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Marital Adjustment And Communication Styles Among Married Lecturers Of Sokoto State University

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ABSTRACT

The study investigated the marital adjustment and communication styles among married lecturers of Sokoto state university. The study have two objectives, two research questions were state. The study employed descriptive survey research design with total population of 428 married lecturers and sample of 164 obtained through Roasoft sample size and used purposive sampling technique. The adapted instrument titled questionnaire on marital adjustment and communication styles which was validated and obtained validity index of 0.86 and reliability index of 0.836, mean and standard deviation were employed. Mean and standard deviation was used for study. Findings from the study showed that there is a significant influence of marital adjustment and communication style of married lecturers of Sokoto State University and there is significant influence of different communication styles on marital adjustment among married Sokoto State University lecturers.

Keyword: Married, Marital Adjustment, Communication styles

INTRODUCTION

Marriage is an important social institution that provides companionship, emotional support, and stability for individuals and families. However, maintaining a successful marriage requires continuous adjustment between partners. Marital adjustment refers to the extent to which spouses are able to adapt to each other, manage differences, communicate effectively, and maintain satisfaction within the marital relationship (Spanier, 1976). It involves areas such as emotional intimacy, agreement on important issues, conflict management, shared responsibilities, and overall relationship satisfaction. A high level of marital adjustment is associated with stronger marital stability, while poor adjustment may contribute to frequent conflicts, dissatisfaction, and marital breakdown (Bradbury, Fincham, & Beach, 2000).

One of the major factors influencing marital adjustment is communication. Communication serves as the foundation through which couples express their feelings, expectations, needs, and concerns. The way spouses communicate with each other can either strengthen or weaken their relationship. Positive communication styles, such as open discussion, active listening, empathy, and constructive problem-solving, promote understanding and emotional closeness between couples. On the other hand, negative communication patterns, including criticism, avoidance, aggression, and withdrawal, may increase conflict and reduce marital satisfaction (Gottman & Silver, 1999).

Married lecturers represent a unique group whose marital relationships may be affected by the demands associated with their profession. Lecturers often experience multiple responsibilities, including teaching, research activities, publication requirements, administrative duties, student supervision, and career development. These professional demands may create stress and reduce the amount of time available for

family interaction. When work-related pressures are not properly managed, they may influence the quality of communication between spouses and affect marital adjustment (Greenhaus & Beutell, 1985).

The academic environment requires commitment and dedication, but balancing professional responsibilities with family obligations can be challenging. Married lecturers may experience difficulties managing work-family conflict, especially when both partners have demanding careers. Effective communication between spouses can help them negotiate responsibilities, provide emotional support, and manage challenges associated with their professional lives. In contrast, poor communication may result in misunderstanding, emotional distance, and unresolved marital problems.

According to Gottman (1994), the stability of marital relationships is strongly influenced by the patterns of interaction between spouses. Couples who engage in supportive and respectful communication are more likely to experience satisfaction and stability in their marriages. Conversely, repeated negative interactions may predict dissatisfaction and marital instability. Therefore, understanding communication styles among married lecturers is important because their ability to communicate effectively may influence how they adjust to marital responsibilities while managing academic demands.

Although previous studies have examined marital adjustment and communication among married couples generally, fewer studies have focused specifically on married lecturers, whose professional demands may create unique challenges. Investigating the relationship between communication styles and marital adjustment among married lecturers can provide useful information for improving family relationships, promoting work-life balance, and developing interventions that support the well-being of academic professionals.

