

Sociological Analysis of Marital Stress and Women Effectiveness in Grassroot Socio-Economic Transformation in Nigeria

Agba, A. M. Ogaboh (Phd)¹ Festus Nkpoen (Phd)²

Ojua, T. A (Phd)³; Archibong Esther⁴

GJHSS Classification -A (FOR)
160702.160807.160809

Abstract-Women involved in grassroot socio-economic transformation programme experience a number of marital-related stressors which produce strain symptoms that function as predictors of their ineffectiveness in local development initiatives. This finding was made from this study which examined the existing influence among marital characteristics symptoms of stress such as child care, domestic chores and marital crisis or discord. The multi-stage sampling procedure (involving stratified, simple random and systematic) were adopted to select married women who participated in the study. Data were collected using both questionnaires and interviews, analysed using ANOVA. It was concluded that women see child care as their own responsibility and do not perceive the demand of child bearing as a burden; the sharing of domestic chores among older children and house help make it easier for women to be effective in grassroot socio-economic programmes. However, the study indicated that stress arising from marital discord hinder women effectiveness in being committed to development related initiatives.

Keywords-Marital stress, Grassroot socio-economic transformation.

I. INTRODUCTION

Grassroot socio-economic transformation is a process by which a set of technical, social, cultural and institutional measures are implemented with and for the inhabitants of rural areas with the aim of improving their conditions in order to achieve harmony and balance both on the regional and national levels (UNECA, 1974). Earlier in 1972, the Regional Planning and Economic Development in Africa held at Ibadan, Nigeria conceptualized grassroots socio-economic transformation as the outcome of a series of quantitative and qualitative changes occurring among a given rural population whose converging effects indicate, in terms of rise in the standard of living and favorable changes in the way of life of the people concerned. It does not mean isolated programmes of 'community development', 'health and animation', 'mass education', 'agricultural extension', 'health and nutrition extension', or other programmes which are carried out in the rural areas or within the rural community. It is a comprehensive

Development of the rural areas (UNECA, 1972). The attainment of political independence by many African countries, the ideals of rural or grassroot socio-economic transformation became imperative. The concept of integration was introduced and the objectives of the ideals of rural development included: integrating into society those people who had been by-passed by past and current development activities (that is spreading the benefits of development more equitably throughout the society); integrating the various development efforts into a comprehensive system; integrating the goals of development (example increased incomes, participation in governance and decision making, welfare and employment) such that they are discrete and mutually exclusive; the gradual restructuring of the socio-economic and political systems on the basis of a popularly shared development ideology; the maximum mobilization of domestic human and material resources for self reliance and the bridging of gender gap in economic development (Mbithi & Chitere, 1978).

Due to cultural orientation climaxing in sex stereotyping people, rural Africa have developed mental picture of the role of the rural women in development related activities. The 1991 population census indicated that there were 28.64 million rural females (or 50.51%) in the rural population. Of these, those who qualified to be called "women" (that is, adult of marriageable age, 15 years and above) were 16.09 million. This also constituted about 18.1% of the total population of the country. Nearly 70% of them were actively married or had been separated/divorced or widowed. Most of these (50.8%) were in their economically active years (that is 15 to 64 years) with 29% engaged in agricultural activities (Ekong, 2005).

Nigeria's rural economy as well as its urban food security is largely sustained by rural women. Rural women are engaged in land preparation for farming, planting of crops and vegetables for household consumption, weeding, harvesting, processing of harvested crops and storage; transportation of harvests by head portage; fishing, fish processing and marketing of sea foods; processing and sales of dairy products, homestead livestock husbandry (that is keeping of goats, sheep, pigs, chicken for home consumption), retail trade with strong market women associations, production

and movement of food stuffs from market to market; carrying out such economic activity as casual labourers at building sites; bread winners in single parent houses, fetchers of firewood (fuel and water, ensuring household food security), pot making, weaving and dyeing of traditional clothing materials, sewing and beautification, religious activities and festivals, Parent Teachers Association (PTA) activities, contribution of cash and labour to community development projects etc. Rural women are also involved in teaching at the local levels, food preparation and house management, leadership of local women social and economic groups and support of political party activities etc (Otu, 2005).

