

SEXUAL SATISFACTION AND MARITAL STABILITY AMONG MARRIED TEACHERS IN DELTA AND EDO STATES

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ABSTRACT

This study investigated sexual satisfaction and marital stability among married teachers in Delta and Edo States. The study was guided by one research question and one null hypothesis. A post-facto research design was adopted for this study. The population of the study was 5,500 married teachers in Delta and Edo States. 1,000 married teachers, who were selected using multi-stage sampling procedures using purposive and simple random (ballot) sampling techniques, constituted the sample of the study. Face, content, and construct validate sexual satisfaction and marital stability. Questionnaires were used to collect data for the study. The reliability of the instrument was established using Cronbach's Alpha with a reliability index of 0.76 and 0.87 for the sexual satisfaction and marital stability scale respectively. Data collected from the respondents was analysed with The Mean, Standard deviation, simple correlation, and regression statistics. The findings of the study showed that there was no significant relationship between sexual satisfaction and marital stability among married teachers in Delta and Edo States. Based on this finding, it was recommended that counsellors in secondary schools should from time to time give information to teachers on how they could improve upon their sexual activity skills and marital relationships, particularly during pre-marriage consultations, to further ensure marital stability.

Keywords: *Sexual Satisfaction, Marital Stability, Married Teachers*

Introduction

Marital stability is a general assessment of marital status, and one of its most important and complex aspects which ensures the family's mental health (Edalati & Redzuaun, 2010). Though, one of the vital aspects of a marital system is a major contribution to the progression and achievement of life's goals ((Schmiedeberg & SchroËder, 2015). Reduction and lack of marital stability is one of the most important reasons for couples to go to family counsellors and therapists. The upward trend in divorce statistics and the existence of conflicts and disturbances in couples' relationships has raised the incentive for researchers to find suitable solutions to counter this social phenomenon (Theiss, 2011). Marital stability is s when both the husband and the wife experience a certain amount of harmony and love because they are aware of one another, care for one another, and have no plans to divorce. In contrast, any relationship that lacks the aforementioned characteristics will lead to marital instability. The subjective assessment of a person's marital relationship's various elements is referred to as marital stability. It comprises roles, interpersonal interactions and reciprocities, prosperities, motivations, elements that can cause inter-marriage conflict, privacy preferences, and attributions about the partner's sense of humour. The degree of

agreement between one's expectations of the marriage and the benefits that it gives, as well as interaction between the husband and wife, are the two factors that determine how stable a marriage is. The most fulfilling experience life has to offer is a happy marriage. In ways that are not achievable in any other type of human relationship, it helps people feel competent, wanted, accepted, and whole (Givi et al., 2018).

The subjective assessment of a person's experiences in their marriages is known as marital stability. By subjective assessment, we mean that each individual may only rate their own level of marital satisfaction in response to the question, "How satisfied are you?" Nobody else has the right to judge how satisfied you are. As a result, marital contentment is a personal experience and perspective rather than a relational characteristic. Unlike other attitudes and characteristics, marriage contentment reflects how people view their relationships generally. The individual's needs, expectations, and desires for the partnership all influence marital stability. People are often content when their needs are met, their expectations and wishes are satisfied, and there is little to no or minor cross-group harm. Every known civilization has recorded marriage, and more than 90% of people in the globe will wed at least once (Givi, et al., 2018). Marriage relationships, according to Okorodudu (2010), are never stagnant; rather, they are always evolving, changing, and developing while also occasionally becoming stressful, unsatisfying, and problematic. Counsellors and clients should be aware that despite these circumstances, many marriages have succeeded in the past and currently do for a variety of reasons. Though, marital commitment; marital forgiveness; marital cooperation and marital honesty ensure stability in marriage. Since marital stability is important for the family unit and society as a whole, the importance of identifying the factors that positively or negatively affect marital stability is overwhelmingly obvious. one of such factors of interest to the researchers is sexual satisfaction.

Sexual satisfaction has been described as the frequency, pleasantness and pleasure derived from sexual activity (Conradi et al., 2017). The ability to sustain relationships to fresh and lively helps married teachers maintain and achieve sexual satisfaction over a long period of time (Fredrick et al., 2016). Sexual activity implies a physical proximity that may enhance emotional closeness and desire for a spouse. Scholarly discourse has established various contributors to sexual satisfaction. Laumann et al. (2005) explained that couples who engage in more frequent virginal intercourse have greater sexual satisfaction. This is the opposite situation for couples involved in less frequent sexual intercourse.

