ILORIN JOURNAL OF EDUCATION

ISSN: 0189-6636

VOLUME 32 DECEMBER, 2013

EDITORIAL TEAM

Editor-in-Chief
Professor A.S. Olorundare, Dean, Faculty of Education, University of Ilorin, Ilorin.

Managing Editor (IJE)
Dr. H.O. Owolabi, Faculty of Education, University of Ilorin, Ilorin.

Consulting Editors
Professor Ugur Demiray,
Faculty of Communication Sciences,
Anadolu University, Eskisehir,
Turkey.

Professor N. Balasubramanian,
Bharathiar University,
Coimbatoire,
India

Charles Isitoa Juwah,
The Robert Gordon University,
Schoolhill,
Aberdeen.

Review Board
Gulsun Kurubacak (PhD)
College of Open Education,
Anadolu University,
Eskisehir, Turkey;

Ali Fawaz Sagreef (PhD),
Maldives College of Higher Education
Male Maldives

Ezendu Ariwa,
London Metropolitan University Business School,
London, UK;

Satyadhyan R. Chickerur,
Sonal College of Technology,
Salem India

Editorial Board
Dr. Mrs .M. Esere, Department of Counsellor Education, Faculty of Education, University of Lorin, Ilorin.
Dr. B. Onasanya, Department of Science Education, Faculty of Education, University of Ilorin, Ilorin
Dr. S.B. Olajide, Department of Arts & Social Sciences Education, Faculty of Education, University of Ilorin, Ilorin.
Dr. A. Yusuf, Department of Arts & Social Sciences Education, Faculty of Education, University of Ilorin, Ilorin.
Dr. R.A. Shehu, Department of Human Kinetics & Health Education, Faculty of Education, University of Ilorin, Ilorin.
Dr. Mrs R. Oduwaiye, Department of Education Management, Faculty of Education, University of Ilorin, Ilorin.

TABLE OF CONTENTS

Welcome to IJE ii

Instruction to Contributors iii

Editorial Team v

Table of Contents vi

The Role Of Adult Literacy And Basic Education In Sustainable Human Capital Development In Nigeria
AJITONI, S. O. 1

A Study Of Relative Performance Of Nigerian Universities Students Based On Entry Qualification
APEJI, E. A. 23

Roblems Encountered In Distance Education Mathematics As Perceived By Students And Course Tutors In The Central Region Of Ghana
COBBINAH, A. 44

Undergraduate Students In Conducting Research In Tertiary Institutions In Imo State.
SHEU, A. L. & MAYOWA, O. O. & DARAMOLA, D. S. 61

Effectiveness Of Computer-based Simulation On Students Achievement In Physics Education
GAMBARI, A. I. & EMMANUEL, T. I. 69

Assessment Of The Language Preferred In Teaching And Learning By Parents And Children In Ondo Town: Implications For Teacher Preparation
LAWANI, M. T. 84

Sport Tourism Indices As Predictors Of Employment Generation In The Sport Sector Of Southern Nigeria
OMOLAWON, K. O. 100

Education Resource Utilization And Students' Academic Achievement In Ibadan North-east And South-east Local Government Areas Of Oyo-state.
OSAGIE R. O. & ADAJA C. F. 110

Students And Teacher's Attitudes As Correlates Of Students Performance In Mathematics
SARDAUNA, S. S. 121

Sources Of Marital Stress Of People In Polygamous Marriages In Kwara State: Implication For Counselling
ONIYE, A. O., ODEBODE, A. A., ADEGBOYEGA, L. O., ALWAJUD-ADEWUSI, M. B.& YUNUS, S. A. 134

Grandchildren's Opinions About Cares Given By Their Own Grandparents In Odeda Local Government (olg), Ogun State, Nigeria
LASODE, A. O. & OJETUNDE, K. O. 148

SOURCES OF MARITAL STRESS OF PEOPLE IN POLYGAMOUS MARRIAGES IN KWARA STATE: IMPLICATION FOR COUNSELLING

ONIYE, A. O., ODEBODE, A. A., ADEGBOYEGA, L. O., ALWAJUD-ADEWUSI, M. B. & YUNUS, S. A.
Department of Counsellor Education,
Faculty of Education,
University of Ilorin, Ilorin.

