

**PERSONALITY TYPES, STRESS LEVELS AND COMMUNICATION STYLES AS
CORRELATES OF SPOUSAL ABUSE AMONG MARRIED
ADULTS IN NIGERIA**

BY

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**A THESIS SUBMITTED TO THE DEPARTMENT OF COUNSELLOR EDUCATION,
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DEGREE IN EDUCATIONAL GUIDANCE AND COUNSELLING**

DECLARATION

I declare that this thesis titled “Personality Types, Stress Levels and Communication Styles as Correlates of Spousal Abuse among Married Adults in Nigeria” is my own work and has not been previously submitted by me or any other person for any course or qualification at this or any other tertiary institution.

I also declare that as far as I am aware;all cited works have been acknowledged and referenced.

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CERTIFICATION

This is to certify that this research titled “Personality Types, Stress levels and Communication Styles as correlates of Spousal Abuse among Married Adults in Nigeria” was conducted by ADEBOYE, Bosede Anu (05/680J001) and had been read and approved in partial fulfillment of the requirements of the Department of Counsellor Education, Faculty of Education, University of Ilorin, Ilorin, Nigeria for the award of Doctor of Philosophy (Ph.D.) Degree in Educational Guidance and Counselling.

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DEDICATION

The researcher whole- heartedly dedicated this thesis to the Master of the whole Universe for his immeasurable mercy and faithfulness upon my life, throughout this giant journey. I give all the glory, honour and adoration to my LORD GOD alone.

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ABSTRACT

Spousal abuse, divorce and unhappiness after marriages are increasing steadily among married adults in Nigeria necessitating the need for improved communication among married adults for family happiness. Therefore, the study investigated Personality Types, stress levels and communication styles as correlates of spousal abuse among married adults. The objectives of the study were to determine: (i) the personality types; (ii) stress levels; (iii) communication styles; (iv) spousal abuse index of married adults; and (v) correlation coefficient of gender and length of years in marriage with personality types of married adults in Nigeria.

Descriptive design of correlation type was adopted for the study. The population was all literate married adults who are civil servants in Nigeria. Using the Research Advisor, at confidence of 95%, a total of 1,537(males and females) respondents were drawn from the six geo- political zones in Nigeria. Multistage sampling procedure involving simple random, purposive and stratified sampling techniques were employed. The study employed a researcher- designed questionnaire which was content validated by experts. The reliability was determined by the use of test-retest reliability (r) that yielded 0.74 for Personality Types, 0.71 for Stress levels, 0.73 for Communication Styles, 0.76 for Spousal Abuse respectively. Percentage, Multiple Regression Analysis and Pearson's Product Moment Correlation were used to analyze the data.

The findings of the study were that:

- i. High percentage made up of 82.21 % of the respondents were Type A (extroversion) while 16.80 % were Type B (introversion);
- ii. 78.42% had high stress levels, while 3.40% had moderate stress levels and 18.1.% of the respondents had low stress levels;
- iii. 82.62% used appropriate communication styles while 17.41% of respondents used inappropriate communication styles;
- iv. 79.90% exhibited more spousal abuse in their marriage while 20.12% exhibited less spousal abuse in their marriage;
- v. There were significant relationships among personality types, stress levels, communication styles and spousal abuse of married adults in Nigeria; personality type had a Beta weight (β) of .229, $t = 3.940$, $p < 0.05$; stress levels had a Beta weight (β) of .422 $t = 4.641$, $p < 0.05$ and communication styles had a Beta weight of (β) .397, $t = 9.508$, $p < 0.05$.
- vi. Gender and length of years in marriage had significant correlation coefficient with spousal abuse of married adults in Nigeria ($r = 0.365$; $p < 0.05$ and $r = 0.983$, $p < 0.05$) respectively.

The study concluded that married adults faced the problem of spousal abuse in Nigeria that might be as a result of personality types, stress levels and communication styles. The implication of the of the study is that counsellors should sensitise the married adults on how to use positive communication skills to enhance marital stability. It was therefore recommended that married adults need counselling with the aid of Logotherapy as counselling technique to ameliorate the problems of married adults on their personality types; stress levels and communication styles in order to stem the tide of spousal abuse.

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CHAPTER ONE

INTRODUCTION

Background to the Study

Marriage is the coming together of two different individuals as husband and wife who agree to plan and set up their own family. As an institution, it dates back to the time of creation when God created Adam and Eve. Marriage is an essential phenomenon in human life irrespective of tribe, society and religious affiliations. Marriage is an important relationship between a man and a woman because it involves emotional and legal commitments which are quite important in any adult's life. In the Nigerian context and in some other places, marriage is the coming together of a man and a woman as husband and wife. The selection of a partner and establishment of marital contract is considered as a maturational milestone and personal achievement which requires the ability to communicate effectively with one's partners. The institution of marriage is not crisis free since the two individuals that come together as husband and wife, most of the time, have different temperaments, and different personality types, which can trigger stress, and affect their levels of communication, making it positive sometimes, and at other times, negative. The poor personality characteristic disposition, high levels of stress and inappropriate communication styles might lead to spousal abuse. Ogunsanmi (2008) defined marriage as a partnership contract without an escape clause. The implication here is that marriage especially the successful one connotes a life-long arrangement where the couples survive a multitude of demanding situations such as illness, financial constraints and family attendant problems.

Nwadinigwe and Anyama (2010) viewed marriage as an agreement between a man and a woman who take certain vows to love and cherish one another, stay together through sickness

and health and for better or for worse. They further stated that marriage is expected to flourish till one partner dies. It is a presumption that couples will live together forever, accommodate and tolerate each other till death. A family is the by-product of any successful marriage. It is the first agent of social control through which a child is introduced to the practices, norms, beliefs and values of the society. In setting up the family, some couples go through marital violence or spousal abuse, which can mar the continuity of the marriage (Nwadinigwe & Anyama 2008).

Ogunsanmi (2008) identified marriage as one of the three major experiences of life where others are born and dies. For a society to remain stable, marriage as a social institution should be well established. Marriage in some cases is seen as a religious obligation. Both Christianity and Islam are in full support of harmonious and peaceful co-existence in spousal relationship. This is in line with the submission of Oniye (2008), who opined that marriage is a common institution in all human societies, seriously advocated and supported by the major religions in Nigeria, (African Traditional Religion, Christianity & Islam). Marriage depends on many different things to be successful: trust, love, time, friendship, understanding, honesty, sincerity, effective communication and above all, good personality characteristics disposition (Sotonade, 2003). Many marriages experience a lot of problems such as personality problem, marital stress and inappropriate communication styles which may result into spousal abuse. Marriage that is not built on effective communication might break up because communication is very essential in stabilising marriage (Ogunsanmi, 2008).

Communication has different meanings to different people and society, communicating effectively enables couples to resolve conflicts amicably (Esere, 2007). Spousal abuse is a very serious and abnormal pattern of behaviour that may be caused by a number of different factors (World Health Organisation, 2003). The abuse often begins with verbal humiliation and

emotional abuse and eventually intensifies and increases until it reaches physical abuse. Abusers usually say and do things to shame or insult the other spouse. The perpetrator may mock the victim in private as well as in front of other people, saying things such as ‘you are too ugly, fat, too skinny, stupid, miserable and lazy’ among others (Ordu, 2009).

Spousal abuse is a phenomenon that portends negative consequences on the well-being of the individuals involved (Papadakaki, Tzamalouk, Chatizifotious & Chilaetakis, 2009). Its incessant occurrence in this 21st century often serves as a gateway to instituting divorce proceedings and possibly, the eventual manifestation of a divorce experience. Spousal abuse could be perpetrated in the form of physical or sexual abuse. It could also include verbal, psychological, emotional and financial behaviours which are abusive and inhumane in nature. Thus, divorce can be a triggering event of spousal abuse. In fact, the danger of serious violence is at its highest point when a person acts on a decision to leave an abusive relationship. Crooks Jaffe and Bala, (2010) posited that the dynamics of interpersonal violence contradicts the fundamental principles of unity, equal status, respect, trust and collaboration necessary for productivities required for effective marital union. Generally, women are more likely than men to be physically injured, spend time recuperating from abuse-related injuries, report fear of their partner’s violence and report depressed feelings as a result of the violence they experience (Alokan, 2013).

Spousal abuse is the intentional and persistent abuse of a marriage partner in the home in such a way that it causes pain, distress or injury which includes battering of intimate partners, marital rapes and a host of others. Spousal abuse occurs globally. Families from all social, racial, economic, educational and religious backgrounds experience spousal abuse in different ways (UNICEF, 2005). Aihie (2009) asserted that spousal abusive behaviour is also known as

domestic abuse, battering and family violence. It is a behaviour that occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. Wedlock is however impaired when the husband and wife's relationship is strained with poor and inappropriate communication. As a result of this, there may be tension, mistrust, doubtful feeling of closeness, less sharing, less intimacy and sense of isolation (Sotonade, 2003). Many marriages in Nigeria have experienced and are experiencing spousal abuse behaviours (Ordu, 2009). The incidence of spousal abuse, broken homes, unhappiness among intimate partners and several cases of divorce in courts have been on the increase in the world, particularly in Nigeria, in recent times (AfroNews, 2007). The incidence of spousal abuse is quite common and caused by various reasons some of which include keeping girl friends, indulging in sexual affairs with brother, sister-in-laws or step daughters or house maids (Ordu, 2009)

Spousal abuse results in the spouses' poor attitude to life, personality problem and poor communication styles, including retrogressive attitudes to society and development (Sotonade, 2003). A visit by the researcher to some homes, the customary courts and welfare offices in some parts of Nigeria revealed unprecedented rise in the rate of spousal abuse, divorce, marital dissatisfaction, loss of affection between couples and cases of marital violence. Reports from the above places indicate that child abuse, child neglect, abscondement, malice, beatings, family dispute, illegal taking over of property, adultery, threats, starvation, abandonment, rejection, parental interference, damage to property, request for separation, dowry refund and lack of sexual satisfaction are all on the increase. These various complaints come from either of the spouse and/or their parents. Specifically, when one studies the divorce statistics in Nigeria, it is clear that a number of marriages and families are in serious trouble. Moreover, a lot of social, emotional, psychological, financial and physical cum biological factors contribute to

these problems. It is estimated that divorce increased from Nigeria 5,504 in January 2017 to 7,720 in April 2017, where it was further reported by Alokun 2013 that violent abuse acts towards either spouse whether physically, emotionally, psychologically and psycho-socially in Nigeria increased from 55% in 2014 to 91% in 2017 (Federal Ministry of Women Affairs, Social Welfare and Child Development Abuja, 2007).

In view of the foregoing, it is important to note that experiences of life influence individuals' propensity to engage in family violence or spousal abuse. The four major sources of spousal abuse are childhood socialization, previous experiences of the couple, personality disorders and individual's current life styles. People may first learn about physical aggression between family members as an acceptable behaviour because of their childhood experiences within family setting. Individuals who observed their parents hitting each other, are themselves victims of abuse, and may therefore incorporate abuse into the behavioural pattern they bring to the intimate relationships they establish in adulthood (Olayiwola, 2007).

The term "personality" has no standard meaning and most psychologists use it to describe non-intellectual traits which determine a person's social effectiveness and happiness in life. However, to get proper meaning of the term, it is relevant to trace its historical root. The term "personality" is derived from a Latin word "persona" (Olowonirejuaro, 2008). According to Olowonirejuaro (2008) the concept of mask, personality was thought to be the effect and influence which the individual wearing a mask left on the audience. Thus, personality is seen as the visible behaviour and appearance of an individual, and the inward, invisible mechanism which determines the outward visible behaviour (Ossai, 2004).

Ogwokhademhe (2009) defined personality as the dynamic organization of psychosocial systems within an individual that determine the characteristic behaviours, thoughts and unique

adjustment to environment. This definition emphasizes the unique qualities of the individual and the integration of physical, mental, moral, emotional and social qualities as manifested by an individual to other people. These show that personality is made up of both observable and unobservable dispositions, attribute and behaviours which an individual adopts or displays in his interaction with his environment.

Personality type refers to the psychological classification of different types of individuals. For example, introverts and extroverts are two fundamental categories of people. Also other aspects of personality types include; one's outward appearance in life, the totality of one's qualities and attributes, the way one really is, one's general habitual behaviour, politeness, submissiveness and so on (Olowonirejuaro, 2008). The two major personality types examined in this study are 'A' and 'B'. The Type 'A' individuals exhibit traits of excessive competitiveness, rapid speech, aggressiveness, fast movements, urgency, impatience and cynical hostility (Ogwokhademhe, 2008). They tend to be impatient, high-powered workaholics, who seem unable to slow down and relax, and tend to seek out the most challenging and stressful work conditions. Type A persons strive to achieve more than is feasible, they find it difficult to control their anger (Akinade, 2006).

Type 'B' individuals, on the other hand, are patient, easy going and tolerant (Olowonirejuaro, 2008). Type B persons exhibit behaviours that are opposite to that which are exhibited by Type A. Type B people tend to exhibit relaxed attitude towards life, they are not hostile and may become competitive only when the situation demands. They have the ability to relax without guilt unlike Type A people. They tend to accomplish things slowly and methodically, with no seeming sense of urgency. Type B individuals are found among scientific researchers, priests, and those who deal with children.

However, the effectiveness with which spouses relate with each other and the impression they create on each other are all manifestations of their types of personalities. Thus, personalities could be fearful, unassuming, “aggressive” personality, “timid” personality, obedient, calm, rigid and deformed personalities among others. Olowonirejuaro, (2008) all these can be well managed in an intimate relationship through the use of effective communication and stress reduction management to stem the tide of spousal abuse of married adults.

Stress is an undesirable, unpalatable and unavoidable phenomenon that crops up as individuals pursue their personal interests and goals. Stress refers to the patterns of response an organism makes in order to stimulate events that disturb its equilibrium or exceed its ability to cope (Bodman, 2005). The stimulus events include a large variety of external and internal conditions that are collectively called stressor. Similarly, a stressor is a stimulus event that places a demand on an organism for some kind of adaptive response. It is when the adaptive capacity of the organism collapses that stress occurs (Odufuwa, 2008).

Stress is the term often used to describe distress, fatigue and feelings of not being able to cope with life's demand. The term stress is derived from the Latin word ‘stringer’ meaning to draw tight. The term is used to refer to hardship, strain, adversity or affliction (WHO, 2002). Stress is an integral part of the natural fabric of life. It refers to circumstances that place physical or psychological demands on an individual and his/her emotional reactions to these experiences in such situations. A low level of stress is good and ideal for normal daily living without which man not be able to fit into the society. Although, the adverse effects of stress on physical health and emotional well being of an individual are increasingly recognized, there is little or no agreement among experts on the definition of stress (Bodman, 2005). WHO (2002) posits that stress is caused by physiological, psychological and environmental demands. When confronted

with stressor, the body creates extra energy and stress occurs when bodies fail to use up all of the extra energy that has been created. Modern life brings with it challenges, irritations, limits and burdens. Stress has become quite normal for so many people and they take it as away of life.

However, stress in marriage relationship may results to spousal abuse among married couples, leading to distortion of peaceful co-existence of spousal relationship (Ogunye, 2010). As humans strives to attain the basic needs of life, stress emerges in form of physical trauma, strenuous exercise, metabolic disturbances and anxiety. All these challenge the body's homeostasis, thereby distorting the physical, emotional, social, or spiritual-wellbeing of an individual (Klassen & Chin, 2010). Adeoye (2009) described stress as a form of relative discomfort. In the same vein, Odufuwa (2008) identified stress as unhealthy reaction to change, and the body's response to any undesirable mental demand. It then implies that stress is a form of reaction of people to the demands placed on them resulting in worries and incapacitation. It is a condition or state of coming under strain or pressure, anxiety, fear, phobia and worries.

Stress in marriage can arise from a number of issues including finances, household responsibilities and unresolved misunderstanding between couples. The largest contributing factor to stress in marital relationship is financial constraints (Adeoye, 2009). When there is inadequate money to pay bills or get the things that are essential for the family, stress sets in. Such inadequacies can lead to trading blames or arguments which can slowly erode the smooth relationship expected in marriage and lead to spousal abuse. Couples argue over bills debts, and other financial issues. These pose stress and can result in to conflicts in marriage. Furthermore, lack of a strong emotional and physical bond between spouses is enough ingredients for stress. Unmet expectations, unfulfilled needs, communication deficiencies, personality conflicts and

many other factors can make this very important relationship miserable and stressful for both partners (Sotonade, 2003).

Omotosho (2005) posited that each partner in a marriage relationship brings in to the marriage, different endowments and life experiences, different personalities and adaptive patterns, and different conscious and unconscious expectations. As a result of these conflict is inevitable. He further asserted that if these conflicts are resolved, they can provide better understanding, increased personal growth and greater stability of the relationship. On the other hand, when conflicts are unresolved, the marriage itself may not be tolerated and will end in divorce or conflicts may be openly expressed in irritability and hostility. The feelings aroused by the conflict may lie dormant only to be expressed as stress in the family.

Furthermore, it was in relation to this that Adeoye (2008) concluded that no family, not even the most fortunate, is free from stresses of some kind. According to him, such stress may come from outside the home such as infringement upon the family authority by the church, the state, the school or friends. They may also be external events challenging the family. Stresses from within the family can come in the form of illness, or from individual members trying to satisfy personal needs that may be in conflict with those of other family members. These outer and inner pressures may ultimately strengthen spouses' bond (Omotosho, 2005). However, their immediate effects are always disturbing. Under stress, the happiest of families sometimes become distressed and unhappy. In some cases too, the clash of society and family or of person with person inside a family is so great that family cohesiveness is seriously threatened or even destroyed (Ogunye, 2010).

Omotosho (2005) identified stress as the non-specific response of the body to any demand (stressor) placed on it. Stress affects the hormones and destroys homeostasis. Stress

levels of married adults are affected by external events which can produce physical and emotional effects. The seriousness of the effects is determined by a person's view, when stress levels are high or chronic, it is not uncommon for a person to suffer bodily, emotional and relational issues. Bodman (2005) identified two basic ways to cope with stress:

Eliminate the stress: Some stress represents things that are controllable (working for too many hours). In some cases, it is possible to make choices that actually eliminate the stress (change jobs). *Change one's reaction to stress:* When stress cannot be eliminated, it is important to look at how one reacts or copes in response to the stress. Learning and using healthy coping mechanisms can help individuals respond to stress in healthier ways in marital relationships.

The higher the stress levels, the more strongly partners react to the normal ups and downs of life. In other words, when stress levels are high, spouses experience negative communication in their relationship. High stress levels make it more difficult to effectively use one's positive relationship skills such as communication and conflict resolution abilities. Couples are more likely to evaluate their relationship negatively when they are experiencing prolonged exposure to stress. High stress level negatively colours a couple's perception of their marriage (Neff & Karney, 2009).

The development of high and low stress levels symptom could be a function of several factors operating outside individuals. For instance, personality type A married adult, due to his/her behavioural disposition like competitiveness, aggressiveness, achievement will crave for excessive job involvement, impatience and a sense of time urgency is more prone to stress than his type B counterpart who relatively has little or no habitual sense of time urgency, non-aggressive drive but is more relaxed and patient disposition (Odufuwa, 2008).

Moreover, previous studies carried out by Sotonade (2003) and Bodman (2005) have revealed that couples in stressful marriages are physically less healthy than couples in less stressful marriages. Unhappy couples have compromised their immune systems, prone to higher blood pressures and faster heartbeats than their happy counterparts. More often than not, they are at risk of heart diseases, arthritis and cancer. Effective use of appropriate communication styles reduces the stressful situation of spouses in marital homes (Sotonade, 2003). The bedrock of a good relationship that exists between the husband and the wife is good and effective communication, and a marriage that is not built on effective and appropriate communication styles is likely to crumble. Effective communication is the elixir for ailing marital relationship (Esere, 2007).

Communication refers to the passing of messages between a sender and a receiver. The sender encodes the message in verbal or non-verbal form, while the receiver decodes the message through interpretation and response (feedback). Neff & Karney (2009) opined that communication originated from Latin word “communis”, meaning having something in common. He further expatiated that communication in a broad sense refers to information exchange, an interaction between minds with some elements of understanding which may lead to a change in couple’s behaviour. It involves the creation, transmission, interpretation and use of information (Kneff & Karney 2009).

Communication as a process can only be considered if the sender succeeds in changing the behaviour of the receiver. In this instance, when the information sent and received is understood by the receiver, communication has achieved its goal. On the contrary, if the content and meaning of the information are not clear, the message sender has to continue processing or adopting new strategies to drive home the point. Experts agree that communication as a process

is a two-way traffic, whereby messages flow both ways resulting in participating procedures and shared responses by both the sender and the receiver. Thus, the main purpose of communication is to establish mutual understanding between the sender and receiver through a meaningful feedback (Idowu & Esere, 2007). Husband, wife, children and others who form the web in communication process need to understand some nitty-gritty of communication arts which make it effective, appropriate or positive. As family members engage themselves day-in, day-out in sending messages, sharing feelings, information, values, beliefs, attitudes, decisions, policies, questions or problems, they need to be aware of certain communication factors that can make or mar it (Anyanwu, 2012).

Highlighting some important elements in communication, Anyanwu (2012) added that messages should not only be clear and direct, the tone must be courteous and the noise level must be low to enable the parties hear themselves. This means that it is necessary to ask for clarifications when the message is not clear or well understood by either of the couple. Anyanwu (2012) avers that when spouses experience poor communication, there may be problem resulting in disturbed/dysfunctional family and spousal abuse. The tone of communication also refers to who is bossing who in the marital relationship. The one who dominates can be frustrating the one who is soft-hearted. Couples are to note the syntactic, (selection of words in a sentence), the semantic (meaning of words or symbols) and pragmatic (practical doing/consequence) levels of communication (Anyanwu, 2012). It is generally assumed that relationship is more critical to women's psychological well-being, than-that of men, but this is not the case. Barnett (2003) opined that when there is marital concern, men and women are equally affected. Effective and appropriate communication in marital homes is the basis for good relationship of the spouse because it reduces stress levels.

Communication is the process of transmitting information and common understanding from one person to another and effective communication is an essential tool in managing stress. Spousal relationship requires good communication skills and promotes smooth interaction between couple, since an individual spends 75% of the day communicating with others (Keyton, 2011). Communication involves encoding and sending messages, receiving and decoding them and synthesizing information and meaning. Effective communication therefore is indispensable in any human interaction without which the atmosphere may become cloudy, thereby leading to misunderstanding of one another (Esere, 2007). Communication is the life wire of marriage relationships. It is basically meant to pass on, share or exchange views, information, ideas, knowledge, feelings and emotions. Effective communication is imperative in the pursuit of marital success. Also, communication can be of different types, levels and styles in marriage.

Cohn (2009) identified the following four communication styles: Assertive, Passive, Aggressive, Passive- Aggressive.

(a) Assertive Communication: The assertive style is the most effective and healthiest form of communication. It is how couples naturally express themselves when their self-esteem is intact, giving the confidence to communicate without game or manipulation. When couples are being assertive, they work hard to create mutually satisfying solutions and communicate their needs clearly and forthrightly. Surprisingly, assertiveness is the style most people use least.

(b) Aggressive Communication: Aggressive communication always involves manipulation. A partner may attempt to make his/her spouse do what he or she wants by inducing guilt (hurt) or by using intimidation and control tactics (anger). Whether covertly or overtly, they simply want their needs met with immediate effect. It is difficult for the aggressive communication style to work positively in a marital relationship.

(c) *Passive Communication*: This communication is based on compliance and hopes to avoid confrontation at all cost. In this mode, couples don't talk much, question even less and actually do very little. Couples just don't rock the boat because they have learnt that it is safer not to react and better to disappear than noticed.

(d) *Passive-Aggressive Communication*: This is a combination of various styles. A passive-aggressive compliant couple avoids direct confrontation (passive), but attempts to get what they need even through manipulation (aggressive). This style of communication often leads to family politics and suspicions.

However, for many reasons, the only healthy communication style is assertive communication. Understanding the four basic styles of communication will teach couple how to react most effectively when confronted with marital communication problems.

In view of the above, in an intimate relationship sometimes, spousal abuse may set in due to poor communication styles, personality disorders and high stress levels on the part of one or both partners. Yet, spousal abuse may be a product of many factors such as personality types, stress levels and communication styles of both partners. In marital relationship, good personality types, low stress levels, and effective communication styles play a vital role in fostering marital success, since couples need to communicate almost every minute of their being together and the styles of communication adopted may make or mar their marriage.

Okobia and Okorodudu (2003) noted that adopting good and effective communication styles increases level of understanding and togetherness among married adults while good personality, low stress level and appropriate communication styles serve as life wire in marriage which could stem the tide of spousal abuse. Hence, this study was designed to find out the relationship that exists among personality types, stress levels, communication styles and spousal

abuse. It investigated the influence of gender, number of children and length of years in marriage on spousal abuse in Nigeria.

Statement of the Problem

Spousal abuse is a global phenomenon that is not limited to Nigeria. It occurs in various cultures, and affects people, irrespective of their economic status. The percentages of women who have reported being physically abused by their spouse vary from 10% to 69% depending on the country (Ordu, 2009). In Nigeria, spousal abuse has become a scourge and there is a report that 50% of women have been battered by their husbands at one time or the other and unbelievably, more educated women (65%) are in this agony and terrible situation as compared with illiterate women (55%) WHO, 2002).

Spousal abuse is one of the obstacles to achieving the objectives of equality, development and peaceful societal integration. Controlling one's emotional reactions and impulses during marital intra/interpersonal relationship is imperative to the success of any marriage as it could help couples to communicate effectively, manage negative distorting emotional influence, enhance positive personality development and improve individual intra-interpersonal relationship competence that could foster healthy marital life (Ordu, 2009).

Spousal abuse, also known as domestic abuse, occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. Such behaviours threaten the very essence of marriage relationship (Ordu, 2009). Spousal abuse continues to gather momentum and permeates all levels of family relationship because some couples engage in activities detrimental to the growth and development of the family. (Conger, 1990) in his study found that out of 547 cases of marital conflicts investigated, 206 were resolved and 314

dissolved their marriages due related to personality types, stress levels, communication styles and spousal abuse among married adults in Nigeria. Researchers have reported that the rate of divorce in Nigeria is steadily increasing and more couples now divorce at a rate which is higher than what it used to be in the time past (Lofas & Sova, 1995).

Furthermore, spousal abuse is rampant among Christians and non-Christians, rich and poor, male and female, quiet and aggressive individual, young and old, high income group and lower income group. Given the varied consequences of observed incidence of spousal abuse in Nigeria, such as husbands beating or killing their wives or vice versa, nagging, separation, rejection, ejection, desertion, abandonment, lack of maintenance, destruction of property, denial of sexual relationship, divorce and a host of others, it is necessary for a study of this kind to be carried out (Ordu, 2009).

