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SEXUAL SATISFACTION AS PREDICTOR OF MARITAL SATISFACTION OF MARRIED PERSONS IN PUBLIC UNIVERSITIES IN ANAMBRA STATE

Kizito Arinze Agha; ka.agha@unizik.edu.ng; 08035400755
Rev. Sr. Prof Amaka Obineli amiivictos@yahoo.com 08036053909
& Prof. C. A. Nwankwo ca.nwankwo@unizik.edu.ng 08035408631

Department of Guidance and Counselling
Nnamdi Azikiwe University Awka

ABSTRACT

This study examined sexual satisfaction as predictor of marital satisfaction among married persons in Anambra State. Three research questions were raised and one null hypotheses was tested at 0.05 level of significance. Correlational research design was adopted for the study. The population for this study comprised of 3,605 married academic staff in Nnamdi Azikiwe University Awka and Chukwuemeka Odumegwu Ojukwu University, Anambra State. A sample of 346 married academic staff from the two public universities in Anambra State was used for the study using multi sampling technique. The Golombok-Rust Sexual Satisfaction Inventory (GRISS) and the marital satisfaction questionnaire developed by Arnold and Clifford Lazarus (1996) were used for data collection. Findings of the study revealed that majority of married persons in the public Universities in Anambra State are sexually dissatisfied and experience marital dissatisfaction. Sexual satisfaction of the married persons in public universities in Anambra state do significantly predict their marital satisfaction. Sexual satisfaction of married persons in public universities in Anambra State significantly predict their marital satisfaction. The study concluded that sexual satisfaction are significant predictors of marital satisfaction of married persons in public universities in Anambra State pleasant intimate relationships play are pivotal determinants of marital success. The study recommended among others that guidance counsellors in practical field of couple or marital therapy, should emphasize therapies that a man and woman enter into marital relationship and they owe it to themselves to talk it through better by engaging in pleasant intimate relationship to be martially satisfied.

Keywords: Sexual Satisfaction; Prediction; Marital Satisfaction; Married Persons

Introduction

Contemporary, marriage and marital relationship is the start of forming a family. Marriage has been documented in every known culture. Due to the crucial role of marriage in the society, marriages and quality of marriage has been the focus of many research works. Similarly, the system of marriage and factors related to its success and satisfying outcomes may be influenced by culture, hence certain factors may be similar or may vary across cultures. According to Kazim and Rafique (2021), the perception of marriage is that of a lawful and socially

accepted union, which is lifelong, and entail socio-economic, sexual, social rights and obligations for both the husband and the wife. In literature, marriage is described as a normative, personal life event in adulthood and involves the living together of two people with different characteristics and needs (Abamara, Abamara, Udeze and Nwanneka, 2018). In general, people get married for specific purposes such as finding meaning in life and loving for a better quality of marital life. In the same vein, more than 90% of the world's population will marry at least once (Abamara, *et al.*, 2018).

In the view of Uzoma and Sulong (2022), marriage is a lifelong commitment which is of huge significance to the society. Although the structure and types of marriages differ across cultures, there is a consistent motif in the complementary and interrelated nature of these marital relationships in which two or more people resolve to spend their entire lives together (Pareek and Jain, 2018). Operationally, marriage is a union between two persons who agrees to live together to achieve a greater goal. According to the Nigerian population statistics taken in 2019-2021, single persons make up 46.44% of Nigeria's whole population, while married people make up 50% and divorced people make up 0.72, although it should be noted that there were several cases of divorce which were undocumented at the time this statistic was taken. Nevertheless, the subjective outcome of both individuals according to their criteria and components of marriage expectation is marital satisfaction. This assertion implies that marital satisfaction is s variable worth studying and hence the present study.

One of the most researched factors for continuous relevance of marriage is the concept of marital satisfaction (Aroyewun, Adeyemo, Ezemokwe and Oyeyemi, 2017). Aroyewun et al. (2017) further defined marital satisfaction as the amount of contentment that a couple feels about their relationship or as a subjective evaluation by an individual of the degree of happiness, pleasure, or fulfilment experienced within the marital relationship between spouse and self. They further described marital satisfaction as spouses' evaluation of their relationship on two general dimensions: positive interaction and negative feeling. According to Amazue, Amazue and Onu (2015), marital satisfaction is the degree to which partners in marriages assess their approval of different aspect of their marital relations. Marital satisfaction depends upon the individual's expectations, needs and desires in his/her marriage and fluctuates throughout the duration of the marriage (Amazue et al. 2015). Marital satisfaction has been associated with individual and family wellbeing, societal stability and good family outcomes while marital dissatisfaction has been associated with poor family outcomes.