Abstract
The study investigated sources of marital stress of people in polygamous marriages in Kwara State. The researchers thus investigated whether or not there was a significant difference in the sources of marital stress of people in polygamous marriages in Kwara State on the bases of gender, religious affiliation and educational attainment. Descriptive survey research procedure was adopted for the study. The Multistage sampling technique was used to draw a sample of 600 respondents. The instrument for data collection was the Sources of Marital Stress Questionnaire (SMSQ). Research questions were raised while research hypotheses formulated were tested. The data collected were analysed through the use of frequency counts, percentages, t-test and Analysis of Variance (ANOVA) at 0.05 level of significance. The findings revealed that inability of husbands/wives to meet the sexual demands of wives/husband was the major source of marital stress of people in polygamous marriage. Based on the findings, there is a need for proper enlightenment on marital counselling for the singles and the married on the stress associated with polygamous marriages.

Keywords: Stress, Marital stress, Polygamous marriage

Introduction

Marriage is a legally recognized union of man and woman. According to Duntoye, Bukoye and Rasaq (2008), it is a composition of two people coming together as husband and wife to re-define themselves. It is regarded as a medium through which individuals involved achieve better self–realization. Nwoye (1991) defined

marriage as sacred and permanent contract which is assumed to be enacted when two people,a man and woman decide on their own accord and in the presence of at least two witnesses to exchange the formal consent to live a life full of love and sharing with each other; for the purpose of promoting mutual growth and welfare as partners on their journey through life.

According to Ezukwu (1991), marriage is a partnership contract without an escape clause. This means that marriage ideally should be a lifelong agreement between the couples. The union of marriage is sanctioned by the society for a man and a woman to become husband and wife with social obligations being recognized and accepted by both partners. Jha (2001) sees the concept of marriage as a publicly recognized and culturally sanctioned union between a male and a female, which is intended to be enduring to give sexual right in each other and to fulfill further social functions.

The institution of marriage is a universal one because it is found all over the world, but the type of marriage differs significantly from one society to the other. Mahuta (2008) pointed out that the forms or patterns of marriage are dependent on the number of spouses involved in the marriage. Broadly speaking, there are two types of marriage, namely, monogamy and polygamy. These are the two types of marriage in Nigerian society but in other societies, various types of marriage exist. According to Mahuta (2008), monogamy is the type of marriage in which a person has only one wife at any given time. Polygamy, on the other hand, is the type of marriage in which a man marries more than one wife at any given time. In Islam, a Muslim is allowed to marry up to four wives depending on the financial position and other conditions that have to be satisfied which include, fair dealing and treatment among the wives, good feeding and clothing among others (Jawando, 1997).

There are several traditional and major functions of marriage across societies, cultures and religions of the world. From the Christian point of view, the functions of marriage according to the Holy Bible are for companionship, divine security, and fruit of the womb, divine protection from enemies, divine favour and spiritual strength. Oyedepo (2007) also explained that husband and wife will enjoy greater understanding when they put heads together to make decisions affecting their family. Also, the marriage union is expected to produce children. That was God's plan from the beginning (Genesis 1:26 - 28). If it does not, grief and frustration often set in. Similarly, Adeoye (1995) listed some expectations or roles of marriage as follows; moral values and characters, security and self confidence, self control, sexual direction, future social capability e.t.c. Other functions of marriage identified by Bamisaiye (2000) are sexual functions, economic functions, reproductive

functions and educational functions. However, it is relevant to mention that in a situation where all the expectations and functions of Marriage are not met, there is tendency for such a home to experience stress (Mahuta, 2008).

Amao and Aremu (2003) observed that stress is not necessarily a bad thing. If one always avoids it, one would never establish intimate relationship, have children, try new things or succeed at work. Also, stress simply cannot be completely avoided because pressure, concerns and strains of life are with people every day which make them stressful, therefore there is no such thing as a stress free existence. A major factor in the maintenance of health is the ability to live in harmony with the community (Adeniran, 2006).

Marital stress manifests itself in various ways. According to Adeniran (2006), living and rearing a family in the present economic, political and social environment, family conflict, education and the struggle with daily workloads can be very stressful and lead to burn out. As a result of over load of responsibility, couples may be found yelling at each other over minor incidents such as not cooking food on time. Any working couple could relate to such an over load of responsibilities. Khan (1991) observed that marital stress is found among the working class wives who fail to pay due attention to and take care of their husbands and children, or fail to take as much interest and pride in motherly roles as the husbands want. He went further to observe that child rearing is the most important source of stress for women especially those in polygamous homes.