Scores of studies in Psychology and Educational Guidance and Counselling have been carried out on topics related to this study. Esere (2007) examined communication management training as marriage enrichment programme in the improvement of marital adjustment. The study revealed that enrichment programme has been found to be effective in improving marital adjustment. The study found that poor communication leads to breakdown in marriages, and if spouses can be humble enough to be trained on how to be good communicators, then, they can have good marital relationships. Odufuwa (2008) worked on gender differentials, vulnerability and mobility stress coping strategies in Nigeria and the results showed that female respondents were more vulnerable to mobility stress than male. Fawole (2011) worked on Personality types and communication styles among married adults in Kwara State, Nigeria. It was discovered that marriages fails because couples have different personality types. It was also revealed that

understanding of spouse's personality types will enhance effective communication among couples.

Also, Ordu (2009) worked on Personality types and Socio-economic status as correlate of spousal abuse behaviour among married adults in Rivers State, Nigeria. The result obtained revealed significant influence of Personality types and Socio-economic status on spousal abuse behaviour. Findings also revealed that all the independent variables were found to have low positive significant correlation with spousal abuse. With all these researches, it is obvious that spousal abuse is largely caused by communication breakdown in marriage. An individual can predict his/her stress levels which in turn could have impact on family communication styles as poor communication styles could lead to spousal abuse. It is however worthy of note that prior studies have ignored the link among personality types, stress levels, communication styles and spousal abuse. It is against this background that this study was carried out in order to fill part of the gap left by previous researchers. Therefore, the concern of this research was to investigate the relationship that exists among personality types, stress levels, communication styles and spousal abuse.

Research Questions

For the purpose of this study, the following research questions were raised and answered

1. What are the personality types of married adults in Nigeria?
2. What are the stress levels of married adults in Nigeria?
3. What are the communication styles of married adults in Nigeria?
4. What are the indices of spousal abuses of married adults in Nigeria?

5. Will personality types, stress levels and communication styles correlate with spousal abuse of married adults in Nigeria?
6. Is there any correlation between personality types and spousal abuse of married adults in Nigeria?
7. Is there any correlation between stress levels and spousal abuse of married adults in Nigeria?
8. Is there any correlation between communication styles and spousal abuse of married adults in Nigeria?
9. Will gender, number of children and length of years in marriage correlate with personality types of married adults in Nigeria?
10. Will gender, number of children and length of years in marriage correlate with stress levels of married adults in Nigeria?
11. Will gender, number of children and length of years in marriage correlate with communication styles of married adults in Nigeria?
12. Will gender, number of children and length of years in marriage correlate with spousal abuse of married adults in Nigeria?

Research Hypotheses

On the basis of the research questions the following null hypotheses were generated and tested in this study:

1. Personality types, stress levels, and communication styles will not significantly correlate with spousal abuse of married adults in Nigeria.
2. There is no significant correlation between personality types and spousal abuse of married adults in Nigeria.

3. There is no significant correlation between stress levels and spousal abuse of married adults in Nigeria.
4. There is no significant correlation between communication styles and spousal abuse of married adults in Nigeria.
5. Gender, number of children and length of years in marriage will not significantly correlate with personality types of married adults in Nigeria.
6. Gender, number of children and length of years in marriage will not significantly correlate with stress levels of married adults in Nigeria.
7. Gender, number of children and length of years in marriage will not significantly correlate with communication styles of married adults in Nigeria.
8. Gender, number of children and length of years in marriage will not significantly correlate with spousal abuse of married adults in Nigeria.

Purpose of the Study

This study investigated personality types, stress levels and communication styles as correlates of spousal abuse of married adults in Nigeria. The study also investigated the influence of gender, number of children and length of years in marriage on personality types, stress levels, communication styles and spousal abuse of married adults in Nigeria.

Significance of the Study

The objective of every research is to contribute immensely to the existing knowledge in its field of study through its findings and results. In view of this, findings of research study would assist married adults, bachelor and spinster, youths, doctors, lawyers, parents and

guidance counselors, psychologists, social workers, religious leaders and individuals who have passion for, and are interested in proffering solution to the menace of spousal abuse so as to promote marital stability to know more about the relationships that exist among personality types, stress levels, communication styles and spousal abuse of married adults. The result of this study would therefore, provide and acquaint them with facts that could make them more effective in handling marital issues.

The findings of this study could be of great benefit to all married adults since it could be used to assess their personality types, stress levels and communication styles, identify their shortcomings and provide corrective measures where necessary to have peaceful homes. Bachelors and spinster could also benefit from the study, because they would be equipped with the knowledge of relationship among personality types, stress levels, communication styles and spousal abuse which would help them to have a virile and peaceful home in future and thereby, contribute positively to the society in churches and mosques, NGO during programmes. Youths who are future adults could also benefit from the finding of the study. Having knowledge of relationship among personality types, stress levels, communication styles and spousal abuse could help them in making positive contribution to disharmony or conflict resolution of their married counterparts. The youths could also help in enlightening their friends on relationship among personality types, stress levels, communication styles and spousal abuse, the use of good communication styles and their resultant effect on spousal abuse, meeting, seminar organization by counsellor, NGO and religious leaders.

More importantly, when crimes are minimized, government would spend less on security. The three tiers of government can benefit from the findings of this study, because where there are good personalities, lower stress levels and effective communication styles, there would be

peaceful homes and consequently, a crime free society, locally, nationally and internationally would be established.

The findings of this study would also be of immense benefit to student counsellors, psychologists, psychiatrists, social workers and religious leaders in training, for it would provide them with information on relationship among personality types, stress levels communication styles and spousal abuse, so as to prepare them for their life partners. The information from this research would go a long way to complement the concepts and skills learned in the classroom. Since research is continuous programme in human life, findings from this report could serve as vital and repository of information for subsequent researchers on related topics.

Operational Definition of Terms

The following terms have been operationally defined as used in this study:

Communication – Verbal and non-verbal expressions that couples use to get along with one another in marriage.

Communication Styles – Couples' ways of passing verbal and non verbal information to each other such as the ones used in this study as there are many.

Married Adults – Spouses who are legally married, and are still living with their partners

Personality Types – This refers to the various aspects of a person's character that makes him different from other people. In this study, it refers to Type A & B behaviour patterns.

Spousal Abuse – Patterns of behaviour characterized by physical, sexual, emotional, financial violence and threat by married couples.

Stress levels –This refers to a state of physical, mental or emotional reaction resulting from an individual's inability to satisfy the needs and desires of his or her spouse, manifesting in either high, average or low levels.

Scope of the Study

This study focused on relationship among personality types, stress levels, communication styles and spousal abuse of married adults in Nigeria. A representative sample of 1,537 married adults who are civil servants was selected from the six geo-political zones in Nigeria using multi-stage sampling techniques. Gender number of children and length of years in marriage were used as moderating variables. One thousand five hundred and thirty seven (1,537) married adults were selected across six geo-political zones in Nigeria. Percentage was used for the analysis of demographic data of the respondents, multiple regression analysis and Pearson product moment correlation, t-test and Analysis of variance (ANOVA) were used to analyze the null hypotheses. The hypotheses were tested at 0.05 of alpha level.

CHAPTER TWO

REVIEW OF THE RELATED LITERATURE

Preamble

This chapter discussed with the review of existing literature related to personality types, stress levels, communication styles and spousal abuse. The review of literature provides the basis for understanding the previous works that have been done in relation to the study. Literature review is an intellectual excursion into the existing body of knowledge. In another context, it is a familiarization tour of materials that relate to one's research effort. This relationship may be direct or indirect (Adewuyi, 2006).

This study also provided adequate information on personality types, stress levels and communication styles as correlates of spousal abuse among married adults in Nigeria. An in-depth reference was made to the following areas:

- Concept and prevalence of spousal abuse
- Causes and Types of spousal abuse
- Effects of spousal abuse
- Theory of spousal abuse
- Concept of personality types
- Theories of personality types
- Concept of stress levels
- Theories of stress levels
- Concept of communication styles
- Theories of communication styles in marriage
- Married adults communication styles and spousal abuse

- The importance of marriage in counselling to the society
- Conceptual framework for the study
- Empirical review on personality types, stress levels, communication styles and spousal abuse
- Summary of literature reviewed

Concept and Prevalence of Spousal Abuse

Spousal abuse as a term has varying definitions based on the context it is used. For medical, political or social issues, the definition may vary. The definitions have varied over time, and vary in different parts of the world. Traditionally, spousal abuse was mostly associated with physical violence. For instance, according to the Merriam-Webster dictionary's definition, spousal abuse is: 'the inflicting of physical injury by one family or household member on another; a repeated/habitual pattern of such behaviour. However, spousal abuse as defined by international convention and by governments has a much broader definition, including sexual, psychological and economic abuse (Encyclopedia Britannica, 2011). Spousal abuse behaviour is also known as domestic violence which includes battering and family violence. Spousal abuse behaviour occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. Domestic abuse that includes physical violence is called spousal abuse. Spousal abuse and domestic violence are used for one purpose.

Okobiah and Okorodudu (2003) defined spouse's abuse in their study as, "All manner of persistent negligence of marital roles or acts of verbal or non-verbal aggressive behaviour causing serious discomfort, anxiety and injurious pains physically, emotionally, psychologically and economically to the wife and husband living together in a marriage relationship". Similarly,

the United States of American Office on Violence against Women (2009) defined spousal abuse as a “pattern of abusive behaviour used by one partner to gain or maintain power and control over another intimate partner”. Any one could be a victim of spousal abuse without recourse to a person’s age, sex, religious affiliation and sexual orientation. Also, spousal abuse can happen in different shapes and forms. The children and Family Court Advisory and Support Service in the United Kingdom in its ‘Spousal abuse’ refers to a range of violent and abusive behaviours characterized by the mis-use of power and control by one person over another who are or have been in an intimate relationship. It can occur in mixed gender relationships and same gender relationships and has profound consequences for the lives of children, individuals, families and communities. It may be physical, sexual, emotional and psychological. The latter may include intimidation, harassment, and damage of property, threats and financial abuse.

The term spousal abuse refers to any form of maltreatment that occurs by an individual on another with whom there is existing intimate relationship, person’s societies and families. Spousal abuse can occur in a variety of ways. Abuse could be bodily, sexual abuse, emotional abuse, and financial abuse. Each of these types of abuse can be extremely traumatic for the victim of severe spousal abuse that is often overlooked. Many people maintain the common misconception that sexual abuse cannot occur within a serious relationship or a marriage. However, this is entirely untrue, as sexual abuse continues to occur at alarming rates within intimate partner relationships. It has effect on the groups, persons and families, Ndikimbela (2008) noted that emotional abuse is often not regarded as a serious form of domestic abuse. The truth however is that persons who are victims of emotional abuse know that it is very serious. Emotional abuse does not result in the physical indicators that physical abuse or sexual

abuse does; therefore, it may be very difficult to recognize that an individual is being abused by their partner yet, there indeed exist signs of emotional abuse.

In some countries, spousal abuse is seen as normal. For instance, in Iraq, husbands have a legal right to “punish” their wives. The criminal code on states in Paragraph 41 that it is a crime if an act is committed while exercising a legal right. Examples of these legal rights include: ‘The punishment of a wife by her husband, the discipline by parents and teachers of children under their authority within certain limits prescribed by law or by custom (Flood & Fergus, 2008). Russian Interior Ministry’s estimates cases of 600,000 women victims of domestic abuse every year and 14,000 out of them die from injuries inflicted by husbands or partners each year. Spousal abuse is not a specific criminal offense, but it can be charged under various crimes of the criminal code such as assault. In practical cases, spousal abuse turn into a criminal case only when it involves severe injuries or the victim dies. Furthermore, a United Nation’s report compiled from a number of different studies conducted in at least 71 countries found spousal abuse against women to be more prevalent in Nigeria (Flood & Fergus, 2008).

Spousal abuse in the United States and Violence against Women Act was promulgated in 2009. Approximately 1.3 million women and 835,000 men were reportedly being physically assaulted by an intimate partner annually. Furthermore, spousal abuse is the leading cause of injury to women between the ages of 15 and 44. In view of the above, victims of spousal abuse are offered legal remedies, which include the criminal law, as well as obtaining a protection order. The remedies offered can be both civil in nature (civil right of protection and other protective services), and of a criminal nature (charging the perpetrator with a criminal offense). People perpetrating spousal abuse are subjected to criminal prosecution, most often under assault and battery law (Ordu,2009).

Johnson (2000) explained that spousal abuse is also known as *domestic* abuse, spousal abuse, battering, family violence and intimate partner violence (IPV). It is a pattern of abusive behaviour by one partner against another in an intimate relationship such as marriage, dating, family or cohabitation. There are quite a number of dimensions to spousal abusesuch as terrorization, overbearing attitudes, stalking,physical aggressionor assault otherwise known as neglects and economic deprivation and a host of others. Spousal abuse and abuse is not limited to obvious physical violence. It extends to abduction, and endangerments and making a person operate under duress (National Network to end Spousal abuse, 2011). The aspiration of all young couples is to achieve lasting unity in marriage. Establishment of a peaceful home is the desire of most married men and women. Many couples enter into marriage with love and sincere desire for successful married life. However, in marriage, the best of intentions do not automatically translate to fruitful marriage due to challenges and realities of married life. The term, marriage and family are inseparable, though it connotes different meanings. Kathy (2009) explained that family as a unit consists of a household or those who live in one's house such as parents, children and servants. In addition to the above, the importance of family where there is no disharmony or spousal abuse but stability promotes sustainable family growth and development has been established.

Over the years, the society has witnessed an alarming rate of separation, divorce, marital dissatisfaction and cases of marital violence because most marriages were not properly planned. Many young people go into marital relationship with the belief that their marriage will never have any problem. They assume that they will always be as passionate as they were during courtship and honeymoon period, and that they will have a good marriage forever. After the honeymoon phase and during the early years of marriage, they naturally begin to find

imperfections and disappointments and wondered if they chose the wrong partner, not knowing that having a successful marriage needs a lot of amendments because the closeness of a marriage will always reveal weaknesses and disappointments that were not obvious at first (Nwadinigwe & Anyama, 2010).

In Nigeria, the level of marital violence is very high as AfroNews (2007) reports that 1/3 (one third) of women are believed to have been subjected to physical, sexual and psychological violence carried out primarily by their husbands. The beating of wives and children is widely sanctioned as a form of discipline (UNICEF, 2005). Therefore, in beating the children, parents believe they are instilling discipline in them, much the same as husbands beat their wives, who are regarded like children to be prone to indiscipline, which must be curbed. This is especially so when the woman's is economically dependent on the man. Marital violence therefore, functions as a means of enforcing conformity with the role of a woman in customary societies. Therefore, it does not matter whether the woman's economic needs are fundamentally met by the man. Furthermore, the society appears to favour that the main role of the woman is decidedly subordinate. A culture of silence reinforces the stigma attached to the victim rather than condemning the perpetrator of such crimes (AfroNews, 2007). The common forms of abuse reported were shouting at a partner (93%), slapping or pushing (77%), and punching and kicking (40%) (UNICEF, 2005). It is however disturbing to note that many women do not know if they had been abused or not (AfroNews, 2007). This could be due to the acceptance of some abusive behaviour as normal.

Physical abuse refers to acts directed at another person, such as pushing, pinching, squeezing, shaking, grabbing, biting, slapping, punching, kicking, choking, and a host of others. It also includes throwing objects or using a weapon. Needless to say, such conducts will often

result in serious injuries. But many victims are subjected to varying degrees of physical abuse without suffering physical injury that is visible to the eye (Johnson, 2000).

Spousal abuse can also happen within any age bracket, ethnicity in same-sex partnerships. Although women are usually at the receiving end of verbal and emotional abuse, men are equally abused even physically sometimes. The bottom line is that, abusive behaviour is never acceptable, whether it is coming from a man, a woman, a teenager, or an older adult. One deserves to be valued, respected and safe. The term “abuse” covers a wide range of behaviours that may or may not involve actual physical violence (UNICEF, 2005).

The adverse effects of spousal abuse cannot be over emphasized. The problem of spousal abuse has been well documented with respect to its social, psychological and economic costs. Proactive arrest and sentencing policies have resulted in an increasing, and some cases, overwhelming number of spousal batterers being processed through the criminal justice system (Alokan, 2013). Spousal abuse has recently become a topic of national concern and an important social problem affecting every stratum of the Nigerian society. Although societal patriarchy may be the bedrock of husband-to-wife aggression, yet some others do not even think they have the same societal influence and pressure. It appears that aggression manifests in men who opine that they should command dyadic power and feel frustrated by their inability to command such power (Alokan, 2013).

Spousal rape or marital rape is non-consensual sex in which the perpetrator is the victim’s spouse. This is one out of many violent and abusive acts that take place within intimate partner relationships like marriage. Varied names have been given to such violence such as domestic abuse, spousal abuse, family violence, partner violence, intimate partner abuse and battering but they do not differentiate between men and women.

According to Ordu (2009), spousal abuse behaviour can be referred to as the degree to which tension such as nagging, suspicion; fighting and unfaithfulness can cause the withdrawal of marital stability amongst couples. Okobiah and Okorodudu (2003) considers spousal abuse as every act of continual neglect of duties and marital roles or acts of verbal or non verbal aggressive behaviour causing serious discomfort, anxiety and injurious pains physically, emotionally psychologically and economically to the wife and husband living together in a marriage relationship. These problematic behaviours affect the children socially, morally, physically and emotionally. Alcohol consumption and mental illness can be co-morbid with abuse, and present additional challenges in eliminating spousal abuse. Awareness, perception, definition and documentation of spousal abuse differ widely from country to country and from era to era.

Similarly, laws on spousal abuse vary from country to country. While it is generally outlawed in the western world, it is not the case in many developing countries. For instance, in 2010, the United Arab Emirate's Supreme Court ruled that a man has the right to physically discipline his wife and children as long as he does not leave physical marks (WHO, 2002). The social acceptability of spousal abuse also differs by country. While in most developed countries, spousal abuse is considered unacceptable by most people, in many regions of the world, the views are different. UNICEF (2005) surveyed the percentage of women aged 15-49 who think that a husband is justified in hitting or beating his wife under certain circumstances and found that the positive response was 90% in Afghanistan and Jordan, 87% in Mali, 86% in Guinea and Timor-Leste, 81% in Laos and 80% in Central African Republic. Also, refusal to submit to a husband's wishes is a common reason given for justification of violence in developing countries. For instance 62.4% of women in Tajikistan justified wife beating if the wife goes out without

telling the husband; 68%, justified it, if she argues with him while 47.9% justifies it, if she refuses to have sex with him.

Theory of Spousal Abuse

Various theories are postulated to explain spousal abuse. Ndikimbela (2008) explained that the Battered Women's Movement in the United States began in the early 1970s, and the prevailing theory of why men batter was based on psychopathology. The theory postulated that men who were involved in spousal abuse were mentally ill patients who take their violence beyond their spouses.

Initial studies also characterized battered women as mentally ill. However the results of these initial studies were distorted because the studies examined women who were in mental hospitals. Their batterers, who were calm and credible in contrast to their wives, were asked about the cause of their partners' illness which gave the chance to contradict their partners' explanation of abuse. In reality however, battered women are not mentally ill, and many of those who were institutionalized were mis-diagnosed because of a failure to recognize or understand the physical and psychological effects of spousal abuse.

Researchers other theorized that violence was learned. The argument was that men were prone to engage in violence because since childhood, they had internalized it. Women sought out abusive men because they saw their mothers being abused. This was the "learned behaviour" theory of violence. Yet, women who witness spousal abuse are not any more likely to be battered as adults. Women who were physically or sexually abused as children may be more likely to be abused as adults (Alokan, 2013).

Closely related to the “learned behaviour” theory were the theories that described violence as the result of a loss of control. For example, many believed that men abuse when they drink because alcohol causes them to lose control. Others explained men’s violence as a result of an inability to control their anger, stress and frustration. These theories argued that gendered societal expectations prevented men from expressing anger and frustration; these feelings would build up until the man loses control and release his feelings through the use of violence.

Another theory that was advanced was the “learned helplessness” theory. Ordu (2009), studied the behaviour of women who stay in violent relationships. Walker opined that the longer those women stay in abusive relationships, the lower their desire to quit becomes. Ordu (2009) further explained that this theory was not consistent with the experiences of women. This theory also did not explain why men direct their explosions of rage against their intimate partners.

Resource theory posits that women who are most dependent on their spouses for economic well-being such as homemakers/ housewives, women with disabilities, the unemployed, and the primary caregiver to their children, fear the increased financial burden if they quit their marriage. By dependency, it is meant that such women have fewer resources with which they can manage their spouse’s behaviour. Couples that share power equally experience lower incidence of conflict, and when conflict does arise, are less likely to resort to violence. If one spouse desires control and power in their relationship, the spouse may resort to abuse. This may include coercion and threats, intimidation, emotional abuse, economic abuse, isolation, making light of the situation and blaming the spouse, using children (threatening to take them away) and behaving as master of the castle (Awake, 2001).

Stress may be increased when a person is living in a family situation, with increased pressures. Social stress, due to inadequate finances such problems in a family may further

increase tension. Spousal abuse is not always caused by stress, but may be one way that some people respond to stress. Families and couples in poverty may be more likely to experience spousal abuse, due to increased stress and conflicts about finances and other aspects. Some speculate that poverty may hinder a man's ability to live up to his idea of "successful manhood", thus he fears losing honour and respect. This theory suggests that when he is unable to economically support his wife, and maintain control, he may turn to misogyny, substance abuse, and crime as ways to express masculinity (Johnson, 2006).

Social learning theory suggests that people learn from observing and modelling after others' behaviour. With positive reinforcement, the behaviour continues (Bandura, 1986). If one observes violent behaviour, one is more likely to imitate it. If there are no negative consequences (victim accepts the violence, with submission). Therefore encouraging the contribution of the behaviour most often than not, encourage violence from one generation to another in a circle. In abusive relationships, violence is said to be a product of either partner's quest for power and control against the other partner. Someone who abuses will employ various tactics to create and sustain control over their partner (Bates, 2006).

Abusers' efforts to dominate their partners have been attributed to low self-esteem or feelings of inadequacy, unresolved childhood conflicts, the stress of poverty, hostility (misogyny), hostility and disagreement poverty opposition and hatred towards men (misandry), personality disorders, genetic tendencies towards women and socio-cultural influences among other possible causative factors. There seems to be agreement among authorities that abusive personalities result from a combination of several factors, to varying degrees (Bates, 2006).

A recent study in South Asia, in 2010 to 2013, interviewed 10,000 men from a variety of countries. The study found that “overall nearly half of those men interviewed reported using physical as well as sexual violence on their female spouse. Nearly a quarter of men interviewed reported perpetrating rape against a woman or girl, ranging from 10– 62% across the globe (BBC News, 2003).

Causes and Types of Spousal Abuse

World Health Organization (2001) reported that spousal abuse is a very serious and abnormal pattern of behaviour that may be caused by a number of different factors. The violence often begins with a verbal humiliation and emotional abuse and eventually increases until it reaches a form of physical abuse. Abusers usually say and do things to shame or insult. They mock the victim in private as well as in front of other people, telling the victims they are ugly, fat, too skinny, stupid, miserable, lazy, and a host of others. In fact, many victims consider verbal abuse more painful than an open physical abuse (WHO, 2001)

In the same vein, United Nations (2006) noted that one of the reasons for a person becoming violent can be a learned behaviour that a child observes in a family and later repeats in his own adult relationship. Studies show that abusers are often motivated by insecurity and lack of power, which really provides a false sense of control. Abusers can also be motivated by an unhealthy feeling of possessiveness and jealousy usually lack of confidence of power which gives them a pseudo sense of control. An abuser often has poor communication skills, wants to dominate and be in charge of every situation, accuses others as being the cause of their action, has zero control of his desire, blames other people for his abusive actions, has almost no control of his impulses, and suffers from a low self esteem. They constantly want to display their power

over the victim. They control, manipulate, and try to threaten the victim. Physical abuse is simple to describe and recognize than all other types of abuses. Abusers attack their partners and sometimes even the children. This would include kicking, slapping, choking and even threatening with a weapon. In other cases, sufferers got evicted from their apartment (UNO, 2006).

Threats also may be considered as abuse; for example, threats to hurt the victim or the children. Very often, abusers forbid the victim to work or get out socializing with family members or friends. They may destroy or threaten to destroy personal belongings of the victim. Violence between couples happens in all different age groups, races and regions of the world. Physical violence between couples is referred to as spousal abuse. This includes acts such as hitting, pushing and choking. When trying to ascertain the causes of violence between couples, there are lots of different variables to take into account. It is not always an issue just of a power struggle or control (Aihie, 2009).

Aihie (2009) reported that the cause of violence between couples is due to one or both people suffering from a personality disorder. It's a bit less common for both to be suffering from it. If one person is suffering from a personality disorder, it can have disastrous effects on a relationship, especially if that person is not receiving the necessary treatment for the condition. Even with the treatment, there may still be issues. Some examples are borderline personality disorders and anti-social personality disorders. People that are suffering from personality disorders can feel emotions erratically and may be prone to violent outbursts.

A personality characteristic is another area which enhances spousal abuse among married adults which may lead to marital instability and even death. It assesses the extroversion and introversion of individuals. Is the husband or wife an extrovert, likes to talk to and meet people,

likes to travel or an either an introvert, who does not like the company of people, does not like to talk too much and likes to mind his/her own business (Ossai,2004).

One must understand the partner's personality and decide if he/ she can cope with such a person before deciding to enter into marriage contract. A marriage where one partner feels irritated at the other partner, because of the partner's personality types will not last long. Personality characteristics disposition determines where the person likes to visit, how the person relates in public and what kind of person the individual likes to talk to. These issues can influence marriage if couples do not resolve them before entering the marriage relationship (Akanni, 2015).

Spousal abuses are in various forms. These includes: Physical, sexual, emotional, isolation, financial and threat abuses.

Ordu (2009) identified the following different types of spousal abuses:

- (a) *Physicalabuse*: hitting, punching, burning, strangling, punching, slapping, biting, pinching, kicking, pulling hair out, pushing and shoving and throwing of acid.
- (b) *Sexualabuse*: forcing unwanted sexual acts, including rape, using force, threats or intimidation to make a person perform sexual acts, having sex with a person who does not want to have sex and any degrading treatment based on ones sexual orientation.
- (c) *Emotionalabuse*: constant criticism, insults and undermining capabilities.
- (d) *Isolation*: preventing someone from having or developing family, social or professional relationships, preventing from working, monitoring or blocking someone's telephone calls.
- (e) *Financial abuse*: withholding money, making a person account for every penny they spend and taking the partner's money without asking him/her.

- (f) *Threats*: making angry gestures, using physical size to intimidate, shouting the partner down, destroying a partner's possessions, breaking things, punching walls, wielding a knife or a gun, threatening to kill or harm him/her partner and the children.