Marital satisfaction is the goal and dream of every couple. Instead of marriage being pleasant, it has become the most disappointing and fragile relationship to a number of people (Oniye, Yahaya, Odebode and Alade, 2016). It has however, been observed that some people do not invest their time and energy before getting married. Some persons spend more time preparing for the marriage ceremony instead of building skills to sustain the marriage, this is as buttressed by Esere and Idowu cited in Oniye

et al. (2016) who stated that good marriage does not just happen; it is deliberately built. It is therefore pertinent for married persons to be committed and dedicated towards building a happy home and achieving marital satisfaction.

In a general sense, satisfaction in life is grounded most of the time on the expectations that one has and how well these expectations match with what is being experienced by a person (Oniye et al., 2016). However, the term marital satisfaction has proven to be rather elusive to define, often used interchangeably with terms like marital quality, marital success, marital happiness and dyadic adjustment. Marital satisfaction can be viewed as a psychological state of regulated mechanisms that monitor the benefits and costs of marriage to a particular person. A different scholar, Stone and Shackelford in 2007 viewed marital satisfaction as a mental state that reflects the perceived benefits and costs of marriage to a particular person. Marital satisfaction in the context of this study is the degree to which married parsons are contented with their marriages.

Marital satisfaction in ones' marriage is an essential factor and antecedent to overall happiness. However, marital satisfaction over the years have been influenced by a number of variables within and outside the marriage environment. Even though, several studies revealed that marital satisfaction positively correlate different factors which includes job satisfaction and increases job performances (Fallahnejad, Shahlla, and Mollahoseiny, 2016; Tampieri, 2022). Likewise, marital satisfaction has been reported to significantly correlate with job commitment among married persons (Akinnawo, Akpunne, Ahmed and Bello, 2019). Nonetheless, poor or moderate level of marital satisfaction have been reported and documented by researchers among different categories of married persons in terms of occupation (Fallah, Naz, Ozgoli, Mehrabi, Farnam, and Bakhtyari, 2018; Fallahnejad et al., 2016; Ghaibi et al., 2022; Ha and Ha, 2019; Taghani, Ashrafizaveh and Soodkhori, 2019). In Nigeria, research have it that marital satisfaction impacts the lifelong well-being of the involved parties. This includes couple overall happiness, psychological health, physical health and life satisfaction (Patricia, Thomas, Liu and Umberson, 2017). A couple's well-being may be positively or negatively affected by marriage, depending on their marital satisfaction. Martial satisfaction can be affected by certain factors and the present study will examine variable like sexual satisfaction to determine their prediction on marital satisfaction.

Marital satisfaction is influenced by many factors, for example, safe and pleasurable sexual relationship is mentioned to be one of the most important factors noticed in many researches (Tayebe, Yadollah, Mobasheri, Taghavi, Abdollahi, Modanloo, and Behnampou, 2014). The research findings indicate that sexual affairs are at first ranked in a married life and sexual satisfaction can bring about a favourable and convenient marriage. Sexuality is one of the most complex and important aspects of women's life. Sexual satisfaction has been defined as an effective response arising from one's subjective evaluation of the positive and negative dimensions associated with one's sexual relationship. Sexuality is one of

the most complex and important aspects of the person's life. Sexual satisfaction has been defined as an effective response arising from one's subjective evaluation of the positive and negative dimensions associated with one's sexual relationship.

In addition to family relationships, sexual relationships are both emotionally and physically important in marital life and intimacy in sexual relationships is one of the indicators of proximity in relationships and a powerful indicator of love. Men pay attention to sexual relationship as a means of communication and a way of expressing different types of emotions such as intimacy, love, anger and aggression. Although humans have experienced sexual orientation throughout their lives and throughout the ages, but sexual experience is personal and private, and individuals have their own unique thoughts and feelings.

Sexual satisfaction according to Ziaee, Jannati, Mobasheri, Taghavi, Abdollahi, Modanloo, and Behnampour (2014) is an effective response arising from one's subjective evaluation of the negative and positive dimensions in connection with one's sexual relationship. Shakerian (2014) defined sexual satisfaction as a person's pleasant feeling out of that type of sexual relationship which forms a vital part of persons' impression of each other which in turn maintains their marriage. The investigation of the role of sexual satisfaction among persons has been largely elaborated on in literature. Akuezuilo and Nwanna (2021) posited that people are sexually satisfied when they agree about sexual matters and when men understand women's sexual preferences, which implies that when persons communicate successfully about sexuality, there may be an added benefit to the sexual satisfaction of married persons. Various factors affect sexual satisfaction, such as occupational stress, gender, persons' relationship, age, culture and education (Givi and Setayesh, 2018). The same authors posited that the cause of many mental disorders and marital maladaptation is due to sexual dissatisfaction. The aforementioned studies have been reported within and outside the shores of Nigeria, and there still lie a gap in the body of knowledge which the present study examines the prediction among communication patterns, sexual satisfaction and marital satisfaction of married persons in Anambra State.

