

Communication Style as a Determiner Factor for Marital Adjustment among Married Secondary School Teachers in Sokoto Metropolis Sokoto State Nigeria

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Abstract: This study 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.

Keywords: Communication Style, Marital Adjustment, Married secondary Teacher

I. INTRODUCTION

Communication is the key to healthy relationship; it allows for expression of love and affection between spouse or families. At first, communication is a clear and non-explainable concept, because we communicate in every second and in different ways. Olagunju and Eweniyi (2002) maintained that marriage without effective communication is likely to crumble. Communication is a life wire of marriage relationship or any other meaningful relationship. So many problems escalate when there is no communication and many problems are resolved when there is effective communication. Communication, is the act or process of using words, sounds,

signs, or behaviors to express or exchange information or to express ones ideas, thoughts, feelings, among others. For sure, communication is the key to successful marriage and without communication no marriage can survive happily.

According to Idowu and Esere (2007) more than half of the failed relationships (marital) are since there was severe lack of communication among families. Communication is seen by Hybels and Weaver (2001) as any process in which people share information, ideas and feelings which involve not only the spoken and written word but also body language, personal mannerism, and style. Communication is an integral feature of human activities. It is a pillar which maintained the structure of peaceful co-existence and mutual understanding, Communication is very vital in all areas of human life especially the marital relationship. It is used to persuade, to influence relationships, to inform, to share and discover information.

Communication can be verbal and or non-verbal. It can be through orthographic for example, writing letter or sign language, body gestures, facial' expression, touching, motion and so on, in which ever form, different styles of communication exist among married couples which may in turn determine die level of marital adjustment. According to Essere (2008), communication is a critical component of marital life. It is the total self-disclosure of spouses to each other. It is a high degree of negotiating pleasurable and unpleasurable feelings or events with each other by the spouses to great level of understanding that brings harmony and peace. It also means spouses listening to each other patiently and with empathy.

Marital communication could either be of low-level communication (destructive) or high-level communication (constructive). In line with this, Oladuntoye (2002) opined that low marital communication means communication between families with little or no self-disclosure, no negotiation and listening without empathy. On the other hand, high marital communication means families communicating

with empathy, with thorough negotiation and absolute self - disclosure. Oladuntoy (2002) identified the following as some areas of difficulty or low level in fire communication realm of some families; the silent treatment, the shouting and yelling treatment, constant talking, confidence problem, cold shoulder treatment, among others. Most marital problems stem from the inability of the families to talk to each other. Olarenwaju (2002) in his observation describes communication as the life wire of an effective and productive marriage and when this life wire is cut, the marriage is leading toward the rocks. Some factors that are known to inhibit effective communication between families are explosion, tears, (especially by women) and unnecessary silence. Premature conclusions and interpretation of the other partner's expressions and unnecessary keeping of secrets from each other could also interfere with marital communication.

Some people do not communicate with words, they communicate through actions, if one pays close attention one would get what one wants from his or her partner. But the problem is most families do not pay close attention to themselves, thereby causing marital disharmony, Mecllland (2015), Poor communication styles can cause irrevocable damage to relationship; affecting productivity, satisfaction, performance, morale, trust, respect, self-confidence and even physical health. In line with this Essere (2008) had observed that ineffective communication can lead to numerous family problems including excessive family conflict, ineffective problem - solving skill, lack of intimacy, weak emotional bonding and so on. Poor communication style is also associated with an increased risk of divorce and marital separation.

Adjustment is a behavioural process by which a person maintains balance among various needs that one encounters at a given point of time. It is a process of altering behaviour to reach a harmonious relationship with environment. The dictionary meaning of the word Adjustment is to fit, or make suitable, adopt, arrange, modify, harmonize or to make corresponded. According to Ezeaburukwe cited in Salawu (2015) Adjustment is the harmonious relationship between man and the environment through which he satisfies his need according to the social demands.

Ogunsami (2008), makes an attempt to explain what he viewed as best and realistic indices of marital adjustment, presented assumption of a well - adjusted marriage in the following explanations: that families who are well - adjusted should have agreement on matters critical to maintaining their marital union; sharing of common activities and interest that enhance family growth; sharing demonstrations of affection and mutual confidences help the marital dyad's ability to cope with day to day activities and mundane problems; and families who are happy and satisfied with the marital relation have few complaints about their marriage relationship and few doubts certainty of the marriage's chance of succeeding. In marital life sometimes instability set in due to maladjustment on the part of one or both partners. Marital instability may be product

of many factors such as level of education of the families, religion, socio - economic status, family setting, patterns of marriage, employment status of one or both partners, in fact communication style of the families has been identified as one of the causes of marital instability or maladjustment (Olayiwola, 2009).