Psychological abuse is often an early stage in an abuse cycle leading to physical abuse. The National Coalition against Spousal abuse reports that 95 percent of physical abusers also psychologically abuse their victims. Psychological abuse can also lead to mental and emotional problems, including drug or alcohol dependency, depression and suicide. Psychological abuse, also referred to as mental abuse, it has various forms. Verbal abuse such as shouting, issuance of threats of various forms and financial abuse manifest in the abusers' strictness with family finance and withholding of funds, palpable fear and apprehension. All of the aforementioned types of abuses are examples of mental torment including seclusion which could be as destructive as physical abuse. Psychological abuse is often invisible and it can be just as damaging as physical abuse. Spousal abuse happens among married and unmarried same-sex partners and it is prevalent across all races and socio-economic divisions. According to researchers, women are abused more frequently than men as that 4 million women per year suffer some form of spousal abuse. However, male victims are not common and are likely under reported (Ahie, 2009).

Verbal abuse is a tactic employed by many abusers. By threatening and belittling their partner, a verbal abuser sustains control with terror and disgrace. The abused spouse accepts as true, that the partner will carry out the threat issued. Often, abuse victims come to believe the negative things abusers say about them. The victim may become convinced that no one else would want her or that she may not survive outside the relationship, so, she finds it difficult to leave. Verbal abuse, just like the other forms of psychological abuse is a type of brainwashing

and tongue lashing. He further explained that psychological abuse is about power and control. The abuser uses intimidation, humiliation and isolation in order to dominate the victim.

However, the ultimate goal is to make a victim reliant on her and give him the impression that there is no way out, to the extent that there are no people around him (Ahie, 2009)

Mandara (2004) identified different types of theories to explain the causes of spousal abuse. These include psychological theories that consider personality traits and consider external factors in the perpetrator's environment, such as family structure, stress and social learning. As with many phenomena regarding human experience, no single approach appears to cover all endeavours as it is not a one size fit all.

- (i) *Psychological*: Psychological theories focus on personality traits and mental characteristics of the offender. Personality behaviour includes sudden bursts of anger, poor control of impulse and poor self esteem. Several theories suggest that psychopathology and other personality disorders are learned. When a child experiences or observes violence, such a person can manifest them in adulthood. He further explained the psychological profile of men who abuse their wives, arguing that they have borderline trait which they imbibed from childhood.
- (ii) *Jealousy*: Many cases of spousal abuse against women occur due to jealousy when the spouse is either suspected of being unfaithful or is planning to leave the relationship. Evolutionary psychology's explanations of such cases of spousal abuse against women are that they represent male attempts to control female reproduction and ensure sexual exclusivity for her through violence or the threat of violence.
- (iii) *Social Stress*: Stress may be increased when a person is living in a family situation with increased pressures. Violence is not always caused by stress, but may be one way that

some people respond to stress. Couples in poverty may be more likely to experience spousal abuse, due to increased stress and conflicts about finances and other aspects.

- (iv) *Social Learning*: If one observes violent behaviour, one is more likely to imitate it. If there are no negative consequences and the victim also accepts the violence with submission then the behaviour will likely continue. Often, violence is transmitted from generation to generation in a cyclical manner.
- (v) *Power and Control*: Abusers abuse in order to establish and maintain control over the partner. Abusers' effort to dominate is credited to low self-worth feelings of inadequacy, childhood conflicts, which have remained unresolved, hostility and resentment towards women (misogyny), personality disorders, genetic tendencies and social cultural influences. Most authorities seem to agree that abusive personalities result from a combination of several factors, to varying degrees.

Cycle of violence starts with condemnation, emotional abuse and increases until it manifests itself as a form of physical abuse. Long after healing occurs and bluebruises, broken bones and physical wound abuse heal, verbal abuse continues to silently erode a victim's self-worth. Frequently, spousal abuse is used to describe specific violent and overtly abusive occurrences and legal explanations usually adopt to take this view. Though, when violent and abusive behaviours happen within a relationship, the effects of those behaviours continue to alter these overt incidents until they are over. Ordu (2009) identified the following cycle of abuse which consists of three basic phases.

- a. *Tension Building Phase*: This is characterized by poor communication, tension, and fear of causing outbursts. During this stage, the victims may try to calm the abuser down, try

to not do anything that would set the abuser off and to avoid any major violent confrontations.

- b. *Violent Episode:* It is characterized by outbursts of violence and abusive incidents. During this stage the abuser attempts to dominate his/her partner (victim), with the use of spousal abuse.
- c. *Honeymoon Phase:* This is characterized by being remorseful and sad; several abusers just disappear from the scene, while some abusers walk away from the situation and some shower their victims with love and affection.

Although many spousal abuse advocates believe that the cycle of abuse theory is limited and does not reflect the realities of many men and women who are experiencing spousal abuse.

WHO (2002) reported that 3.3 million children witness spousal abuse each year in the United States of America. There has been an increase in the number of children who are exposed to domestic abuse during their upbringing, which affects their developmental and psychological welfare. During the mid 1990s, the Adverse Childhood Experiences (ACE) study found that children who are exposed to spousal abuse and other forms of abuse had a higher risk of developing mental and physical health problems.

Some emotional and behavioural problems that can result due to spousal abuse include increased aggressiveness, anxiety, and changes in how a child socializes with associates and authorities. Gloominess, emotional insecurity, and psychological health disorders can begin to develop together with lack of skills including problem solving skills. There has been a relationship between the experience of abuse and neglect in childhood and perpetrating spousal abuse and sexual abuse in adulthood (Arizona, 2010).

Children who have suffered early abuse or neglect may later manifest significant behavioural problems including emotional instability, depression and a tendency to be aggressive or violent with others. Troublesome behaviours may persist long after the abusive or neglectful environment has changed or the child has been in foster care placement. Neurobiological studies have revealed that early abuse in a distorted physiological reaction could help care providers by helping them understand the response of an abuse or neglected child, a response that affects the child's subsequent socialization. Pediatricians can assist caregivers by helping them recognize the abused or neglected child's altered responses, formulate more effective coping strategies and mobilize available community resources (WHO, 2002). No marriage is a bed of roses, but some couples try to tolerate each other, hence, they are able to adjust to marital issues and problems. This explains why different churches, men, women organizations and other bodies hold conferences, seminars and workshops on the essence of good family living. Husbands and wives who do not support each other in terms of reasoning together may likely have problems in their marriage. Early maltreatment can significantly alter a child's normal development and leave the victim with significant long-term impairments. Health-care specialist who attends to ill-treated children should think about the result of previous abuse for the child's ongoing development and adaptation when faced with a variety of long-term behavioural problems regardless of whether children reside with their birth families, foster families, or adoptive families (Johnson, 2000).

Krug (2002) posited that policies to curb spousal abuse in a region ought to be carried out within the provision of country's expansion human rights and cultural policies. Combating violence should clearly be part of a country's development policy because spousal abuse has social, economic, and political consequences for the society as a whole. It is necessary to stress this aspect and to demonstrate the impact of violence on employment, health and education of

victims as well as their families. From a broader perspective however, a development model that increases inequalities, contributes to poverty, deepens inequalities, and limits public spending on social policies will have a negative impact on individuals and facilitate violent responses (Alokan, 2013).

Furthermore, policies be included in a nation to stamp out violence should be a part of a country's human rights policy. It is important to note that

“broad exercise of citizenship is severely restricted today to comply with a series of social duties, and in order to exercise democracy in a daily life, it is necessary to consolidate a firm government policy to recognize the rights of all members of the society. The socio- political context of domination and inequality in which spousal abuse takes place must not be disregarded”.

Furthermore, the actions of civil society will be crucial in combating spousal abuse, especially in the light of the vicissitudes of public policies that result from political changes. Given the prevalence of the phenomenon in many countries, it can no longer remain the exclusive responsibility of Non-governmental organizations (NGOs) Government policies for comprehensive treatment should stress participation by the health sector, not only because spousal abuse is a part of public health matters, it is equally established that public health avoidance and intervention techniques have proven effectual of NGOs by referring victims to these organizations without a concomitant channeling of financial resources. While there are currently no government strategies to boost the funding of NGOs, such actions are potentially very effective, especially in an era of reductions in international aid (Robert, 2002).

It is worthy to note that laws are approved in various countries, the association who spearheaded the move vanishes and the resources needed for assistance are being reduced. Whether efforts are undertaken by governments or NGOs, more emphasis should be placed on the prevention of spousal abuse in addition to treatment for its victims. Efforts have been in piecemeal and scattered with little impact. Preventive measures should consider the cultural and socio-economic realities in which humans develop. Prevention of child abuse, spousal abuse, school desertion, delinquency, and drug addiction will have important impacts in terms of reducing future levels of spousal abuse. In addition, preventive policies should look at models for raising children that will redefine gender socialization in future generations and provide non-violent methods for resolving conflicts, while allowing for differences and appreciating diversity (Ordu, 2009).

Programmes that offer assistance to victims of spousal abuse will continue to be important and should form an integral part of human rights and development policies. Comprehensive proposals are needed to provide women with the tools they need to establish equality and exercise their civic rights (Aihie, 2009) identified the management of spousal abuse behaviour as the response to spousal abuse, a typically combined effort between law enforcement, counselling services and health care.

Medical Response: Medical professionals do not see themselves as being able to play a major role in helping women as regards spousal abuse. Injuries are often just treated and diagnosed without regards to the causes. Also, many doctors prefer not to get involved in people's "private" lives. Health professionals have an ethical responsibility to recognize and address exposure to abuse in the patients, in the health-care setting. For example, the American Medical Association's code of medical law affirmed that "due to the prevalence and medical

consequences of family violence, physicians should routinely inquire about physical, sexual and psychological abuse as part of the medical history”(World Health Organization, 2002).

Law Enforcement: In study personality types, stress levels, communication styles and spousal abuse among married adults in Nigeria. ‘The Minneapolis Spousal Abuse Experiment’ was conducted by Lawrence Sherman in 1982 to evaluate the effectiveness of various policy responses to spousal abuse calls in Minneapolis Minnesota. Some of the responses include sending the abuser away for eight hours, giving advice and mediation for disputes, and making an arrest. Arrest was found to be the most effective policy response. The study found that arrest reduced the rate of re-offending against the same victim within the next six months by half.

In the replication studies which were broader and methodologically sound in both size and scope, arrest seemed to help in the short run in certain cases, but those arrested experienced double the rate of violence over the course of one year. Generally, it has been accepted that if the victim has visible and recent marks of abuse, the suspect is arrested and charged with the appropriate crime (Ahie, 2009).

Counselling for Person Affected: Since marital violence is a major risk factor for serious injury and even death, women in violent marriages are at much greater risk of being seriously injured or killed, counselling intervention is much needed. Early observation of the potential for violence in a marriage can be supplemented by standardized interviews and questionnaire which have dependable reliable and valid aids in exploring marital violence more systematically. Counsellors and therapists should also make the distinction between situations where battering may be a single, isolated incident, or an on-going pattern of control. (Crooks, Jaffe & Bala, 2010).

In the same vein, if it becomes apparent to the therapist that spousal abuse is taking place in a client’s relationship, the therapist must explore options with the client and also refrain from

blaming the partner or telling the client what to do. It is unreasonable for the therapist to expect that a victim will leave her abusive spouse solely because she disclosed the abuse. The therapist should respect the victim's autonomy and allow her to make his/her own decisions. Therapists must be aware that supporting assertiveness by a battered wife may lead to more beatings or even death. Even in few cases, when the wife leaves because of a life threatening situation, therapists should not relax their vigilance after a battered wife leaves her husband. Some data suggested that the period immediately following a marital separation is the period of greater risk for the women. Many men will stalk and batter their wives in an effort to get them to return or punish them for leaving.

Counselling for Offenders: The main objective of counselling for offenders of spousal abuse is to minimize the risk of future spousal abuse, whether it is the same relationship or new one. The majority of offender treatment is conducted in a group setting with groups of not more than 12 people. The standardization of the groups is also ensuring by getting gender specific (Crooks, Jaffe & Bala, 2010).

According to Roberts (2002), anger management alone has not been shown to be effective in treating spousal abuse offenders, as spousal abuse is based on power and control, and not on problems with regulating anger responses. Anger management is recommended as a part of an offender's treatment curriculum that is based on accountability, along with topics such as recognizing abusive patterns of behaviour. It also requires a lot of individual changes and the development of a self-worth, different from the previous abusive partner while still being held accountable for it. Any corresponding problem should also be addressed as part of spousal abuse offender's treatment, such as problems with critical abuse or mental illness.

Aihie (2009) posits that spousal abuse as a pattern of abusive behaviour in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. The definition adds that spousal abuse can happen in various ways which includes bodily, sexual psychological, emotional, and economic abuses.

Furthermore, the organization described violence against women as a technical term used generally to refer to cruel acts which are carried out against women that are primarily or exclusively committed against women. Similar to a crime, this type of violence targets a specific group with victim's gender as primary motive. Violence against women refers to as any act of gender-based violence that results in, or is likely to result in physical, sexual intellectual damage to women. It also includes threat of coercion or illogical denial whether occurring in public or in private life (UNPF, 2012) The Declaration on the Elimination of Violence against Women noted that this violence could be perpetrated by assailants of gender, family members and even the 'State' itself (Arisi & Oromareghake, 2011). Governments and organizations worldwide actively work to combat violence against women through a variety of programmes. A United Nation's resolution designated November 25 as International Day for the Elimination of Violence against Women.

Women are very vital in the expansion and development of any country. They are homemakers, creator of culture, social ethics, values and fundamental values of the society. In fact complete change is often best achieved through them. Full community development is impossible without their understanding, cooperation and effective participation. Considering the importance of women as mother, sometimes breadwinners, teachers and guardians, they deserve respect, recognition and better treatment, but the opposite is usually the case. According to WHO (2002), women are caught in a web of poverty, and they suffer from neglect, discrimination and

exploitation. They are also subjected to different forms of violence by their male counterparts. A number of historians are of the opinion that the various dimensions of violence are perpetrated by the male gender. Some historians believe that the history of violence against women is tied to the history of women being viewed as a property and a gender role assigned to be subservient to men and also other women (Arisi & Oromareghake, 2011).

The UN Declaration on the Elimination of Violence Against Women (2012) states that violence against female gender is a display of historical inequality in power sharing among male and female, which have led to domination and discrimination against women by men, and to the prevention of the total advancement of women. WHO (2003) reported that in the 1870s, courts in the United States stopped recognizing the common-law principle that a husband had the right to “physically chastise an errant wife”. In the United Kingdom, the traditional right of a husband to met out corporal punishment on his wife in order to keep her “within the bounds of duty” was removed in 1981.

The impact of spousal abuse in the sphere of total violence against women can be clearly understood by statistics that 40-70% murders of women are committed by their husbands or boyfriends. Studies have shown that violence is not always perpetrated as a form of physical violence, but can also be psychological and verbal. Instances of Intimate Partner Violence tend not to be reported to police and thus, many experts believe that the true magnitude of the problem is hard to estimate (Centers of Disease Control & Prevention, 2011). Johnson (2006) noted that there are three major types of intimate partner violence, which are supported by subsequent researches and evaluation as well as independent researchers. However, distinctions were made among the types of violence, motives of perpetrators, and the social and cultural

context based patterns across numerous incidents and motives of the perpetrator (DKT International, 2014).

Moreover, wife battering is an exposure of a married woman to serious beating or repeated injuries. Abuse by the husband is a higher and far more harmful form of violence, such as battering and the use of knives and guns. Spousal abuse against women is deep rooted in most cultures and religions, and supported, even institutionalized by patriarchal values in most societies. Public responses to acts of violence range from pride, denial or tacit conceit. Moreover, wife battering may happen in 30 percent of families, but is not recognized in the public eyes (Mandara, 2004). Spousal abuse is a global problem that can no longer be ignored or permitted by remaining silent, excusing abuse, blaming those who are involved and accepting cultural and religious bias.

Spousal abuse occurs across the world, in various cultures, and affects people of all economic status. The fraction of women who were reported being physically abused by an intimate partner varies from 10 - 69% depending on the country. In Nigeria, spousal abuse has become a scourge as it is reported that 50% of women have been victims of battering at one point or the other and unbelievably, more educated women (65%) are in this terrible situation as compared with their less income counterparts (Alokan, 2013).

Furthermore, in 2010, Council of Europe's study on spousal abuse against women found that 1 in 4 women experience spousal abuse in over their lifetime and between 6 and 10% of women suffer spousal abuse in a given year. In Turkey, 42% of women over 15 years of age have suffered physical or sexual violence (Conga, 2009). In the United States, according to the Bureau of Justice's Statistics in 2012, women reported a six times greater rate of intimate partner violence than men. The National Crime Victimization Survey (NCVS) indicated that in 2014,

about 876,340 violent crimes were committed in the U.S. against women by their current or former spouses, or boyfriends. According to the Centre for Disease Control, in the United States, 4.8 million women suffering bodily related physical assaults and rapes and 2.9 million men are victims of physical assault from intimate partners (Papadakaki, Tzamalouka Chatisfotiu & Chilaoutakis, 2009).

In Canada, the Assembly of First Nations' evaluation of the Canada Prenatal Nutrition Programme offers an inclusive and relatively unbiased national estimate. It documented spousal abuse in a random sample of 85% first Nations across Canada: 22% of mothers reported suffering abuse in that year prior to being interviewed; of these, 59% reported physical abuse. Fighting the prevalence of spousal abuse in Kashmir has brought Hindu and Muslim activists together (Alokan, 2013). Additionally, some aspects of Islamic law have been criticized for promoting spousal abuse. One study found that half of Palestinian women have been victims of spousal abuse. The Human Rights Watch found that up to 90% of women in Pakistan were subjected to some form of maltreatment within their own homes. Horror killings in Pakistan are a very serious problem, especially in Northern Pakistan. In Pakistan, horror killings are known locally as 'karo-kari'. Karo-kari is a compound word literally meaning 'black male' (Karo) and 'black female (Kari) (Conger, 2009).

Spousal abuse in India is widespread and is often related to the custom of dowry. Although not as common as in other parts of Asia, horror killings do occur in some regions of India, particularly in northern regions of the country. Horror killings have been reported in the states of Punjab, Rajasthan, Haryana, Uttar Pradesh, Bihar, because some people choose to marry without their family's acceptance, and sometimes for marrying outside their caste or religion (Alokan, 2013). Up to two-thirds of women in certain communities in Nigeria's Lagos State said

they were victims of spousal abuse. 80% of women surveyed in rural Egypt said that beatings were common and often justified, particularly if the woman refused to have sex with her husband. Statistics published in 2004, shows that the rate of spousal abuse and victimization for indigenous women in Australia may be 40 times the rate against non-indigenous women (Laing & Bobbie, 2002).

In some parts of the world, such as South Asia, the custom of dowry is related to severe forms of violence, including murder. Bride burning is a form of spousal abuse in which a bride is killed at home by her husband or husband's family due to his dissatisfaction over the dowry provided by her family (Laing & Bobbies, 2002). The act is often a result of demands for more or prolonged dowry after the marriage. It is a major problem in countries such as India. Dowry death refers to the phenomenon of women and girls being killed or committing suicide due to disputes related to dowry.

In the same vein, social views on spousal abuse vary from person to person, and from region to region, but in many places outside the West, the concept is very poorly understood. This is because in most of these countries, the relationship between the husband and wife is not considered as equal, but instead, the wife must submit herself to the husband. This is also codified in the laws of some countries. For example, in Yemen, marriage regulations state that a wife must obey her husband and must not leave home without his permission (Conger, 2009).

Moreover, disobeying a husband can often result in violence. These violent acts are not considered a form of abuse by society both men and women but are considered as being provoked by the behaviour of the wife who is seen as being at fault. While the act of one's wife is often a response to inappropriate behaviours, in many places, extreme acts such as honor killings are approved by a high section of the society. In one survey, 33.4% of teenagers in

Jordan's capital city, Amman, appear more liberal than the other parts of the country; it is expected that in the rural and traditional parts of Jordan, support for horrific killings would be even higher (WHO, 2003). In 2012, the Washington post reported that, the Reuters Trust law group named India as one of the worst countries in the world for women. In fact, spousal abuse there is often seen as being deserved. In the year 2012 report by UNICEF found that 57 percent of Indian boys and 53 percent of Indian girls between the ages of 15 and 19 think wife-beating is justified. In conservative cultures, a wife dressing in attire deemed not to be sufficiently modest can result in serious violence from her husband or relatives. Such violent responses are seen as appropriate by most of the society. In a survey, 62.8% of women in Afghanistan said that a husband is justified to beat his wife if she wears inappropriate clothes (UNICEF, 2005).

Furthermore, in many places, sex in marriage is construed as the right of the husband, who can claim it by force, if necessary. For instance, in Lebanon, while discussing a proposed law that would criminalize marital rape, Sheik Ahmad Al-Kurdi, a judge in the Sunni religious court, said that the law could lead to the imprisonment of the man where in reality; he is exercising the least of his marital rights. Awake (2010) noted that a forced marriage is a marriage where one or both participants are married without freely giving their consent. In many parts of the world, it is often difficult to draw a line between forced and consensual marriage in many cultures especially in South Asia, the Middle East and some other parts of Africa.

Marriages are pre-arranged, often as soon as a girl is born. The idea of a girl going against the wishes of her family and choosing her own future husband is not socially accepted and there is no need to use threats or violence to force the marriage because the future bride will submit willingly. As in the case of child marriage where one or both parties are younger than 18 years, the customs of dowry and bride price contribute to this phenomenon (WHO).

Similarly, forced and child marriages are associated with a high rate of spousal abuse. These types of marriages are related to violence and both are regarded as spousal violence perpetrated inside marriage. They are violence related to the customs and traditions of marriage violence and trafficking. All are related to the payment of dowry and bride price and may result to horror killings for refusing the marriage (Arisi & Oromareghake, 2011).

The World Health Organization WHO (2003) stated that women in abusive relationship are at significantly higher risk of HIV/AIDS. WHO further stated that women in violent relations have difficulty negotiating safer sex with their partners. They are often forced to have sex, and they find it difficult to ask for appropriate testing when they think they may be infected with HIV. The WHO further said that there is a compelling case to end intimate partner violence both in its own right as well as to reduce women and girls' vulnerability to HIV/AIDS. The evidence on the linkages between violence against women and HIV/AIDS highlights that there are direct and indirect mechanisms by which the two interact. Similarly, violence by a person against their intimate partner is often done as a way of controlling their partner, even if this kind of violence is not the most frequent. Many types of intimate partner violence occur, including violence between gay and lesbian couples and by women against their male partners (WHO, 2003).

Bamidele (2012) opined that sexual abuse is any situation in which force or threat is used to obtain participation in an unwanted sexual activity. Coercing a person to engage in sexual activity against his/her will, even if that person is a spouse or intimate partner with whom consensual sex has occurred, is an act of aggression and violence. In addition to the above, marital rape, also known as spousal rape, is non-consensual sex in which the perpetrator is the victim's spouse. It is a form of partner rape of spousal abuse and of sexual abuse. Once widely condoned or ignored by law, spousal rape is now repudiated by international conventions and

increasingly criminalized. Still, in many countries, spousal rape either remains legal, or is illegal but widely tolerated and accepted as a husband's prerogative (Graham, 2003).

Criminalization of rape in marriage is recent, having occurred during the past few decades. The legal and social concepts of marital rape have developed, in most industrialized countries, in the mid late 20th century and in many parts of the world, it is still not recognized, socially and legally, as a form of abuse. Several countries in Eastern Europe and Scandinavia made spousal rape illegal before 1970, but other countries in Western Europe, and the English-speaking Western World outlawed it much later, mostly in the 1980s and 1990s (Graham, 2003). In many parts of the world, the laws against marital rape are very new, having been enacted in the 2000s. In the United States, spousal rape is illegal in all the 50 states.

Finally, in Canada, spousal rape was outlawed in 1983, when several legal changes were made, including changing the rape statute to sexual assault, and making the laws of gender neutral (Graham, 2003). Criminalization in Australia began with the state of New South Wales in 1981, followed by all other states from 1985 to 1992. New Zealand outlawed spousal rape in 1985 and Ireland in 1990. In England and Wales, spousal rape was made illegal in 1991, when the marital rape exemption was abolished by the Appellate Committee of the House of Lords (Roshe, 2005). Domestic homicides are the most extreme form of spousal abuse. These homicides may be impulsive or may be planned (premeditated) over a longer period of time. In certain parts of the world, planned domestic homicides are often triggered by specific factors, such as 'family honour' or dowry disputes. The World Health Organization (2003) reported that globally, about 38% of murders of women are committed by an intimate partner.

Effects of Spousal Abuse

According to Dodd (2009), some effects of spousal abuse are the followings:

1. *Effect on Children:* There has been an increase in acknowledgement that a child who is exposed to domestic abuse during his upbringing will suffer in his developmental and psychological welfare. Some emotional and behavioural problems that can result due to spousal abuse include increased aggressiveness, anxiety, and changes in how a child socializes with friends, family and authorities. Problems with attitude and cognition in schools can start developing, along with a lack of skills such as problem-solving. Correlation has been found between the experience of abuse and neglect in childhood and perpetrating spousal abuse and sexual abuse in adulthood. Additionally, in some cases, the abuser will purposely abuse the mother in front of the child to cause a ripple effect, hurting two victims simultaneously. It has been found that children who witness mother-assault are more likely to exhibit symptoms of post-traumatic stress disorders.
2. *Physical Effect:* Bruises, broken bones, head injuries, lacerations and internal bleeding are some of the acute effects of spousal abuse incident that require medical attention and hospitalization (United Nations Population Fund, 2014). Some chronic health conditions that have been linked to victims of spousal abuse are arthritis and irritable bowel syndrome. Victims who are pregnant during a spousal abuse relationship experience greater risk of miscarriage, pre-term labour, and injury or death of the foetus. (UNPF, 2014)
3. *Psychological Effect:* Among victims who are still living with their perpetrators, high amount of stress, fear and anxiety are commonly reported. Depression is also common, as victims are made to feel guilty for ‘provoking’ the abuse is frequently subjected to intense criticism. It is reported that 60% of victims meet the diagnostic criteria for depression, either during or after termination of the relationship, and have a greater

increased risk of suicidality. The most commonly referenced psychological effect of spousal abuse is Post-Traumatic Stress Disorder PTSD as experienced by victims. It is characterized by flashbacks, intrusive images, exaggerated startle response, nightmares, and avoidance of triggers that are associated with the abuse. These symptoms are generally experienced for a long span of time after the victim has left the dangerous situation. Many researchers stated that PTSD is possibly the best diagnosis for those suffering from psychological effect of spousal abuse, as it accounts for the variety of symptoms commonly experienced by victims of trauma (Barnett, 2001).

