

**PERSONALITY CHARACTERISTIC AND MARITAL ADAPTABILITY
AMONG MARRIED TEACHERS IN PRIMARY SCHOOLS
IN OGOJA EDUCATION ZONE OF CROSS
RIVER STATE NIGERIA**

By

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ABSTRACT

The study focused on personality characteristics and marital adaptability among married teachers in primary schools in Ogoja Education Zone of Cross River State Nigeria. Two objectives, research questions and hypotheses were formulated to guide the study. The study adopted the descriptive survey research design. This design was used because the study sought to explore the opinions of the respondents of the study. The area of the study is Ogoja Education Zone of Cross River State, Nigeria. The study population comprised 453 married teachers as drawn from the office of the Registry, Magistrate Courts Ogoja, 2019. The study utilised purposive sampling techniques and adjudged that only registered married teachers were used in the study. A sample of 321 was purposively drawn for the study. The study adopted the Personality Characteristics Inventory and Marital Adaptability Scale (PCIMAS) which was validated by experts in the discipline and the reliability was obtained with a split-half internal consistency measure and the index ranged from .87 to .9. All the stated hypotheses were tested with descriptive (mean and standard deviation) and inferential statistics (simple linear regression analysis). The findings revealed that self-concept and self-efficacy do significantly predict marital adaptability among married teachers. It was recommended among others that sex counseling education should be introduced in the family, primary and secondary education to foster unity and love among one another. This will help to enhance couples' understanding of their marital union.

Keywords: personality, characteristic, marital, adaptability and married teachers

INTRODUCTION

Marital adaptability is a process of interacting and adjusting with each other in marriage, during this process, one can either adapt to or change in the marriage. When this occurs in a marriage is termed marital adaptability. According to Sinha (2016), marital adaptability is the condition in which husband and wife have an overall feeling of contentment and satisfaction with their marriage and with each other. According to the author, marital adaptability encompasses feelings of love and affection on the interaction between husband and wife satisfying each other's needs. When married people can meet each other's requirements, their marriage connection will probably expand and their compatibility between spouses will improve, allowing for marital adjustment.

Self-concept is usually conceptualized as an individual's self-perception formed by experiences with significant others, attributions for one's behavior, and environmental reinforcements. The adequate perception, organization, and integration of the experiences that differentiate human beings have been positively related to adequate behavioral, cognitive, affective, and social functioning. Self-efficacy is a psychological construct that is likely to predict specific outcomes such as academics, happiness, and marital and relationship satisfaction, is one of the variables that lead to marital success and happiness.

Another study by Mohammed Ehsan and Elham (2015) who investigated the relationship between self-esteem and marital adaptability in women employed in Payame Noor University of Shahre Rey in 2014. This is a descriptive-correlational study of cross-sectional type. Its population included 94 people. Inclusion criteria were: Iranian nationality, married with at least one year of married life, etc. Results show that the majority of participants (55.6 %) had relative and moderate marital satisfaction. The majority of the samples (92 %) had high self-esteem. The results of the logistic regression analysis showed that the probability of marital dissatisfaction in individuals with low self-esteem is nine (9) times higher than in normal people, five (5) times among those with low sexual satisfaction, and 3 times among people dealing with bad economic conditions. Results show that there is a significant relationship between marital dissatisfaction and self-esteem, sexual satisfaction and economic status.

Another study Zohre, Sayed and Hojatollah. (2014) explores relationships between self-esteem and marital adaptability and satisfaction among women in Najafabad and Fuladshahr in Iran. The case study was 757 women (381 respondents in Najafabad and 376 in Fuladshahr) who were married for at least 3 years. Findings show that there is a significant relation between self-esteem and marital adaptability and satisfaction. Also generally the rate of marital satisfaction was higher between Fuladshahr women. Marital adaptability and satisfaction was found to be positively correlated with self-esteem in both cities so that higher self-esteem was associated with greater satisfaction. Another finding was that level of marital satisfaction; number of children and duration of the marriage were negatively correlated for women. The result of multiple regression analysis showed that factors including number of children, marriage duration, the number of children and self-esteem could predict 19.5 % ($R^2=19.5$) of dependant variable variations in Najafabad and age of woman, marriage duration, the number of children and self-esteem could explain 0.28 % ($R^2=0.28$) of the marital satisfaction among women in Fuladshahr.