Omotayo Ogunkunle (2019) opined that Marital Adjustment in marriage refers to the state of accommodation which is achieved in different areas where conflict may exist in marriage (Landis 2014), Tashakorii, (2010) have defined marital adjustment as the tendency to avoid or resolve conflicts, a feeling of satisfaction with the marriage and with each other, the sharing of common interests and activities and the fulfilling of the martial expectations of the husband and wife. The concept of marital adjustment refers essentially to the art of living effectively and wholesome, within the frame work of responsibilities, relations and expectancies constitute the state of marriage. The dual career family pattern offers an interesting situation in which men and women's performance of various roles could be studied to extent that both men and women in the dual career families are involved in the parallel tasks of gainful employment together with homemaking and child care. They experience various pros and cons of being dual career couples. The employment of wives may possibly have quite different consequences for job satisfaction marital quality and wellbeing of the two sexes. Studies about the consequences of wives employment for husband's wellbeing and marriage and family living are not consistent. Some studies have indicated that wives employment results in a shift towards participation by husbands in household tasks. This shift has occurred, it is said, in response to the wife's being in the labor force other studies have indicated that wives employment causes major treat and distress among husbands. Men and women have always worked in all epochs of human history. However, historical and social factors have been responsible for variation in the nature of tasks, the location of work, the definite reasons for work, the nature of its execution and performance. This direct entry into the economic structure gives the impression of equality of women with men for economic role is believed to provide social-pre-eminence automatically (Gunthey, 2015).

Some researchers on marital adjustment and the role of extended families consider things Pike sex, finances, childbirth and in-law- relationship as vital issues in marriage. Nwobi (2007) stated that sexual gratification is one vital source of marital attraction. In a study carried out by (Schaefer, 2004) on marital adjustment, sees the level of interaction between husband and wife as a serious factor and major determinant of adjustment in marriage.

Objectives of the Study

The objectives of this study are to:

1. Examine the influence of marital adjustment and communication style among married Sokoto State University lecturers.

2. To identify the influence of different communication styles among married Sokoto State University lecturers.

Research Questions

The study would answer the following research questions:

1. What is the influence of marital adjustment and communication style among married Sokoto State University Lecturers?
2. How does different communication styles influence marital adjustment of married Sokoto State University Lecturers?

REVIEW OF RELATED LITERATURE

Esere, Yusufu, and Omotosho (2011), carried out a research on effect of Spousal Communication on Marital Stability. Six hundred (600) stratified randomly selected married adults in Ilorin metropolis were used for the study. A research –designed questionnaire titled "Effect of spousal communication on marital stability Questionnaire" was used to collect necessary data for the study. The –test and ANOVA statistics were used to compare the perception of married adults on the basis of gender and length of marriage. The purpose of the study aims at examining the effect of spousal communication on marital stability. The findings show that most of the respondents agree to the statement that lack of effective communication is the bane to marital stability. It was also found that there was significant difference in the perception of married adults on the effect of spousal communication on marital stability on the basis of gender and length of years is marriage. The study recommended that counselling stakeholders and counsellors need clinics in major establishment in Nigeria to educate married men and women of the need for effective communication. This study related with the current study in sense that the present study evaluated the effect of marital counselling on family stability which couples' effective communication was inclusive among other indices that measured the state of family stability among the area of concern which determined the level of family stability among secondary school teachers in Sokoto Metropolis.

Jahanshir, Mahbobe and, Ahmad (2015)."The Effectiveness of communication skills training on marital conflicts and its different aspects in women". The purpose of this study was to determine the effectiveness of communication skills training on marital conflicts and its aspects in married women who referred to health centers of Gonabad in 2013. At this experimental study with pretest-posttest design and control group, Sixty married women, who have referred to health centers of Gonabad city, had been randomly selected and distributed in two groups as case and control. First, the pretest was administered for both groups. The pretest was consisted of a questionnaire on demographic information, communication skills and marital conflicts. Then the case group was presented with ten 45-minute sessions on communication skills. At the end of trainings, which lasted for 2 weeks, both groups filled the questionnaires. The data were analyzed using the Statistical Package for Social Sciences version 20 and independent and paired T-tests. The results showed In comparison to control group, communication skills training significantly reduces marital conflicts in case group (P=0.001). These trainings had also significantly influenced the five aspects of marital conflicts of case group including cooperation (P=0.048), sexual relationship (P=0.001), emotional reactions (P=0.019), personal communication with relatives (P=0.033) and familial communication with spouse relatives and friends (P=0.20), but did not influence the other 2 aspects which are children support (P=0.13) and financial issues (P=0.12). Regarding the impact of communication skills training on marital conflicts, it is recommended to train the women with marital conflicts with communication skills.