4. *Financial Effect:* Once victims leave their perpetrator, they can be stouced with the effects of the abuse and how it has taken away their autonomy. Due to economic abuse and isolation, the victims usually have very little money of their own and few people on whom they can rely when seeking help. This has been shown to be one of the greatest obstacles facing victims of spousal abuse, and the strongest fact that can discourage them from leaving their perpetrators. In addition to lacking financial resources, victims of spousal abuse often lack specialized skills, education, and training that are necessary to find gainful employment, and also may have several children to support.
5. *Long-term Effect:* Spousal abuse can trigger many different responses in victims, all of which are very relevant for a professional working with a victim. Major consequences of spousal abuse victimization include psychological/mental health issues and chronic physical health problems. A victim's over whelming lack of resources can lead to homelessness and poverty

Spousal abuse against men refers to abuse agaist men or boys in an intimate partner relationship such as marriage, cohabitation, dating, or within a family. However, determining

how many instances of spousal abuse actually involve male victims is difficult. Male spousal abuse victims may be reluctant to get help for various reasons. Some studies have shown that women who assaulted their male partners were more likely to avoid arrest even when the male victim contacts police. Another study examined the differences in how male and female batterers were treated by the criminal justice system (World Health Organization, 2001). The study concluded that female intimate violence perpetrators are frequently viewed by law enforcement and the criminal justice system as victims rather than the actual offenders of violence against men. Research findings have established the fact that gay men are at higher risk of spousal abuse than their heterosexual counterparts (World Health Organization, 2001).

State of Spousal abuse in Nigeria

Spousal abuse is not limited to violence that is obvious to others. It can also mean endangerment, criminal coercion, kidnapping, unlawful imprisonment, trespassing, harassment, and stalking to gain or maintain power and control over another intimate partner. Spousal abuse is a global phenomenon. It is not limited to Nigeria, it happens in other part of the World. It occurs in various cultures, and affects people irrespective of their economic status (Alokan, 2013).

In Nigeria, the predominance of spousal abuse has got to an alarming level that culminates to enacting new laws to curb it might no longer be sufficient. The issue of spousal abuse is a social problem that requires wholistic approach and solution from all the stakeholders. The civil society, traditional and religious bodies, women rights groups, law enforcement agencies, all tiers of government, families must all work together with a view to stemming the tide of this dreadful societal ill (World Health Organization, 2001).

The problem of spousal abuse is rooted in the socio-cultural complexes of various societies of the world and for this reason, a legalistic approach is now being adopted by many nations in the fight against this plague. For instance, it was not adopted in the United States of America, until 1985, that a court decision was given concerning Tracey Thurman, a Connecticut woman who sued the City Police Department in Torrington, Connecticut, claiming a failure of equal protection under the law against her abusive husband Charles “Buck” Thurman. After Tracey Thurman was attacked, stabbed, and nearly killed by her husband in 1983, a subsequent civil lawsuit judged that the local police had ignored growing signs of spousal abuse and had casually dismissed restraining orders and other legal bars to keep Buck Thurman away from his wife (Papadakaki, Tzamalouka, Chatzifotiou & Chilaoutakis, 2009).

The Thurman lawsuit brought about sweeping national reform of spousal abuse laws in the USA, including the “Thurman Law” passed in Connecticut, making spousal abuse an automatically arrestable offence, even if the victim does not wish to press charges. Unfortunately the reverse is the case in Nigeria where there is yet to be definite national laws that protect the citizens against spousal abuse many years back, there have been a lingering agitations on how to stop spousal abuse against children and women which have sadly yielded no result. Recently, however, the Lagos State House of Assembly made a bold move and passed into law, a bill “to provide protection against Spousal abuse and for Connected Purposes.” The law which came into force in 2007 was specifically designed to protect the Victims of spousal abuse. However, only four states in Nigeria including Lagos have approved laws against this threat, while none of the several bills against it in the National Assembly is yet to see the light of the day. Even in the states that have passed it the law is yet to be fully tested (Alokan, 2013).

Five good years after the Spousal abuse Law was passed, very little or nothing is known about it. Other social workers, sufferer and guilty party are unaware of the law. Custodians of the law, the judicial officials, law enforcement agents, legal practitioners and other social workers, victims and culprits are ignorant of the law. Daily, in a good number of homes, spousal abuse is being committed with impunity without the culprits knowing that crime was committed and the sufferer unaware of their rights which are being trodden upon. The extent to which spousal abuse is being perpetrated is not really known. It is an offence that men and women engage in daily without anybody knowing that a crime was being committed (WHO, 2002).

WHO (2002) asserted that many victims of spousal abuse usually lack legal remedy on the rights which were violated as a result of negative response from the society. Spousal abuse is so entrenched in our society that even the victims condone such violations of their rights as some perceive it as a sign of love and because of the socio-religious belief that a broken marriage or relationship is a mark of failure in life. Due to poverty and economic reliance on men, a lot of female victims may choose to endure the pain in silence for fear of losing the economic support of the male perpetrator. This trend is evident in several of the reported cases where victims choose to withdraw their complaints when it becomes evident that punitive measures will be meted out to the abusive spouse. Their usual objective is for the authorities to appease rather than punish the abusive partner for fear of backlash.

Moreover, where the victim is courageous enough to seek legal redress, the Nigerian legal system is more adversarial than reconciliatory. The outcome of most judicial proceedings is usually the termination or straining of the relationship of the litigants, and this is true of a spousal abuse victim who takes the perpetrator to the police station or the court for redress under the present law. The police also operate from the prejudices and stereotypes of the male

dominated customs and traditions of the society. Many victims of spousal abuse, who lay complaints at police stations, are usually taunted, humiliated, and their complaints trivialised, probably because the complaints desk officer often engage in wife battering himself. However, under the current legal framework, there is no confidentiality of proceedings and there are no specially designated family courts. The result is that spousal abuse cases, especially of sexual abuse, become a public affair and the victims become reluctant and withdrawn in giving adequate evidence required to prosecute the offenders (Alokan, 2013).

For spousal abuse Law to be effective therefore, the various authorities involved must begin a vigorous public enlightenment on the provisions of this law. The act which is aimed at providing protection against spousal abuse and for connected Purposes” must therefore not be a mere statute book but rather should be placed in the public domain for all stakeholders and for everyone to uphold. The general public should be made aware of spousal abuse, stipulated punishments for perpetrators and the procedure for filing complaints which must be simplistic. Moreover, it may be necessary to create special complaints desk in all police stations where domestic issues including child abuse will be handled. Officials should be adequately trained on the technicalities involved in managing domestic cases. Also, the authorities must organise continuous seminars and workshops for all those involved, judicial officials, law enforcement agents, legal practitioners and other social workers. There must also be the creation of special family courts where domestic disputes can be resolved and criminality prosecuted in confidentiality. Law enforcement and court machinery should be made pleasant and accessible to women (United Nations, 2006).

Alokan (2013) reported that the cases of spousal abuse against women in Nigeria are very alarming. There have been reported cases of husbands killing and maiming their wives in the

media. The myriads of statistics presented by United Nation (2006) are frightening. About 50% of women have experienced battering by their spouses. Shockingly, more educated women (65%) are in this terrible situation as compared with their low income counterparts (55%). Most victims endure, believing that they have nowhere to go and in any case, they believe that the law will not protect them. Staggering 97.2% of them are not prepared to report to the Nigeria Police.

About three year ago in Lagos State, a young woman of 27 year-old mother of one was seriously murdered by her husband. She was axed to death by her husband, in at Isolo residence in Lagos. Prior to , this scandalous story of wife battering by one Nigerian Ambassador and a traditional ruler who engaged his wife in a public brawl went about which brought the issue of spousal abuse to public notice. There is an official acceptance of violence between married couples and people perceived spousal abuse as a private affair. This issue was revealed that a man stabbed his 28 years old girl friend to death with pair of a scissors (Alokan, 2013). The deceased was said to have declined his marriage vow and that lead to an serious argument during which the deceased was stabbed in the armpit (Alokan, 2013).

The victims of wife battering are reported to suffer from physical and psychological pain and spousal abuse against women constitutes a great problem to the family and the society at large. It happens in homes, in different location such as public gatherings and known places like streets, parks, familiar places like homes of friends and relatives, offices, involving highly placed executives; and also in churches and mosques. Spousal abuse that occurs in private within the family, including wife battering, rape, acid attack, and sexual abuse affect the physical and psychological wellbeing of women; and as such, they seem to erode the position of women, both

at home and in the society at large. Spousal abuse against women therefore, deserves to be studied in order to provide possible solution (United Nations, 2006).

Similarly, sad incidence happened in Ibadan, Oyo State, Nigeria she is a barrister at law allegedly struck her husband to death with a knife, in Akobo area, after a serious argument. The victim in his late 30s was said to reside outside Nigeria came regularly since he got married to Yewande. (Nigerian Tribune, Saturday 6th February, 2016. pp2). There are all cases of spousal abuse which could have been averted if personality types, stress levels, communication styles and spousal abuse are well managed in an intimate relationship.

Concepts of Personality Types

Personality refers to every aspect of psychological and physical disposition of an individual. Obimba and Iwuama (2003) defined personality as all round behaviour characteristics disposition an individual, overt and covert (observable characteristics & unobservable) which create differences and qualities and which make individuals unlike others. It also includes the effectiveness with which an individual interacts with other people and the impression of himself which he creates on other people. Thus, we can have “aggressive personality”, “timid personality, humble personality” assertive personality, “fearful personality” submissive personality, gentle personality” firm personality and warped personality among others (Olowonirejuaro, 2008).

Various psychological studies have been conducted over the years to understand and pinpoint exactly what a healthy personality is. Carl Jung’s theory of an individual emphasizes higher forces of nature and the role played in development of healthy personality. The theory of self-transcendence by Frankpearl talks about finding meaning in our past and our actions in order

to have a healthy mental state. The importance of social adjustment is reflected in a theory by Erich Fromm. Carl Rogers, in his theory of the fully functioning person, sheds light on one's ability to take his own decisions and be spontaneous. The theory by Gordon Allport, stresses the fact that such a personality is developed by moving forward and not by pining on the past. Another important theory on self-growth and healthy personality is by Abraham Maslow. Also called the self-actualization theory, it explains how a healthy personality is developed over time (Bates, 2006).

According to Fara and Mangelli (2001), the development of these theories led psychologists to sum up the human personality into five important traits. This has led to the development of the "Big Five" personality traits of psychology also known as OCEAN. It is one of the most common and famous theories of all the personality analysis. The OCEAN theory basically comprises five main spheres which are openness, conscientiousness, extraversion, agreeable and neuroticism. Out of these five, the first four are positive traits, while Neuroticism is a negative trait. It is from this OCEAN theory that basic characteristics of a healthy personality are derived.

Fara and Mangelli (2001) identified the following characteristics of a healthy personality:

Openness (O): A healthy personality demands openness and eagerness towards everything in life, old or new. It covers not only new experiences, but new ideas, thoughts, letting go of older conventions and accepting the changing times. Openness also talks about creativeness and a strong imagination.

Conscientiousness (C): This trait describes the characteristic of self-organization and efficiency. A healthy personality is generally goal-oriented and has a perspective of what he wants in life.

Such personalities are competent and competitive. They have a high level of tolerance when it comes to pressure. They are always working hard and striving to succeed in all endeavours.

Extraversion (E): This personality trait sums up the general disposition of a person in a public group and his social behaviour. The personality is warm and welcoming to new people. They generally accept others as they are. They don't attempt to change others to meet their requirements and they do not have high expectations.

Agreeableness (A): This refers to the level of social trust and regard that a person displays. This personality has a balanced outlook towards matters of trust and intimacy. They are straight forward in their communication and do not believe in beating about the bush. In times of conflict, they prefer to walk out with calm words and avoid argument or quarrel.

Neuroticism (N): This refers to the level of control a person has over his emotions. People with this personality are not devoid of emotions; however, they do not let their emotions take over them as they can keep a constraint over themselves. Neuroticism is a long-term disposition to negative emotions such as distress, anger and frustration at little things, hatred, jealousy and a host of others. It is not a part of the healthy personalities. A healthy personality is formed by the exact opposite of neuroticism such as emotional stability and ability to adjust well to situations. People with this personality are able to function efficiently and are at peace in a world full of chaos. They enjoy a balance level of all pleasures and adventures in life. They are blessed with a great presence of mind and self confidence.

Some theories by renowned personality theorists such as Erick Erikson's development theory and Sigmund Freud's psychoanalytic theory of personality are applicable to the Nigerian situation. Erickson's theory proposes that the personality of an individual forms as the ego progresses through a series of interrelated stages and that each stage has a critical period of

development and a time of social ascendancy in the development of the ego (Obimba & Iwuama, 2003). Olowonirejuaro (2008) described a developmental of psychosocial stages in which the child encounter a broad range of human relationship as he grows up and in the process of which he has a specific concern to tackle at each stage. How well the child solves his problems at any one of the stage may determine how adequate a person will become during the adulthood and how well he will be able to cope with new problems and the challenges of life as they arise. Early stages of psychosexual development call attention to important relationship between children and their parents and to problems of social development (Obimba & Iwuama, 2003).

Sigmund Freud in his psychoanalytic theory of personality development on the other hand opined that personality is developed in a predetermined sequential order and the failure to complete one stage will result in difficulties later during adulthood. The theory focused on sexual development as each of the stages is based on particular erogenous zones. Unsuccessful completion of the stage during childhood leads to the adult becoming fixated on that particular erogenous zone and over-indulging in adulthood. The oral stage is the first from birth to about eighteen months where the infant is focused on oral pleasures and too much or too little gratification leads to a pre-occupation for the adult with oral activities like smoking, drinking or over-eating. This according to (Obimba & Iwuama, 2003) leads to a personality that is too dependent on others or someone who fights these urges and becomes aggressive and pessimistic instead of optimistic. The anal stage follows where the focus is eliminating and retaining faeces as a result of societal pressures. This can result in anally fixated personalities who are observed with neatness, holiness, perfection and exercising control.

Sigmund Freud believes that an adult's personality is based on early childhood experiences and largely determined by age five. Fixations that develop during the infantile stage

contribute to adult personality theories and they are applicable to Nigeria's situation where myriad of married adults today disposes and exhibit diverse forms of anti-social behaviours such as drug use, promiscuity, drunkenness, spousal abuse, armed robbery and kidnapping among others (Obimba & Iwuama 2003).

Characteristic of Type A/B Individuals

Type A individuals have some unique characteristics which distinguish them from Type B individuals. The behavioural characteristics of Type A and Type B persons are hereby described for the purpose of distinguishing between Type A individuals and Type B individuals:

Type A Individuals: Fara & Mangelli (2001) identified four characteristics of Type A individuals. The first characteristics is a sense of time urgency, or the modern diseases a hurry sickness. According to the authors, the most significant trait of Type A man is his habitual sense of time urgency or hurry. The Type A man excessive strives to obtain or achieve too much within a limited time or to participate in too diverse events in the amount little of time he allots for these purposes. The authors noted that even if by some miracle, time could be stretched adequately just ones for a second or third or fourth time. The fundamental sickness of the Type A subject consists of his peculiar failure to perceive, or perhaps worse, to accept the simple fact that a man's time can be exhausted by activities. As a consequence, he never ceases trying to stuff more and more events into his constantly shrinking reserves of time.

The second major characteristic of Type A person is the quest for achievement and obsession with numbers. Because so many of the world activities are expressed in currency units (i.e. Dollars, Pounds, Francs, Marks and Naira), for examples, the Type A subjects more often than not appear to be absorbed in money. The Type A individuals simply use money as numeral

of their prowess or achievements. Type A individuals simply use money, or the number of things (such as degrees, cars, titles and a host of other) acquired that is important.

Another characteristic is a feeling of insecurity of status. Type A persons in their development process measure the value of their total personality or character by the number of their achievements. Moreover, the achievements invariably must be those that they believe capture the respect and admiration of their peers and superiors. They do not care whether these achievements win them the love or affection of their fellow men, and they care not whether they are liked or disliked. They believe that the number, not the quality of their achievements must constantly increase to satiate an appetite that (unchecked by other restraints) carelessly increases. They feel that the number of their achievements is always being judged by the peers and subordinates, and since the latter are constantly changing as they ascend in the socio-economic scale, they feel that the number of their achievement must continue to increase. They directly attune to the pace of their status enhancement. This pace in turn depends upon a maximal number of achievements recognized as significant by constantly changing groups, peers and superiors.

The fourth characteristic is aggression and hostility. According to Bate (2006) no man who is eager to achieve, is totally lacking in aggressive spirit. Most Type A subjects have so much aggressive drive that they frequently involve in free-floating hostility. However, excess aggression and hostility are not always easily detected in Type A subjects because they often keep such feelings and impulses under deep cover. Very few of Type A individuals are aware of their excessive aggression, and almost none is aware of their hostility. It is only after a fairly intimate acquaintance with Type A persons that their hostility becomes manifest. The prime index of the presence of aggression or hostility in almost all Type A persons have the tendency to

always compete with or to challenge other people, whether the actively consist of a sporting contest, a game of cards, or a simple discussion.

Bates (2006) noted that Type A individuals engaged in some behaviours that make them different from Type B persons. According to Bates, the behavioural manifestations that could be used to identify Type A individuals include; want to control, always at work, high performance expectation, expectation feedback, self-focused attention, competitiveness, heightened activity level, exaggerated effort, preference to work alone, reluctant to relinquish power, control preference for social comparison, emotional reaction, anxiety, reactivity, anger/hostility and increased likelihood of Coronary Heart Disease (CHD). Also, Bates (2006) explained that after many years of competitive driving, unending quest for constantly receding goals, the Type A person exhibits some mannerisms and various motor actions that very often allow him/her to be identified. Outstanding motor and behavioural characteristics of the Type A persons are enumerated by Obimba& Iwuama (2003).

1. An expression of vigour and energy, alertness and confidence
2. Loud and/or vigorous voice
3. Persistent desire for recognition and advancement and progression
4. Habitual propensities to accelerate the rate of execution of many physical or mental functions
5. Extra ordinary or mental and physical alertness
6. Easily provoked hostility
7. Chronic sense of time urgency that leads to accleartoon of thought and actions.
8. Continuous involvement in multiple and diverse function constantly subject to time restriction or deadlines.

9. Enhanced aggressive tendencies
10. Upper thoracic respiratory movement
11. Easily irritated
12. Speech hurrying in the form of saying yes, yes, or mm, mm, or right, or by nodding his head in assent while another person speaks and a host of others.

Characteristically, orderly, well organized, self controlled, and self confident, according to Bates (2006) the identified characteristics of Type A persons are in-exhaustive. Iwuama for instance, noted that Type A person tends to have personal characteristics such as emphatic gestures, taut facial expressions, rapid motor activity, accelerated paces, vigorous stylistic of speech, and other typical mannerism.

Type B Individuals: The reverse or converse of Type A Behaviour Pattern (TABP) was conceptualized by Fara & Mangelli (2006) as Type B Behaviour Pattern (TBBP). This behaviour pattern was characterized by relatively little or non-habitual sense of time urgency, no competitiveness, lack of aggressive drive and little or no risk of coronary heart disease. It is exhibited by generally more relaxed, easy going, satisfied and unhurried individuals. Type B individuals are persons without such enhanced behavioural traits as found in Type A persons. Thus, the Type B persons are generally not beset by desire to participate in an ever-growing number of events.

Bates (2006) observed that the persons with Type B behaviour pattern are almost the exact opposites of Type A subjects. They, unlike Type A persons are rarely hurried by desire to obtain a widely increasing number of things or participate in an ever decreasing amount of time. Their intelligence may be as good as or even better than that of the Type A subjects. Similarly, their ambition may be as great as or even greater than that of their Type A counterparts. They

may also have a considerable amount of drive, but their characters are such that they seem to steady them, give confidence and security to them, rather than irritate, and infuriate, as with Type A persons.

Obimba (2003) explained further that individuals possess Type B behaviour pattern if they are completely free of all the habits, and they exhibit none of traits that severely afflict Type A pattern:

Never suffer from a sense of time urgency with its accompanying impatience, harbour no free floating hostility and they feel no need to display or discuss either their achievements or accomplishments unless such exposure is demanded by the situation; they play so as to find fun and relaxation, not to exhibit their superiority at any cost; can relax without guilt, just as they work without agitation.

Fara & Mangelli (2001) argued that the Type B person cannot be adequately described as the direct opposite of the Type A person because the Type B individual exhibits all or some of the same behaviour characteristics, but not in an exaggerated manner that is so common to the Type A individual. That is, the Type B person does not usually involve himself in a chronic struggle against time, but he may occasionally feel some pressure. He or she is not overly or chronically competitive, but he or she may espouse certain ambitions, and pursue his or her goals in relatively non-aggressive way Obimba & Iwuama (2003). Thus, according to Bates (2006), Type B Behaviour Pattern (TBBP) is a different style of response to the environmental milieu that is infrequently associated with the need to compete and to rush the pace of activities, or with the response of hostility and anger dimension that are exhibited by Type A person. A true Type B individual, according to Bates (2006) therefore, is one who from earliest days never cared to compete excessively or to run a race with time. Of course, he or she might have been a good

student and even a superb thinker; he or she might work long hours and very conscientious, but usually he or she does not feel the need to compress event in time and get more done each day.

Bates (2006) argued further that unlike Type A person, a Type B individual feels that there is enough time each day to do those things he or she wishes to do. He or she often very satisfied with his or her status, both economic and social and he or she never rushes the pace of events, or activities, his or her whole demeanor suggests relaxation, unhurriedness, and contentment Fara & Mangelli (2001) identified the following behavioural characteristics of Type B persons.

1. A general expression of relaxation, calm and quiet attentiveness
2. A moderate low walking voice
3. No evidence of dipped speech
4. Rarely interrupts another speaker
5. Rarely hostile or aggressive
6. Almost beset by desires to participate in an ever-growing number of events;
7. No speech hurrying
8. Never uses the clenched fist or the finger-pointing gesture to emphasize his or her speech;
9. An absence of emphatic, one word response and a host of others.

Determinants of Type A/B Behaviour Patterns

Studies by Obimba and Iwuama (2003) have identified some factors that are believed to be responsible for the prevalence of Type A/B behaviours patterns among people, especially in industrial societies of the world. Some of these determinants are;

Family background: Parental attributes, behaviours and performance standards were found to influence offspring and probably played an important role in the development of many facets of the Type A Behaviour Patterns (TABP) including competitiveness and achievement striving in children (Obimba and Iwuama, 2003). Similarly, audit modeling and conditioning processes have been found to significantly affect competitive and aggressive behaviour in offspring Bates (2006) posited that it is not surprising that there is a familiar similarity in the behavioural characteristics of Type A adults and Type A children.

Occupational factors: Howard, found that factors associated with occupational competitiveness, heavy workloads, conflicting demands and supervisory responsibilities elicit Type A behaviour in individuals, particularly the working class people. These factors have also been found by Fara & Mangelli (2001) to account for higher prevalence of Type A Behaviour Pattern (TABP) in women working full-time than those employed part-time or to full time house wives.

Environmental factors: The environment in which children and adults reside affects or determines their behaviour pattern. It has been established that environmental factors such as living in an urban area compared with living in rural areas influence the development of Type A behaviour pattern in children (Obimba & Iwuama, 2003) and in male compared to female children (Bates, 2006). Fara (2001) also claimed that Type A behaviour is especially common among individuals in highly urbanized setting and seem to characterize approximately 50% of all male employees. Level of relaxation also determines whether an individual has Type A behaviour pattern or not reported that in an area devoted to relaxation (such as Hawaii state in the United State of America), the prevalence of Type A behaviour pattern is low Fara & Mangelli, (2001) argued that although TABP stem in part from certain behaviour predisposition impersonality

traits, it emerges when the environmental challenges elicit a particular set of response. This implies that if the challenges were severe enough, almost any person might react in Type A manner. They concluded that TABP does not constitute a personality type per se, but a set of irrational and overt behavioural responses to life situations that are perceived and interpreted as threatening, unpleasant, uncontrollable, and challenging.

Socio-economic factors: socio-economic factors such as people's educational attainment/level and occupational status often give rise to Type A behaviour pattern and they may not play a significant role until occupational career begins. These factors might be responsible for individuals striving for educational achievement and career advancement (Obimba & Iwuama, 2003). The attainment of higher educational level is most likely to attract higher occupational status and ensure better socio-economic status. Socio-economic factors might give rise to Type A style of achievement striving in individuals (Bates, 2006).

Modernization, technological advancement and urbanization have significant effects on human behaviour. For instance, the consequences of increased human population, urbanization and computerization of essential human services, alarming unemployment rate, technological and scientific breakthrough in medicine (such as separation of Siamese twins and birth of test-tube babies). In engineering (such as invention of planes, carspace ship, television, electronic gadget and a host others) and in agriculture (such as mechanization of agriculture), the unbearable consequences of the global economic glut; and the general struggle for survival have all presented new challenges never experienced by earlier generation. According to Obimba & Iwuama (2003) such challenges are probably sufficient to cause the prevalence of Type A Behaviour Pattern in the Nigerian environment, He observed that Type A behaviour pattern

might not necessarily be a disease of the west only but also a disease of developing countries of the world, particularly Nigeria.

Other factors: Some other factors that might give rise to development of Type A behaviour pattern include:

- Emotional feeling of social and psychological insecurity
- Social drives, that have to be satisfied within individuals' environment and family expectation
- Hasty desire for economic success and excessive quest for socio-economic improvement
- Time constraints or time limits often imposed on task performance or on given assignment
- Environmental or societal demand for incessant haste, hurry, and excellence at work performance

Theories of Personality

Personality psychology is a branch of psychology that studies consistent picture of individual and their psychological forces. One emphasis in this area is to construct a coherent picture of a person and his or her major psychological from one another. Another emphasis views personality as the study of individual differences. In other words, how people differ from each other. The third area of importance considers the similarity in people emphasis examines human nature. These three viewpoints merge together in the study of personality. The study of personality has varied history in psychology, with an abundance of theoretical traditions. The major theories include dispositional (trait) perspective, psychodynamic, humanistic, biological behaviourist and social learning perspective. There is no consensus on the definition of

“personality” in psychology. Most researchers and psychologists do not explicitly identify themselves with a certain perspective and often take an eclectic approach. Some researchers are empirically driven, whereas other researchers emphasize theory development such as psychodynamics. There is also a substantial emphasis on the applied field of personality testing (Olowonirejuaro, 2008).