Fadairo (2002) identified the following conditions that may induce stress among couples;

a. Unaffectionate disposition
b. Unforgiving attitude
c. Communication gap
d. Inability to find quality time for each other
e. Poor handling of monetary affairs
f. Extramarital relationships
g. Conjugal infidelity (lack of trust between husband and wife).
h. Dealing with in-laws.

People experience stress from the moment they are conceived until the day they die. Stress is then an essential and normal part of people's daily lives. When people are dealing with dangers, fear, and emotional issues in their personal lives, stress can produce fight or flight responses (Duntoye, 2006). Couples in polygamous marriages who are experiencing stress cannot function effectively at work due to the emotional instability hence, leading to poor productivity. Likewise, children from these families usually have poor emotional development and find it difficult to

cope with academic work hereby having poor academic performance (Nwobi, 2004)

Many researches have been conducted on the issue of stress. Amao and Aremu (2003) researched into the sources of stress and coping strategies among sandwich students of University of Ado–Ekiti. Adeoye (1995) also investigated the effects of stress on students' academic performance in University of Ibadan. Fadairo (2002) studied the influence of polygamous family on students' academic performance secondary schools in Ilorin metropolis. While, Adeniran (2006) focused mainly on marital stress with special attention on monogamous couples. Findings from the study of Amao and Aremu (2003) revealed that combination of domestic and academic works are stressful, whileFadairo (2002) showed that inadequate funds and attention in the polygamous families have negative effects on children's academic performance.Adeniran (2006) found that family conflicts, education and the struggle with daily workloads can be stressful. All these studies did not specifically address the nature and stress inherent in polygamous marriages.Against this background therefore, the main concern of people in polygamous marriages in Kwara State is imperative.

Research Questions

The following research questions were raised based on the statement of the problem:

1. What are the sources of marital stress of people in polygamous marriages in Kwara State?
2. Are there differences in the sources of marital stress of people in polygamous marriages in Kwara State on the bases of gender, educational attainment and religious affiliation?

Hypotheses

Ho1: There is no significant difference in the sources of marital stress of people in polygamous marriages in Kwara State on the basis of gender.

Ho2: There is no significant difference in the sources of marital stress of people in polygamous marriages in Kwara State on the basis of educational attainment.

Ho3: There is no significant difference in the sources of marital stress of people in polygamous marriages in Kwara State on the basis of religious affiliation.

Methodology

The researchers adopted the descriptive survey design. Descriptive survey provides an opportunity for the researcher to present information about the characteristics

within a particular field of study with the purpose of providing a picture of situations, as they naturally exist (Burns & Grove, 1995). The population for the study comprised all married people in polygamous marriages in Kwara State. The researchers employed multi-stage sampling procedure to select the respondents. At stage one, simple random sampling technique was used to select two Local Government Areas from each of the three Senatorial Districts that make up Kwara State. From Kwara South, Offa and Irepodun Local Government Areas were chosen. From Kwara North, Edu and Kaima Local Government Areas were chosen while Ilorin West and Ilorin East were chosen from Kwara Central. In all, a total number of six Local Government Areas constituted the target population for the study.

At stage two, cluster sampling technique was used to select people from each of the selected Local Government Area. Cluster sampling technique is used in situations when it is difficult to obtain a complete listing of the element of a given target population (Daramola, 2003). Respondents were drawn from three main centers viz teachers in secondary schools, workers in the Local Government Secretariat and members of churches and mosques. At stage three, stratified sampling technique was used to stratify the sample into stratum. Ibrahim, Landu and Opadokun (2004) described stratified sampling technique as a process in educational research whereby variables are classified into groups according to desired characteristics of the variables such as sex, age group etc. In this study, stratification becomes necessary so as to enable the researcher to select married people from polygamous homes.

At stage four, simple random sampling technique was used to select one hundred respondents from each of the six Local Government Areas. In all, a total number of six hundred married people in polygamous marriages participated in the study. For the purpose of this study, the researchers developed a questionnaire tagged "Sources of Marital Stress Questionnaire" (SMSQ) and it was responded to by people in polygamous marriages. The instrument has two sections, A, and B. section "A" deals with personal data about the respondents such as gender, religious affiliation and educational attainment. Section "B" consists of 9 items on the sources of marital stress in people with polygamous marriages. The items on sections "B" was rated as follows:

VT = Very True of me; T =True of me; RT= Rarely True of me; NT =Not True of me. Respondents ticked from the options that best represent their opinions.