Sexual satisfaction is affected by various factors such as occupational stress, couples' relationships, age, problems and physical diseases, gender, education and culture, psychological problems, and physical appearance, amongst others. One of the factors influencing sexual satisfaction, physical appearance, and attitudes towards them is that they can also affect marital stability. Body image involves conscious and unconscious thoughts about the body. In other words, a concept consists of individual feelings about body size, gender, performance, and the body's ability to achieve goals (Yucel & Gassanov, 2010), which have a multidimensional structure but often reflect a degree of satisfaction with the physical appearance (size, shape, and general appearance). Satisfaction with body image is of particular importance because change can have a great influence on personality and physical and mental health (Lewis & Devaraj, 2010). The components of sexual satisfaction, such as sexual attachment, sexual self-attitude, sexual aggressiveness, and sexual function, have a great influence on the level of sexual satisfaction and guarantee married teachers' marital stability.

Statement of the Problem

In Nigeria, where marital stability is generally culturally and religiously supported, research on marital stability becomes very imperative. This is due to the fact that marital stability is a crucial and important aspect of every society and a nation's development. Married teachers also experience similar frustrating problems, such as a lack of sexual satisfaction. As reported by Yahaya *et al.* (2015), many studies have been done on marital stability and the relationship of its various dimensions with human life. The study of this variable, along with sexual satisfaction, is an important and controversial issue, and a lack of internal research on tone design has raised the importance of this study. few longitudinal studies reported that sexual satisfaction was negatively predictive of marital instability (Yahaya *et al.*, 2015). Exploring the link between sexual satisfaction and marital stability among teachers can contribute to teachers' marital stability in addition to their overall well-being and job satisfaction. A fulfilling sexual relationship is an essential component of a healthy and satisfying marriage. Teachers who experience higher levels of sexual satisfaction may have increased marital happiness, which can positively influence

their overall marital stability, reduce stress levels, and improve their overall performance in the classroom. Therefore, the problem of this study, put in question form, is: to what extent does sexual satisfaction predict marital stability in married teachers? Hence, the present study answered this question.

Research Questions

The study was guided by the following research questions:

1. What is the coefficient of determination between sexual satisfaction and marital stability among married teachers in Delta and Edo States?

Hypotheses

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

1. There is no significant relationship between sexual satisfaction and marital stability among married teachers in Delta and Edo States

RESEARCH METHOD

The *Ex-post facto* design was adopted using correlational approach. The population of this study comprised 5,500 married secondary school teachers in public schools in Delta and Edo States. The sample of this study consisted of one thousand (1000) married secondary school teachers in Delta and Edo States. The multi-stage sampling technique was used for this study. In the first stage, the non-probability sampling technique of purposive was used in selecting twelve (12) and eight (8) Local Government Areas respectively from Delta and Edo States which culminated to twenty (20) LGAs in Delta and Edo States.

In the last stage, the researcher used simple random sampling technique of balloting was used to select fifty (50) married secondary school teachers in the twenty (20) Local Government Areas (LGAs) drawn from Delta and Edo States making a total sample of 1,000 married teachers for the study.

The instrument for this study is sexual satisfaction and marital stability questionnaire. The instrument consisted of three sections: Section A was a Demographic scale, B consists of items on Sexual satisfaction and section C consists of items on Marital stability. Sexual Satisfaction Scale consisted of thirteen (13) items using the Varimax with Kaiser Normalization extraction method and the Principal Component Analysis (PCA). Four components were extracted from this scale. Component one had 6 items. The second component was made up of 2 items. Third component had 2 items and fourth component had 3 items. Marital Stability Scale consisted of thirteen (13) items using the Varimax with Kaiser Normalization extraction method and the Principal Component Analysis (PCA). Four components were extracted from this scale. Component one had 4 items. The second component was made up of 4 items. Third component had 3 items and fourth component had 2 items. Four-point scale scoring of strongly agree (SA), agree (A), disagree (D) and strongly disagree (SD). For positively worded items, the weighting was 4,3,2,1 while negatively worded items were scored 1,2,3,4. For the sexual satisfaction, 13 items were retained. The sexual satisfaction explained a content validity of 61.06% while the construct validity ranged from 0.42 to 0.85. For the marital stability 13 items were retained. The marital stability explained a content validity of 69.13% while the construct validity ranged from 0.63 to 0.88.

