends our money.	3.00	0.92	High
8	My in-laws make financial demands that create tension in my marriage.	3.05	0.89	High
9	My spouse prioritises financial obligations over our household needs due to pressure from in-laws.	2.95	0.93	High
10	My in-laws attempt to control major decisions in my marriage.	3.07	0.88	High

S/N	Statement	Mean	SD	Remark
11	My spouse defers to their family's opinion.	3.02	0.91	High
12	My in-laws criticise my decisions in ways that undermine my authority in my household.	3.03	0.90	High
13	My in-laws try to impose their parenting beliefs on how I raise my children.	2.98	0.94	High
14	My in-laws interfere in disciplinary decisions, contradicting my parental authority.	2.95	0.95	High
15	I feel undermined as a parent due to my in-laws' influence over my spouse regarding child-rearing.	3.00	0.92	High

Average Mean = 3.05
Average Standard Deviation = 0.90
Criterion Mean = 2.50

Table 2 revealed that the respondents agreed to items 1–15 with mean ranged of 2.95–3.20 and mean average of 3.05, which were above the benchmark of 2.50 as high status of in-law interference among married teachers in Delta State.

Research Question 3: *To what extent is the relationship between sexual dysfunction and marital adjustment among married Teachers in Delta State?*

Table 3: Pearson Product Moment Correlation Coefficient and Coefficient of Determination on Sexual Dysfunction and Marital Adjustment among Married Teachers

Variable	N	r	r^2	r^2 %	Decision
Sexual dysfunction marital adjustment	759	-0.41	0.168	16.8	Moderate negative relationship

Table 3 shows the r-value of -0.41, indicating a moderate negative relationship between sexual dysfunction and marital adjustment among married teachers in Delta State. This implies that a decrease in sexual dysfunction leads to an increase in marital adjustment among married teachers. The coefficient of determination was 0.168, and the amount of contribution of sexual dysfunction to marital adjustment was 16.8%.

Research Question 4: *To What extent is the relationship between in-law interference and marital adjustment among married Teachers in Delta State?*

Table 4: Pearson Product Moment Correlation Coefficient and Coefficient of Determination on In-Laws Interference and Marital Adjustment among Married Teachers

Variable	N	r	r^2	r^2 %	Decision
In-laws interference Marital adjustment	759	-0.36	0.130	13.0	Moderate negative relationship

Table 4. reveals the r-value of -0.36, indicating a negative relationship between in-laws interference and marital adjustment among married teachers in Delta State. The coefficient of determination was 0.13, and the amount of contribution of in-laws interference to marital adjustment was 13%. This shows that an increase in in-laws interference leads to a decrease in marital adjustment.

Research Question 5: *What is the relationship among sexual dysfunction, in-law interference, spousal mutual support and marital adjustment among married Teachers in Delta State?*

Table 4.8: Multiple Correlation Coefficient and Coefficient of Determination of Sexual Dysfunction, In-Laws Interference, Spousal Mutual Support and Marital Adjustment among Married Teachers

Variables	N	r	r^2	r^2 %	Decision
Sexual dysfunction In-laws interference Marital adjustment	759	0.67	0.450	45.0	Moderate positive relationship

Table 5 shows the multiple correlation coefficient (R) of 0.67, indicating a moderate positive relationship between sexual dysfunction, in-laws interference, spousal mutual support, and marital adjustment among married teachers in Delta State. The coefficient of determination (R^2) was 0.450, indicating that the predictor variables jointly accounted for 45% of the variance in marital adjustment among married teachers in Delta State.