In addition to this, Rezvan (2015) investigated the relationship between Optimism, Religiosity and Self-esteem with Marital adaptability and Life Satisfaction in married university students. The research method was a descriptive study kind of correlation. The sample group included 200 married students who were selected using a simple random sampling method. The findings indicated that marital satisfaction not life satisfaction was predicted by Optimism, Religiosity and Self-esteem. Religiosity showed the greatest relationship with marital satisfaction.

Eze and Mba (2018) study investigated emotional intelligence and self-esteem as predictors of marital adaptability among married couples in Assemblies of God church, Abakaliki District, Ebonyi state, Nigeria. The sample of this research comprises 120 married couples, 65 men aged between 25 and 70 years ($M= 47.5$) and 55 women aged between 22 and 65 ($M= 42.5$). Schutte Self-report Emotional Intelligence Test (SSEIT) by Rosenberg Self-esteem scale by Morris Rosenberg, (1965) was used to measure the construct. A cross-sectional survey design was adopted and regression analysis with statistical package for social sciences, version 20, was used to analyze the findings of data obtained. The hypotheses were: there will be no statistically significant relationship between emotional intelligence and marital satisfaction and there will be no statistically significant relationship between self-esteem and marital satisfaction. The result of the regression statistical analysis, indicated positive prediction of emotional intelligence and self-esteem on marital satisfaction ($R= 0.646$; $R^2= 0.417$; Adjusted $R^2= 0.412$, $F(2,237)= 84.90$, P

Oktan (2017) there have been various studies done examining specific qualities that link low relationship adaptability rates to lower Self-concept rates. A study conducted by Mund, Finn, Hagemeyer, Zimmermann, and Neyer (2015) conducted a study in which they choose participants who were in relationships for over a year. They then administered the Self- Description Questionnaire and the German version of the relationship assessment scale. Results concluded that

Self-concept and relationship adaptability share a common developmental dynamic from young adulthood to the midlife transition, especially in marital relationships.

Self-concept in adults is highly correlated with many other factors, such as; sexual relationships and marital adaptability. When someone has low self-esteem, it means they are not confident enough in themselves to believe they can “achieve” what they want and adapt effectively in their marital life. Self-concept in relationships works the same way. If one cannot love oneself, they would rarely let anyone else love them. Relationships and the self are inextricably interdependent. (Hepper, 2011) If one does not feel confident in yourself then you most likely will not feel confident and adapt well in a relationship.

Researchers believe that this generation is more prone than any other generation to have lower Self-concept levels (Bozoglan, 2013.) The extreme use of social media and the constant comparison between likes, followers, and looks will have a key effect on these lower self-concept levels. If couples are always at a battle with themselves in the person, they are constantly watching on a screen of course these levels of self-concept will remain low. This may in turn destabilize their marital adaptability. Research conducted by Abbas Tashakkori, Vaida, Wade, and Ernest (2012) studied the stability of self-concept in relationship with marital adaptability. Participants included married couples between the ages of 24 and above. There was a total of 10,158 people who participated in the study. Participants were given the Rosenberg questionnaire and a self-self concept structure to fill out. The study was a longitudinal study that followed the participants in 1982, and 1984. Results indicated that there seemed to be a correlation between lower levels of self-concept issues and marital adaptability.

In a study by Omeje (2000) on self-concept and marital adaptability and adjustment strategies of divorcees in some selected communities in Enugu State. The purpose of his study, broadly speaking was to identify adjustment strategies being employed by divorcees in some selected communities of Enugu State and their implications for family counseling. 235 Specifically, the study investigated the following: social activities divorcees employ to help themselves in their adjustment efforts. Religious strategies used by divorcees. Three null hypotheses were equally stated and tested in the course of the study. 221 divorcees made up the sample. The breakdown was as follows: 212 females and 9 males, 176 divorcees with children and 45 divorcees without children and 121 literate divorcees and 91 non-literate divorcees. These divorcees were those who have not remarried, they were selected through a purposive sampling technique. Out of 423 divorcees identified, 221 divorcees were used for the study. The 221 subjects were constituted using a proportionate purposive sampling technique at 52% base to give an equal representation of the divorcees in the selected communities based on the population distribution. In the analysis of the data collected, mean score and standard deviation were used in the analysis of data from the research questions. In testing the hypothesis under investigation, the t-test statistics was used. This research was carried out in some selected communities of Enugu State. The researcher used the descriptive survey method to seek the adjustment strategies employed by divorcees to fit properly into the society, and its effectiveness. Since the psychomotor and cognitive domains have been studied and investigated, the current study 236 deems it fit to look at the affective domain of the divorcees’ adjustment in their communities which has not yet been researched. The findings showed that self-concept has a significant influence on social, religious, financial, and marital stability. Against this background and theoretical position the study of personality characteristics and marital adaptability among married teachers in primary schools in Ogoja Education Zone Of Cross River State Nigeria