Theory of family communication which according to Abubakar (2013) is credited to Bateson, Jackson Haley and Weakland of the Palo Alto Mental Research Institute The theory proposes that, the essential factors in troubled marriage are the case with the troubled families in the problem of inappropriate communication. The problem according to this theory arises due to lack of clarify or presence of confusion in the communication network exchanged by the couples. It is believed according to this theory, that there are usually three levels in human the communication presents the observer with clues as to the type of psycho-social relationship existing between the two parties involved

There are a number of several studies conducted by previous researchers in relation to the communication and marital adjustment Usoroh, Ekot and Inyang (2010) in their work titled spousal communication styles and marital stability among civil servants in Akwa Ibom State used 13,117 civil servants. The study made use of descriptive survey research design to get feelings and thoughts of the representative samples that were selected using stratified random sampling technique to select 250 civil servant sample size selected randomly based on proportionate population of each department, the sampled were categorized based on marital status of married, widowhood and separated. The researchers used an adapted questionnaire titled: Spousal Communication and marital Adjustment Scale Developed by Nwobi which is made up of 10-items. The analysis of the questionnaire was done using t-test and one and two-way analysis of variance (ANOVA) and the analysis was facilitated though the use of SPSS version 20. The result of their findings revealed that couples varied in their communication style with the majority adapting leveling their study also showed that educational qualification had significant influence on both communication style and marital stability.

Duntoye cited by Wayas (2008) in his work on the determinants of marital instability among four ethnic groups in Kwara and Kogi States studies 1000 couples among the Ibiras, Nupes, Yorubas and Baribas. The researchers used systematic random technique to select representative sample of 280 across the tribes. 70 sample each were systematically selected from each of the four tribes using a ratio of 1:10. The research instrument used to collect data was a modified form of the determinants of marital instability among four ethnic groups developed by Oniye. The instrument consisted of 30 items which the responded to using true or false response, and the analysis of the responses was done through the use of chi-square statistics at 0.05 level of significance. The finding of his work showed that communication, cultural background, family type, educational attainment, child bearing, religion

affiliation, type of marriage, income and age of marriage are some of the major factors responsible for marital instability.

In Obarenren, Nwadiigwe and Anyama (2013) worked on the impact of marital conflicts on the psychosocial adjustment of adolescent in Lagos metropolis; Nigeria 150 Senior Secondary SS II Students were randomly selected from five secondary school in five selected Local Government Areas of Lagos metropolis using stratified random sampling technique. The study was carried out using a cross-sectional research design and sample was selected using multi-stage random cluster sampling type using Krejcie and Morgan table. Also, the purposive sampling technique was adopted while choosing proper sampling group for the research. The study group of the research composed of 150 high school senior students. The mean age of the participants was 17.5. Slightly more than half of the students (50.51%) were males. Data from the samples of high school senior students (twelfth graders) were collected from a high school in five Local Government in Lagos. All the students of the study group were trying to prepare to take SSCE. Data was analyzed using descriptive statistics, Pearson correlation and regression analysis. This analysis was carried by SPSS software (version 19). The result of the study revealed that, there was significant impact of marital conflicts on the psychosocial adjustment of adolescent. More so, psychosocial adjustment did not significantly differ due to gender but on the other hand, psychosocial adjustments significant differ due to marital conflict and marital conflicts significantly affect adolescents' perception of marriage as an institution.

From the studies and observations, it could be deduced that, there are different communication styles such as controlling, conventional, speculative, fell contact styles and so on among married couples which in turn affect the stability of the family.

1.2 Statement of the Problem

No human society can be stronger than effectiveness of its individual family, this implies that a society or nation in which the family, which is the basis of any community, is disintegrated is not a healthy one. Many marriages have ended in divorce or passive relationship. Many marriages breakdown weeks or months after wedding, young families who feel happy and dance from dusk to dawn during their marriage ceremony turn out to call the sugar in their tea a tom in their life. Many factors have been identified to be responsible for marital instability.