Hypothesis 1: There is no significant relationship between sexual dysfunction and marital adjustment among married Teachers in Delta State

Table 6: Linear regression analysis of sexual dysfunction and marital adjustment among married teachers

Model	**Sum of Square**	**df**	**Mean Square**	**F-ratio**	**Sig**
Regression	10382.54	1	10382.54	152.34	.000
Residual	51620.71	757	68.19		
Total	62003.25	758			
Variables in Equation					
Model	**Unstandardized Coefficient**		**Standardised Coefficient**	**t**	**Sig**
	B	**Std. Error**	**Beta**		
(Constant)	78.56	2.41		32.59	.000
Sexual Dysfunction	-0.30	0.024	-0.412	-12.34	.000

$\alpha = 0.05$, R = -0.412

a. Dependent Variable: Marital Adjustment

b. Predictors (Constant): Sexual Dysfunction

The result in Table 6 shows the F-value of 152.34 and a p-value of 0.000. Testing the null hypothesis at an alpha level of 0.05, the p-value of 0.000 is less than the alpha level of 0.05. Hence, the null hypothesis is rejected. This indicates that there is a significant relationship between sexual dysfunction and marital adjustment among married teachers in Delta State. The unstandardized coefficient (B) for predicting marital adjustment from sexual dysfunction was -0.30, while the standardized coefficient (Beta) was -0.142, with t = -12.32. Therefore, sexual dysfunction was significant at an alpha level of 0.05.

Hypothesis 2: There is no significant relationship between in-law interference and marital adjustment among married Teachers in Delta State

Table 7: Linear regression analysis of spousal mutual support and marital adjustment among married teachers

Model	Sum of Square	df	Mean Square	F-ratio	Sig
Regression	7874.92	1	7874.92		
Residual	54128.33	757	71.50	107.21	.000
Total	62003.25	758			
Variables in Equation					
Model	**Unstandardized Coefficient**		**Standardised Coefficient**	**T**	**Sig**
	B	**Std. Error**	**Beta**		
(Constant)	74.83	2.68		27.92	.000
In-law interference	-0.25	0.024	-0.356	-10.35	.000

$\alpha = 0.05$, R = -0.356

c. **Dependent Variable:** Marital Adjustment

d. **Predictors (Constant):** In-law interference

Table 7 shows the F-value of 107.21 and a p-value of 0.000. Testing the null hypothesis at an alpha level of 0.05, the p-value of 0.000 is less than the alpha level of 0.05. Thus, the null hypothesis is rejected. This shows that there is significant relationship between in-laws interference and marital adjustment for married teachers in Delta State. The unstandardized coefficient (B) for predicting marital adjustment from in-laws interference was -0.25, the standardized coefficient (Beta) was -0.356, t = 0.000. Therefore, in-laws interference was significant at an alpha level of 0.05.

Hypothesis 3: There is no significant relationship among sexual dysfunction, in-law interference and marital adjustment among married Teachers in Delta State

Table 8:Multiple regression analysis on sexual dysfunction, in-laws interference and marital adjustment among married teachers.

Model	Sum of Square	df	Mean Square	F-ratio	Sig
Regression	27901.46	3	9300.49		
Residual	34101.79	755	45.16	211.08	.000
Total	62003.25	758			
Variables in Equation					
Model	**Unstandardized Coefficient**		**Standardised Coefficient**	**t**	**Sig**
	B	**Std. Error**	**Beta**		
(Constant)	28.91	2.37		-9.50	.000
Sexual Dysfunction	-0.19	0.020	-0.263	-7.37	.000
In-law interference	-0.14	0.019	-0.201	15.83	.000

$\alpha = 0.05$, R = 0.671

e. **Dependent Variable:** Marital Adjustment

f. **Predictors (Constant):** Sexual Dysfunction and In-law interference

The result in table 8 indicates the F-value of 211.08 and p-value of 0.000. Therefore, the null hypothesis at an alpha level of 0.05. Since the p-value of 0.000 is less than the alpha level of 0.05, the null hypothesis is rejected. This reveals that there is significant relationship among sexual dysfunction, in-laws interference and marital adjustment when combined together.