Women involvement in grassroot socio-economic transformation goes beyond satisfying community basic needs to encouraging the spirit of communal self help and initiative in the improvement of holistic conditions of the communities through their associational activities. They educate community members on the need for cooperation and to foster active participation in community affairs. In development both males and females are involved but most people lose their sleep over the performance effectiveness of some married females development agents. Many people in development circles tend to express reservation over effectiveness of women in rural economic transformation. The observation is that there are many aspects of community development that the effectiveness of women leaves much to be desired. In order to be involved in development, a good number of them tend to depend on male community members for execution of rural economic projects. As a result of this situation, female development agents do not appear to be progressing as speedily as their male counterparts in rural transformation projects (Nwosu, 2003). Some rural women are of the view that there are many effective male development agents as there are women and that it is the male dominated society that is taking advantage of sex role stereotyping to stigmatize female involvement in development as being relatively ineffective in their rural socio-economic transformation programme. Some community members understand it in context of women being the weaker sex who are not expected to be very effective in a demanding community environment. Concerned development experts tend to see in the breeding of children as the factor that constraints women's effort to be fully committed to the goal of rural transformation (Milson, 2007).

In spite of rhetoric's, government and non government gestures, the issue of non-effectiveness of some married women in rural socio-economic transformation is still of concern to many scholars. It is in this light that one may see the need to address the issue in a definite manner, if for nothing else, at least for the goal of determining variables that may introduce effectiveness in women involvement in rural economic transformation. Marital stress can hinder women effectiveness in full scale contributing to development projects (Lazarus, 1996). Marital stress here entails a condition where marriage related factors interact with the individual to change (disrupt or enhance) his or her psychological conditions such that the person (mind and or

body) is forced to deviate from normal functioning (Denga 1991, Beehr & Newman 1998).

Rural area has increasingly become a psychological community, full of stressful development activities. Stressors such as land disputes, poverty, marital crisis, communal conflict, affect the initiation and implementation of development projects etc. Some modest level of stress may be associated with increase development project performance but where the stress level rises high, performance effectiveness of project begins to decline. A rural dweller experiencing immense stress may break down, may become too sick to involve and committed to development effort. Stress therefore inflicts low productivity and commitment to community activities. Stress generates inefficiency, ineffectiveness, incompetence and inertia among concerned rural community development stakeholders (Batten, 1993).

It is worthy to note that women can never be effective when they perceive high level of stress. Therefore, when they are depressed because of stress, it affects the outcome of their development efforts. It is in consonance with this that this study, sought to find out if marital stress is relevant in explaining effectiveness of women in rural socio-economic transformation in Southern Senatorial Districts, Cross River State. In Nigeria, the fact that community members participate in efforts to modernise and transform the rural areas has not improved the effectiveness of women. Some of the rural women have been unable to make much progress in rural socio-economic transformation activities. To help the rural women carry out development projects, women have formed and belonged to various community associations and have also been mobilized through self help project sensitization. Despite all these efforts by government and non-governmental organisations, women still exhibit low effectiveness in identification, conceptualization and implementation of rural socio-economic projects; this is not unconnected to stress.

II. STUDY AREA

This study is carried out in Southern Senatorial District in Cross River State, Nigeria. For administrative convince, the District is divided into seven (7) local government areas including Akamkpa, Akpabuyo, Bakassi, Biase, Odukpani, Calabar Municipality and Calabar South. The Senatorial District is bordered in the north by Yakurr Local Government Area, in the east by Republic of Cameroon, in the south by Calabar Sea, in the west by Akwa Ibom and Eboyi States. Apart from the local government headquarters, in the Senatorial District, other towns and villages are rural areas and women constitute a significant population. Women organizations and their activities promote rural transformation in the District. The inhabitants are mostly farmers, traders and fishermen. Most food stuff consumed in urban areas in Cross River and other neighbouring state are produced by women in the Senatorial District. Their production capacity in this respect is affected

by a number of factors including traditional practices, lack of loan facilities, land tenure system etc.

Southern Senatorial District is the one of the largest Districts in Cross River State and the Niger Delta Region. The people of Cross River State are of the Bantu Stock who migrated from Central Africa. The District is blessed with tourist site such as Tinapa in Calabar, Kwa Waterfalls, Calabar Botanical Garden and Zoo, Old Residency Museum, Marina Resort etc. Despite the tourism potentials of the District, majority of the women in the region are farmers and some engaged in petty trading; most of them dwell in rural areas. These women constitute sample for the study.