Theoretical framework

The theories that underpin the study are elucidated under the following sub-headings:
Getzels and Guba (1967) The role theory

The role theory model is the framework that proposes the essential factor in any marital crisis or discontentment is the phenomenon of role conflict, which arises from incompatible role expectations between two parties in the marriage (Nwoye in Onwuasoanya, 1995:22).

According to Mangus (1957), the theory assumes that: each partner in any marriage usually enters the marriage with some ideas or perceptions as to how the other should behave. Each partner in the marriage harbours not only expectations as to what should be done by the other in the marriage but also how the roles expected of the other should be executed.

Disagreements in marital role expectations arise due mainly to the fact that the two parties in the marriage come from different family, and social backgrounds and usually lack the opportunity to harmonize for themselves on what each is expected to do in the marriage. Crises of role conflict in a marriage are usually compounded when the new husband happens to perceive his position as superior status to that of the wife. Distorted perception about the other person, when a husband, for instance, perceives his wife in a certain negative way, the perception will colour his other assessment of his wife, in whatever she does.

Applied to a marriage relationship there are initially two statuses, husband status and wife status. Marital adaptability occurs when each spouse enacts his/her role effectively to the satisfaction of the other spouse and other significant persons in the relationship.

Statement of the problem

The issue of marital adaptability has caused a lot of disharmony among married teachers and has generated mixed reactions among academic stakeholders. This problem stems from a change in lifestyle, urbanization, single parenthood, broken family, improvements in technologies, petty idiosyncrasies, mental illness, criminal behavior, physical health problems, lack of commitment, infidelity, abuse, and difference in personal goals. Most teachers complain that they find it difficult to adapt with their spouse due to poor communication, lack of intimacy, money problems, and growing apart as life takes different twists and turns. It has been said by most marriage experts that when couples realize that their marriage is hitting a rough patch, one party must be willing to make some necessary changes, by resolving almost any source of tension. This has been the opposite in most marriages hence, has caused instability in marriages. Efforts put in by religious bodies like churches and mosques have not yielded the desired results. This underscores the problem of this study what is the influence of personality characteristics and marital adaptability among married teachers in Ogoja Educational Zone of Cross River State, Nigeria?

Purpose of the study

The main purpose of this study is to examine the influence of personality characteristics and marital adaptability among married teachers in Ogoja Educational Zone of Cross River State, Nigeria.

- 1) Examine the influence of self-concept on marital adaptability among married teachers.
- 2) Ascertain the influence of self-efficacy on marital adaptability among married teachers.

Research questions

The following research questions are sought to be answered by this study:

- 1) What is the influence of self-concept on marital adaptability among married teachers?
- 2) How does self-efficacy influence marital adaptability among married teachers?

Statement of hypotheses

The following hypotheses are formulated to find solutions to the problem:

- 1) Self-concept does not significantly predict marital adaptability among married teachers.
- 2) There is no significant influence of self-efficacy on marital adaptability among married teachers.

METHODS AND PROCEDURE

The study adopted the descriptive survey research design. This design was used because the study sought to explore the opinion of the respondents of the study. **The area of the study** is Ogoja Education Zone of Cross River State, Nigeria. The study population comprised 453 married teachers as drawn from the office of the Registry, Magistrate Courts Ogoja, 2019. The study utilised the purposive sampling techniques as adjudged that only those registered married teachers were used in the study. A sample of 321 was purposively drawn for the study. The study adopted the Personality Characteristics Inventory and Marital Adaptability Scale (PCIMAS) which was validated by experts in the discipline and the reliability was obtained with split-half internal consistency measure and the index ranged from .87 to .9. All the stated hypotheses were tested with simple linear regression analysis.

RESULTS AND DISCUSSIONS

General description of research variables

The main independent variables used in this study are personality characteristics variables categorised as self-concept and self-efficacy, while the dependent variable in this study is marital adaptability. The results of the descriptive statistics are presented in Table 1.