The study of personality is not a purely empirical discipline as it brings in elements of arts, science and philosophy to draw general conclusions. The following five areas are for the philosophical postulation upon which theorists disagree:

1. *Freedom versus Determinism:* Is the debate over whether we have control over our own behaviour and understand the motives behind it (Freedom), or if our behaviour is causally determined by forces beyond our control (Determinism). Determinism has been considered unconscious, environmental or biological by various theories.
2. *Heredity versus Environment:* This personality is thought to be determined largely by either genetics or heredity, by environment and experiences, or by some combination of mishmash of the two, all the possibilities are supported by evidence. Modern day research suggests that most personality traits are based on the joint influence of genetics and environment.
3. *Uniqueness versus Universality:* There is an argument over whether we are all unique individuals (Uniqueness) or if humans are basically similar in their nature (Universality). Gordon, Allport, Maslow, Rogers were all advocates of the uniqueness of individuals. Behaviorists and cognitive theorists, in contrast, emphasized the importance of universal principles such as reinforcement and self-efficacy.

4. *Active versus Reactive:* Do persons primarily act through their own initiative (Active) or react to outside stimuli (Reactive)? Behavioural theorists typically believe that humans are passively shaped by their environments, whereas humanistic and cognitive theorists believe that humans are more active.
5. *Optimistic versus Pessimistic:* Personality theories differ on whether people can change their personalities (optimism), or if they are doomed to remain the same throughout their lives (pessimism). Theories that place a great deal of emphasis on learning are often, but not always more optimistic than theories that do not emphasize learning (Olowonirejuaro, 2008)
1. *Perceiving Functions:* Sensing and intuition (trust in concrete, sensory-oriented facts Vs trust in abstract concepts and imagined possibilities).
2. *Judging Functions:* Thinking and feeling (basing decisions primary on logic Vs considering the effect on people).

Briggs and Myers also added another personality dimension to their type indicator to measure whether a person prefers to use a judging or perceiving function when interacting with the external world. Therefore they included questions designed to indicate whether someone wishes to come to conclusions (Judgment) or to keep options open (Perception).

During the 1950s, Friedman and his co-workers defined what they called type A and type B behaviour patterns. They theorized that intense, hard-driving Type A personalities was prone to higher risk of coronary disease because they are “stress junkies”. Type B people, on the other hand, tended to be relaxed, less competitive and lower in risk. There was also a type AB mixed profile (Ogwokhademhe, 2009).

Psychoanalytic Theories

Psychoanalytic theories explain human behaviour in terms of the interaction of various components of personality. Sigmund Freud was the founder of this school. Freud drew on the physics of his day (thermodynamics) to coin the term psychodynamics. Based on the ideas of converting heat into mechanical energy, he proposed that psychic energy could be converted into behaviour. Freud's theory places central importance on dynamic, unconscious psychological conflicts. Freud divides human personality into three significant components; the ego, superego, and id. The id acts according to the pleasure principle, demanding immediate gratification of its needs regardless of external environment; the ego then must emerge in order to realistically meet the wishes and demands of the id in accordance with the outside world, adhering to the reality principle. Finally, the superego inculcates moral judgment and societal rules upon the ego thus forcing the demands of the id to be met not only realistically but morally. The superego is the last function of the personality to develop, and is the embodiment of parental/social idea established during childhood. According to Freud, personality is based on the dynamic interactions of these three components. The channeling and release of sexual (libido) and aggressive energies which ensures from the "Eros" (sex, instinctual self-preservation) and "Thanatos" (death; self-annihilation) drives respectively are major components of his theory (Ogwokhademhe, 2009).

Freud was the originator of this school of thought. Psychosexual stages of personality development. He believed adult personality is dependent upon early childhood experiences and largely determined by age five. Fixations which build up through the infantile stage contribute to adult personality and behaviour. One of Sigmund Freud's earlier associates, Alfred Adler concurred with Freud's submission that the infantile early stage experiences are necessary to the

development. His opinion also was that the only child develops rapidly and loves to receive notice early childhood experiences are important to development, and believed birth order may influence personality development. Adler believed the oldest was the one that set the high goals to achieve to get the attention they lost back when the younger siblings were born. He believed the middle children were competitive and ambitious possibly so they are able to surpass the first born's achievement, but were not as much concerned about the glory. Also he believed the last born would be more dependent and sociable but be the baby. He also believed that the only child loves being the center of attention and matures quickly, but in the end fails to be independent (Olowonijaro, 2008). Similarly to Freud's idea of self, Narcissism is the exaggerated sense of oneself which is believed to exist in order to protect one's low self-esteem and sense of worthlessness had a significant impact on the field by extending Freud's theory of egoism and introducing of a term. "Self-object transference" mirroring and idealization. In other words, children need to idealize and emotionally "sink into" and identify with the idealized competence or admired figures such as parents or older siblings. They also need to have their self-worth mirrored by these people. These experiences allow them to thereby teach self-soothing skills and others required for the growth of a healthy that is necessary for the development of a healthy sense of self. Another important figure in the world of personality theory was Mandara (2004) to whom the development of "real self" and the "ideal self". She opined that all people have these two views of their own self. The "real self" is how you really are with regards to personality, values and moral, but the "ideal self" is a construct you apply to yourself to conform to social and personal norms and goals. Ideal self would be "I can be successful, I am CEO material" and the real self would be "I just work in the mail room, with not much chance of high promotion (Mandara, 2004)

Behaviorist Theories

Behaviorists explain personality in terms of the effects external stimuli have on behaviour. It was a radical shift away from Freudian philosophy. This school of thought was developed by Skinner who put forth a model which emphasized the mutual interaction of the person or “the organism” with its environment. Skinner believed children do bad things because the behaviour requires attention that serves as reinforcement. For instance, a child cries because the child’s cry in the past led to attention. These are the responses and consequences. The response is the child’s cry and the attention the child gets is the reinforcing consequence.

According to this theory, people’s behaviour is formed by processes such as operant conditioning. Skinner put forward a “three term contingency model” which helped promote analysis of behaviour based on the “stimulus-response-consequence model” in which the critical question is; “under which circumstances or antecedent stimuli does the organism engage in a particular behaviour or ‘response’, which in turn produces a particular consequence.

Jung extended this theory by accounting for attitudes and traits. According to him, an attitude develops as the response strength (the tendency to respond) in the presence of a group of stimulus becomes stable. Ogburn (2008) also saw traits as having a large genetic or biological component as do most modern behaviourists. Myers (2008) He is another notable influence. He is well known for his classical conditions experiments involving a dog. These physiological studies on this dog led him into the discovery of the foundation of behaviorism as well as classical conditioning.

Social Cognitive Theories

In cognitive theories, behaviour is explained as guided by cognitions (such as expectations) about the world, especially those about other people. Cognitive theories are

theories of personality that emphasized cognitive processes such as thinking and judging. Obimba & Iwuama, (2003) suggested the forces of memory and emotions operated alongside with ecological influences. Bandura was known mostly for his “Bobo Doll experiment”. During these experiment, Bandura video-taped college students kicking and verbally mistreating a bobo doll. Afterwars, he projected their video to a set of kindergatingpupils who were getting ready to go out to play. When they entered the play room, they saw bobo doll and a few hammer. It was observed by people that during play some children were beating the doll. He called this study and his findings ‘observational learning and modeling’.

Early examples of approaches to cognitive style are listed by (Obimba & Iwuama, 2003): These include Iwuama (2003) who worked on field dependency; who discover that people had consistent preferencesfor the number of categories they used to categorize heterogeneous objects and Bates (2006) who worked on confidence in line discrimination judgments. Baron relates early development of cognitive approaches of personality to ego psychology. More central to this field have been identified as follows:

1. Self-efficacy work, dealing with the confidence people have in abilities to do tasks (Obimba & Iwuama, 2003).
2. Locus of control theory.
3. Attributional style theory deals with different ways in which people explain events in their lives. This approach continues with locus of control theory but extends it by stating psychologists also need to consider whether people attribute to stable causes or variable causes, and to global causes or specific causes.

Obimba & Iwuama, (2003) has also defended a cognitive approach to personality. His work refers to “cognitive affective units”, and considers factors such as encoding of stimuli,

effective goal-setting and self-regulatory beliefs. The term “cognitive affective units” shows how his approach considers effect as well as cognition. Personal Construct Psychological theory proposed by an American psychologist George Kelly in the 1950s. From the theory, Kelly derived a psychotherapy approach and also a technique called the repertory grid eventually was modified for different use in organization including making decision helped his patients to uncover their own “constructs” with minimal intervention or interpretation by the therapist. The repertory grid was eventually modified for different use in organization including making decision and interpretation of other people’s world-views.

Humanistic Theories

In humanistic psychology on personality, it is emphasized that people have free will and they play an active role in determining how they behave accordingly. Humanistic psychology focuses on subjective experiences of persons as opposed to forced, definite factors that determine behaviour. This is based on the “phenomenal field”. Maslow (1970) spent much time studying what he called “self-actualizing person”, people who are “pleasing themselves are doing the best they can do” Maslow believes all who are interested in growth move towards self-actualizing (growth, happiness, contentment out look of several people exhibit a trend in scope of their personalities. Characteristics of self-actualized person according to Maslow include the four key dimensions as follows:

1. *Awareness*: Maintaining constant enjoyment and awe of life. These individuals often experienced a “peak experience”. He defined peak experience as an intensification of occurrences to the extent of a loss of self. “A view climatic experience is one in which an individual perceives an expansion of his or herself and detects a unity and

meaningfulness in life. Intense concentration on an activity one is involved, such as running a marathon, may invoke a peak experience.

2. *Reality and Problem Centered*: Such people have the tendency to be concerned with problems in their surroundings.
3. *Acceptance/Spontaneity*: They accept their surroundings and what cannot be changed.
4. Lose friendships

Humanistic therapy basically depends upon the information given by the clients past and considers how it impacts the present therefore the client dictates the type of guidance the therapist may initiate. This allows for an individualized approach to therapy. Maslow (1970) found that patients differ in or compassionate response. The response type takes the clients perspective and replicate they respond to other people. He tried to model a particular approach to therapy and stressed the reflective or empathetic response. Philosophical compassionates response. The response type takes the client's perspective and replicates on his or her feeling and the context for it.

Children were quick to pick up aggressive behaviour from watching a film and although they did not necessarily show it immediately, they used it later. The frustration-aggressive hypothesis was explained by the humanistic theorist with fact that for example, a person who is frustrated can elicit different responses depending on the kind of responses the individual has learnt for coping with stressful situations.

Concepts of Stress

Stress is a complex reaction that affects human physiology, behaviour, thinking and emotions. It arises in situations where people believe that the demands they face are greater than

their abilities to handle those demands (Hiebert, 2002). Stress can result from environmental factors (task difficulty) and internal factors (repertoire of managing and ability observation and heredity disposition) or from an interface involving the two (Hiebert, 2002). The reaction of a person to external stressor is referred to as stress. Adeoye (2008) used an outcome neutral way to describe people's attempts to deal with the demands or stressors that they encounter. They suggest that stressors have the potential to elicit different reactions among individuals due to the subjective experience of the stressor.

The usual responses people utilize are based on two forms of cognitive assessment: primary appraisal, which involves evaluating the threat of the (such as irrelevant and threatening), and secondary appraisal, which involves evaluating one's available resources for coping with the stressful situation (such as, seeking more information and control impulsivity). Stress arises not from the demands people face per se, but from people's perceived inability to deal with those demands to their own satisfaction (Hiebert, 2002). Sometimes a person's coping attempts are successful and the demand is handled satisfactorily. At other times, coping attempts are not as successful as one desires and if the demands or stressors persist, the person begins to feel stressed.

When an individual is in a situation, there is an initial appraisal, or in some cases a misappraisal, of the demand characteristics of the situation, stress comes not only from the difficulty people encounter but also from people's failure. As the individual remains engaged in the situation, there is subsequent on-going appraisal regarding the continual nature of the demand and the adequacy of the individual's coping attempts (Adeoye, 2008). Regardless of the accuracy of the person's appraisal of the situation and the coping resources available, a perceived inequity between demand and coping resources produces an increase in stress level (Hiebert, 2002). For example, an athlete who makes a mental or physical error during competition may appraise the

stressor as threatening to self-esteem while the procedures for athlete succeeding evaluation and therefore, the kind of experience the same stressor they faced may appraise it as merely challenging. If an athlete has appraised a situation as stressful, his or her coping processes, then work to manage the stress reaction. These processes influence the athlete's subsequent appraisal and therefore, the type and intensity of the stress reaction. Studying the relationship between perceived stress and burnout among high school basketball instructor, Hiebert (2002) established that lesser perceived stress and reduced burnout were correlated with greater social support and more years of coaching experience.

Stress is a very broad class of problems which tax the system (physiological, social and psychological) and the response to that system. Furthermore, stress is any stimulus that either raises man's excitement or anxiety level beyond what he/she regards as usual or personal capabilities. Stress is a chronically high level of mental arousal and body tension that exceeds a person's capacity to cope, resulting in distress, disease or an increased capacity to cope (eustress). Stress is something that occurs when people are faced with events they perceive as challenging their physical or psychological well being (Akinade, 2006).

Furthermore, stress is a biological term which refers to the consequences of the failure of an organism to respond appropriately to emotional or physical threats to the organism, whether actual or imagined. Stressors have a major influence upon mood, or sense of well-being, behaviour and health. Acute stress responses in a youthful hale hearty persons might be adaptive and normally do not enforce health challenges. In addition, if the threat is unremitting, particularly in older or unhealthy individuals, the lasting effects of stressors could destroy health. The association between psychosocial stressors and disease is affected by the nature, number and persistence of the stressors as well as by the individual's biological vulnerability (such as

genetics, constitutional factors), psychosocial resources and learned patterns of coping. Psychosocial challenges interventions have proven valuable in the treatment of stress related challenges and may affect the path of recurrent diseases. Furthermore, scholars in the field also spent more attention on contextual factors that trigger stress in close relationships or spill-over from outside to the close relationship. Such external stressors may originate from stressful experiences at workplace, with neighbors or relatives, low socio – economic status, and within the cultural milieus. Stress is very pertinent as the quality of relationships remains one of the best indicator or life contentment be brought about by both good and bad experiences. At time when people are stressed up, events going on supplies more vigor and strength which is good when the stress is a product of inability to cope (Adeoye, 2008).

Stress is the body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing some chemicals into the body. These chemicals give people more energy and strength which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing, if their stress responds to something emotional and there is no outlet for this extra energy and strength (Bodman, 2005).

In view of the above, married adults long term continual experience can be an harbinger of acute health related challenges such as high blood pressure, suppression of the immune system, heart attack, stroke, depression, infertility and aging. In addition, (Schawartz, 2000) have found a direct correlation between stress and health problems such as pain, heart disease, digestive problems, obesity, auto-immune diseases, sleep problems and poor skin conditions.

Stressed married adults are exposed to spousal abuse (sexual, physical and emotional, neglect and divorce). Marital conflict also provides an excellent review of the psychological

consequences of such stressors. Psychological effects of maltreatment/abuse include provocative behaviours, the avoidance of intimacy, and disturbances in attachment. Stressful life events often precede anxiety disorders as well. Interestingly, long-term follow-up studies have shown that anxiety occurs more commonly before depression. In fact, in prospective studies, patients with anxiety will most likely develop major depression after stressful life events occur (Akinade, 2006).

Stress is a complex phenomenon. It is a very subjective experience. What may appear not to be a challenge for one will be a stress for another depending largely on background experiences, temperament and environmental conditions. Stress is part of life; it is generated by constantly changing situations which people have to experience. Stress as a term means internal condition arising from frustrations people face or unsatisfying conditions. A certain level of stress is unavoidable, because of its complex nature stress has been studied for many years by researchers in psychology, sociology and medicine (WHO, 2002). In the same vein, Rowe (2000) described job stress as a state of disequilibrium arising from work or work related concerns of individuals. He further stated that there are lots of situations and lots of experiences that are stressful such as incessant power failure, high cost of living, insecurity of lives, political instability, high inflation, poor working conditions, traffic congestion due to poor roads, lack of basic necessities such as good drinking water and good shelter. These are stressors for most people. These stressful conditions are not without consequences some of which may include terrible mental depression, hostility and disruption of interpersonal relations (Giesel, 2002).

Double stress is a stressful event or encounter that always concerns both partners, either directly when both partners are confronted by the same stressful event or when the stress originates inside the couple, or indirectly when the stress of one partner spills over to the close

relationship and affects both partners. In both cases, dyadic stress elicits joint appraisal, that is, dyadic appraisals in addition to individual appraisals of the stressful situation that enlarge the primary and secondary appraisals in Lazarus' approach, and joint coping efforts of the couples, or cooperative of common resources, referred to as dyadic coping (Bodman, 2005). Thus, dyadic stress can be classified along three dimensions: (a) the way each partner is affected by the stressful event (such as directly or indirectly), (b) the origin of stress (such as without it originates from inside or outside of the couple, and (c) the period (at what moment in the coping process which partner becomes involved). Currently many researchers such as);Bodman, (2005) and Adeoye, 2008) all agreed that stress in couples is always a dyadic phenomenon that affects both partners in some ways.

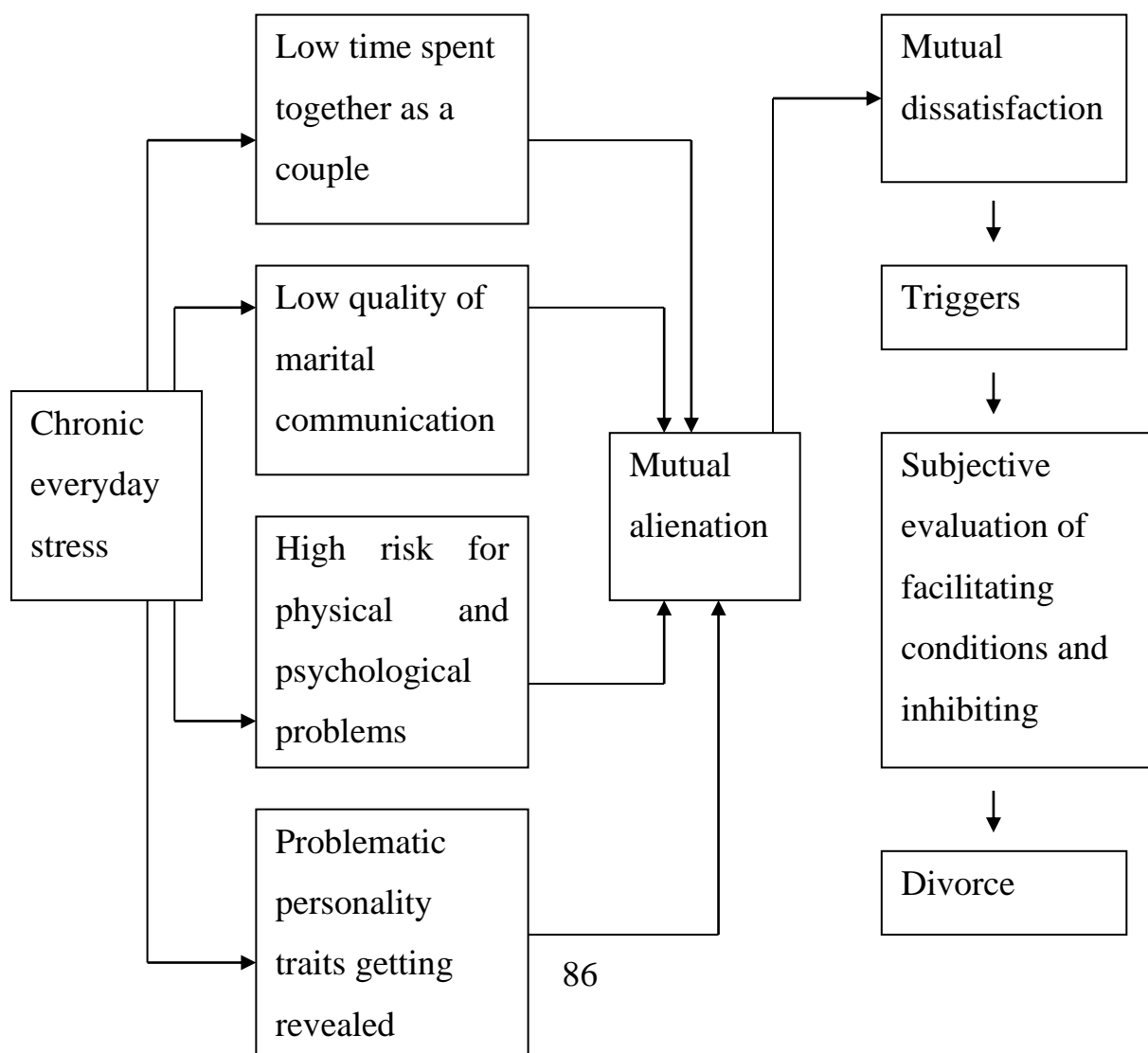


Figure 1: Bodman *Couple stress model* (2005)

Bodman's stress model suggested that external stress affects relationship quality by: (a) Decreasing the time that partners spend together, which in turn results in a loss of joint experiences, weakening feelings of togetherness, decreased self disclosure, and poor dyadic coping; (b) Decreasing the quality of communication by eliciting less positive interaction and more negative interaction and withdrawal; (c) Growing the risk of mental and physical challenges such as sleep, sexual dysfunction, and mood disturbances, (d) Increasing the likelihood that problematic personality traits will be expressed between partners, as in the form of rigidity, anxiety, and hostility.

However, these processes may result in alienation, in a state of lacking mutual knowledge about each other as both partners develop but do not assist in the development of the other. The likelihood of divorce increases when partners reveal less about their private affairs, individual needs, ambition and interests. Eventually, they become stranger overtime, their personal needs, and their goals and interests become personal so that they gradually become strangers to each other or engage more in dyadic conflict (Bodman, 2005). The relevances of this theory applicable to this work as married couples, example personality types, stress levels, communication styles thus decrease spousal abuse.

Theories of Stress

The terms stress theory and crisis theory has been used interchangeably. The term stress theory as the title acknowledges is of crisis proportions, stress is not always of that severity. Stress theory is a social theory that explains observations about stress as an aspect of social life. Theories use concepts that represent classes of phenomena to explain observations. When combine models showing their relationships, we form a conceptual structure or models. Although stress theory is a relatively new development, most likely, people have dealt with stress since the beginning of the human race.

Bodman (2005) identified the following theories of stress:

Psychobiology: Early psychobiologists found a connection between emotional stress and physiology stress in their early experimental work showing that stimuli associated with emotional arousal led to changes in physiological processes. Later, the relationship between regular actions and illness was displayed. In recent times, technological progress assisted research showing specific physiological responses to stress. Shortly after the work of early psychobiologists, sociologists began contributing to the stress research.

Sociology: Sociologist described individual bereavement experiences of surviving relatives of those who died in the Melody Lounge Coconut Grove fire.

Psychiatry: Social Readjustment Rating Scale (SRRS). Although psychiatric models dominated the 1950s and 1960s, the 1980s was a contribution to stress theory from anthropology.

Anthropology: Anthropologist came up with the crisis dimension to clarify the events when a person experience crises and to help manage individual crises. Family stress theory developed parallel to the development of individual stress theory. Independent of the individual stress research summarized above, a considerable body of stress theory and research evolved within the family field divided the development of family stress theory into three stages or eras.

These signs and symptoms of stress overload can be almost anything. Stress affects the mind, body, and behaviour in many ways, and everyone experiences stress differently. Not only can overwhelming stress lead to serious mental and physical health problems, it can also take a toll on one's relationships at home, work and school. The situations and pressures that cause stress are known as stressors. We usually think of stressors as being negative, such as an exhausting work schedule or a rocky relationship. However, anything that puts high demands on an individual's or forces to adjust can be stressful. This includes positive events such as getting married, buying a house, going to college, or receiving a promotion. In short, not all kinds of stress are caused by external factors. Stress can also be self-generated, for example, when you worry excessively about something that may or may not happen, or have irrational, pessimistic thoughts about life (Akinade, 2006).

Moreover, what causes stress depends on perception of individuals. A lot of individuals experience stress in different ways. Something that's stressful to you may not face someone else; they may even enjoy it. For example, an individual's morning commute may make him/her anxious and tense because of the worry that traffic will make him/her late. Others, however, may find the trip relaxing because they allow more than enough time and enjoy listening to music while they drive. The condition and pressures which brings up stress are referred to as stressor.

Adeoye, 2008 opined that other consequences of stress that could provide linkages to health have been identified. They include increase in smoking, substance use, accidents, sleep problems and eating disorders.

Akinade (2006) posited that there is no universally effective and acceptable stress reduction strategy. The strategies to use could be preventive or anticipatory, combative or

treatment. Someone needs to identify the key sources of stress in each person's life. For effective stress management, it is important to understand stress and what causes it (the stressors). Use eclectic approach to deal with stress. In other words, practice a variety of approaches for several weeks. What will help 'Mr. A' may not help 'Mrs. B', so one should take into consideration personality characteristics and environmental features of those who need stress management. Chemotherapy involves using drugs to relieve stress. The role of communication cannot be over emphasized in marriage relationship as it helps in reducing stress communication styles. Effective communication is a key variable in understanding marital functioning as many studies have shown marital communication as a powerful predictor of marital quality (Ogunlade, 2014; Ogundokun, 2014; & Ayorinde, 2014). Although negative communication is a distinguished characteristic of both distress and non-distress couples, ineffective communication has also been found to be a significant predictor of divorce and even before they call it quit. Communication is a vital idea for comprehending marital relationship evolution as life every living thing face threats (Keytone, 2011).

In conclusion, Stress is a central concept for understanding both life and evolution. All creatures face threats to homestasis, which must be met with adaptive responses. Man's future as an individual and as a specie depends on the ability to adapt to potential stressors. At a societal level, we face a lack of institutional resources (such as inadequate health insurance, pestilence, HIV/AIDS, war and international terrorism that have reached the shores). At an individual level, we live in communities with the insecurities of daily existence including job stress, marital stress and unsafe schools and neighborhoods. These are not a totally original condition because during the last century alone, the world suffered from instances of mass starvation, genocide,

revolutions, civil wars, major infectious disease epidemics, 2nd world war, and a pernicious cold war that threatened the world order (World Health Organization 2002).

Communication in marriage

Communication connotes a reciprocal exchange of information and it is very important in marriage. It is a mutual transfer of thoughts and feelings from one spouse to the other, with information being understood by the receiver. Esere (2007) defined communication as a process of sharing with another person or persons, one's opinions, feelings and ideas. Communication could be lacking or present in marriages. Lack of communication refers to the absence of pleasant verbal and non-verbal exchange of information in the home or when there is exchange of information in the negative form. It could be in the form of disrespectful judgments, sarcasm, ridicule, judgmental statements and accusations. However, the presence of communication refers to the exchange of information in marital homes in the positive form. These include greetings, smiles, handshakes, emotional touch, dressing, hair styles and exchange of deep emotional word and appreciation of each other's weaknesses (Esere, 2007).