III. LITERATURE REVIEW

A. Women Effectiveness and Grassroot Socio-Economic Transformation

Women effectiveness implies the ability of the women to adapt to different situations in the rural environment and produce desired result (Eke, 1992). It is the active involvement of women in the execution of community projects with the aim of producing development impact within a given community (Olurobe, 1990). It entails positive changes which take place in the knowledge, attitudes and behaviour of individuals and communities as a result of women involvement in development related programmes (Alves & Haddad, 1999). It involves the ability of a rural women to identify conceptualized and meet the needs of a given community through efficient display of essential skills and attitude (Epstein, 1993). Women effectiveness implies acquisition of appropriate knowledge of the rural environment and readiness to improve their knowledge and stimulating the community participation in initiating self help projects for the purpose of overall development of their community.

Studies on women effectiveness in rural Nigeria and elsewhere have identified some distinguishing features of an effective community woman which include better socio-economic status, personality traits which show commitment and experience; involvement in general activities leading to improved qualities in basic life needs such as shelter, food, job opportunity, health services, education, improved attitude like political behaviour etc as witnessed in the community (Joe, 1986). The extent of women effectiveness in rural community development is determined by the radical transformation of the rural areas, alleviation of rural poverty and enhancement of the quality of rural life, productivity and income (Almeida, Maggs & Galambos, 1993). Women in rural areas are expected to live up to the role expected of them by participating and contributing towards community development activities. Rural community women who are committed to development activities in various sectors of the rural environment and participate satisfactorily can be seen as effective community women.

B. Child Care and Women Effectiveness in Grassroot Socio-Economic Transformation

Inglehart (2009) viewed children as source of fun and happiness; mysterious, novel and challenging, fulfilling affiliation needs and inspiring competence, creative ability and feeling of achievement for mothers. Children, as posited by Martinson (1999) can also be a source of aggravation and distress, constantly in need, requiring continual attention, reducing one's freedom of activity and flexibility. Waerness (1994) described child care as a form of care giving because of children's dependence on adults to provide services which they are too young to provide for themselves. The presence of dependent children reinforces the traditional gender division of domestic labour. Child care is a major problem for the women who are part of the efforts to improve the welfare of the community. Whether a woman employs a mother's helper, a baby sitter, a house keeper etc, there is often anxiety, worry and guilt as a result of the conflict between their responsibility as mothers and as women in development (Curtis, 1996). On the relationship between child care and women effectiveness in development projects, Wilk (1996), in her study on participation of women in community development interviewed some rural married women to ascertain their perception of involvement in community development. Most of the married women claimed that having children alters their lifestyle and affects their perception of community development. The women maintained that getting pregnant and having babies mean dropping out of community development activities for a substantial length of time. This period of non involvement is tantamount to non contribution to development initiatives or programmes.

Boulton (1993) reported that for women in development, combining participation in development activities and motherhood poses a great problem in the area of effectiveness for the married women. He argued that mothers who should be committed to development activities are always pressurized by the demands of child care and hardly ever find time for themselves. They find it hard to show a high level of effectiveness in participating in women association meetings, projects conception and implementation. The women in development find it hard to preserve their own identity in the face of ever expanding demands of child care.

C. Child Care Stress and Women Effectiveness in Grassroot Socio-Economic Transformation

The prevailing family structure whether polygamous or monogamous has significantly affected committed effort by women to engage in development activities in their rural areas (Otu, 2008). Wives are generally regarded as appendages, Otu stressed that this has resulted in an under-estimation of the contribution of women to rural community development and has equally created some sort of imbalance in opportunities within the family. Davies and Cummings (1994) in their work on household task programme and participation in community projects discovered that married women continue to have primary responsibility for the

organisation and function of the family. There is an increase in the involvement of women in house work and reduced involvement in community projects. Coontz (1992) found that women invest more effort on domestic chores while men choose the family work that is less threatening to their masculine selves. Coontz added that since house wives are more obsessed with home keeping little consideration is accorded community self help projects. Demo (1992) asserted that since married women have been culturally assigned the responsibility of domestic chores the same culture cannot expect them to function efficiently in community development projects. Demo found that domestic chores have constrained women from effectively contributing in initiating decision and providing resources with a view to achieving self reliance and self sustaining growth and development in rural areas.