Esere, M.O, Ake-Yeyeodu and Comfort O. (2014). "Obstacles and Suggested Solutions to Effective Communication in Marriage as Expressed by Married Adults in Kogi State, Nigeria". Marriage involves exchange of ideas and feelings. It requires honesty and sincere expression of feelings. A discussion between husband and wife promotes marital harmony and stability. The purpose of this study, therefore, is to investigate obstacles and suggested solutions to effective communication in marriage as expressed by married adults in Kogi State. It also examined the influence of gender, age, religion and years of marriage as obstacles to effective communication in marriage in Kogi State. The descriptive survey research design was adopted for the study. A multistage sampling method comprising purposive, stratified and simple

random techniques was used to draw a sample of 660 married adults across the three senatorial districts in Kogi State. The research instrument adopted for the study was a researcher-developed questionnaire titled 'Obstacles and Suggested Solutions to Effective Communication in Marriage Questionnaire' (OSSECMQ). The instrument was validated by experts in Counselor Education Department, University of Ilorin. Two research questions were raised and answered. The findings of the study revealed that the respondents are of the view that obstacles to effective communication include getting home late on regular basis, harsh tone of voice during conversation and bringing up memories of past events, and suggested solutions to the obstacle to effective communication were; considering one's spouse's contribution, having trust in one's spouse and considering spouse's opinion when discussing issues. The implication of the study is that there is the need to sensitize the community at large on how effective communication can be practiced through seminar, awareness workshop e.t.c. In relation to the findings of the study it was recommended that couples need to find ways to talk about their differences amicably through effective communication in order to have a healthy relationship. Couple should recognize everyone has a unique way of communicating his feelings and couples should enhance their relationship by understanding and applying a few rational communication concepts to their relationship.

Adejare, A.A & Hussaini M (2021) examined the communication style as a determiner factors for marital adjustment among secondary schools' teachers in Sokoto metropolis. Three objectives were raised to find if there difference between communication styles and marital adjustment, between communication styles of married secondary school teachers based on gender and difference between marital adjustments of married secondary school teachers in Sokoto Metropolis based on gender. Descriptive survey design was adopted. One thousand four hundred and thirty three (1,433) married teachers across the selected secondary schools in Sokoto Metropolis, out of which three hundred and six 306 married teachers were sample size based on research advisor table for determining sample size (2006). Adapted questionnaire on communication styles and marital adjustment among married secondary school teachers (QCSMAASST) were used for data collection with reliability index of 0.75. Chip-square was used to analyze the hypotheses. The result of the chip-square shown that there is significant difference in communication styles and marital adjustment of married secondary school teachers in Sokoto metropolis. Besides, there is no significance difference in the communication styles of married secondary school teachers based on gender. Based on the findings, recommendations were made these include, couples should use effective communication styles when communicating with each other. This could lead to mutual understanding and prevent marriage conflicts.

Obanyedo O, Obiunu J. & Oghuunu A.E (2024) examined age, religion and marital adjustment among married teachers in Delta state. The study was guided by two research questions and two null hypotheses were formulated. The target population was all married teachers in public secondary schools in Delta State. The study utilized the multi-stage and stratified sampling technique. The instrument for the study was questionnaires which was validated for face, content and construct validated computed using factor analysis. The Cronbach Coefficient Alpha was used in estimating the internal consistency of the instrument which yielded an alpha of 0.94 for the marital adjustment instrument. Correlation and Coefficient Determination was used in answering the research questions while F-test (ANOVA) statistic associated with linear regression statistics were used in testing the null hypotheses at 0.05 level of significance. Based on the analysis, it was found that: there was no significant relationship between age and marital adjustment. Furthermore, it was revealed that there was significant relationship between religion and marital adjustment among married teachers in Delta State. Based on the conclusion, it was recommended among others that counsellors as well as others in the human services Profession should organize workshops for married teachers to enhance their understanding of the interplay between age, religion and marital adjustment.