Communication style as the major source of marital conflict, the researcher observed that, communication is often the missing link in an unhappy marriage. This is because, communication is very essential in stabilizing a marriage. Without communication it is nearly impossible to solve conflicts or grow ineffective communication can lead to numerous family problems, including excessive family conflicts, ineffective problem-solving skill, lack of intimacy, weak emotional bonding as well as marital maladjustment.

Some styles of communication used by the young families today are faulty. Many yells and shout on their families, while some others use withdrawal style by keeping their feelings to themselves. They care not to share the information concerning the progress of marital relationship with their partners. Some even prefer sharing their feelings with their extramarital partner to their better half. Poor communication style invariably can increase risk of divorce and marital maladjustment. The main thrust of the present study is to examine the relationship between communication style and marital adjustment of married secondary school teachers in Sokoto Metropolis

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Research Questions

The following questions are generated for the conduct of this study:-

1. Is there any difference between communication styles and marital adjustment of married secondary school teachers in Sokoto metropolis?
2. Is there any difference between communication styles of married secondary school teachers on the based on gender.
3. Is there any difference between marital adjustments of married secondary school teachers in Sokoto Metropolis on basis of gender?

Research Hypotheses

In order to fulfill the purpose of this study the following null hypotheses are generated to guide the conduct of the study:-

1. There is no significant difference between communication styles and marital adjustment of married secondary school teachers in Sokoto metropolis.
2. There is no significant difference between communication styles of married secondary school teachers on the based on gender.
3. There is no significant difference between marital adjustments of married secondary school teachers in Sokoto Metropolis on basis of gender.

II. METHODOLOGY

The study adopted a descriptive survey design. This descriptive survey involves direct contact with a population or sample that has characteristics, personality among other, which is relevant to a specific investigation. Descriptive survey method enables the researcher to obtain the view of the representative sample of the target population as to be able to infer the perception of the entire population. The population of the study comprises all the married secondary school

teachers in Sokoto Metropolis, Sokoto State, as of May 2021, there were 32 Public Secondary Schools with 1734 teachers out of which (1,433) teachers are married in Sokoto Metropolis. Data collected from Sokoto State Ministry of Education, Sokoto (May, 2021) revealed that the Sokoto Metropolis has a total 32 public Secondary Schools of this population, 7 public secondary schools were randomly selected. For these reasons a representative sample was selected using Research Advisor’s (2006) table for sample size determination, 306 respondents were selected purposively out of 1,433 married teachers from 7 selected secondary schools to represent the entire population. The researcher used all the married teachers in the selected secondary schools in order to represent the whole population and the opinion of the respondents were reflects the feelings of the entire population.

Schools and teachers therein were purposively selected because of the qualities that satisfied the interest of the researcher such as mixed schools (boys and girls), girls only, boys only, day and boarding schools. The reason of adopting purposive sampling techniques in the selection is that, both male and female married teachers were involve because they are the target of the researcher. It also involves identifying and selecting individual or group of individuals that are essentially knowledgeable about or experienced with a phenomenon of interest as well as willingness to participate and the ability to communicate experiences and opinions in an articulate, expressive, and reflective manner. A total of 306 married secondary schools’ teachers were randomly selected in ballot form using yes or no. The instrument for data collection was an adopted questionnaire by Besharat, (2011); titled Communication Styles and Marital Adjustment of Working-Class Families (CSMAWCF). The instrument was subjected to face and content validity by two educational professors from the Department of Educational Foundations in the field of guidance and counselling and measurement and evaluation of Usmanu Danfodiyo University, Sokoto. They pointed out corrections, and the researchers used these in adjusting and instrument accordingly. The reliability and interval consistency of the tests were established through test-re-test method was employed on 20 married teachers from public secondary school in Tambuwal Local Government Area of Sokoto State that are not part of the study area. Pearson Product Moment Correlation Coefficient was used, and it yielded a value of 0.79. A modified Likert scale response pattern was used to obtain respondents’ attitudes toward the content of each item in the questionnaire. The responses were given the following:

Strongly Agree = 4; Agree = 3; Disagree = 2; and Strongly Disagree = 1

Questionnaires were administered to the respondents with help of two trained research assistances who had the purposes of the study and the content of the questionnaire explained to them. The data was further collected, collated, scored and three research hypotheses were analyzed using chip-square Analysis Statistical tools at 0.05 significance level.