Appropriate communication in marriages is the basis for good relationship of the couple. It makes up the love-strength of a marriage as observed by (Fawole, 2011). Lack of effective communication in marriages can lead to conflict and it is one of the problems that may be faced by couples because conflicts in marriage are inevitable. It therefore means that when couples interact honestly, expressing their feelings and being patient enough to listen to each other, there will be happiness, unity and confidence in the marriage. Ability to communicate positively in marriage permits couples within marriage to survive and enjoy their pattern of living and interaction. Olson and Defrain (2000) confirmed that the ability and willingness to communicate

have been found to be among the most important factors in maintaining satisfying ideas and feelings which involve not only the spoken and written word but also body language.

Consequently, positive communication in marriage is very important because there are many instances in which communication can bring problems even in satisfying marriage such as marital conflicts. The couples may be able to withstand the inner and outer pressures in marriage with positive communication in marital homes. Likewise, lack of effective communication will help to disintegrate the marital unity of the couples. The effect of the pressures may be disturbing and the happy marriage may be disunited. Lack of effective communication in marital homes may affect married adults in every facet of life.

Esera (2007) described communication as the life wire of marital relationship. It is a life-wire because it is needed in marriage to establish and circulate roles in family, develop plans for their achievement, and to create a climate in which each partner will want to contribute to the success of the marriage. Consequently, the quality of life may sometimes be influenced for good or for bad by the dynamics of marital communication. Therefore, in a marriage where there is lack of good communication, it may create added difficulties for couples at work and in all spheres of life. In contrast, positive communication such as small talks, factional conversation, ideas and opinions, feelings and emotions and deep insight often hold marriage together (George,2009).

Marriage is matrimony or wedlock, a socially recognized union or legal contract between spouses that establishes rights and obligation between them and their children, and between them and their in-law. Until recently, no society had seen marriage as anything other than a conjugal partnership and male-female union in Nigeria. According to an encyclopaedia, marriage is a legally recognized relationship, established by a civil or religious ceremony, between two people

who intend to live together as sexual and domestic partner. According to Oniye (2008), marriage is the coming together of a man and a woman to raise a family and to meet the satisfaction of security and enduring affection and companionship. Marriage is a lifelong relationship/agreement between the couples.

Marital adjustment is strongly associated with solidification of any marriage union; stable marriage should be a popular topic in studies of the family, probably because the concept is believed to be closely related to the stability of a given marriage. Well-adjusted marriages are expected to last for a long time, while poorly adjusted ones end in divorce. Simple as it seems, the notion of marital adjustment is difficult to conceptualize and difficult to measure through empirical research. After more than half a century of conceptualising the research on marital adjustment, it is safe to say that there is no unity among scholars about the concept, the term, and its value. In fact, several scientists have proposed abandoning entirely the concept of marital adjustment and its etymological relatives (Cohn, 2009).

It has been widely shown that married persons tend to be better adjusted in their lives than never-married, estranged, divorced, or widowed people. This seems position is valid not only in the dimension of psychological adjustments such as depression and general life satisfaction, but also in the area of physical health. Also, married people are more likely to be healthy and live longer. Two factors should be considered in accounting for marital relationship. First, psychologically and physically well-adjusted persons are more likely to get married and stay married. Second, the favourable socio-economic status of married persons may explain some of this relationship. The researchers generally have the same opinion that marital union has a positive impact on personal change in both psychological and physical aspects (Sotonade, 2003).

Communication Styles of Married Adults

Adegoke (2002) revealed that communication is the foundation for all interpersonal relationships as to live is to communicate; all living things communicate in one way or the other and our daily lives are filled with one communication experiences or the other. Through effective communication, people reach some understanding of each other, learn to like, to influence, trust each other, to begin and to end relationship. Our basic social nature demands that we seek out communication with other people. Communication is essential to everything we do in life. What we say and how we say it, what we hear and how we hear it affects our relationship and our actions. Communication is the act of discovering what is in another individual, sharing what is in ourselves so that we may react accordingly (Idowu & Esere, 2007).

Cohn (2009) explained that marriage communication falls generally into one of four styles; emotive, supportive, directive and reflective.

Emotive Communicators: These are people who are interested in both dominance and sociability. An emotive spouse wants to be the center of attention and spends most of the time talking; an emotive spouse can talk without interruption.

Supportive Communicators: Are more interested in sociability than in dominance.

Directive Communicators: These people are direct opposites of supportive communicator as they are more interested in dominance than sociability.

Reflective Communicators: Are not terribly interested in sociability or dominance but are quieter and spends most of their time in thought rather than conversation.

In relating these communication styles, for example an emotive person who wants to be the center of attention, who talks most of the time can be considered to be a perfect match with the reflective communicator because when the emotive person talks without being interrupted,

the reflective person can engage in reflecting over his/her thoughts while the talker does not care if he gets responses or not.

Supportive communication is a style of communication that has a specific set of goals and techniques. The primary goal of supportive communication is to resolve conflict or achieve change in a situation while preserving and even strengthening the relationship between the communicating individuals. This style of communication is used in most dimensions of interpersonal relationships such as the one a power disparity as is found between manager and employee, teacher and student, or parent and child. It is also effectual when it is used among people with more equivalent power such as partners, business associates and friends. Learning these techniques can result in more effective communication. Communication is the key to healthy relationship. It allows for expression of love and affection between married couples (Cohn, 2009).

However, Sotonade (2003) enumerated the most important topics to discuss before wedding which include: children, finances, in-laws, religion, where to live, traditions and apologies. Properly preparing for post-marriage communication is also important. A study has found that participating in the premarital programmes that teach effective communication and managing skills results in advanced levels of positive communication ability and lower level of spousal abuse. Communication even plays a vital role in marital commitment.

According to Idowu and Esere (2007), more than half of the failed relationships (marital) were due to severe lack of good and effective communication among couples. Effective communication is a pillar which maintained the structure of peaceful co-existence and mutual understanding. Communication is very vital in all areas of human life especially the marital relationship. It is used to persuade, to influence relationships, to inform, to share and discover

information. Esere (2007) noted that communication can be verbal and or non-verbal. She further said communication is a critical component of marital life, the total self-disclosure of spouses to each other and a high degree of negotiating pleasurable and unpleasurable feelings or events with each other by the spouses to a great level of understanding that brings harmony and peace. It also means spouses listening to each other patiently and with empathy.

In the same vein, Yahaya (2008) observed that most marital problems stem from the inability of the couples to talk to each other. He further described communication as the life wire of an affection and productive marriage and when this life wire is cut, the marriage is heading towards the rocks. Some factors that are known to inhibit effective communication between couples are explosion of tears especially by women and unnecessary silence. Premature conclusions and interpretation of other partners' expressions and unnecessary keeping of secrets from each other could also interfere in spousal communication. Communication in marriage involves exchange of ideas of feelings. It requires honesty and sincere expression of feelings. Frank and sincere discussion between a husband and his wife promotes marital harmony and stability. (Yahaya, 2008).

Embarking and developing a good communication styles in marriage is a necessity for a happy home. Spouses who frequently share feelings thought and opinions and expression will most likely to stay married than those who fail to communicate (Esere, 2007). Lack of effective communication may result when spouse fail to listen, or misinterpret what is spoken, which in turn, elicits an improper or negative response. A good conversation, especially in marriage, requires the proper conveyance of thoughts, beliefs, emotions or direction using the appropriate speech tone and patterns inflections. Conversation also requires a sender, or speaker, and a receiver, or listener to pay rapt attention (Esere, 2007). If the sender cannot convey an idea in a

method readily understood by the receiver, or if the receiver fails to pass across a thought in a way that the recipient can understand, or should be recipient fail In marriage, distorted lines of communication which not only leads conversation into misunderstandings, and hurt feelings, but also constant disharmony and eventually divorce (Keyton, 2011).

The solution is for husbands and wivesto develop good communication skills in marriage that not only make for good conversations, but also serve to solidify a bond that cannot be easily broken through misinterpretation. The important thing is for couples to be truthful and become good listeners. The Bible, in James, Chapter 1 says; (KJV).

“wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath. “For the wrath of man worketh not the righteousness of God” (James 1:19-20).

Being swift, or quick, to listen to the one’sspouse enables couples to really understand what is being passed across without misinterpretation. Being slow to speak means one hears what was said withpatience, temperance and self control. Disagreement and agreements occur. Being careful of biblical principles and building communication skills inmarriage, couples can avoid senseless arguments, or the wrath which comes when one person feels slighted or wrongly judged by another (Esere, 2007).

Communication is often touted as the most important ingredient in a successful marriage. It is however important to remember that many people have different communication styles. In marriage, communication can fall apart quickly if the different styles are not recognized and accommodated. Communication style of the spouse’s determines how both partners talk to each other it is the way in which messages are sent rather than their content (Akanni, 2015).

Communication is the foundation for all interpersonal relationships. Humans basic social nature demands that we seek out communication with other people and the desire is for someone else to know what he knows, value what he values, feel what he feels (Keyton, 2011). All communication involves people sending one another symbols to which certain meanings are attached. Communication is however more than exchange of words because all behaviours convey some form of message or the other. In the opinion of Esere (2007), interpersonal communication is broadly defined and categorized into two types:

Verbal communication: All words are symbols and are aimed at influencing the receiver. Verbal communication in marriage could be in form of discussion, argument, whisper, murmur, rebuke, protest, command, encouragement, praise, appeal, gossip, appreciation. It is said that 10% of messages sent to another is verbal.

Non-verbal communication: All expressions and gestures are symbols. Non-verbal communication in marriage could be in form of nose twitching, hissing, door slamming, bunching of legs, clapping, touching, winking of the eyes, giving a smirking look (Sotonade, 2003).

As stress is introduced into a relationship, including marital relationship, the conversation deteriorates towards the argument end of the spectrum. Under stress, the logical portion of the brain shuts down while the body focuses on survival. This is where argument comes in and without calm logic, it is impossible to have an effective marriage communication (Bodman, 2005).

According to Berger (2005), there are five basic communication styles. These are passive/submissive, aggressive, passive-aggressive, manipulative and assertive styles.

Passive/submissive communication is a style in which individuals have developed a pattern of avoiding expressing their opinions or feelings. This style is about pleasing other

people and avoiding conflict. A passive/submissive person behaves as if other peoples' needs are more important and other people have more rights and more to contribute. Passive/submissive communication is usually born out of low self-esteem. Behavioural characteristics attached to this style include:

- Apologetic
- Avoiding any confrontation
- Finding it difficult to take up responsibility or decisions
- Yielding to someone else's preferences
- Opting out
- Feeling like a victim
- Blaming others for events
- Refusing compliments
- Inexpressive of feelings and desires

Aggressive communication is a kind of style in which individual expresses their feelings and opinions, agitate and advocate for their needs in a way that against the rights of others. Thus, aggressive communicators are verbally and/or physically abusive. Aggressive communication is born out of low self-esteem (often caused by past physical and/or emotional abuse), unhealed emotional wounds, and feelings of powerlessness. Aggressive persons behave as if their needs are the most important, as though they have more rights and have more to contribute than other people. The following characterize their behaviour.

- Frightening
- Threatening
- Loud

- Hostile
- Willingness to achieve goals at the expense of others
- Out to win
- Demanding
- Explosive
- Unpredictable
- Intimidating
- Bullying

Passive-aggressive communication is a style in which individuals appear passive on the surface but are really acting out anger in a subtle, indirect, or behind the scenes way. People who behave in this manner usually feel powerless and resentful. They express their feelings by subtly undermining the object of their resentments even if it ends up sabotaging themselves.

Behavioural characteristics include:

- Indirectly aggressive
- Sarcastic
- Unreliable
- Complaining
- Gossips
- Patronizing
- Sabotaging
- Rumour monger

Manipulative communicators are scheming and calculating. They are skilled at influencing or controlling others to their own advantage. Their spoken words hide an underlying

message of which the other person may be totally unaware. Behavioural characteristics attached to this style are:

- Cunning
- Tactically controlling others
- Asking indirectly for needs to be met
- Making others have pity for them
- Shedding artificial tears

Assertive communication is a style in which individuals clearly state their opinions and feelings, and firmly advocate for their rights and needs without violating the rights of others. Assertive communication is born of high self-esteem. These individuals value themselves, their time, and their emotional, spiritual, and physical needs. They are strong advocates for themselves while being very respectful of the rights of others. Behavioural characteristics include

- Achieving goals without hurting others
- Protective of own rights and respectful of others' rights
- Socially and emotionally expressive
- Taking decisions and accepting responsibility for them
- Asking directly for needs to be met, while accepting the possibility of rejection
- Accepting compliments

Knowledge of the styles of communication would help married persons learn how to react most effectively when conversing with their spouse. Sotonade recommended assertive style of communication because it enhances behaving in the most effective and socially acceptable way. Being assertive would assist married people in strengthening their relationships, reducing

stress from conflict and decreasing unnecessary anxiety. By being more assertive, married people diffuse anger, reduce guilt and build better relationship.

Keyton (2011) also identified the following four styles of communication. These are:

Clear and Direct Communication

Clear and direct communication is the most healthy form of communication and occurs when the message is stated plainly and directly. This means married persons must learn to speak their minds without beating about the bush.

Clear and Indirect Communication

In this second style of communication, the message is clear, but it is not directed to the person for whom it is intended. This style is used when people make blanket statement when actually they have targets. Take an instance when mother indirectly abuses the children when her husband offended her. It is another form of transfer of aggression.

Masked and Direct Communication

Masked and direct communication occurs when the content of the message is not clear, but directed to the appropriate person. This is when married adults refused to really express what the problem is about, but may be unnecessarily angry over trivial issues.

Masked and Indirect Communication

Masked and indirect communication occurs when both the message and intended recipient are unclear. In unhealthy family relationships, communication tends to be very masked and indirect.

Overcoming Communication Style Barriers

According to Stewart (2013) when couples become frustrated in their marriage they will look outside the marriage for healing, however focusing on what to be done personally is usually the answer. Suggestions that can assist in creating a chain reaction of positivity in marriages are needed. The number one killer of marriage is inability to communicate effectively. Therefore, the number one change has to do with effective communication.

Be Direct while Communicating

Many people feel uncomfortable with being direct and therefore use hints or suggestions. This may be a helpful tactic when communicating with same sex, but not with opposite sex,

especially one's spouse. Spouses should be direct with themselves and express exactly what the problem is.

Watch the tone of voice:

This is mostly applicable to women. Husbands can ignore or tune out a lot, but they cannot ignore the tone of voice in which their wives address them. When women become frustrated, or feel as though their partner is another child, they may address their husband as a child, with scolding or belittling. This has a derogative effect on men and the way they feel about their wives.

Be mindful of a passive or aggressive communication style

Silent treatment or repeating a specific point is not helpful in marital relationship. Spouses can get closer to themselves by watching for the best time for discussing matters that may be causing distress in their marital life. This may provide opportunity for them to get closer with each other and explore other options.

Avoid giving in to avoid a conflict

Unhappy couples argue the same way as happy couples. They do it differently. When couple give in or never address their real concerns due to keeping peace, they grow resentful. This makes them more likely to be harsh, bitter and angry in the relationship.

Make sex a priority

Many times some spouses feel as though sex is not paramount as other forms of communication. All forms of communication are important in a healthy relationship. Intimacy and sex are important for healthy bodies, minds, and souls. Intimacy with one's spouse is an indication that they are needed, loved and desired. These three qualities are the glue of a healthy marriage.

Verbalize appreciation often

Married adults must learn to express positive and appreciative words to each other daily. Positive and appreciative words have an incredible influence on marital success. Marriage requires work from both partners every day to be successful. It is encouraging to see how small changes will improve a troubled marriage within weeks. The first and toughest changes are always the changes we must make within the matrimonial home (Joe, 2013).

Communication Styles for stemming spousal abuse

A well-designed communication is essential for co-ordination of interactions in marital relationship is also a strategy for stemming spousal abuse of married couples Adeboye (2017) defined communication pattern as a set of related communicative workflow and norm definitions describing acceptable and desired communicative interactions in a relationship. Esere 2007 have offered specific couple communication patterns that contribute to both success and failure of marital relationships. In fact, Sotonadewas able to predict divorce accurately 97 percent of the time. Sotonade as found that the issue of criticism, defensiveness, contempt, and withdrawal hold the most impact in influencing a close relationship negatively. Although men and women can exercise all of these behaviours, it is of particular harm when the man in the relationship withdraws from conversation about important issues of contention.

Gottman (2004) offered several observations regarding what delineated a successful relationship from a distressed one. It was observed that distressed couples more often engage in appropriate communication patterns than successful couples. Specifically, distressed couples are more likely to engage in criticism, defensiveness, contempt, and withdrawal. Many of these behaviours can also be conveyed nonverbally. Of the four behaviours, Gottman (2004) argued that the behaviours of contempt and defensiveness are the most corrosive and that the man's

withdrawal from abusive behaviour is the strongest predictor of divorce. In addition to emotional harm, these behaviours can also contribute to physiological stress.

According to Akanni (2015) husbands are more likely to withdraw from conflict in distressed marriages and less likely to do so in successful marriages. That is, husbands are more likely to self-disclose their feelings to their wives in happy marriages. This suggests that one cannot assume that men are emotionally distant from everyone, as the common stereotype would indicate that men are non-disclosive. Indeed, the mediating factor might be the state of the relationship. Akanni, (2015) posits that women have a greater repertoire of individuals to disclose to than men do and are more inclined to disclose regardless of marital satisfaction, whereas some men only disclose issues to their wives. For those men in unhappy marriages, their feelings are often revealed to no one.

Men and women function differently in the face of negative effect (Akanni, 2015). Specifically, research suggests that women function more aptly in high conflict situations than men. Within the context of successful marriages, both husbands and wives engage in de-escalation behaviours, that is, reducing the conflict during low-level conflict. Women engage in de-escalation behaviours during high conflict as well, whereas men find it difficult regardless of their marital satisfaction. Within distressed marriages, neither the husband nor wife engages in conflict de-escalation behaviours (Henry, 2008). The findings of Gottman's research suggest that destructive communication during conflict affects men more adversely from a physiological standpoint than women. Keyton (2011) concluded that men and women may differ in their responses to negative communication such that men react more quickly to negative effect and that their recovery from the episode is slower than that of women. These reactions to negative communication are evidenced through elevated adrenal excretions and blood pressure. Gottman

(2004) argued that a five-to-one ratio is necessary for a stable relationship; specifically, that five positive communications are necessary to balance one negative communication. Further, negative communications that involve the four destructive behaviours mentioned earlier (criticism, defensiveness, contempt, and withdrawal) are particularly harmful to spousal relationship. In response to these destructive behaviours, Hess (2008) suggests that partners engage in the behaviours of soothing, non-defensive, listening, empathy and validating.

In addition to certain communication behaviours and patterns, distressed couples are often distinguished from successful or non-distressed couples in terms of how their conflict behaviour collectively produces cycle. Specifically, distressed couples often find themselves in what Karney, & Bradbury (2005) termed “negativity cycles”. Such cycles involve one partner offering a complaint and that complaint is met with the partner’s counter-complaint, which is met with another counter-complaint, and so forth. Sotonade found that successful and distressed couples were distinguished, in part, by the couples’ ability to remove themselves from the complaint/counter-complaint pattern. Whereas a successful couple might take only a few passes at the destructive complaint/counter-complaint cycle, distressed couples kept trashing out the complaints, forcing themselves into a deeper and deeper negativity spiral. Finally, distressed couples are more inclined to form negative attributions toward the partner during conflict and attribute behaviour to internal factors, whereas successful couples were more likely to attribute behaviour to external factors such as stress from the day’s work. Communication pattern, if not carefully used can hinder a successful marriage.

Theories of Communication

There are many theories of communication but due to the emphasis of the researcher on the importance of communication theory as a basis for understanding human behaviour, seven communication theories related to marital relationship are examined. They are Uncertainty Reduction Theory and Social Penetration Theory.

- Uncertainty reduction theory
- Social penetration theory
- Communication accommodation theory
- Expectancy violation theory
- Face negotiation theory
- Rational dialectics
- Symbolic interaction theory

Uncertainty Reduction Theory

One of the motivations underpinning interpersonal communication is the acquisition of information with which to reduce uncertainty (Health & Bryant, 2000). Uncertainty Reduction Theory (URT) was accredited to Charles R. Berger and Richard J. Calabrese (2005). The basic assumption of URT is that reducing uncertainty was the central motive of communication. URT opined that any point when there is a meeting between strangers, there is basic focus on the reduction of the uncertainty levels. Their levels of uncertainty are located in both behavioural and cognitive realms. That means, there is no clarity on how one is to behave and how other will act (Idowu & Esere, 2007). Uncertainty existed in a given situation when there was a high amount of possible alternatives and the probability of their event was relatively equal (Berger,

2005). During interactions, individuals are not only faced with problems of predicting present and past behaviours, but also explaining why partners behave or believe the way that they do.

Uncertainty plays a significant role in relationships. High levels of uncertainty can severely inhibit relational development. Uncertainty can cause stress and anxiety which can lead to low levels of communicator competence (West & Turner, 2000). Incompetent communicators who are competent will enable to establish a relationship may be too anxious to engage in initial interactions. This theory encourages married people to lower their level of uncertainty in order to increase their level of proficiency. West and Turner (2000) asserted that in interactions, individuals are expected to increase predictability with the goal that this will lead to the ability to predict and explain what will occur in future interactions. When high uncertainty exists, it is often difficult to reach this goal.

Social Penetration Theory

The theory affirms that the associations develop, communication moves from relatively shallow, non-intimate levels to deeper, more personal ones. In examining this theory, it was discovered that the more time people spend together, the more likely their self-disclosure of more intimate thoughts and details of their life. This theory explains that if self-disclosure is high, then the relationship will develop irrespective of place and values. Social penetration theory. According to Obimba & Iwuama (2003) can be considered to be cyclical due to the fact that relationships have hurdles. It does not automatically get better and better where the participants learn more and more about each other. Instead, the participants have to work through the tensions of the relationship.

At times, the relationship is very open and sharing. At other times, one or both parties to the relationship need their space, or other matters which makes the relationship less straight

forward. The theory suggests that these sequences occur throughout the life of the relationship as the persons try to balance their needs for privacy and open relationship. Based on a sort of cost-reward model, this theory argues that for a relationship to develop, both parties must self-disclose (Obimba & Iwuama 2003).

Persons allow other people to penetrate their public self when they disclose personal information than no information. The decision to disclose is based on the perceived rewards the person will gain if he or she discloses information. If a person perceives that the cost of disclosing information is greater than the rewards for disclosing information, then no information will be disclosed. People initially disclose superficial information that costs very little if another person finds it out. The implication of this theory to marital success is that married persons are enjoined to create more time for discussion and allow free flow of information which would make them more intimate (Akanni, 2015).

Communication Accommodation Theory

This theory examines the basis for motivation and consequences of what happens, when there is a shift in communication styles between two speakers. People try to adjust or accommodate their styles of speaking to others either divergently or convergently (Idowu and Esere, 2007). It means that either strong or weak couple, there are rooms to improve their communication towards each other by accommodating or adjusting the styles of communication.

Expectancy Violation Theory

This theory deals with the structure of non-verbal messages, when the communicative norms are violated, this violation could be perceived as either favourable or not, depending on the perception of receiver about the violator. The strategy of violating one word expectation to

conform to the other person's expectation may be adopted in communication. This is applicable in resolving marital challenges in the family.

Face Negotiation Theory

This theory relates the way individual or collective culture negotiate face in conflict situations. This theory is based on face management in which people from different cultures manage conflict negotiation so as to maintain face life; self face and other face concerns in negotiation between people of different cultures. This is applicable in marital communication to lubricate relationship and enhance understanding.

Relational Dialectics Theory

This theory indicates that rational life is always in process, people relate continually in the midst of conflicting desires, such as; wish to have autonomy and connection, openness and protectiveness, novelty and predictability and a host of others. People attempt to reconcile their conflicting desires through communication that enhance proper relationship, not eliminating needs opposing one another, rather adjusting or reconciling ideals. This is applicable to marital decision making between couple on conflicting needs or desire.

Symbolic Interaction Theory

This theory indicates that motivation of people to act on issues communicated is based on the meanings assigns to people, things and events. Meaning is attached to verbal or non-verbal language which people use in relating with others either in conversation or private thoughts. Language enhances sense of self and interaction of people with others in community. (Understanding of languages used by couple in communicating during marital relationship is very important for peaceful family).

Esere (2007) identified the following communication styles:

Passive Communication: is a style in which couples avoid expression of feelings, think less of their rights, and refuses to or meet their needs. Passive communication is generally a product of low self esteem where such spouses believe they are not worth taking care of'. Passive individuals do not respond overtly to hurtful or anger-inducing situations. Instead, they allow grievances and annoyances to mount, usually unaware of the build-up. But once they have reached their high tolerance threshold for unacceptable behaviour, they are prone to explosive outbursts, which are usually out of proportion to the triggering incident. After the outburst, however, they feel a shame, guilt, and confused so they return to being passive.

Aggressive Communication: this is a style which allows couples to explore their thoughts feelings and opinions and advocate for their needs in a way that violates the rights of their partners. Thus, aggressive communicators are verbally and/or physically abusive. Aggressive communication is born out of low self-esteem (often caused by past physical and/or emotional abuse), unhealed emotional injury and mind-set of helplessness.

Passive-cum Aggressive Communication: is a style in which individuals behave in a passive – aggressive manner, makes jest of the partner or silently disorganize the system despite pretending to be in cooperation.

Assertive Communication: This is a style in which spouses clearly state their opinions and feelings, and firmly advocate for their rights and needs without violating the rights of others. Assertive communication is a product of high self-esteem. These individuals value themselves, their time, and their emotional, spiritual, and physical needs and are strong advocates for them while being very respectful of the rights of their partner.

Keyton (2011) identified factors affecting communication in marriage.

Stress: Sometimes, stress at work makes a person withdrawn, reserved and easily irritated. They don't like to discuss anything with their partners. Financial problem can also affect communication in marriage. When they desist from discussions, quite a number of couple begins to hide personal challenges from one another. They are afraid that if they open up, they will irritate their partner even more and therefore they choose to keep quiet.

Mistrust and Doubts: Mistrust and doubts about ones partner's loyalty affects communication in marriage. When people silently start observing their actions and don't make effort of discussing their doubts with each other. Sometimes when some third party gets involved in spouse's matters, they make it a point to open up only in front of that third person instead of discussing things between themselves.

Distance: When spouses fail to live together for a long while, it will affect their communication. Also, if there is no regular communication between couples it paves way for misconception which may lead to divorce or separation of such couples.

Communication is a critical component of marital life because, the way couples communicate is very important. In the process of marital communication, some obstacles can come up. These barriers should be avoided or removed to have effective marital communication. Effective communication is an important characteristic of a strong and healthy family. Research identifies communication as an essential building block of strong marital, parent-child, and sibling relationships.