The demands of domestic affairs and the submissiveness of the generality of women to their husbands on decision concerning investment in productive ventures and their acquiescence to the burden of family demand often constitute a hindrance to their active participation and effectiveness in development activities in their rural areas. The constant mobility to which women are subjected to in their attempt to adjust to the changing fortunes in their husbands' progression and location does not offer women much opportunity to utilize maximally their potentials in development ventures (Otu, 2008). The physical factor that a woman has to perform the biological function of procreation has created handicap for her in terms of being efficient in promoting activities that lead to enhanced standard of living in their communities. Pregnancy with its attendant child bearing and rearing deprives her of the conscious and deliberate effort aimed at helping her community recognised its needs and to assume increasing responsibility for solving problems of her community thereby increasing her capacity to participate fully in rural development (Curtis, 1996).

D. Marital Discord and Women Effectiveness in Grassroot Socio-Economic Transformation

Fentenu (1997) asserted that marital discourse is the disagreement between marital partners over values, beliefs, goals, norms and behaviour which make up the structure of the nuclear unit. Marital strife and marital discord and unresolved emotional problems can negatively influence the development initiative motivation, productivity and effectiveness of the woman in community activities. Problems and frustration faced at home may disrupt enthusiasm in development projects.

In his study on marital discord and its impact on women development effectiveness, Levine (1971) observed that marital discord can influence women indirectly by decreasing the effectiveness on their parental skills and directly destroying desire and interest in the socio-economic transformation of their communities. A nagging wife according to Denga and Ekpo (1994) tends to stimulate discord between her and the husband and once a quarrel is ignited, tension and stress may precipitate anxiety. When the

stress arising from discord reaches breaking point, apathy towards community development programmes results.

Ekong (2005) reported that marital conflict could negatively affect community work. It is possible that such community women may view the proposed changes or innovations apprehensively. Marital discord may assume the form of sabotage of programmes and can undermine the morale of women thereby leading to their ineffectiveness in contributing to development project design and implementation.

IV. THEORETICAL FRAMEWORK

A. Liberal Feminism

The proponent of this theory is Bernard. It begins with an identification of the sexual division of the labour and the existence of separate public and private spheres of social activity for men and women. It posits that sexism creates the chance for females from childhood to be limited and maimed in their thinking and interaction, so that they can move into adult roles and in those roles dwindle from full humanness into the mindless, dependent, subconsciously depressed beings created by the constraints and requirements of their gender specific roles (Otu, 2006). The implication is that, Nigerian society and communities anchored on culturally given institutions and rights which permit very little female individual freedom and no equality. The theory presupposes that men are more important than women, more significant, valuable and worthwhile and so it is more important for a man to be the breadwinner, to have education, to have better pay, to inherit property and access to material resources. It sees women as being in the world for the pleasure and assistance of the men. This implies that women are to fulfil their feminine functions and by this depend on the men for everything especially their identities and a social definition of the roles; and are rewarded as wives, mothers or mistresses. These roles can never give women a chance to effectively contribute towards fostering better conditions of community life and helping to solve the many problems besetting rural populations at the community level. Thus, the issues of child care and domestic chores are likely to rob married women of opportunity to participate in decision on major changes taking place in their communities which is desirable and functional (Otu, 2006).

B. Biddle Theory of Effectiveness

Biddle (1904) propounded a seven model theory of effectiveness. The sixth theory is applicable here, that is, the theory of family and community context. It asserts that the community arena in which the married women operate include physical settings, established pattern of behaviour, men members of society and agreed upon definitions of social events. These factors in no small way affect married women effectiveness though they are not under the women's control. On the part of the married women are child care, domestic chores and likelihood of marital discord. All these constitute stressors and affect women effectiveness in tasks designed to improve community wellbeing. Equally constraining is the status of the woman in the community. It

has been observed that women are denied equal opportunity to participate in community project design and implementation. This no doubt is a constraint of the women in terms of effectiveness in socio-economic development of rural communities.