In order to ascertain the validity of the instrument, the draft of the questionnaire was given to four lecturers in the Department of Counsellor Education, University

Table 1 shows that 600 respondents participated in the study, of these, 260 were males while 340 were females with 43.3 and 56.7 percentages respectively. The table further reveal that a total of 70 respondents had primary school certificate only, 110 respondents had Junior Secondary School Certificates, 160 respondents had Senior Secondary School Certificates, 150 respondents were OND/NCE holders, 80 respondents were First Degree/HND Holders and 30 respondents had their Masters/Doctorate degree with 11.7, 18.3, 26.7, 25.0, 13.3 and 5.0 percentages respectively. Also, 220 respondents were Christians (36.7%) and 380 respondents were Muslims (63.3%).

Research Question 1

Table 2: Rank Order Analysis of Sources of Marital Stress

S/N	Item No	As far as am concerned, marital stress originates from:	Mean	Rank
1.	9	Inability of the husband/wives to meet the sexual demands of wives/husband.	3.55	1st
2.	6	Constant quarrels among the wives.	3.47	2nd
3.	2	Shouting and yelling treatment of spouses.	3.18	3rd
4.	4	Failure of spouses to freely communicate ideas among each other.	3.18	3rd
5.	1	Lack of proper marital communication among spouses.	3.07	5th
6.	3	Cold shoulder treatment by husband of one or more of the wives.	3.07	5th
7.	5	Inability of husband to meet the financial needs of the wives.	3.05	7th
8.	7	Unequal division of labour among wives.	2.98	8th
9.	8	Interference of extended family members in family affairs.	2.67	9th

Table 2 shows that item 9 ("Inability of the husband/ wives to meet the sexual demands of wives/ husband") had the largest mean value (3.55) and was ranked 1st. It was followed in second place by item 6 ("Constant quarrels among wives") with a mean value of 3.47. Item 2 ("Shouting and Yelling treatment of spouses") with a mean value of 3.18 was ranked 3rd. Item 8 ("Interference of extended family members in family affairs") had the lowest mean (2.67) and was therefore ranked the least i.e. 9th.

Hypothesis Three

There is no significant difference in the sources of marital stress as perceived by married people in polygamous marriages on the basis of religious affiliation.

Table 5: Means, Standard Deviation and t-value of Respondents' on Sources of Marital Stress Based on Religion.

Group	No	Mean	SD	DF	Cal t- value	Critical t-value
Male	220	28.4591	8.56472			
Female	380	28.0684	8.62441	598	0.54	1.96

Table 5 shows that the calculated t-value of 0.54 is less than the critical t-value of 1.96 at 0.05 level of significance. Hence the null hypothesis was accepted. This means that religion has no significant influence on the sources of marital stress of people in polygamous marriages in Kwara State.

Discussion

Part A of the questionnaire dealt with respondents' demographic data and the analysis of the items was done. Part B of the questionnaire was used to collect data on the sources of stress. Section B contains 9 items. The result showed that item 9 ("As far as I am concerned marital stress originate from inability of the husband/ wives to meet the sexual demands of wives/ husband") had the largest mean score of 3.55 and was ranked 1st. This means that people in polygamous marriages do experience stress from inability to meet the sexual demands of their spouses more than from any other sources. This findings conforms to the previous findings of Al-krethe study investigated the sources of marital stress of people in polygamous marriages in Kwara State.

The result also showed that item 6 ("As far as am concerned marital stress originates from constant quarrels among the wives") was ranked 2nd with mean 3.47. This means people in polygamous marriages according to Adeniran (2006) most of the time quarrel. Adeniran opined that one of the reasons why most people run away from polygamous family is constant quarrel among the wives especially when they live together.

The result showed that item 2 ("As far as am concerned marital stress originates

from shouting and yelling treatment of spouses") with a mean score of 3.18 was ranked 3rd. This finding confirms the findings of Duntoye (2002) that lack of proper marital communication among spouses in polygamous marriage is a serious determinant of marital stress among couples. Poor communication style among spouses in polygamous marriage is a serious determinant of marital stress among couples. Some of the difficulty areas in the communication realm of some couples include the silent treatment, the shouting and yelling treatment, constant talking, confidence problem and cold shoulder treatment.