Table 1

Descriptive statistics of Personality characteristics and marital adaptability (n=321)			
S/N	Variable	$\bar{X}$	SD
1	Self-concept	16.8959	2.45614
3	Self-efficacy,	18.1432	2.60374
6	Marital adaptability	29.0657	4.82541

Table 1 presents the result of the general description of the research variables for the sub-dimensions of the independent variables with the mean and standard deviation for the research variables, while the highest mean is those of Self-efficacy 18.1432, followed by self-concept 16.8959 for the two levels of the independent variables of the study.

Presentation of results

The research results of the data collected in the field are presented hypothesis by hypothesis as shown below:

Hypothesis one

There is no significant influence of self-concept and marital adaptability among married teachers. In testing this hypothesis, Simple Linear Regression analysis was employed with self-

concept presented as an independent (predictor) variable and marital adaptability as dependent (criterion) variable. The result obtained are presented in Table 2.

Table 2
Results of Simple linear regression analysis with self-concept
and marital adaptability among married teachers

ANOVA					
Dependent Variable: Self-concept					
R	R Square	Adjusted R Square		Std. Error of the Estimate	
.100 ^a	.010	.008		5.69	
Sources of variance	Sum of Squares	df	Mean Square	F-value	p-value
Regression	151.026	1	151.03	4.66	.031
Residual	14886.65	319	32.43		
Total	15037.68	320			
Variable	B	Std. Error	Beta	t-value	p-value
(Constant)	28.94	1.85		15.68	.000
Self-concept	.233	.108	.100	2.16	.031

*p<.05

Table 2 is the result of the analysis with self-concept and marital adaptability among married teachers. From the table, it can be discerned that the R=.100 was recorded with an R-square of .010 means 10 % of the variance in the criterion variable was accounted for by the predictive variable (self-concept). The regression ANAOVA revealed that the p-value of .031 associated with the computed F-value (4.66) is less than the chosen alpha of 0.05. Thus, the null hypothesis is rejected. This implies that self-concept significantly predict marital adaptability among married teachers. To test the significance of the combination of both the regression constant (28.94) and the regression coefficient (.233) to the prediction of marital adaptability among married teachers, a t-test analysis was conducted and the result revealed that both variable (self-concept and marital adaptability among married teachers) are significantly related. The mathematical regression model is depicted by the following equation $y=28.94+.233x$ where y= self-concept and x is marital adaptability among married teachers.

Hypothesis two

There is no significant influence of self-efficacy on marital adaptability among married teachers. To test this hypothesis, Simple Linear Regression analysis was employed with self-efficacy presented as independent (predictor) variable and marital adaptability as dependent (criterion) variable. The result obtained are presented in Table 3.

Table 3
Results of Simple linear regression analysis with self-efficacy
and marital adaptability among married teachers

R	R Square	Adjusted R Square	Std. Error of the Estimate		
.117 ^a	.014	.012	5.68428		
Sources of variance	Sum of Squares	df	Mean Square	F-value	p-value
Regression	206.904	1	206.904	6.404	.012 ^b
Residual	14830.770	319	32.311		
Total	15037.675	320			
Variable	B	Std. Error	Beta	t-value	p-value
(Constant)	37.56	1.87		20.13	.000
self-efficacy	-.258	.102	-.117	-2.53	.012

*p<.05

Table 3 is the result of the analysis with self-efficacy and marital adaptability among married teachers. From the table, it can be discerned that the R=.117 was recorded with an R-square of .014 means 14 % of the variance in the criterion variable was accounted for by the predictive variable (self-efficacy). The regression ANAOVA revealed that the p-value of .012 associated with the computed F-value (6.404) is less than the chosen alpha of 0.05. Thus, the null hypothesis is rejected. This implies that self-efficacy significantly predict marital adaptability among married teachers. To test the significance of the combination of both the regression constant (37.56) and the regression coefficient (-.258) to the prediction of marital adaptability among married teachers, a t-test analysis was conducted and the result revealed that both variable (self-efficacy and marital adaptability among married teachers) are significantly related. The mathematical regression model is depicted by the following equation $y=37.56+-.258x$ where y= self-efficacy and x is marital adaptability among married teachers.

Summary of results

From the analysis of the data collected for the study and subsequent test of hypothesis, the following results were obtained.

1. Self-concept does significantly predict marital adaptability among married teachers.
2. There is a significant predictive influence of self-efficacy on marital adaptability among married teachers.