procedure (involving stratified simple random and systematic) was adopted. The research design adopted in this study was the survey design because it involved the collection of data to accurately and objectively describe marital stress and effectiveness of women in socio-economic transformation. The population of the study comprised of all married women living in Southern Senatorial District of Cross River State. The sample of the study comprised two hundred and fifty respondents drawn from communities in Senatorial District. Data for the study were obtained from both primary and secondary sources. The main instrument used for data generation for the study was the marital stress inventory (MSI). The instrument is a 4 point Likert scale questionnaire with 36 items, designed to measure marital stressors and effectiveness of women in socio-economic transformation of rural communities. ANOVA was used to

C. Methodology

The research was conducted in southern senatorial district of Cross River State as the study area. The multi-stage

analyse obtained data at 0.05 level of significance and 247 degree of freedom.

D. Results

Hypothesis One: The level of stress arising from child care has no significant influence on the effectiveness of women in rural socio-economic transformation. Analysis of variance (ANOVA) statistics was used with the associated F-test in determining the influence of stress arising from child care on the effectiveness of women in rural community development. The result of the analysis is presented in table 1.

Table 1: Result of Analysis of variance of the influence of level of stress arising from child care on effectiveness of women in rural economic transformation

S/No	Effectiveness of women in rural transformation	Source of variance	SS	DF	MS	F
1.	Project initiation	Between group	34.08	2	17.03	0.96
		Within group	4379.13	247	17.17	
		Total	4413.18	249		
2.	Project implementation	Between group	18.44	2	9.22	1.03
		Within group	2202.78	247	8.92	
		Total	222.1	249		
3.	Involvement in association activities	Between group	13.40	2	5.70	0.5
		Within group	3337.18	247	13.50	
		Total	3350.58	249		
4.	Self help projects	Between group	19.16	2	9.59	1.09
		Within group	2165.24	247	8.76	
		Total	2184.40	249		
5.	Total effectiveness	Between group	260.09	2	13.05	3.03
		Within group	10584.31	247	42.85	
		Total	10844.40	249		

Critical $f_{2, 247} = 3.04$ at .05 level of significance.

The result presented in table 1 has shown that the calculated F-values of 0.96, 1.03, 0.50, 1.09 and 3.03 are each less than the critical value of 3.04 at .05 level of significance. The interpretation is that there is no significant influence of level

of stress arising from child care on each of the dimension of effectiveness of women, namely: Project initiation, project implementation, involvement in association activities, self

help projects and on the overall variable of effectiveness of women in rural socio-economic transformation.

Hypothesis Two: Stress arising from performance of domestic chores does not significantly influence effectiveness of women in rural socio-economic transformation. Analysis of variance (ANOVA) statistics

was used in determining the influence of stress arising from domestic chores on effectiveness of women in rural economic transformation. The result of the analysis is presented in table 2.

Table 2: Result of analysis of variance of the influence of level of stress arising from domestic chores an effectiveness of women in rural economic transformation

S/No	Effectiveness of women in rural transformation	Source of Variance	SS	DF	MS	F
1.	Project initiation	Between group	30.06	2	15.03	0.55
		Within group	4383.12	247	17.75	
		Total	4413.18	249		
2.	Project implementation	Between group	6.39	2	3.20	0.36
		Within group	2214.83	247	8.97	
		Total	2221.22	249		
3.	Involvement in associational activities	Between group	4.08	2	2.40	0.51
		Within group	3348.50	247	13.55	
		Total	3350.58	249		
4.	Self help projects	Between group	9.77	2	4.89	0.56
		Within group	2174.83	247	8.80	
		Total	2184.40	249		
5.	Total women effectiveness	Between group	21.50	2	10.75	0.25
		Within group	10822.50	247	43.81	
		Total	10844.40	249		

Critical f_2 , 247 = 3.04 at .05 level of significance.

The result of the data analysis presented in table 2 revealed that the calculated F-values of 0.55, 0.36, 0.51 and 0.25 are each less than the critical F-value of 3.04 at .05 level of significance. The interpretation is that there is no significant influence of stress arising from performing domestic chores on each of the dimension of the overall variable of effectiveness of women.

Hypothesis Three: Stress arising from marital crisis does not significantly influence effectiveness of women in rural economic transformation. Analysis of variance (ANOVA) statistics was used in determining the influence of stress arising from marital crisis on effectiveness of women in rural economic transformation. The result of the analysis is presented in table 3.