Hypothesis one stated that there is no significant difference in the sources of marital stress as perceived by people in polygamous marriages on the basis of gender. The hypothesis was tested using t-test. The result showed that, gender has no significant influence on the sources of marital stress of people in polygamous marriages since the calculated t-value of 1.05 is less than the critical t-value of 1.96 at 0.05 alpha level of significance.

Hypothesis two stated that, there is no significant difference in the sources of marital stress as perceived by people in polygamous marriage on the basis of educational attainment. The hypothesis was tested using Analysis of Variance (ANOVA). The results showed that educational attainment has no significant influence on the sources of marital stress, since the calculated f-value of 1.25 is less than the critical f-value of 2.21 at 0.05 alpha level of significance. This finding contradicts the study of Martha (2006) who observed that poorly educated women from rural areas and with low socio-economic status are much more likely to experience stress in a polygamous marriage

Hypothesis three stated that, there is no significant difference in the sources of marital stress as perceived by people in polygamous marriage on the basis of religious affiliation. The hypothesis was tested using Analysis of Variance (ANOVA). The results showed that religion has no significant influence on the sources of marital stress, since the calculated t-value of 0.50 is less than the critical t-value of 1.96 at 0.05 level of significance. This finding confirms the finding of Gregory (2005) that people pursued plural marriage because of their sexual appetite rather than sincere religious conviction. As against (Senegal-polygamy, 2012) that, the main social factors underlying the high polygamy rates are religion, high mortality and levirate. He further said that, having more than one wife is authorized under Islamic law and men often invoke their religious beliefs to explain the practice of polygamy. This finding contradicts the study of Miriam (2008) that in Islam, the Quran clearly states that men who choose this route (polygamous marriage) must deal with their wives justly.

Implications of the Findings for Counselling Profession

The study investigated the sources of marital stress of people in polygamous marriages in Kwara State. The findings of this study have far reaching implications for counselling such as:

- There is the need for Counsellors to include marital counselling to secondary students just as it is done on vocational counselling. This will prepare the minds of both males and females at their early stages of life that marriage be in polygamy or polygamy can be stressful, hence, they need to enter into it and also cope with it.
- There is a need to propagate the establishment of counselling centers in all the towns in Nigeria where people in polygamous marriages and those who are planning to enter into it will be counselled on what to expect in it and make a good living.
- Counselling centers also should be established and utilized in churches and mosques to cater for those couples that are going through stress in polygamous marriages.
- Counsellors should be prepared to let his/her clients know that life itself is full of stress therefore they should be ready to face and overcome the challenges.
- Counsellors should note that counselors-in- training should be equipped with knowledge and skills to help people/clients with their marital stress.

Conclusion

Perusing the analysis of data and interpretation of the findings, there were evidences to show that gender, educational attainment and religious affiliation confirmed speculations that people in polygamous marriages experience stress from multiplicity of sources. The fact is that people in polygamous marriages in Kwara State go through stress.

The greatest source of marital stress of people in the polygamous marriage in Kwara State was inability of the husband/wives to meet the sexual demands of husband/wives.

Recommendations

Based on the findings of this research work, the researchers present the following recommendations:

There should be proper enlightenment for the singles and the married on the stress associated with polygamous marriages.

The general public should be enlightened on the prones and cones of polygamy and the benefits of maintaining average sized family so as to ensure that people set up the families that are capable of caring for.

Both religions (Christianity and Islam) should play their roles in ensuring that they practice this type of marriage in any acceptable manner.

REFERENCES

Adeleye, M.O. (2008). *Influence of broken homes on students' academic performance in secondary schools in Irepo L.G.A of Oyo State.* Unpublished B.Ed.Project, Department of Guidance and Counselling, University of Ado-Ekiti.

Adeniran, I.S. (2006).*Causes and management of marital stress among couples in Ogbomosho metropolis*. An Unpublished B.Ed. Project, Department of Guidance and Counselling University of Ado-Ekiti.

Adeoye, T.M. (1995). *Effects of stress on students academic performance in University of Ibadan*. An unpublished B.Ed.Project,Faculty of Education, University of Ibadan.

Akintoye, P. (1996). *Work stress.* Ibadan: Tolani Press

Al-Krenawi, A., Graham, J., Al-krewani, S. (1997).*Social work practice with polygamous families.Child and Adolescent Social Work Journal,* 14 (6), 443-458.