Discussions of the outstanding findings

The hypothesis-by-hypothesis discussions of the findings emanating from the study are presented under the following sub-headings

Self-concept and marital adaptability among married teachers

The findings of this research is certified that self-concept does significantly predict marital adaptability among married teachers. This prediction can be explained by the fact that the higher the self-concept the better the marital adaptability. The results is in line with the study of Zohre, Sayed and Hojatollah. (2014) finding was that level of marital satisfaction; number of children and duration of the marriage were negatively correlated for women. The result of multiple regression analysis showed that factors including number of children, marriage duration, the number of children and self-esteem could predict 19.5 % ($R^2=19.5$) of dependent variable variations in

Najafabad and age of woman, marriage duration, the number of children and self-esteem could explain 0.28 % ($R^2=0.28$) of the marital satisfaction among women in Fuladshahr. In addition to this, Mund, Finn, Hagemeyer, Zimmermann, and Neyer (2015) results concluded that Self-concept and relationship adaptability share a common developmental dynamic from young adulthood to the midlife transition, especially in marital relationships. The results is in line with Omeje (2000) findings showed that self-concept has a significant influence on social, religious, financial, and marital stability. Against this background and theoretical position the study of personality characteristics and marital adaptability among married teachers in primary schools in Ogoja Education Zone Of Cross River State Nigeria

Self-efficacy and marital adaptability among married teachers.

The study revealed that there is a significant predictive influence of self-efficacy on marital adaptability among married teachers. Self-efficacy is as factor that influences on comprehension, interpretation and emotional reactions of married couples as it is described as a collection of outcomes and beliefs which has been stated in relation between person and his outer world. Obviously, it is one of the basic human needs which locates in emotional dimension and it is an important factor for progressing and success of persons in all works and marital. Self-efficacy causes person feels he is valuable member of family and has respect. The results is in line with the study of Mohammed Ehsan and Elham (2015) results of the logistic regression analysis showed that the probability of marital dissatisfaction in individuals with low self-esteem is nine (9) times higher than in normal people, five (5) times among those with low sexual satisfaction, and 3 times among people dealing with bad economic conditions. Results show that there is a significant relationship between marital dissatisfaction and self-esteem, sexual satisfaction and economic status.

Summary

Personality characteristics are a significant variable in education and psychology due to their relevance in the academic environment. Individuals' personalities determine marital styles and handle marital inadaptability in that it will help to resolve conflicts more effectively, communicate more effectively, and understand how others make decisions. Thus, personality characteristics are not just a useful way to describe people around you but help psychologists and counselors predict how good an individual will be in a relationship, how long he or she will live, and the types of jobs and activities the person will enjoy. Understanding an individual's personality characteristics can make them have can promote compassion, kindness, openness, honesty and humility in their marriages.

Recommendation

Based on these findings, the following recommendations were drawn:

1. The study recommend that sex conselling education should be introduced in the family, primary and secondary education to foster unity and love among one another. This will help to enhance couples understanding in their marital union.
2. The study recommends that stakeholders in the religious bodies such as churches mosques, Non-Christian agencies and others religious association should help in organizing seminar and workshops on peaceful coexistences among married couples in the society this will help to develop a positive self-concept among married couples in the society in the society.

Implication of the study on counsellors/stakeholders

1. The study may be beneficial to stakeholder in education such as: students, parents, married psychologist and counselors. Others are researchers and the government.
2. All stakeholders, such as counsellors, psychologists, social workers, educators, court officials, intending couples and religious leaders will certainly find this document worthwhile in the process of their interactions with the victims or would-be victims.
3. To students, the study will enable them to identify the influence of marital adaptability face by their parents and teachers. It will also enable them to understand certain situations and to seek help in the appropriate direction where necessary. As students move to secondary schools, they collaborate with several teachers as opposed to one teacher during elementary level. Initiating communication with all teachers can be an intimidating process for the parent. Difficulties may arise with teachers in maintaining open communication with the parents of all their students. The study will assist the teachers to have a better understanding of the persona-social variables such as educational background, self-concept and self-efficacy as they can influence students in school
4. To parents and teachers, the study would enable them identify the environmental variables that influence marital adaptability and ways of solving or adjusting to such situations. For the married teachers especially the newly married ones the information provided by the study will help them in making proper decisions as regarding their ability to adapt to certain situations and the appropriate avenue to call for help.
5. The counselors and psychologist would benefit in that the findings will be a reference material that will help them in guiding couples on how to handle situations in the environment that might threaten their marriage.

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