Falilat A.O (2022) examined the marital adjustment and communication styles among married adults in Ilorin, Kwara State, Nigeria. A descriptive survey design was adopted. The population consists of married adults in Ilorin, Kwara State. Two research questions were raised and four null hypotheses were postulated in the study. Data were collected using a questionnaire tagged 'Relationship between Marital Adjustment and Communication Styles Questionnaire' (RMACSQ). Data analysis was done using

Pearson's Product Moment Correlation (PPMC). The result obtained revealed that there was a high level of marital adjustment among married adults in Ilorin, Kwara State. Married adults in Ilorin Kwara State adopt good communication styles in marriage. There was no significant relationship between marital adjustment and communication styles of married adults in Kwara State based on age, gender and educational status. There was a significant relationship between marital adjustment and communication styles among married adults in Kwara State on the basis of years of marriage. Based on the findings of this study, it was recommended that seminars and conferences should be organized for married adults in other to enlighten them on the challenges of marital relationships. This would enable them to adjust and communicate better in their new home.

Seyede Fateme Hoseini, Bagher, G.B, Maryam M. Sheyda and Noorati F. (2018) Conducted a research Introduction: Current figures indicate that many of first marriages in Iran will end in separation or divorce due to many problems, one of these causes of this phenomenon is a marital adjustment. Marital adjustment denotes emotional stability, intellectual efficiency, social effectiveness people and acts as a fundamental contributor to the health and development of family members. One of the most important factors influencing marital adjustment is attachment styles. This study aimed to determine the relationship between attachment styles and marital adjustment in women. Methods**:** This cross-sectional study was conducted on 220 women referring to counselling centers in 2016. The participants were selected via available sampling. The data collection instruments consisted of two standardized questionnaires include Spanier's marital adjustment (1976), and Collins and Read's Adult Attachment Style Scale. The data were analyzed in SPSS software (version 19) using descriptive statistics and Pearson correlation coefficient, and stepwise regression analysis, regression equation. Results**:** The attachment styles were predictors of marital adjustment. There was a significant negative correlation between marital adjustment, anxious and avoidant attachment styles while the correlation between marital adjustment and secure attachment style was significantly positive. Conclusion**:** The results showed that the early relationship within the family environment supports a certain attachment style and the effects of the avoidant insecure and ambivalent insecure styles affect the interpersonal relations of the couples in adulthood. As attachment styles are contributory to marital adjustment, counselors can build on couple therapy approach to have an effective role in modifying attachment styles of the couple and solving their conflicts both before and after marriage.

Suduyanae A.S and Genesh V.L (2025) Researched on Gender differences significantly influence the dynamics of marital relationships, shaping how partners adapt to one another over time. This review examines various aspects of gender differences that affect marital adjustment, including communication patterns, role expectations, emotional intelligence, and cultural influences. It explores how gender-specific behaviors, societal norms, and individual attitudes contribute to marital satisfaction and harmony. Drawing on a range of empirical studies and theoretical insights, the paper provides a thorough analysis of the interplay between these factors within marital relationships. By addressing both the challenges and opportunities that gender differences present, this review sheds light on strategies for promoting a balanced and satisfying marital partnership.

Lateef O.A (2021) investigated the influence of spousal communication on marital conflict resolution as expressed by married adults in the Ilorin metropolis. The research design adopted for the study was a descriptive design. A stratified sampling technique was employed to select 210 respondents. The main instrument used for the study was a researcher-designed questionnaire entitled "Influence of Spousal Communication on Marital Conflict Resolution Questionnaire (ISCMCRQ)". The instrument was validated by experts in counseling and also yielded a reliability co-efficient of 0.88 after a test re-test reliability method. One research question was raised and three hypotheses were postulated and tested. An analysis of Variance and t-test were employed to test the null hypotheses at 0.05 alpha level. Findings revealed that communication in marriage has a positive influence on marital conflict resolution. Findings also revealed that communication helps to resolve marital conflict if there is effective communication among couples and enhanced respect for each other. Ineffective communication between spouses leads to perceptive error. There were no significant differences in the influence of spousal communication style on marital conflict resolution as expressed by married adults in the Ilorin metropolis based on gender, age

and educational qualification. It was therefore recommended that married adults should be encouraged to pay attention to the non-verbal communication aspects of their relationships.