Table 1: Schools and Number of Married Teachers Selected with their Sample,

S/N	Schools	Male	Female	Number of married Teachers Sampled
1.	ABA, Sokoto	43	14	57
2.	GTC, Farfaru	41	11	52
3.	GGCASIS, Arkilla	14	27	41
4.	GDSS GidanIgwai	24	9	33
5.	JSS Arkilla	8	22	30
6.	Women Centre	33	7	40
7.	GDSS Mabera	37	15	52
	Total	200	106	306

Source: Ministry of Education Sokoto, (2021)

Table 2: Difference in communication styles and marital adjustment of married secondary school teachers in Sokoto metropolis

Variables	N	Mean	Std. Deviation	Df	t-cal	t-crit	p-value	Decision
Communication Styles	306	46.92	5.754	738	-7.801	5.708	.000	Ho Rejected
Marital Adjustment	306	50.27	4.828					

Source: Field work 2021.

$$\alpha = 0.05$$

It was hypothesized that there is no significant difference in communication styles and marital adjustment of married secondary school teachers in Sokoto metropolis. Table 2, presented that communication styles and marital adjustment of married secondary school teachers has t-cal= -7.801, t-crit= 5.708. Thus, the hypothesis is rejected. The result indicates that the mean score of communication styles was (46.92) and that of marital adjustment (50.27) which was significant. Hence, there is significant difference in communication styles and marital adjustment of married secondary school teachers in Sokoto metropolis because p-value is less than .05 level of significant. Therefore, hypothesis which states there is no significant difference in communication styles and marital adjustment of married secondary school teachers was rejected. The result implies that communication styles differ significantly from marital adjustment of married secondary school teachers in Sokoto metropolis.

Table 3: Difference in the communication styles of married secondary school teachers on the based on gender

Variables	N	Mean	Std. Deviation	Df	t-cal	t-crit	p-value	Decision
Male	189	46.97	5.744	738	.000	.193	.848	Ho Accepted
Female	117	46.84	5.794					

Source: Source: field work 2021.

$$\alpha = 0.05$$

It was hypothesized that there is no significant difference in the communication styles of married secondary school teachers based on gender. Table 3 presented that communication styles of married secondary school teachers based on gender have $t\text{-cal} = .000$, $t\text{-crit} = .193$. Thus, the hypothesis is retained. The result indicates that the mean score of male was (46.97) and that of female (46.84) which was not significant. Hence, there is no significant difference in communication styles of married secondary school teachers in Sokoto metropolis based on gender because $p\text{-value}$ is greater than .05 level of significance. Therefore, hypothesis which states that there is no significant difference in communication styles of married secondary school teachers on the based on gender was retained. The result implies that male teachers do not differ significantly from that of their female counterpart.

Table 4: Difference in the marital adjustment of married secondary school teachers on the based on gender

Variables	N	Mean	Std. Deviation	Df	t-cal	t-crit	P-value	Decision
Male	189	50.37	4.812	738	.031	.471	.638	Ho Accepted
Female	117	50.10	4.870					

Source: Source: field work 2021.

$$\alpha = 0.05$$

It was hypothesized that there is no significant difference in the marital adjustment of married secondary school teachers based on gender. Table 4 presented that marital adjustment of married secondary school teachers based on gender has $t\text{-cal} = .031$, $t\text{-crit} = .471$. Thus, the hypothesis is accepted. The result indicates that the mean score of males was (50.37) and that of female (50.10) which was not significant. Hence, there is no significant difference in marital adjustment of married secondary school teachers in Sokoto metropolis based on gender because $p\text{-value}$ is greater than .05 level of significance. Therefore, hypothesis which states that there is no significant difference in the marital adjustment of married secondary school teachers based on gender was retained. The result implies that male teachers do not differ significantly from that of their female counterpart.

