

**MARITAL HAPPINESS AND GENDER AS PREDICTORS OF
STABILITY AMONG TEACHERS IN LAGOS STATE, NIGERIA**

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**MARITAL HAPPINESS AND GENDER AS PREDICTORS OF
STABILITY AMONG TEACHERS IN LAGOS STATE, NIGERIA**

By

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(18PBB01765)

**A DISSERTATION SUBMITTED TO THE SCHOOL OF POSTGRADUATE
STUDIES IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE
AWARD OF THE DEGREE OF MASTERS OF SCIENCE DEGREE IN
COUNSELLING PSYCHOLOGY, COLLEGE OF LEADERSHIP AND
DEVELOPMENT STUDIES, COVENANT UNIVERSITY, OTA**

SEPTEMBER, 2021

ACCEPTANCE

This is to attest that this dissertation is accepted in partial fulfilment of the requirements for the award of the Masters of Science in Counselling Psychology, in the Department of Psychology, College of Leadership and Development Studies, Covenant University, Ota, Ogun State, Nigeria.

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(Secretary, School of Postgraduate Studies)

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Signature and Date

Prof. Akan B. Williams
(Dean, School of Postgraduate Studies)

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Signature and Date

DECLARATION

I, OKAFOR, Chidi Ogonna (18PBB01765) declare that this research work was carried out by me under the supervision of Dr. Sussan O. Adeusi of the Department of Psychology, College of Leadership and Development Studies, Covenant University, Ota, Ogun State. I attest that the thesis has not been presented either wholly or partially for the award of any degree elsewhere. All sources of data and scholarly information used in this thesis are duly acknowledged.

OKAFOR, Chidi Ogonna

.....

Signature and Date

CERTIFICATION

We certify that this dissertation titled “Marital Happiness and Gender as Predictors of Stability among Teachers in Lagos State, Nigeria” is an original research carried out by OKAFOR, Chidi Ogonna (18PBB01765) in the Department of Psychology, College of Leadership and Development Studies, Covenant University, Ota, Ogun State, Nigeria under the supervision of Dr. Sussan O. Adeusi. We have examined and found this work acceptable as part of the requirements for the award of Masters of Arts in Counselling.

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DEDICATION

This study is dedicated to God Almighty, the Alpha and Omega

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ABSTRACT

Marital stability has as lot of implications for societal wellbeing, when there is stability in the family it will translate to stability in the society. There are efforts to consider factors that can predict stability and many scholars have investigated some. Therefore, this study examined marital happiness and gender as predictors of stability among teachers in Lagos state, Nigeria. This descriptive study adopted a survey design. Three hundred and seventy married teachers were selected using some pre-determined criteria. This sample was made up of a total of 163(44.1%) males and 207(55.9%) females. The age ranges from 24-60 years of age. Two instruments were adopted to collect data; Marital Happiness Scale (MHS) and Revised Dyadic Adjustment Scale (RDAS). Three research questions and two hypotheses were formulated to achieve the objectives of the study. The finding revealed a high marital happiness (74.6%) among married teachers and 22.7% of participants described their marriages as unstable. a gender difference was reported in marital happiness, with 69(18.6%) females reporting more unhappy marriage incidence than 25(6.8%) men. The result also indicated a gender difference in marital stability, with more women (18.6%) than men (4.1%) reporting unstable marriages. However, the finding of the first hypothesis indicated no significant gender difference in marital happiness with $t=0.606$ and $p=0.545$. The result equally showed no gender difference in marital stability with $t=0.034$ and $p=0.973$. The result equally revealed a positive and significant effect of marital happiness on the marital stability of married teachers at $f_{(1,368)}=962.010$, $r = .850$, $r^2 = .723$ and $p= 0.000$. In conclusion, in the last two decades, there has been a growing interest in the issue of marital happiness and long-term marriages. This present study results revealed a relatively high marital happiness in long-term marriages (marital stability). Three categories of individuals are affected by the recommendations; couples should realise that living together day in, day out can cause issues. No one is at their best all the time, and a happy and healthy marriage can take a great deal of hard work, marriage counsellors and government should make available programmes to promote resolutions of the immediate presenting problems among couples to foster happiness and stability in the homes.

Keywords: Marital happiness, Marital Stability, Gender, Marriage Counselling

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