Amao, S. &Aremu, M. (2003).*Sources of stress and coping strategies among sandwich students of University of Ado-Ekiti*: An unpublished B.Ed. Project, Department of Guidance and Counselling, University of Ado-Ekiti.

Asher, K. (2010). *The psychiatric impact of polygamy. Retrieved from www.http.trenthead.com*

Atkinson, R. (1999). *Stress.* London: Oxford University Press

Bamisaiye, R. (2000). *Sociological foundation of Nigerian education: An introduction (2nd ed.).* Ibadan: AMD Publishers

Burns, N. & Grove, S. K. (1995). *Understanding nursing research: Building an evidence-based practice.* www.getcited.org/pub/103190883.

Cohen, R. (1989). *Controlling stress,* Ontario: University of Ontario

Dao, Y. (1993). *Among at the turning point. Minneapolis, MN: World Bridge Associates, Ltd.*

Daramola, S.O. (2006). *Research and statistical methods in education for students and researchers in tertiary institutions.* Ilorin: Bamitex Printing and Publishing

Duntoye, J.A. (2002). A Survey of sources of problems and solutions in couples' marital relationship. *Ilorin Journal of Arts and Social Sciences,* 3(1) 34 – 40

Duntoye, J.A. (2002). *Sex and marital counselling.* Ilorin: Nathadex Publishers

Duntoye, J.A. (2006). Spouses' communication styles: Effects on and Strategies for marital stability. *Nigerian Educational Digest,* 9(1) 208–213

Duntoye, J.A, Bukoye, R.O.&Rasaq A.O. (2008). *Introduction to guidance and counselling: Organization and practices*. Ilorin: Integrity Publications

Famojuro, S. (1998). *Causes and effects of stress on teachers' job performance in Oyo State*. An Unpublished M.Ed.Project, University of Lagos.

Filani, T.O. (1984). *An experimental study of communication skill training and cognitive restructuring on the marital adjustment of some Nigerian couples*. An Unpublished Ph.D thesis, University of Ibadan.

Girdano, A.D.&Geirge, E. (2002). *Controlling stress and tension: A holistic approach(3rd ed.).* New Jersey: Engle Wood Cliff

Gregory, L.S. (2005). *Polygamy, prophets, and preservation: Frequently and rarely asked questions about the initiation, practice and cessation of plural marriage in the church of Jesus Christ of Latter-Day Saints.* Retrieved on June 28, 2012 from http://www.fairlds.org

Ghuam, A. A. (2012). *Ref-polygamy of the nature of marriage in Islam and the west.* Thesis submitted in conformity with the repent for the master of law, Faculty of Law, University of Toronto.

Jawando, I.A. (1997). Islamic education in Nigeria: Towards self-reliance. *SokotoEducational Review,* 4,115–120.

Josef, B. (1997). *Education and marriage. Institute of sociology, Munich AdreasDiekmann Institute of Sociology, Berne.*

Khan, J.E. (1991). *Introduction to sociology.* London: Cambridge University Press

Mahuta, M.G. (2008). *Introduction to sociological foundation of education.* Sokoto: Bult-Bass Educational Books

Martha, B. (2006). *Expanding recognition of foreign polygamous marriages: Policy implications for Canada. Status of women Canada. Retrieved on June 23 from http://www.swc. Cfc.gc.ca/.*

Miriam, K. (2008). *Polygamy: A cross-cultural analysis. Berg Publishers.*

Nwoye, S. (2008).*Effects of marital instability on students academic performance in secondary schools in Surulere L.GA of Lagos* State. An unpublished B.Ed.project, Faculty of Education, University of Ibadan.

Ogunsola, J.O. (2005). *Introduction to sociology.* Ilorin: Makay Press

Olayinka, M.S. (1987). *Sex education in marital guidance.* Lagos: Lantern Books Ltd

Orman, N. (2006). *Marriage and family.* New York: West Publishing Company

Oyedepo, F. (2007).*Making marriage works.* Lagos: Dominion Publishers

Richard, W.N. (2002). *Helping your kids handle stress,* San Bernadino: Book Cole Senegal- Polygamy. *Retrieved on September 27th 2012 on http:// family.jrank.org/pages/1482/ Senegal-polygamy. Html> endogamy, polygamy and impact of westernization.*

Seyle, H. (1993). *The stress of life*. New York: McGraw Hill.