III. DISCUSSION OF FINDINGS

The findings of this study are further discussed as follows:

Finding from hypothesis one, the result of the hypothesis which was tested by subjecting the respondent's scores on communication style and marital adjustment to t-test, test analysis show that their hypothesis which states there is no significant difference between communication styles and marital adjustment of married secondary school teachers was rejected. The result implies that communication styles differ significantly from marital adjustment of married secondary school teachers in Sokoto metropolis. This was in line with the study of Oganija (2013) examined the relationship

between communication styles and marital adjustment of married adult in Kwara State. He used descriptive correlational and multi - stage sampling to select 600 married adults to represent the target population 772,321 married adult in the area study. The study used t-test to check the means of the independent variables on communication styles and marital adjustment at .01 level of significance and further used two-way analysis of variance (AVOVA) to further check if there are any significant differences at 0.05 level of significance. The study's findings revealed that there is a significant difference among the identified variables. The findings of this study support the report of Martinson cited in Forward (2008) who respectively reported that agreement by husband and wife on basic values is directly related to marital success. In the report it was stated that families would agree that a given couple can only achieve marital integration or unity, if they are able to achieve a consensus on important value related materials. This finding also reflects the marital communication theory model (MCTM) is a theory of family communication credited to (Bateson, Jackson, Haley and Weakland, 1956). Theory proposes that, the essential factors in troubled marriage are the case with the troubled families is the problem of inappropriate communication. The problem according to this theory arises due to lack of clarity or presence of confusion in the communication network exchanged by the couples.

Finding from hypothesis two, the result was tested by subjecting the respondent scores on communication style and marital adjustment based on gender to t-test, test analysis. This null hypothesis was therefore retained. The result indicates that the mean score of males was (46.97) and that of female (46.84) which was not significant. Hence, there is no significant difference between communication styles of married secondary school teachers in Sokoto metropolis based on gender because $p\text{-value}$ is greater than .05 level of significance. Therefore, hypothesis which states there is no significant relationship between communication styles of married secondary school teachers on the basis of gender was retained. This was in line with the study of This was in line with the study of Usoroh, Ekot and Inyang (2010) in their work titled spousal communication styles and marital stability among civil servants in Akwa Ibom State used 13,117 civil servants. The study made use of descriptive survey research design to get feelings and thoughts of the representative samples that were selected using stratified random sampling technique to select 250 civil servant sample size selected randomly based on proportionate population of each department, the sampled were categorized based on marital status of married, widowhood and separated. The researchers used an adapted questionnaire titled: Spousal Communication and marital Adjustment Scale Developed by Nwobi which is made up of 10-items. The analysis of the questionnaire was done using t-test and one and two-way analysis of variance (ANOVA) and the analysis was facilitated though the use of SPSS version 20. The result of their findings revealed that couples varied in their communication style with the majority

adapting leveling their study also showed that gender had significant influence on both communication style and marital stability. This finding is in tandem with This finding also reflect the marital communication theory model (MCTM) is a theory of family communication credited to (Bateson, Jackson, Haley and Weakland, 1956). Theory proposes that, the essential factors in troubled marriage are the case with the troubled families is the problem of inappropriate communication.

Finding from hypothesis three indicated that, there is no significant difference between marital adjustment of married secondary school teachers based on gender. This hypothesis was tested by subjecting the respondent scores of communication style and marital adjustment tot-test analysis. The null hypothesis was retained. The result indicates that the mean score of males was (50.37) and that of female (50.10) which was not significant. Hence, there is no significant difference in marital adjustment of married secondary school teachers in Sokoto metropolis based on gender because p-value is greater than.05 level of significance. Therefore, hypothesis which states there is no significant difference in the marital adjustment of married secondary school teachers based on gender was retained. The result implies that male teachers do not differ significantly from that of their female counterpart. This in conformity with the study of Maciver and Dimkpa (2012) in their study on factors influencing marital stability sampled 600 respondent using simple random sampling techniques. The findings of their study showed that, social, behavioral, domestic, sexual, religious and financial factors influence marital stability. The result further showed that, there were no significant differences among the respondents in their perception of factor influencing marital stability based on gender religion, educational level and length of marriage.

IV. RECOMMENDATIONS

Based on the findings of the study, the following recommendations emerged:

1. Though relationship was not found to exist between communication styles and marital adjustment, nevertheless couples should use effective communication styles when communicating with each other(s). This could lead to mutual understanding and prevent marriage conflict.
2. In spite that the finding that there was no relationship

between communication styles and gender, both male and female should be provided with information and skills on better communication styles to enhance their marital relationship.

3. Even if relationship was not established to exist between marital adjustment and gender there should be counseling on marital adjustment to both male and female.

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