Finally, effective communication brings understanding that leads to unity and harmony among the spouses. Poor communication is also associated with an increased risk of spousal abuse behavior, marital separation and more behavioural problems in children. Moreover, spousal relationship entails effective communication. It includes the ability to express thoughts

and feelings in understandable words and ability to listen, clarify and process information as it is intended. Verbal communication is actually a series of thoughts and perceptions described through words, and it has two components. Encoding is the process where a speaker makes efforts to fix opinion and view into words while decoding is the process by which the listener translates, dissects, analyzes, and interprets the message (Esere, 2007).

Logotherapy as a Counselling Technique for Stemming Spousal Abuse of Married Adults in Nigeria

Generally no one counselling theory is superior to the other (Egbule 2009). The preference of a theory over the other is determined by the nature of the client, the setting as well as time available for counselling. A look at the concept of spousal abuse as described by Bamidele (2012) the term spousal abuse refers to any form of maltreatment that occurs by an individual on another with whom there is existing intimate relationship, person's societies and families. Spousal abuse can occur in a variety of ways. Inner shift could be brought about by changes in self-image, psychological insight, as well as spiritual awakening. Spousal abuse therefore involves both external changes around the individual and psychological changes in his within or inner self. This makes Logotherapy a suitable counselling strategy in the management of abusive behaviour issues, especially married adults (Frankl,1984)

Background to the Theory

Logotherapy / therapy through meaning is a form of existential psychotherapy developed by Viktor Frankl (1905 – 1997). Logotherapy is also known as third Viennese school of psychology. Frankl based the theory on the underlying need of humans to find meaning in life. Frankl's many experiences in German concentration camps during the World War II had a great

impact on his later thinking. Much suffering and meaninglessness led Frankl to wonder about meanings and their psychological importance, especially in relation to dealing with suffering in life. Normally, people have a collection of meanings that lend sense and purpose to their lives namely; health, approval of one's peers, material wealth, good love-life, family relations, comfort, and happiness. But where none of these usual meanings are present, such as when in concentration camp, where suffering, poor health, brutality, deprivation, lack of material comfort and unhappiness in marriage relationship is the daily experience, with imminent divorce and death looming, some people simply give up on life, while some others do not but continue fighting to live on (Frankl, 1984).

Philosophy and concept of man

Frankl stated that the human-being is an entity consisting of body, mind (psyche) and spirit. This is the image of man where scientific and philosophic views are combined. Frankl believes that any unusual negative external situation a human being finds himself, gives the individual the opportunity to grow beyond himself spiritually. To do this, Frankl said, the individual must have faith in the future. Without this faith, the individual gives up and has no will to live on. Part of Frankl's philosophy is that life sets tasks for each person, who undertakes them, and through the process defines the essence of his life. The tasks are different for each situation and similarly require unique responses per time. According to Frankl, man is required to accept fate and suffer at his task. But each man's suffering is unique and his opportunity for growth lies in the way he bears it. To Frankl, suffering, like death is part of life. Without them, life cannot be completed. (Frankl, 1986).

Basic Assumption of Logotherapy

The basic assumptions underlying this theory include:

- Hope in the future propel people forward
- “He who has a way to live for can bear almost any How”. Nietzsche, cited in Dodson (n.d).

Other assumptions of the theory listed by Barnett (2001) are:

- Life has meaning under all circumstances
- People have a will to meaning
- People have freedom under all circumstances to activate the will to meaning and to find meaning.

Uba (2009) listed other assumptions of Logotherapy as follows:

- Each individual is unique, but would have no meaning by himself except in relation to the community. Similarly, the community needs the individual in order for the community itself to have meaning.
- The key to good mental health and to purposeful life is found in man’s ability to anticipate and live his life with enthusiasm accompanied with meaningful activities.
- It is through useful activity, commitment to a purpose, and meaningful relationships with others that man is able to live peacefully and meaningfully.
- The search for meaning may lead to tension. Such tension is not pathological but rather “an indispensable prerequisite” of mental health.

Logotherapy deals with meaning of human existence and based on spirituality the human need for meaning as well as with specific therapeutic techniques for finding meaning in life. Frankl explained that lack of meaning in life results in existential vacuum. When life has no meaning, it becomes empty. The individual now lives in what Frankl calls an existential vacuum. It is a state of inertia, characterized by boredom and apathy. Where this condition persists, it progresses into

existential frustration, resulting in efforts to fill the vacuum with drug, violence, aggression criminality and other similar antisocial behaviours, thereby worsen the situation. In Frankl's view our modern social situation helps foster existential vacuum (Dodson, n.d).

Therapeutic Technique

The major aim of Logotherapy is for the individual to accept responsibility for himself. The techniques of therapy for achieving this goal are primarily, teaching, directing and guiding. Cases of high anxiety and phobic conditions are dealt with through a technique described by Uba (2009) as self-contradictory intention. Dubois (2004) explained that since one's fear of a particular event is what precisely brings about the event, the application of paradoxical intention can help in changing one's orientation to the situation by actually inviting the feared situation with a sense of humour that helps provide a distance from the situation. For a person who stutters and copes with it by anxiously trying not to stutter, self contradictory intention would encourage him to try to stutter as much as possible, thus taking the wind out of the sails of the anticipatory anxiety. The repeated use of this technique, with persistence and patience will frequently bring a complete relief from the symptom of anticipated fear and anxiety ((Uba, 2009). Similarly, Logotherapy applies dereflection to improve client's ability to ignore unpleasant, tough and seemingly bitter situations by focusing on the positive aspect of the situation to derive meaning and see reasons to have a change of attitude and to forge ahead. In achieving this, most times, Logotherapy uses 'Socratic dialogue' (modification of behaviour). As the name implies, this technique derives from the Socratic concept of the teacher. The teacher's job is not to pour information into students but to make students conscious of what they already know deep within. (Frankl, on the Theory and Therapy of Mental Disorder).

The task of the counsellor in Logotherapy is to help the client reflect on the meaning of life in his particular situation and lead him from excessive thinking about the situation (hyper-reflection) or trying too hard to avoid the situation both of which could graduate from anticipatory or proposed anxiety to full blown anxiety (Frankl, 1986).

Logotherapy is applicable in both individual and group counselling settings. A knowledge of the basic principles of the theory is very useful. It is imparted to the group members in brief lectures usually at the opening of the therapeutic sessions. Logotherapy makes active use of bibliotherapy (books on Logotherapy). An individual group member is expected to read these books. Reading them in itself, provide therapy (Markowitz, 2000).

How to proffer solution to spousal abuse by using Logotherapy

According to Arizona (2010) spousal abuse and other harsh realities which most married adults must face in their marital relationship cannot do anything to change. A central point in Logotherapy is that if we cannot change a situation or circumstance, we can still choose our attitude towards the condition (Frank, 1984). A person must find meaning and purpose in life to forge and proceed in life itself, consists of these series of experiences, situations and circumstances. As Frankl puts it, the best way to find meaning, especially in situations we cannot change is to change our attitude. It is the meaning discovered that motivates towards a productive life. The meaning of life is not found by questioning the purpose of existence when we encounter suffering, hardship and other adverse situation reveals that once our situation and our former self-definitions change, we may wonder about what is real and what is not. But in a sense the world is made up of many levels of reality which Flood and Fergus (2008) refers to as spousal abuse myths, which of course we must let go. Fergus believes our old lives help us to create one way of looking at things. We question our assumptions and begin to see the world in new ways

and question further what is real and what is not. However meaning arises from the responses that the individual makes to the situations. Logotherapy sees man as consisting of body, mind and spirit. While the body and the mind (psyche) can be affected by aborted dreams, hardships, suffering, sickness and other adverse situations, the spirit remains unassailable. It cannot be sick, it remains free. This is what gives man the ability to maintain a kind of aloofness that makes him less vulnerable to the realities of harsh and hostile situations. Thus we are not changed by these obvious realities; instead we are able as free agents, to choose how to behave and how to react to these circumstances Flood and Fergus (2008). This knowledge of good character is expected of married adults. They do not have to resort to crime or other forms of anti-social activities as strategy for coping with their present harsh economic circumstances.

Generally, Logotherapy is educative, this provides for the counsellor to educate 'Couples' (married adults) that human beings determine their own existence, not the environment. Frankl (1986) pointed out that man lives within the laws of his culture but his life is not bound by them. They do not control or determine his life. Rather, "self" transcends them. In other, as a person, he has the capacity to maintain a sense of dignity and personal freedom, and in the face of it all the individual, through self transcendence is able to discern the 'meaning' of the moment, and goes on to make responsible decisions within the available area of freedom. One's choice in this process will be based on one's values and the guidance received from the voice of one's conscience. With reference to the power of the inner self, Johnson (2000) noted that we often look for external signs to guide us into a new beginning, but our inner attitudes toward life, our renewed self-knowledge and our intuition are really the hallmarks of our new responses to the issues of life confronting us. By relying on our inner voice to tell us where to go

in life, we are likely to have more motivation and meaning to life, than if we depend on traditional expectations provided to us by others which translates into nothing but conformism.

Other ways of finding meaning in life in Logotherapy are through Creativity, and Experiencing. Creativity is realized in creative and productive activity in any kind of relationship. Creative values can be expressed in all areas of life. Meaning is given to life of the individual through the act of responsibilities in any given area of life. It could be through the creation of a tangible product or folly, or by serving others. While responsibilities involve giving to the world, Experiencing involves receiving from the world by surrendering one's self to the beauty in the world of nature or Art. It is very possible according to Logotherapy to experience full meaning in life by appreciating the beauty of nature. When the awareness of married adults are drawn to these levels of finding meaning in life, most of them are likely to begin to look inward and in the process discover the latent gifts nature has loaded in them. Every human-being is believed to be gifted in one way or the other to solve their marital issues also the inner voice will play a useful role in identifying your personality characteristic disposition (Awake, 2001).

Also, 'experiencing' nature could be highly rewarding in finding meaning to life. It enhances meditation, reflection, deep appreciation and many more. This value in individuals enhances the appreciation of aesthetic values in nature, humans and animals. When married adults are exposed to this value and they fully imbibe it, they will not only see meaning in life and existence, they will appreciate the work of nature around them. This frame of mind is capable of generating affection for nature such as good attitudes and impression. Human lives will be held secured, culminating in a drastic reduction in wanton killings, destruction of property, and reduction in the rate of violence being experienced throughout the country involved such persons are in a state of existential dilemma and frustration.(Frankl, 1986).

Logotherapy holds that psychotherapy is about achieving an orientation towards the future, especially towards meaning to be fulfilled in the future. This makes it quite suitable for application at the marital relationship though the focus is helping fresh graduates to make smooth and happy relationship if the counselling programme commences from the year of entry into the relationship, it will afford the married person to abstain wholistically from crisis ridden relationship. The extended period of counselling on marital concern will enhance the effective coverage of the numerous principles and assumptions that underlie Logotherapy. Bewildered by the challenges they face after marriage, some young couples were reported to have said that marriage had not done enough to prepare enough to safeguard their life especially violence crime, is very rampant. This situation calls for the introduction of counselling intervention early for newly married couples. This has the advantage of countering the deceptive argument of these criminals, and make recruitment into the criminal network less attractive. By the time married adults internalize the assumptions and basic principles in Logotherapy they are likely to be more positive about their future with no reason to engage in domestic violence to “make it”. Nigerians (couples to be inclusive) are generally religious. The religious undertone of Logotherapy has the potential of having a strong appeal on spouses’ thereby enhancing their understanding and acceptance of the assumptions of the theory (Bamidele, 2012).

Since Logotherapy lends itself to teaching, guiding and directing, it matches the nature of most Nigerian married adults who prefer to listen to counselling. The counsellor could source for relevant coping strategies information and disseminate them to the married adults through lectures, seminars, symposia and other effective means of information dissemination. The technique of Logotherapy is generally flexible. This allows for building in as much relevant information and details as possible. The counsellor for example may collate relevant tips and

pass them on to the couples in a series of lectures. The following tips drawn from Logotherapy assumptions, basic principles and closely related views could be useful in facilitating the understanding of the theory better, leading to the development of a more positive marital relationship (Dodson, 2015). Furthermore, Dodson (2015) stated that:

- Be mentally prepared is important;
- Start preparing early will help;
- Be flexible in the relationship with one another;
- Develop Effective Communication skills to enhance harmonious relationship (Keyton, 2011)
- Prepare ones mind towards ‘the road’ as one travels, knowing that is not a straight one. Expect twists and turns, slippery slopes and hills that become problems.
- Road with no end in sight should not take one by surprise. It should motivate one to go forward at a faster pace and with greater determination
- Set high but attainable goals
- Have a self disciplined lifestyle
- Expect to experience various of negative feelings (anger, anxiety, confusion, violence & self doubt
- Know that the new experiences and challenges one faces will help to grow and discover your own Dodson, (2015)
- Life is managed; it is not cured. It is important to learn to take charge of your life and hold on. It is a long ride, and you are the driver every single day Alokhan (2013)

While some of these topics are very ideal for treatment in group setting, they could also be effectively dealt with in individual counselling sessions. Logotherapy is very adaptable in both settings. ”stemming spousal abuse in Nigeria..

It is vry imperative to acknowledge that our present socio-economic situation is largely implicated as search for the causes of this anromaly ensues the society. Governments at all levels at various times developed different programmes to address spouse, including fresh graduate employment problems. Socio-economic problems may not be easily eliminated focusing only on addressing the causative circumstances. Logotherapy focuses on enabling the individual to live in peace and harmony. This makes the counselling theory ideal in our present national circumstance.

Stages involved in the Counselling Process of Logotherapy

The major task expected of logotherapy counsellors is to teach the couple to understand themselves and their environment and use of this knowledge for productive in their interpersonal relationship.

The first stages that could be of immense benefits to logotherapy practionners normally progress through in the counselling process are as follows.

- The counsellor commenced the session with the process of establishing rapport. Rapport here connotes receiving the client warmly and gives him/her unconditional positive regards. She also tries to have emphatic understanding and sincere to the client by doing these in order to create avenue for both client and the counsellor before the commencement and during counselling process.

At second stage cultivating self-understanding at this stage when the counsellor helps the client to develop an initial self understanding through self clarification and exploration of

feelings. This is a stage that client explores examines and take critical examination of self interm of interest, attitude, capacities weakenss and characteristic disposition of the helpee with the assistance of logotherapy counsellor. The logotherapy counsellor can achieve this through the use of eclectic approach and various personality test or inventory. The client insight into the state of his/her personality could be of immense benefit to him for adjustment during the counselling t process (Frankl, 2017).

Third stage advising or planning a programme of action, planning a programme of action entails direct dealing with the counsellor and couples planning together is very germane and the most acceptable procedures relative to the given situations. The counsellor embarks on direct course of action and both counsellor and couple must face reality during the prognostic interaction. During the process of drawing a programme of action a client inbible the culture of self understanding and self development concept moreso, the client and their programme activities and action enables next to see its implementation through the next stage(Frankl, 1986). Fourth stage the counsellor expored the couple to have adequate understanding of himself, the nature of his concern, existing alternative course of actions, it is expected of couples to independently begins to try to embark on new plan such as good personality chachteristic low level of sstress and communication skills that would stem the tide of abusive behaviour the implementation of attitudinal change towards their partner may be within or outside the counselling room, but what it entails in the implementation are usually drawn in collaborating by the consellor and the counsellee in the therapeutic room (Frankl, 1984).

Fifth stage at the last stage, counsellor and the counselee in situation where the concern is beyond the capacity of the counsellor some of the concern of the client there is need of other personnel, the counsellor is expected to proceed on referer to the appropriate quarters with

dispatch. Once the counsellor discovers that much has not been achieved as a result of reoccurrences of the problem the helper immediately refer the client to appropriate senior colleagues that is a professional counsellor. To stem the tide of spousal abuse, the professional counsellors can follow the above mentioned steps to expedite action in proffering solution to marital concerns. It could be useful and effective in both individual and group counselling (Adeboye, 2017).

Conclusion

Life is full of crisis ridden from one phase to another. The inadequate attention given to this phase has to a very substantial extent led to unwholesome developments such as violence, unrests, criminality and many more, all of which are common among couples(Adeboye, 2017)

Efforts have been made in this paper to show that peaceful home follows a process of internalization of the changes imposed on the individual by the circumstances in which the individual finds him/herself, which should compel adjustment to the situation. Through logotherapy, the individual, in the process of internalizing the situation he finds himself, locates the essence and the meaning of life in the context of that situation however hostile. The discovered meaning to life gives the individual the strength for positive action to forge ahead. Hope and confidence are built and depend on the ability of the individual to forge a head in marriage every adverse situation into better times ahead.

The Importance of Marriage Counselling to the Society

The role of counselling in this era can not be over-emphasized, even though counselling is a relatively a new concept in Nigeria. There are few professional counsellors in Nigeria and their roles are mostly based in the institutions of education not because society at large do not need counselling, rather the focus of guidance and counselling programme activities in educational institution is aimed at educating more prospective counsellors for the nation and assisting the youths in their preparation to meet the concerns and challenges of life in the larger society. While family living has been regarded as very paramount, it is only when people venture into it that they realize how little thought they had given to it and how complex it is. This aforementioned submission is very crucial and makes it necessary to talk about marriage counselling in our society for very important reasons. Marriage is an important relationship and crucial event in the life of an individual. It has a myriad of dimensions and functional roles. Marriage is not only a mere relationship between two mature individuals but anchored on events involving families and society at large. Since counselling is a helping service, its impact in establishing more stable homes cannot be overemphasized. The counsellor should help find ways and means of stemming the causes of marital discords in the families most especially, in husband-wife relationship that have suffered from misunderstanding, personality problems, chronic and high stress levels and inappropriate communication styles, which Sotonade (2003) called “the layman’s term for lack of communication”.

Premarital counselling is another means by which counsellors can influence the society. Although, it is possible that couples would know too much about each other before they commenced their living together, but diverse of problem manifest from inability to learn to live

together. Learning in marriage is a continuous process, and an exercise in progress which one never fully graduates or ends, until death does each partner apart.

Counselling intervention is therefore very important to stabilize the society at large and marriage counselling is very paramount in order to ameliorate the menace of marital disharmony. Therefore, there is need for a good and effective marriage counselling centres in our environment and in every nook and crannies, where spouses can pay visit at anytime if the need arises.

Conceptual Framework for the Study

This is a theoretical construct that represents idea in a descriptive, clear and detailed form. A theoretical model can further be explained as a framework that represents how a researcher perceives and understands the phenomenon of concern in their study. This entails the integration of ideas into a meaningful configuration in such a way that people can understand the process that are involved in a clear and concise manner. Bodman (2005) posited that model is a consciously amplified description in graphic representation form of a piece of reality and seek to show the main relearned of any structure or process and the relationship between these elements. Based on the aforementioned, the essential variables that are of concern to this study are presented in a graphical form. The variables involved are in three levels; Predicting, moderating and outcome variables.

The conceptual framework is presented in figure 2:

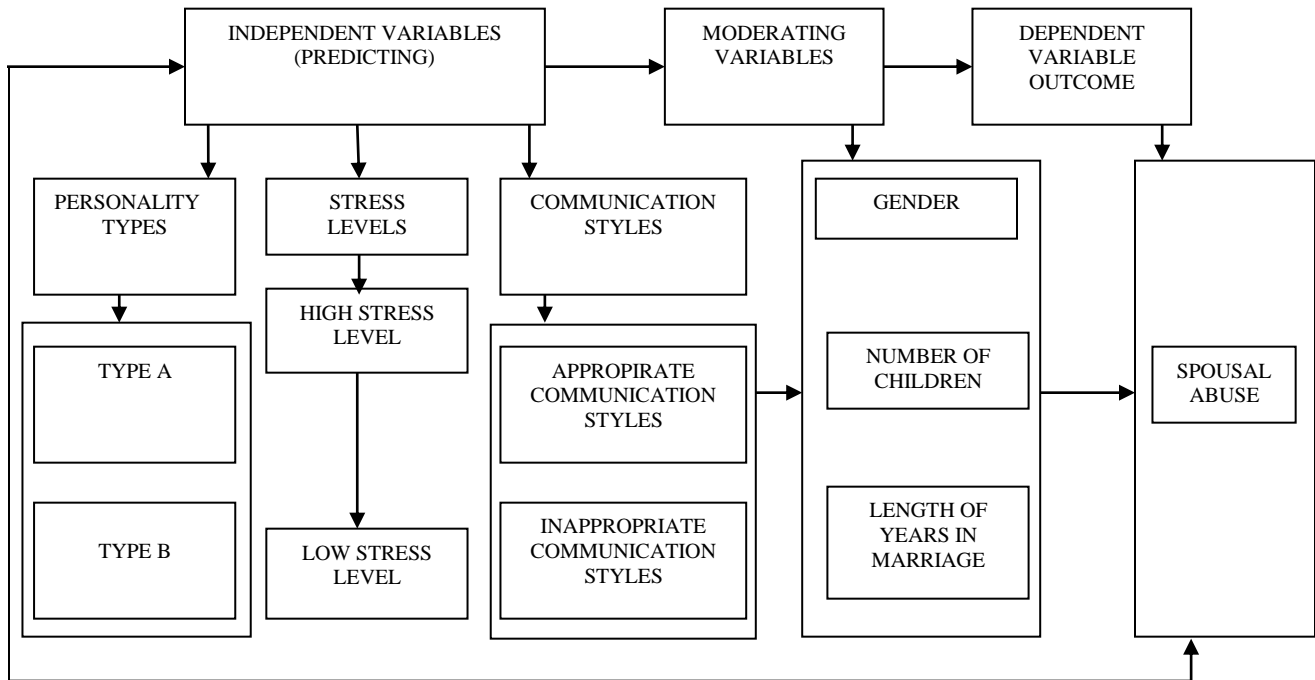


Fig 2: Conceptual Framework for the study

As fig. 2 revealed, the first level involves three independent variables i.e. personality types, stress levels and communication styles. A personality types which is classified into two types' personality Type (A and B) and communication styles which is classified into two appropriate and inappropriate styles. Also, stress levels which are classified into two levels higher and lower. There would be individually and collectively employed to moderate or correlate an outcome which is spousal abuse (Adeboye, 2016).

The second level involves moderating variables which are viewed as either correlate or influencing the independent variables about the expected outcome. The moderating variables are; gender, number of children and length of years in marriage.

Empirical Review on Personality Types, Stress Levels, Communication Styles and Spousal Abuse

This section exposes the reader of this research work to some of the empirical studies that have been carried out by previous researchers in Nigeria on related topics on personality types, stress levels and communication styles as correlates of spousal abuse among married adults.

Ogwokhademhe (2009) conducted a research on personality types, locus of control and attitude of institutionalized trafficked women in Nigeria towards trafficking. The result from the analyzed data showed no significant relationships among personality types, locus of control and attitude towards women trafficking. The two independent variables combined were found to account for 0% of attitudes toward women trafficking 99% of the respondents are personality type A while all are external locus of control. Also, 98.1% of the trafficked women had negative attitude towards women trafficking. And there was no significant relationship between respondents personality types and attitude and locus of control and attitude (Adjusted $R^2 = .004$ and $-.008$ respectively).

Ordu (2009) conducted a research on socio-economic status and personality types as correlates of spouse abuse behaviour in River State, Nigeria. The questionnaire on spousal abuse behaviour which contained its items was subjected to analysis and multiple regressions. It was found that there was no significant correlation among socio-economic status, personality types and spousal abuse behaviour. The moderating impact of the secondary independent variables, gender, religion, were not significantly correlated among socio-economic status, personality types and spouse abuse behaviour in the study respectively.

Esere, Yusuf and Omotosho (2011) carried out a study on influence of spousal communication on marital stability; implication for conducive home environment. Questionnaire

titled influence of spousal communication on marital stability was used to obtain necessary data for the study. The sample of the research was 600 stratified randomly selected married adults in Ilorin metropolis t-test and ANOVA statistics were used to compare the perception of married adults on the basis of gender and length of years in marriage. The findings revealed that most of the respondents agreed to the statement that lack of effective communication is the bane of marital stability. The findings also revealed that, there exists significant difference in the observation of married adults about the influence of spousal communication on marital stability based on gender and length of years in marriage.

Alika (2012) investigated stressor among undergraduate students in University of Benin, Benin City, Nigeria; implication for counselling. The study examined the role of inadequate facilities, lodging, poor health, emotional challenges, socio-economic status and poor management of time as source of stress among University of Benin undergraduate students. The research instrument used was a questionnaire designed based on the questions formulated to guide the study. Three faculties in the University were selected for the study. 750 respondents were selected from these faculties. The data were analyzed using percentages. The result showed that families/accommodation, poor health, emotional problems, socio-economic status, poor time management are sources of stress among University of Benin students with 92.4% of the respondents indicating that it was the major contributor of stress.

Okocha (2015) investigated the impact of parenting on the emotional and academic status of the Nigerian secondary school adolescents. The study sampled 750 randomly drawn students from secondary schools in Delta State. The result revealed no significant differences between abusive and non-abusive parenting. However significant differences exist in their emotional

status. Parental background has been found to have significant impact on both the emotional and academic status of the Nigeria secondary schools adolescents.

Summary of Literature Reviewed

An extensive review of literature was done on the variables at hand to show the extent to which earlier researchers had worked. Review was done on the concept of personality types which is a broad term to include all of an individual's traits, his physical characteristics, intellectual qualities, aptitudes and talents (Ogwokhademhe, 2009). Under the stress levels, it was revealed that high level of stress has a lot of effects on married adults' health and psycho-social life. Also men and women who are in stressful marriage relationship are at risk of developing heart diseases and obesity, while high blood pressure raises the risk of heart attack and stroke (Barnett, 2003).

However, it was noted that most preventions and intervention to reduce the risk associated with marital stress rests on good interpersonal relationship and effective communication of the spouses. Literature was also reviewed on spousal abuse and it was found that the pattern of abuse in an intimate relationship such as marriage, dating, family or cohabitation is a behaviour that occurs when one person in an intimate relationship tries to dominate and control the other person. Also it was discovered that spousal abuse has many forms, including physical aggression, or assault (hitting, kicking, biting, shoving, restraining, slapping throwing objects).

Spousal abuse can mean danger, coercion, kidnapping, unlawful imprisonment, trespassing, harassment and stalking (National Network to End spousal abuse, 2010). It was also observed that ineffective communication between the couples can have negative impact on their

relationship. For instance, it was found out in a study that couples experience problems in marriage relationship when both partners cannot communicate effectively. It was found that appropriate communication style brings intimacy which encourages couples to open up to each other. Also lack of good and effective communication which act as salient destroyers of marriage needs to be critically looked into with the view of ameliorating the genesis of these crisis among married adults (Sotonade, 2003).