Ada, A, Chinyelu N. and Edit Muojeke N (2021) Adjusting to the challenges in marriages is a critical factor in strengthening or weakening the foundation of their marriage. This study investigated self-esteem as a correlate of marital adjustment of married secondary school teachers in Anambra State. Three research questions were posed to guide the study while one null hypothesis was tested at a 0.05 level of significance. A correlational research design was adopted for the study. A sample size of 1,408 married teachers was drawn from a population of 6,987 married teachers. A multi-stage sampling procedure was followed in selecting the study sample. Two instruments: The marital Adjustment Scale (MAS), and Self-Esteem Scale (SES) were used for data collection. The instruments were duly validated by experts in measurement and evaluation and Guidance and Counselling. The reliability coefficient was established thus; 0.85 for the Self-esteem questionnaire, and 0.74 for the Marital Adjustment Questionnaire. Data was collected through a direct delivery approach and was analysed using SPSS version 23. Range of aggregate scores and Pearson correlation coefficients were used to answer research questions and while a t-test was used to test the hypotheses. Findings of the study showed among others there is a non-significant very low positive relationship existing between married teachers' Self-esteem and their marital adjustment in secondary schools in Anambra State. Based on the findings of the study, it was recommended, among others that the school guidance counsellors should organise workshops and seminars for the married teachers that would be geared towards building healthy self-esteem for good marital adjustment.

Oruitemeka C. and Dimkpa. D (2025) examined the influence of work-related stress on marital adjustment of working class-women in Port Harcourt Metropolis. The study used a descriptive survey research approach. The study was led by two hypotheses and two research questions. 112 women who worked for the Port Harcourt and Obio/Akpor Local Government Councils made up the study's population. Using the census sample approach, all 112 of the women employed by the Port Harcourt and Obio/Akpor Local Government

Councils were chosen for the study. Data was gathered using a self-created tool called the "Work-Related Stress and Marital Adjustment Questionnaire." Two specialists in counselling psychology and measurement and evaluation from Rivers State University in Port Harcourt assessed the instrument's face and content validity. Using the Pearson Product Moment Correlation technique, the instrument's testretest reliability was determined to be 0.78. Mean was used to analyze the research questions, while Z-test was used to test the null hypotheses at 0.05 level of significance. Results showed that: work-related stress influenced marital adjustment of low and high income earning working-class women in Port Harcourt Metropolis to a high extent. Also, work-related stress influenced marital adjustment of working-class women who were young and old in marriage in Port Harcourt Metropolis to a high extent. Recommendations were made that: Organizations should make provisions to cushion the effect of workrelated stress on both the low and high income earning women for better adjustment in their marital life, and that both the working-class women who were young and old in marriage should not be exposed to much work-related stress to avoid its negative impact on their marital adjustment.

Marital adjustment refers to the ability of married couples to adapt to each other, manage differences, maintain emotional connection, and develop a satisfying relationship. It involves how well spouses cooperate in areas such as communication, decision-making, finances, intimacy, parenting, and conflict resolution (Spanier, 1976). A well-adjusted marriage is characterized by mutual understanding, emotional support, shared goals, and the ability to resolve disagreements effectively.

Among married lecturers, marital adjustment may be influenced by factors such as demanding academic responsibilities, workload, research expectations, student supervision, and the need to balance professional and family roles. The ability of couples to manage these pressures can determine the stability and satisfaction of their marriage (Bradbury, Fincham, & Beach, 2000).

Communication styles refer to the patterns and methods individuals use to express thoughts, feelings, needs, and concerns to their partners. In marriage, communication involves both verbal and non-verbal interactions, including listening, emotional expression, problem-solving, and responses during disagreements (Gottman & Silver, 1999).

Communication styles among married couples are often categorized into:

Positive or Constructive Communication Style This involves open expression of feelings, active listening, respect, encouragement, and willingness to solve problems together. Couples who use constructive communication are more likely to experience satisfaction and stability in their marriages (Gottman, 1994).

Aggressive Communication Style aggressive communication occurs when individuals express themselves through criticism, blame, threats, or hostility. This style can increase conflict and reduce marital satisfaction because it creates emotional distance between partners (Christensen & Heavey, 1990).