Table 3: Result of analysis of variance of the influence of stress arising from marital crisis on effectiveness of women in rural socio-economic transformation

S/No	Effectiveness of women in rural transformation	Source of Variance	SS	DF	MS	F
1.	Project initiation	Between group	8.50	2	4.26	0.24
		Within group	4404.67	247	17.83	
		Total	4413.18	249		
2.	Project implementation	Between group	55.23	2	27.62	3.15
		Within group	2165.99	247	8.77	
		Total	2221.22	249		
3.	Involvement in associational activities	Between group	27.17	2	13.58	1.01
		Within group	3323.41	247	13.46	
		Total	3350.58	249		

4.	Self help projects		Between group	27.69	2	13.85	1.56
			Within group	2156.71	247	5.73	
			Total	2184.40	249		
5.	Total women effectiveness		Between group	48.83	2	24.48	0.18
			Within group	10795.59	247	43.71	
			Total	10844.40	249		

- $P < .05$; Critical f_2 , 247 = 3.04

The result in table 3 indicate that four of the five F-ratio (0.24, 1.01, 1.59, 0.56) for project initiation, project implementation, self help project and total women effectiveness are each less than the critical F-ratio of 3.04 at .05 level of significance with 2 and 247 degrees of freedom. This means there is no significant influence of level of stress arising from marital crisis on those four dimensions of effectiveness of women in grassroot socio-economic transformation efforts.

However, for the effectiveness of women in the grassroot socio-economic transformation efforts of involvement in association activities, the calculated F-ratio of 3.15 was higher than the critical F-ratio of 3.04. This means, there is a significant influence of stress arising from marital crisis on women involvement in association activities that are geared towards socio-economic transformation of rural communities in Southern Senatorial District of Cross River State, Nigeria.

V. DISCUSSION OF FINDINGS

The study revealed a non-significant influence of stress arising from child care on the effectiveness of women in enhancing socio-economic transformation of communities. The result debunked position held by Boulton (1993). The study of Boulton was conducted and made in relation to childless couples. Thus their findings may not apply to couples with children that are practically taking care of their children. The women have been naturally endowed to take care of their children and as such see child caring as their own responsibility and do not perceive the demands of child caring as a burden. The women either take their younger children to day-care centres or they hire helps or bring their relation to help them take care of the younger children while they participate in efforts to foster socio-economic transformation in their local communities.

The result of data analysis also revealed that effectiveness of women in grassroot socio-economic transformation programme is not significantly influenced by performing household chores. A lot of factors could help explain the findings. Firstly, women have been psychologically prepared right from childhood to believe that most of the domestic chores are done by a woman. Secondly, many women especially the professional women have reduced the number of times they go shopping. In doing so they have reduced the time spent in shopping and cooking so that they can be useful to themselves. Thirdly, those of them that can afford to hire helps do so while some bring their relations or share the chores among the older

women in the house. All these efforts offer them opportunities to engage in community services.

The result showed that stress arising from marital crisis significantly influenced effectiveness of women involvement in socio-economic transformation efforts but does not significantly influence project initiation, project implementation, self help project and total women effectiveness. The finding of marital crisis significantly influencing women involvement in association activities is consistent with Fentenu's (1997) finding that marital strife and marital discord can affect the motivation, development and effectiveness of development committed agents. The findings also support Denga and Ekpo (1994) that when stress arising from marital crisis reaches breaking point women effectiveness is highly affected. The findings in the other dimensions of women effectiveness aside association activities women today appear to be enjoying a stable family life. Majority of them are also spiritually developed and take their religious life quite seriously. This has a positive impact on their personal life's relationship at home. It instills a sense of discipline, devotion, commitment and hard work in them. Many of them do develop the tendency of leaving their marital problems at home and separating such problems form community service. All these tend to reduce the extent of the significance of marital discord on the effectiveness of women in grassroot socio-economic transformation.

VI. CONCLUSION

Women have been naturally endowed to take care of their children and as such see child caring as their own responsibility and do not perceive the demands of child caring as a burden. Availability of house helps, reduction in the time use in shopping and cooking and the sharing of domestic chores among the older children made it easier to women to be more effective in grassroot socio-economic transformation efforts. The stress arising from marital crisis affects women involvement in association activities that are geared towards rural socio-economic transformation. We therefore recommended that enlightenment programmes should be put in place by government agencies and non-governmental organizations to promote healthy and harmonious family life in Cross River State and Nigeria in general.