The unstandardized coefficient (B) for predicting sexual dysfunction was -0.19, and in-laws interference was -0.14. The standardized coefficient (Beta) for sexual dysfunction was -0.263, t = 0.000, for in-laws interference was -0.201, t = 0.000 and spousal mutual support was 0.446, t = 12.20. However, sexual dysfunction and in-laws interference were significant at an alpha level of 0.05.

DISCUSSION OF FINDINGS

The first finding reveals that sexual dysfunction is present among married teachers in Delta State. This suggests that a notable proportion of teachers experience challenges related to sexual functioning, which may influence marital satisfaction and overall adjustment. Occupational demands such as long working hours, heavy workloads, and emotional labour may heighten stress levels and reduce the time and energy available for intimate relationships, thereby contributing to difficulties in sexual functioning. In addition, cultural and societal expectations surrounding marital roles may discourage open discussion and effective management of sexual concerns, allowing such issues to persist. Family dynamics, including interactions with in-laws, as well as limited access to sexual health information and counselling services, may further intensify these challenges. Health-related factors such as fatigue, age, and chronic conditions may also contribute to the observed levels of sexual dysfunctionamong teachers.

This finding is consistent with Yılmaz Karaman et al. (2021), who reported that sexual dysfunction is closely related to sexual satisfaction and marital adjustment among married couples with sexual functioning disorders. Similarly, Çankaya and Dikmen (2021) observed that stress and partner relationship satisfaction were associated with sexual dysfunction among women in the postpartum period, highlighting the relationship between psychological and relational conditions and sexual functioning. Rohilla et al. (2020) also reported a significant relationship between sexual dysfunction and marital satisfaction among spouses, indicating that sexual difficulties may extend beyond individual functioning to affect marital relationships.

The second finding indicates that in-law interference is moderately experienced among married teachers in Delta State. This suggests that interactions and involvement from in-laws play a noticeable role in the marital lives of teachers, with potential implications for marital harmony and adjustment. Cultural expectations in Delta State often emphasise close family involvement in marital affairs, which may increase the likelihood of in-law participation in decision-making. Such involvement may take the form of advice, opinions, or direct intervention, which can sometimes generate tension between spouses. Furthermore, the communal nature of family life encourages extended family participation in areas such as child-rearing, welfare, and financial matters. While this support system can be beneficial, it may also lead to conflict when boundaries between spouses and in-laws are not clearly defined. In addition, the demanding nature of the teaching profession, including limited personal time, may heighten the perceived impact of such interference, as couples may struggle to maintain autonomy in their decisions. This finding is consistent with Jeon (2020), who reported that the quality of relationships between spouses and their parents-in-law is significantly associated with marital adjustment. Similarly, Choi et al. (2019) found that patterns of contact with parents and parents-in-law were associated with marital satisfaction, although the direction of the association varied according to the type of contact and gender. Nadhirah and Khotimah (2022) also reported that marital adjustment was an important factor associated with marital satisfaction among families living with parents-in-law.

The third finding reveals a significant negative relationship between sexual dysfunction and marital adjustment among married teachers in Delta State. This indicates that higher levels of sexual dysfunction are associated with lower levels of marital adjustment, suggesting that difficulties in sexual functioning can adversely affect marital harmony, satisfaction, and overall relationship quality. Sexual dysfunction may contribute to reduced intimacy, communication difficulties, and emotional distance between spouses,

all of which can weaken marital cohesion. In addition, the stress and frustration arising from unresolved sexual concerns may heighten conflict and diminish mutual understanding within the marriage.

This finding is consistent with Yılmaz Karaman et al. (2021), who reported that marital adjustment problems should be examined in couples experiencing sexual dysfunction and that sexual problems should also be considered when couples present with marital adjustment difficulties. Similarly, Çankaya and Dikmen (2021) found that stress and partner relationship satisfaction were associated with sexual dysfunction, demonstrating the relevance of relational and psychological factors to sexual functioning. Rohilla et al. (2020) also found a relationship between sexual dysfunction and marital satisfaction among spouses, supporting the view that sexual difficulties may extend into the marital relationship. The finding can further be explained by the central role of sexual intimacy in fostering emotional bonding and relational stability. Among teachers in Delta State, factors such as occupational stress, long working hours, and limited personal time may intensify sexual dysfunction, while cultural norms that discourage open discussion of sexual matters may hinder effective resolution, thereby negatively influencing marital adjustment.