Research Questions

The following research questions guided the study

1. What are the sexual satisfaction scores of married persons in Anambra state?
2. What are the marital satisfaction scores of married persons in Anambra state?
3. How does sexual satisfaction predict marital satisfaction of married persons in Anambra state?

Hypotheses

The following null hypotheses was tested at .05 level of significance.

1. Sexual satisfaction is not a significant predictor of marital satisfaction of married persons in Anambra state.

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Research Method

This study was carried out in Anambra State. Correlation survey research design was adopted for this study. According to Onah and Anamezie (2022), a correlational research design seeks to establish relationship between two or more variables as well as predict the relevance of a variable over the other. In the same vein, Nworgu in Christian-Ike and Okoli (2021) defined correlation survey design as a type of research design that seeks to establish the relationship that exists between independent and dependent variables. Correlational survey design is more suitable for this study because it seeks to observe the values and determine the predicting power of these variables (communication patterns, sexual satisfaction and marital satisfaction). This was examined among married persons in Anambra state. The population for this study comprised of 3,124 married academic staff in Nnamdi Azikiwe University Awka (Male = 1529, Female = 1114, Total = 2643) and 481 married academic staffs in Chukwuemeka Odumegwu Ojukwu University, Anambra State (Male = 263 Female = 218). (Source: Personnel Unit, 2023).

The sample for this study comprises 346 married academic staff from the 2 public universities in Anambra State. This desired sample size for the study was 1st determined using the Taro Yamane formula. The result for the calculation yielded a sample size of 345.597 approximating to 346 married persons. 176 from Nnamdi Azikiwe University, NAU, Awka and 170 from Chukwuemeka Odumegwu Ojukwu University, COOU, Anambra State. The sample for this study will be selected using the multi-stage sampling technique. The 2nd stage applied the use of proportionate stratified sampling technique to stratify married academic staff in NAU and COOU based on their respective faculties. The 3rd stage employed the use of simple random sampling technique (balloting with replacement) to select three (3) faculties, Faculty of Education, Faculty of Law and Faculty of Social Sciences from the existing faculties in each university. The reason for selecting these three faculties was to ensure proper representation of the subjects in the population. Furthermore, the 4th stage also employed the use of simple random sampling technique to select 57 married academic staff from each of the faculties.

The Golombok-Rust Sexual Satisfaction Inventory (GRISS): The Golombok-Rust Sexual Satisfaction Inventory (GRISS) is a 28-item self-report scale developed by Rust and Golombok (1983). The aim of the scale is to measure the quality of sexual relationship and the existence and severity of both male and female sexual problems. The instrument has been originally subjected to internal consistency reliability estimate. The reliability of this scale has been established and confirmed by many researchers. The average value of Cronbach alpha was 0.79 for conformity and 0,89 for conversation. Data relating to research questions 1 to 4 were analyzed using aggregate scores and percentages, Research questions 5 to 7 were analyzed using linear regression analysis while research question 8 was analyzed using multiple regression analysis.

Furthermore, data relating to the null hypotheses was tested at 0.05 alpha level of

significance using multiple regression analysis. Multiple regression analysis determined the R, R – squared and R^2 adjusted coefficients were used to establish the percentage prediction among sexual satisfaction and marital satisfaction among married persons in Anambra state.

In testing the hypothesis, where the significant p-value is less than the alpha value, the null hypotheses is rejected (there is a significant prediction). Otherwise, where the significant p-value is greater than the alpha value 0.05, the null hypotheses is not rejected (there is no significant prediction)

Presentation of Results

Research Question 1: What are the sexual satisfaction scores of married persons in Public Universities in Anambra State?

Table 1: Range of sexual satisfaction scores of married persons in Public Universities in Anambra State (Norm - 5)

Range of scores	N	%	Remark
1 - 4	93	27.4	Sexually Satisfied
5 - 9	247	72.6	Sexually Dissatisfied

Table 1 reveals that with scores ranging from 5 to 9, 247(72.6%) married persons in the public Universities in Anambra State are sexually dissatisfied, while 93(27.4%) others whose scores ranged from 1 to 4 are sexually satisfied.

Research Question 2: What are the marital satisfaction scores of married persons in Public Universities in Anambra State?