VII. REFERENCES

- 1) Almeida, D.M., Maggs, J. L. & Galambos, N.I. (1993). Wives employment hours and spousal participation in family work. *Journal of Family Psychology*, 7,(2),233-244.
- 2) Alvos, E. & Haddah, L. (1999). A review of women effectiveness in rural Africa, Latin America, Middle East, Malaysia, Philippines and Thailand: Synthesis of result, Ottawa: International Development Research Centre.
- 3) Batten, T. R. (1993). *Communities and their Development*. London: Oxford University Press
- 4) Beehr, M. & Newman, T. (1998). Consequences on Parental Divorce on Children's Wellbeing, a marital analysis, *Psychology Bulletin*, 110 (3), 26-46.
- 5) Boulton, M. G. (1993). *Our Being a Mother*. London: Tavistock.
- 6) Coontz, S. (1992). *The Way we Wish: American Families and the Nostalgia Tap*. New Jersey: Basic books.
- 7) Curtis, J. (1996). *Working Mothers*. New York: Double day.
- 8) Davis, R. T. & Cummings, E. M. (1994). *Marital Conflict and child Adjustment: An Emotional Security*.
- 9) Denga, D. I. (1991). *Human Behaviour at Work, Organisational Behaviur*. New York: McGraw Hill.
- 10) Denga, D. I. & Ekpo, T. N. (1994). *Executive Stress: It's Rape and Management*. Calabar: Rapid Educational.
- 11) Demo, D. H. (1992). Parent-Children relation assessing recent Changes. *Journal of Marriage and the Family*, 54, (5), 104-117.
- 12) Eke, E. (1992). *Introduction to Educational Psychology*. Cameroun: Africana Fed Publisher.
- 13) Ekong, E. E. (2005). *An Introduction to Rural Sociology*. Uyo: Concept Publication.
- 14) Epstein, C. K. (1993). Women's place Options and Limitations in Professional Careers, California: University Press.
- 15) Fentenu, B. (1997). *The Gender dimension in Development Project, Concepts, Approaches and Framework for Gender Analysis*. Addis Abba: Ethiopia. OSSREA, DHP Publication Series No.3.
- 16) Inglehart, A. P. (2009). *Married women and work* Lexington, Mass: Health.
- 17) Joe, A. I. (1986). Psychological Stress and Some Antecedent Variables Among University Undergraduate Teacher Trainees. *Journal of Nigerian Educational Research Association*, 6, (2), 22-28.
- 18) Lazarus, R. S. (1996). *Psychological Stress and Coping Process*. New York: McGraw-Hill.
- 19) Levine, R. A. (1971). Sex roles and economic change in Africa, in Middleton, J. (ed), *Black Africa: its Peoples and their cultures*. London: The Macmillan Co. Pp. 174 – 180.
- 20) Martinson, B. (1999). Women in Stress, *Nursing Perspective*, 6, 144-156.
- 21) Mbithi, P. M. & Chitere, P. (1976). The Sociology of Rural Development paper read at the International Workshop on Rural Development, University of Ibadan, 1976.
- 22) Milson, F. (2007). *An Introduction to Community Work*. London and Boston: Routledge and Kegan Paul Ltd.
- 23) Nwosu, A. C. (2003). *Community needs and pattern of Poverty alleviation Design*. Calabar: Wusen Press.
- 24) Otu, E. (2005) Identifying Better Rural Economic Development Prospects, a systems Approach. *Agricultural Administration*, 26, (5), 17-23.
- 25) Otu, J. E. (2008). *Women and Social development, Concepts, Theory and Issues*. Calabar: Tabson Global Resources.
- 26) United Nations Economic Commission for Africa: Regional Planning in the Context of overall socio-economic Transformation of African Economics, Conference on Regional Planning and Economic Development. In Africa. 19 25 March 1972, Ibadan, Nigeria.
- 27) United Nations Economic Commission for Africa (1974). Report of the second Sub – Regional workshop on International Co-operation in Rural Development in Africa.
- 28) Wilk, C. (1996). *Gendering and Mid-life Development*. Toronto: Eribaum.