Methodology

Descriptive survey was adopted for this study. The descriptive survey design was used because it is a method of research which concerns itself with the present phenomena interns of conditions, practices, belief processes, relationships or trends. The population of the study was 428 married Sokoto State University Lecturers with a sample of 164 obtained through Roasoft online 2026. The instrument for data collection was adapted questionnaire marital adjustment and communication styles. The validity index of 086 and reliability index of 0.836 was obtained. Data was analyzed using mean and standard deviation.

RESULTS

Research Question 1: *What is the influence of marital adjustment and communication styles of married lecturers Sokoto State University?*

Table 1 Mean and standard deviation showing responses rating on the influence of marital adjustment and communication styles among married Sokoto State University Lecturers.

Marital Adjustment Among Married Lecturers

S/N	Statement	SA	A	D	SD	MEAN	STD
1.	I am satisfied with my relationship with my spouse	56	62	30	16	2.96	0.93
2.	My spouse and I cooperate in making important family decisions.	50	64	34	16	2.90	0.92
3.	My spouse and I manage our differences effectively.	58	60	30	16	2.98	0.94
4.	I feel emotionally supported by my spouse	52	60	34	18	2.89	0.91
5.	My marriage provides me with happiness and companionship.	50	66	32	16	3.86	1.19
						3.12	**0.98**

Research question one has shown all the items were strongly responded. The average mean of 3.12 and standard deviation of 0.98 is above the decision rule of 2.50 set as standard of marital adjustment and communication styles among married Sokoto State University lecturers.

Research Question 2: *To what extent do different communication styles influence marital adjustment among married Sokoto State University Lecturers?*

Table 2 Mean and standard deviation showing responses rating on to what extent do different communication styles influence marital adjustment among married Sokoto State University Lecturers.

Communication Styles Among Married Lecturers

S/N	Statement	SA	A	D	SD	MEAN	STD
1.	My spouse and I openly discuss issues affecting our marriage.	72	58	22	12	3.16	0.88
2.	I feel comfortable expressing my feelings and opinions to my spouse.	68	56	28	12	3.10	0.90
3.	My spouse listens carefully when I share my concerns.	74	54	24	12	3.16	0.89
4.	We discuss and resolve disagreements through calm communication.	64	60	26	14	3.06	0.87
5.	My spouse and I support each other through effective communication.	42	66	37	19	3.72	1.23
						3.24	**1.23**

Research question two has shown all the items were strongly responded. The average mean of 3.24 and standard deviation of 1.23 Is above the decision rule of 2.50 set as standard for Likert scale, hence different communication styles have an influence on marital adjustment of married Sokoto State University Lecturers.

DISCUSSION

Research question one implied that there is a significant relationship between marital adjustment and communication styles among married lectures in Sokoto State University this finding is in line with the study of Falilat A.O (2022) which revealed that there was a significant relationship between marital adjustment and communication styles a of married adults in Kwara State based on age, gender and educational status. There was a significant relationship between marital adjustment and communication styles among married adults in Kwara State on the basis of years of Marriage.

Additionally, the studies of Obanyedo, Obiunu and Oghuunu (2024) revealed that there was no significant relationship between age and marital adjustment. Furthermore, it was revealed that there was significant relationship between religion and marital adjustment among married teachers in Delta State.

Research question two implied that there is a significant impact of different types of communication among married lecturers in Sokoto State University. This is in agreement with the study of Adejare A.A and Husaini M (2021), which revealed that there is no significant difference in the communication styles of married secondary school teachers based on gender.

In a similar view the study of Esere, Yusufu and Omotosho (2011) revealed that most of the respondents agree to the statement that lack of effective communication is the bane to marital stability.

CONCLUSION

It was concluded that there is a significant influence of marital adjustment and communication styles of married lecturers in Sokoto and there is significant influence of different styles of communication among married lecturers in Sokoto Metropolis.

RECOMMENDATIONS

Based on the finding of the study the following were recommended:

1. Workshop, seminars should be conducted to married lecturers on the need to enlighten the them on the challenges of marital relationship.
2. The need to for married lecturers in Sokoto State University to use effective communication styles when communicating with each other. This could lead to mutual understanding.

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