Table 2: Range of marital satisfaction scores of married persons in Public Universities in Anambra State (Norm - 80)

Range of scores	N	%	Remark
16 - 79	178	52.4	Significant marital dissatisfaction
80 - 160	162	47.6	Marital Satisfaction

Table 2 indicates that with scores ranging from 80 to 160, 162(47.6%) married persons in the public Universities in Anambra State are not marital satisfied, while 178(52.4%) others whose scores ranged from 16 to 79 experience significant marital dissatisfaction.

Research Question 3: How does sexual satisfaction predict marital satisfaction of married persons in Anambra State?

Null Hypothesis: Sexual satisfaction is not significant predictors of their marital satisfaction of married persons in Anambra State.

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Table 3: Regression analysis on how sexual satisfaction predict marital satisfaction of married persons in Anambra State

R	R Square	Adjusted R Square	%	df	Cal. t	P<0.05	Remark
0.167	0.028	0.025	2.5	338	3.112	0.002	NS

In table 3, it was observed that sexual satisfaction of married persons in public universities in Anambra state had R^2 adjusted of 0.025. This indicates that sexual satisfaction of married persons in public universities in Anambra state contributed 2.5 percent to their marital satisfaction.

Furthermore, at 338df and 0.05 level of significant, the calculated t3.112 with P.value 0.002 which is less than the 0.05, the second null hypothesis is not accepted. Therefore, sexual satisfaction of the married persons in public universities in Anambra state do significantly predict their marital satisfaction.

Discussion of the Findings

Finding of the study discovered that the majority of married persons in the public Universities in Anambra State are sexually dissatisfied. This supports, Amazue, Amazue and Onu (2015) which reported that married couples in South-East, Nigeria are experiencing sexual dissatisfaction. This means that married persons in public universities in Anambra State are not sexually satisfied because their marriage has a lot of sexual problems, with poor sex quality and higher levels of marital disagreements. The finding that majority of married persons in the public Universities in Anambra State are sexually dissatisfied is in tandem with the study of Akuezuilo and Nwanna (2021) which reported that couples in Anambra State experience lower levels of sexual satisfaction. The researcher believed that majority of married persons in the public Universities in Anambra State are sexually dissatisfied because marital sexual intercourse between couples that is significant to their overall wellbeing is not frequent, satisfactory and pleasant in their bedrooms.

The findings of the study revealed that the majority of married persons in the public Universities in Anambra State are experience marital dissatisfaction. This means that married persons in public universities in Anambra State are not marital satisfied because there is a low degree of happiness and satisfaction of among couples regarding their marriage. The finding that majority of married persons in the public Universities in Anambra State are not marital satisfied is in tandem with the study of Ilo (2014) which reported that couples in South East, Nigeria experience lower levels of sexual satisfaction. The researcher believed that majority of married persons in the public Universities in Anambra State are not marital satisfied because couples are living in inadequate intimated environment with lower levels of emotional support, comfort and caring feelings due to societal responsibilities and children pressures.

Outcome of the study revealed that sexual satisfaction of married persons in public universities in Anambra state contributed 2.5 percent to their marital satisfaction. Thus, sexual satisfaction of the married persons in public universities in Anambra state do significantly predict their marital satisfaction. The researcher is of the opinion that sexual affairs are amongst the many reasons for getting married and sexual satisfaction can bring about a favourable and convenient marriage leading to marital satisfaction.

Conclusion

Pleasant sexual satisfaction among married persons fosters healthy marital relationships because they help to sustain the intimacy, understanding, and mutual satisfaction between married couples. Sexual satisfaction are significant predictors of marital satisfaction of married persons in public universities in Anambra State because pleasant intimate relationships play are pivotal determinants of marital success.

Recommendations

Based on the findings of this study, the following recommendations are made:

1. Guidance counsellors in practical field of couple or marital therapy, should emphasize therapies that a man and woman enter into marital relationship and they owe it to themselves to talk it through better by engaging in positive courtship before they could contract marriage for marital satisfaction.
2. Institutions and ministries should increase conflict resolution and sex education, in order to ameliorate the consistent rise in divorce, which in turn would strengthen marriage and family structures. Moreover, reorganizing activities and programs on family empowerment, enacted in cooperation between the Ministry of Family and Social Policies and universities, in a systematic and continuous manner is believed to be important.
3. Since the study revealed that sexual satisfaction do not significantly predict marital satisfaction of married persons in Anambra state. It is important to provide centers for training of would be married persons before they get married which can promote married persons marital satisfaction and life quality, and it is one of the main prevention programs in the initial levels. Hence, for enhancing married persons to make a strong bond for the better family functioning and social well-being.

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