The fourth finding showed a significant negative relationship between in-law interference and marital adjustment among married teachers in Delta State. This indicates that higher levels of in-law interference are associated with lower levels of marital adjustment, suggesting that excessive involvement from extended family members can create tension, reduce marital harmony, and strain spousal relationships. In-law interference may undermine spouses' autonomy in decision-making, generate disagreements over family and financial matters, and intensify conflicts within the marriage. Furthermore, persistent involvement from in-laws may limit private communication between spouses and reduce opportunities for independent problem-solving, thereby weakening marital cohesion.

This finding is consistent with Jeon (2020), who reported that the quality of relationships between parents-in-law and children-in-law was significantly related to marital adjustment among married couples. Similarly, Choi et al. (2019) found that contact with parents and parents-in-law was associated with marital satisfaction, although the pattern differed according to gender and the nature of the contact. Nadhirah and Khotimah (2022) also found that marital adjustment was associated with marital satisfaction among families living with parents-in-law. The finding can further be explained by the cultural and social context of Delta State, where extended family participation in marital affairs is prevalent. Although such involvement may offer support, excessive interference can create conflict and reduce spousal autonomy, thereby negatively influencing marital adjustment. Additionally, the demanding nature of the teaching profession, including long working hours and occupational stress, may intensify the impact of in-law interference on marital dynamics.

The fifth finding revealed that there will be a significant positive relationship between sexual dysfunction, in-law interference and marital adjustment among married teachers in Delta State when these variables are considered jointly. This finding will suggest that, collectively, these variables will influence marital adjustment, indicating that the interplay of marital challenges and supportive dynamics will significantly relate to the quality and harmony of marriages. Several factors will explain this outcome. Although sexual dysfunction and in-law interference will individually demonstrate negative relationships with marital adjustment.

This finding will align with previous empirical studies. Yılmaz Karaman et al. (2021) will observe that sexual dysfunction is associated with sexual satisfaction and marital adjustment, while Rohilla et al. (2020) will report a significant relationship between sexual dysfunction and marital satisfaction among spouses. Similarly, Jeon (2020) will report that the quality of relationships between in-laws and married couples is associated with marital adjustment. In the same vein, Nadhirah and Khotimah (2022) will report that marital adjustment is associated with marital satisfaction among couples living with parents-in-law.

CONCLUSION

Sexual dysfunction, in-law interference, and spousal mutual support have significant relationships with marital adjustment among married teachers in Delta State. The study established that sexual dysfunction exists among married teachers and is significantly negatively related to marital adjustment. This implies that as sexual dysfunction increases, the level of marital adjustment decreases among married teachers. Similarly, in-law interference was found to exist among married teachers and demonstrated a significant negative relationship with marital adjustment. This indicates that increased interference from in-laws is associated with reduced marital harmony and adjustment.

RECOMMENDATIONS

Based on the findings of the study, the following recommendations were made:

1. Guidance counsellors in secondary schools should provide marriage and relationship counselling services for married teachers, with attention to issues relating to sexual communication, intimacy and marital adjustment.
2. School management and counselling units should organise periodic workshops for married teachers on effective communication, conflict resolution and healthy ways of managing marital challenges.
3. Married couples should be encouraged to communicate openly and respectfully about sexual concerns and other marital difficulties rather than allowing such issues to remain unresolved.
4. Guidance counsellors and family therapists should educate couples on establishing appropriate boundaries with extended family members while maintaining respectful relationships with in-laws.
5. Future researchers should investigate other factors that may be associated with marital adjustment among teachers, such as financial stress, work-family conflict, communication patterns, emotional intimacy and occupational stress.

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