The reliability of the instrument was established using Cronbach Alpha reliability method. The copies of questionnaire were administered to seventy (70) married secondary school teachers in Bayelsa State who were not part of the study and their responses were correlated and yielded the following reliability coefficient sexual satisfaction scale 0.76 and marital stability scale 0.87 as a measure of consistency. On the basis of the calculated reliability coefficients, the instrument is considered reliable for the study.

The researcher and five research assistants visited the selected schools to seek the audience of the authorities concerned and briefed them on the essence of this study. The researcher, with the help of five research assistants, distributed the questionnaire for this study to the sampled married teachers in Delta and Edo states. They were given 40 minutes to respond to the 83 items in the questionnaire. After their responses, the copies of the distributed questionnaire were retrieved for further analysis. The data collected from the selected respondents were

analyse using the descriptive statistics of Mean (\bar{x}), Standard Deviation (SD) and Simple Correlation Statistic and regression.. the null hypothesis was tested at 0.05 level of significance.

RESULT AND DISCUSSION

Research Question: What is the coefficient of determination between sexual satisfaction and marital stability among married teachers in Delta and Edo States?

Table 12: Correlation Analysis of Sexual Satisfaction and Marital Stability among Married Teachers in Delta and Edo States.

Variable	N	Mean	SD	r	r ²	r ² adj
Sexual Satisfaction	1000	19.01	3.56	.268	.072	.069
Marital Stability		29.199	7.071			

Independent Variable: Sexual Satisfaction, Dependent Variable: Marital Stability.

Table 1 presents the descriptive statistical output and the simple correlation results. It revealed that sexual satisfaction: N =1000, Mean = 19.01, SD = 3.56 while marital stability N =1000, Mean = 29.199, SD = 7.071 with an r – value = .268. This provides an answer to research question 14. It revealed *that there is a positive relationship between sexual satisfaction and marital stability among married teachers in Delta and Edo States.* The r² adjusted value of .069 constitutes 6.9% of the variance accounted for by sexual satisfaction in marital stability among married teachers.

Hypothesis 1: There is no significant relationship between sexual satisfaction and marital stability among married teachers in Delta and Edo States.

Table 2: Regression Analysis of the Relationship between Sexual Satisfaction and Marital Stability among Married Teachers in Delta and Edo States.

Model	SS	Df	MS	F	B	Beta	t	S.E	Sig
Regression	3599.112	1	1199.704	25.779	-.057	-.029	-.782	.073	.434
Residual	46352.29	998	46.538						
Total	49951.40	999							

P ≤ 0.05 level of significance; N = 1,000

As shown in Table 2, the computed ANOVA produced an F = 25.779, df (1, 999), P ≥ 0.05. Therefore, the null hypothesis which states that there is no significant relationship between sexual satisfaction and marital stability is accepted. The finding is that there is no significant relationship between sexual and marital stability among married teachers in Delta and Edo States. The conclusion is reached that sexual satisfaction has a negative outcome on marital stability among married teachers involved in this study.

Discussion of Result

The research question showed that there is a positive correlation between sexual satisfaction and marital stability among married teachers in Delta and Edo States. The null Hypothesis revealed that there is no significant relationship between sexual satisfaction and marital stability among married teachers in Delta and Edo States. The findings of this study contradict the study of Ahmad and Samina (2020) whose result revealed that sexual satisfaction strongly mediated and related to marital satisfaction with life of married women. The result of this study is also in contrast with the findings of Betregiorgis, Gashaw, Wassie and Gebretsadik (2020) who carried out a study on Sexual Satisfaction and Its Associated Factors among Married Women in Kewot Distric and found that sexual satisfaction significantly related to marital instability among married persons. The reasons for the observed differences might be the difference in the sample of study. The findings of this study also agreed with the result of Katja, Klaus, Jeanine and Pasqualina (2017) who undertook a study on marital stability, satisfaction and well-being in old age: Variability and continuity in very long-term continuously married older persons and found that marital stability significantly relates to sexual satisfaction.

Conclusion and Recommendations

Based on the findings of this study, the researchers concluded that sexual satisfaction does not hinder marital stability among married teachers. Based on this, it is hereby recommended that since there is a positive correlation between sexual satisfaction and marital stability among married teachers in Delta and Edo States, counsellors in secondary schools should from time to time give information to teachers on how they could improve upon their sexual activity skills and marital relationships, particularly during pre-marriage consultations, to further ensure marital stability.

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