Okobia (2009), investigated spousal abuse behaviour among married adults in Southern Nigeria. The study revealed that there was no significant relationship between spousal abuse behaviour of married adults in Southern Nigeria. From these studies, it could be deduced that there are different communication styles among married couples, different patterns of communication, and that the personality type of an individual goes a long way in affecting couple's communication in a marital relationship. In addition, communication has also been pointed out by Esere (2007) as a major source of marital success. Without good and effective communication, it is vry difficult or impossible to resolve misunderstanding or conflicts. Without communication there is no growth. Also, ineffective communication leads to numerous family breakup because nothing much has been done on the personality type, stress levels, communication styles and spousal abuse among married adult in Nigeria.

It can be seen from the foregoing that previous researchers have focused on personality types and communication styles and length of years in marriage and the study were carried out in some part of Nigeria. From the cited studies and to the best of the researcher's knowledge, there has not been any study on personality types, stress levels and communication styles as correlate of spousal abuse among married adults in Nigeria. A study is thus needed to be carried out on personality types, stress levels and communication styles as correlate of spousal abuse among

married adults in Nigeria and to find out whether variables of gender, number of children and length of years have significant correlation with spousal abuse of married adults. Therefore, this gap which has been left open by the previous researchers is what this research intends to fill in part.

CHAPTER THREE

METHODOLOGY

Preamble

In this chapter, the researcher described the procedures adopted for carrying out this study by providing information on the research design, sample and sampling procedure, instrumentation including its psychometric properties. This chapter also highlighted the procedure for data collection, scoring and method of data analysis.

Research Design

A correlation research design was employed for this study to determine whether a relationship exists among the variables of interest. Such relationships were used to make predictions. Correlation research design is a type of empirical research design which attempts to find the relationship between operating variables in a particular population. Correlation design is considered the most appropriate for this study because the study is meant to establish the degree of the relationship among the variables involved in the study such as personality types, stress levels, communication styles and spousal abuse among married adults in Nigeria. This enabled the researcher to ascertain the extent to which variations in one variable is related to the other. The relationship between the variables of personality types, stress levels, communication styles and spousal abuse were found out measured through the moderating variables of gender, number of children and length of years in marriage were also used in the study.

Population, Sample and Sampling Procedure

Daramola (2005) defined population as the entire group of persons, objects or events whose characteristics are being studied. The population for this study comprised married adults in Nigeria. The target population consisted of all literated married adults drawn from six selected states in the six geo-political zones in Nigeria. The states are Anambra, Bauchi, Niger, Kano, Oyo and Rivers. The respondents were selected from public organizations such as government parastatals, agencies, schools, mosques and churches. The National Bureau of Statistics (2016), estimated married person to be forty eight million, nine hundred and twenty four thousand, thirty one and seventy two (48,924,317), while the total population of married adults in the selected states stood at 11,444,459 (National Bureau of Statistics, 2016).

Table 1: The details of the population of married adults on state by state are presented in table1:
Six Geo Political Zones in Nigeria

S/N	Geo-political Zones and States within	Population size
North- East		
1	Adamawa	1,084,600
2	Bauchi	1,779,112*
3	Borno	1,533,080
4	Gombe	803,900
5	Taraba	780,851
6	Yobe	900,020
North –Central		
7	Benue	1,359,238
8	Kogi	967,804
9	Kwara	779,996
10	Niger	1,444,459*
11	Nasarawa	621,344
12	Plateau	1,089,945
13	FCT	507,267
North-West		
14	Jigawa	1,711,244
15	Kano	3,403,877*
16	Kastina	2,186,375
17	Kebbi	1,242,739
18	Sokoto	1,432,584
19	Zamfara	1,333,111
20	Kaduna	2,157,151
South-East		
21	Abia	1,638, 225
22	Anambra	1,375,788*
23	Ebonyi	688,696
24	Enugu	1,024,017
25	Imo	1,242,818
South-West		
26	Ekiti	737,577
27	Lagos	3,293,811
28	Ogun	1,381,044
29	Ondo	1,192,291
30	Osun	1,186,898
31	Oyo	2,047,668*
South-South		
32	Akwa-Ibom	1,231,547
33	Bayelsa	574,656
34	Cross-River	904,897
35	Edo	1,058,313
36	Delta	1,329,015
37	Rivers	1,645,641*

Source: (National Bureau of Statistics, 2015)

Table 2: Proportion Percentage of Married Adults in the Six selected States of Nigeria

S/N	State	Population of married adults	Proportion percentage	Sample
1.	Anambra	1,375,788	11.8	181
2.	Bauchi	1,779,112	15.2	234
3.	Kano	3,403,877	29.1	447
4.	Niger	1,444,459	12.3	189
5.	Oyo	2,047,788	17.5	269
6.	Rivers	1,645,641	14.1	217
Total		11,444,459	100	1,537

Source: National Bureau of Statistics, 2016

The multistage sampling method was also adopted in selecting participants for this study. Multistage sampling is the combination of two or more sampling techniques to draw sample from population (Daramola, 2006).

At stage one, simple random sampling technique was used in selecting a state from each of the six geo-political zones. This was achieved by the researcher using the ‘deep-hat’ method. The name of each state in a particular geo-political zone was written on a sheet of paper, neatly wrapped and then placed on in an opaque container. Thereafter, a “state” was picked randomly from the container. This process was repeated for the remaining geo-political zones. Thus a total of six (6) states were selected from the zones as shown in table 2.

A sample size of 1,537 married adults was chosen for the study based on sample size determination table of research advisors (2006). The sample size was determined at 95% confidence interval and 2.5% margin error.

At stage two: Proportional sampling was considered appropriate in choosing the respondents that participated in the study because the populations of respondents from the selected states are not equal. A proportional sampling provides the researcher the opportunity to select respondents at random from the subgroup in proportion to the size of the group in the total population (Adewuyi, 2006).

At stage three, a stratified technique was used to classify the respondents for the study based on gender, number of children and length of years in marriage. According to Daramola (2006) stratification is a process in educational research whereby variables are classified into groups according to desired characteristics of the variables of interest.

The total of respondents from six geo-political zones that would be sampled for the study is sample size of (1,537) which would be administered to the respondents.

Instrumentation

According to Olayiwola (2007), instrumentation is a process of selecting or developing measuring device and methods appropriate to a given evaluation or research problem. The main instrument that was used to collect data for this study is questionnaire. Questionnaire is one of the common and effective research instruments used to elicit information in the field of education. For the purpose of this study, four sets of questionnaires were designed personally by the researcher after a thorough review of the related literature. The choice of the questionnaire was informed by the fact that the respondents for the study are married adults, it is deemed appropriate to serve them questionnaire which would afford them the opportunity to express themselves freely and conveniently.

Section A of the questionnaire consisted of items on demographic characteristics of the respondents such as gender, number of children and length of years in marriage.

Section B of the questionnaire contained 15 items on personality types adapted from Ogburn (2009). The items were scored on a four-point Likert-type rating scale format ranging from: Strongly Agree (4), Agree (3), Disagree (2), and Strongly Disagree (1). All the items were framed in simple unambiguous sentences. The researcher developed each of them.

Section C of the questionnaire, section C comprised 15 items on stress levels and communication styles respectively and they were responded to using a four-point rating scale ranging from Strongly Agree (SA) 4 points; Agree (A) 3 points; Disagree (D) 2 points and Strongly Disagree (SD) 1 point.

Section E of the questionnaire consisted of 15 items on Spousal Abuse and the items were responded to by using a four-point Likert scale ranging from Very True (4); True (3); Not True (2); and Not Very True (1).

Pilot Study

Pilot testing in research is carried out in order to ascertain the appropriateness of the questionnaire on the respondents in terms of understanding and appropriateness of the questionnaire items. It helps to identify areas of difficulty for the respondents. Mustapha (2006) averred that pilot testing the questionnaire aims at ascertaining its effectiveness and usability. The instrument for this research was pilot-tested on a representative's sample of forty (40) married adults in Lagos State, Nigeria who were not part of the target population but possess the characteristic of the group being studied. Difficult and ambiguous items that the respondents of

the pilot study could not answer were restructured so that the instrument could be used to elicit the type of information needed for the study. This was done to ensure the effectiveness and usability of the instrument. Some items were expunged and replaced with more explicit ones.

Psychometric Properties of the Instrument

Validity: The validity of a measuring instrument is the extent to which it measures what it purports to measure (Ayena, 2007). Measurement of validity deals with the question: Does the instrument measure precisely the characteristics and traits for which it was intended? The validity of this questionnaire was ensured by giving the questionnaire to the project supervisor, four other experts in the Department of Counselor Education and one expert in the Department of Social Sciences Education, University of Ilorin, Ilorin, Nigeria. Suggestions and corrections made by the experts were effected and incorporated in the final draft because they all affirmed that the questionnaire was appropriate for the study.

Reliability: Reliability of a measuring instrument refers to its ability to produce a similar result when repeated measurements are made under identical conditions. Abiri (2006) defined reliability as the extent to which the results obtained from the test can be relied upon as the true score. In other words, it answers the question as to how consistently the same result will be obtained with an instrument. According to Stangor (2004) and Ayena (2007), reliability of a measuring instrument is the extent to which the instrument is free from random error, thus measuring overtime, the variables of interest. When a test instrument thus yields consistent result whenever administered, the instrument is said to be reliable.

The reliability of the questionnaire was determined using a test re-test reliability procedure. The instrument was administered twice on forty (40) married adults within an interval

of four weeks. The two results were correlated using Pearson Product Moment Correlation Coefficient formula (PPMC). The reliability obtained was 0.86 which indicated a positive and high correlation between the responses obtained at different times. The coefficient was considered high enough to conclude that the instrument is reliable.

Description of Personality Types, Stress Levels, Communication Styles and Spousal Abuse (PTSLCSSAQ) Section A: The personality types of married adults' questionnaire was adapted from Ogwohademhe (2009) and Akanni (2015) instruments. The items on the scale were sourced through a review of literature. PTSLCSSAQ has 60 items with sections A B C D and E. Section A contained four items which focused on the demographic data of the respondents including information on gender, number of children and length of years in marriage. Section B contained 15 items on personality types of married adults in Nigeria. The scale was patterned after four point likert type scale format of Strongly Agree (SA) (4points), Agree (A) (3points), Disagree (D) (2points,) Strongly Disagree (SD) (1point),

In order to ascertain the validity of the instrument (PTMAQ), the draft of the questionnaire was submitted to the researcher's supervisor and four experts in the Department of Counsellor Education and Social Science Department for expert vetting and assessment. The experts' amendments and suggestions were effected in the final draft of the instrument. The final draft was returned to the experts for further assessment, the instrument was adjudged valid.

The reliability of the instrument was ascertained through the test re-test reliability method, the instrument was administered to forty (40) married adults in Lagos State who were not part of the respondents for the study. After an interval of four weeks the same instrument was administered to the same group of people. The two sets of scores were correlated using Pearson

Product Moment Correlation Coefficient and the result obtained was 0.86 at 0.05 Alpha level of significance.

Description of Stress Levels of Married Adults (SLMAQ) Section B: This was a researcher designed instrument. The items on the scale were drawn from the review of literature. The (SLMAQ) was a 15 item questionnaire. The scale was patterned after the Four- Point Likert type rating scale format of Very True (VT) (4points), True (T) (3points), Not True (NT) (2points), Not Very True (NVT), (1point).

The instrument was validated by the researcher's supervisor and four other experts in the Department of Counsellor Education for expert vetting and assessment. The expert's amendment and suggestions were effected when preparing the final draft of the instrument. The final draft was then returned to the experts for further assessment. All the five experts adjudged the instrument as correctly measuring the variable of interest; thus ascertaining the content validity of the instrument.

The reliability of the instrument was ascertained through the tests re-test – retest reliability method. The instrument was administered to forty (40) married adults in Lagos who were not part of the respondents for the study. After an interval of four weeks; the same instrument was administered to the same group of people. The two sets of scores were correlated using the Pearson Product Moment Correlation Formula. The result yielded a Correlation coefficient of 0.86 at 0.05 alpha level of significance. Based on this, the instrument was adjudged reliable for the study.

Description of Communication Styles of Married Adults (CSMAQ) Section C: The communication styles of Married adults Questionnaire was a self researcherdesigned instrument. The instrument contained 15 items designed by the researcher and sourced from the review of

literature. The instrument elicited information from the respondents on communication styles of married adults in Nigeria. The scale was patterned after the Four-Point Likert Type rating scale format of strongly agree (SA) (4point), agree (A) (3points), disagree (D) (2point), strongly disagree SD (1point).

In order to ascertain the validity of the instrument (CSMAQ) the draft of the questionnaire was submitted to the researcher's supervisor and four other experts in the Department of Counsellor Education and Social Sciences Education for vetting and assessment, the experts amendment and suggestion were effected when preparing the draft after which it was then returned to the experts for further assessment. All the five experts adjudged the instruments valid. The reliability of the instrument was ascertained through the test re-test reliability method. The instrument was administered to forty (40) married adults in Lagos state Nigeria, who did not form a part of the respondents for the study. After an interval of four weeks, the same instrument was administered to the same people and the different scores obtained by them were correlated using The Pearson's Product Moment Correlation. The result obtained at 0.5 Alpha level of significance was 0.86. Thus, the reliability of the study was established.

Description of Spousal Abuse of Married Adults (SAMAQ) Section D

The Spousal Abuse of Married Adults Questionnaire was a researcher developed instrument. The items on the scale were sourced through a review of the literature and Various Spousal Abuse scale Assessment inventory by Ordu and Okorodudu (2003) (SAMAQ) has 15 items. The scale was patterned after Four- Point Likert Type rating scale format of Very True (VT) (4 points), True (T) (3points), Not True (NT) (2points), Not Very True (NVT), (1Point).

The instrument (SAMAQ) was validated by the researcher's supervisor and four other experts in the Department of Counsellor Education for vetting and assessment. The experts'

amendment and suggestions were effected when preparing the final draft of the instrument. The final draft was then returned to the experts for further assessments. All the five experts adjudged the instrument valid. The reliability of the instrument was ascertained through the test re-test method and the instrument was administered to forty (40) married adults in Lagos State who were not form part of the respondents for the study. After an interval of four weeks, the same instrument was administered to the same group of people and the two sets of scores were correlated using the Pearson Product Moment Correlation Co-efficient and the result obtained was 0.86 at 0.05 Alpha level of significance. Based on this, the instrument was adjudged reliable for this study.

Procedure for Data Collection

The administration of the questionnaire was conducted by the researcher and three trained research assistants. Training sessions were held for the research assistants to intimate them about the purpose of the research as well as the nature and the content of the questionnaire. A total of 1,537 questionnaires were distributed based on the population of the six selected states representing the six (6) geo-political zones in Nigeria.

The administration of the questionnaire was done under suitable conducive conditions, free from pressure, intimidation, interference and discomfort. Confidential information of respondents like names, addresses e.t.c were not sought for. However, the respondents were given the opportunity to ask for clarifications where necessary. The respondents were informed of the purpose of the study and their consent was sought before the administration of the instrument.

Procedure for Scoring the Instrument

The researcher scored the completed instruments using the scoring key provided for each items. Section A which consisted of three items dealing with demographic data, was scored and analyze using percentages.

In scoring of the Personality Types of Married Adults (PTMAQ), A Four-Point likert-type rating scale format was used with the highest score for any item being four(4), and the lowest being one(1) thus: Strongly Agree(SA) (4point), Agree (A) (3points), Disagree (2points), Strongly Disagree(SD) (1point). Since there were 15 items altogether in the instrument. The highest obtainable score is 60. The lowest obtainable score is 15 range was $60-15=45$. The mid point is $45/15 = 30$, cut off point is $60-30 = 30$ maximum points scores minus the mid point of range $15+30 =45$ (which is the maximum score plus the mid point of range). Therefore any respondents who obtain score from 46 and above were considered as personality Type A individuals while below 45 are of personality Type B individuals.

In scoring the Stress Levels of Married Adults (SLMAQ),a four point Likert type scale format was used with the highest score for any item being four(4) and the lowest being one(1).Thus; Very True (VT) (4 points), True (T) (3 points), Not True (NT) (2 Points), Not Very True (NVT), (1Point). Since there were 15 items altogether in the instrument, the highest obtainable score is 60. The lowest obtainable score is 15, range was $60-15=45$. The mid point is $45/15=30$, cut off point is $60-30 = 30$ maximum points scores minus the mid point of range is $15+30=45$ (which is the maximum score plus the mid point of range). Therefore any respondents who obtain score from 46 and above were considered as having higher stress levels while those respondents who obtained below 45 and below were considered as having lower stress levels.

In scoring Communication Styles of Married Adults (CSMAQ), a four point Likert-type format was used with the highest for any item being four (4) and the lowest being one (1). Thus, Strongly Agree (SA) (4 points), Agree (A) (3 points), Disagree (2 points), Strongly Disagree (SD) (1 point). Since there were 15 items altogether. The highest obtainable score was 60. The lowest is 15, range was $60-15=45$. The mid point was $45/15=30$, cut off point is $60-30=30$ maximum points scored minus the mid point of range $15+30=45$ (which is the maximum score plus the mid point of range). Therefore any respondents who obtain score from 46 and above were considered using assertive communication styles while mean score below 45 and above indicate the use of assertive communication styles that can lead to harmonious marital relationship while those respondents who obtain 45 and below use passive cum aggressive communication styles that can lead to spousal abuse.

In scoring Spousal Abuse of Married Adults (SAMAQ), A Four- Point Likert-type format was used with the highest score for any item being Four (4) and the lowest being one (1) Thus, Very True (VT) (4 points), True (T) (3 points), Not True (NT) (2 points), and Not Very True (NVT) (1 point). There were 15 items altogether in the instrument. Also for section E, the maximum score is 60, the lowest is 15 the range is $60-15=45$, the mid point $45/15=30$, cut off point is $60-15=45$ (the maximum points scored minus the mid point of range) $15+30=45$ (which is the minimum score plus the mid point of range). Therefore any respondent who obtained scores from 46 and above were considered to have exhibited spousal abuse while those respondents who obtained 45 and below were considered as not exhibiting spousal abuse.

Method of Data Analysis

In analyzing the data, both descriptive and inferential statistical analyses were employed. Section A which is demographic data of the respondent was analyzed using descriptive statistic such as percentage and mean scores. Inferential statistical analyses i.e. Pearson Product Moment Correlation and Multiple Regression Analysis were used to analyze the research hypotheses. Hypothesis 1 was analyzed using Multiple Regression analysis, hypotheses 2, 3 and 4 were analyzed using Pearson Product Moment Correlation Co-efficient, while hypothesis 5, 6, 7 and 8 were analyzed using Correlation Matrix. All hypotheses were tested at 0.05 level of significance.

CHAPTER FOUR

RESULTS

Preamble

In this chapter, the results of the analysis of data obtained are presented. The data collected were analyzed using both descriptive and inferential statistics. For the demographic data, percentage was employed while Multiple Regression Analysis and Pearson's Product Moment Correlation were employed to analyze the null hypotheses.

The main purpose was to find out the relationship among personality types, stress levels, communication styles and spousal abuse among married adults in Nigeria. Also, the study investigated the influence of variables of gender, number of children and length of years in marriage will significantly correlate with personality types, stress levels, communication styles and spousal abuse of married adults in Nigeria. One thousand five hundred and thirty seven (1,537) copies of questionnaire forms were administered across the six geo-political zones.

Demographic Data

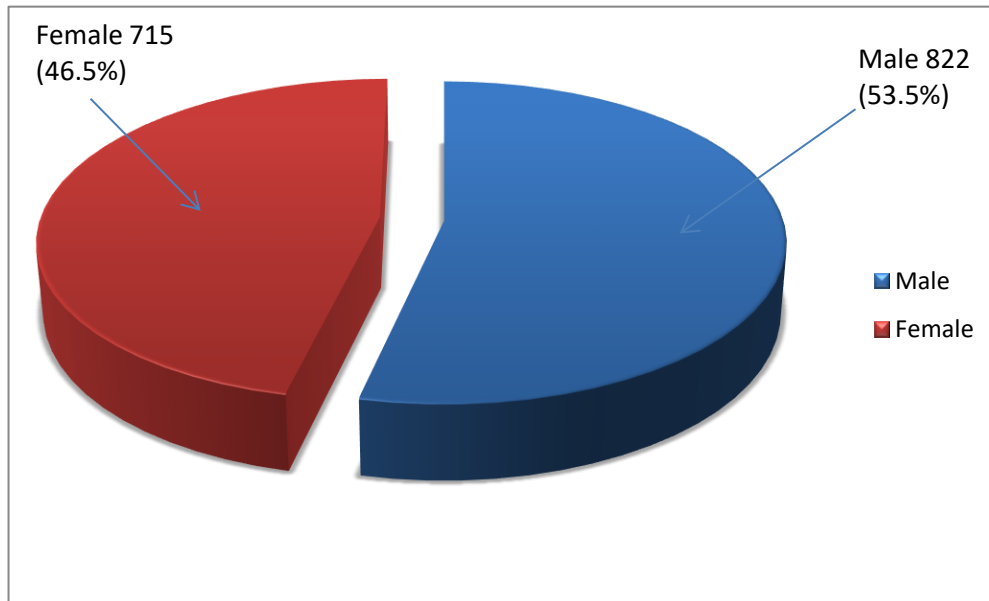


Figure 3: Distribution of Respondents based on Gender

Figure 3 indicates that out of the 1,537 respondents that participated in the study, 822 (53.5%) were males, while 715 (46.5%) of the respondents were female.

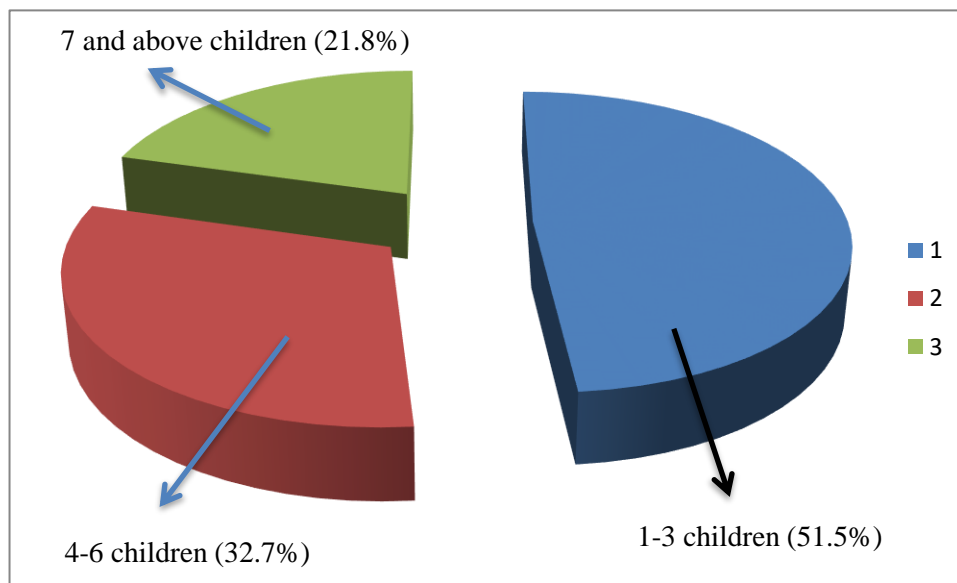


Figure 4: Distribution of Respondents based on Number of Children

Figure 4 shows that out of the 1,537 respondents that participated in the study, 791 (51.5%), had 1 to 3 children 501 (32.7%) had 4 to 6 children and 335 (21.8%) had 7 children and above.

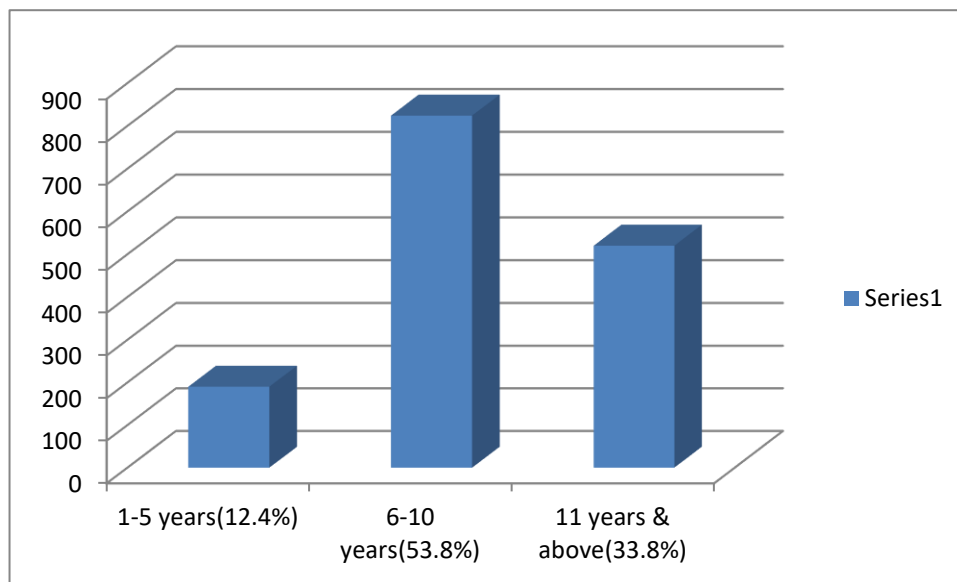


Figure 5: Distribution of Respondents by Length of Years in Marriage

Figure 5 indicates that out of the 1,537 respondents that participated in the study, 190(12.4%) of respondents have spent between 1 to 5 years in marriage, 824(53.8%) of the respondents have spent between 6 to 10 years in marriage, while 520 (33.8%) of the respondents have spent 11 years and above in marriage.

Research Question 1: What are personality types of married adults in Nigeria?

Table 3: Scores of respondents on Personality Types

Scores	Frequency of Respondents	Percentage	Remark
46 and above	1,277	82.21	Type A individuals
Below	260	16.80	Type B individuals
Total	1,537	100.0	

Table 3 shows that of the 1,537 respondents that participated in the study, 1,277(83.2%) are Type A individuals while 260(16.8%) are personality Type B individuals. There were more Type A than Type B among the respondents.

Research Question 2: What are the stress levels of married adults in Nigeria?

Table 4: Scores of respondents on Stress Levels

Scores	Frequency of Respondents	Percentage	Remark
46 and above	1,235	80.4	Higher stress levels
Below 45	302	19.6	Lower stress levels
Total	1,537	100.0	

Table 4 revealed that of the 1,537 respondents, 1,235 (80.4%) have higher stress levels while 302(19.6%) demonstrate lower stress levels. There were more respondents that have higher stress levels.

Research Question 3: What are the communication styles of married adults in Nigeria?

Table 5: Scores of respondents on communication styles

Scores	Frequency of Respondents	Percentage	Remark
46 and above	1,264	82.2	Appropriate communication
Below 45268	17.4		Inappropriate communication
Total	1,537	100.0	

Table 5 revealed that of the 1,537 respondents in the study, 1,269 (80.6%) used appropriate styles of communication while 268(17.4%) used inappropriate communication styles. There were more respondents that use appropriate style of communication than inappropriate communication styles.

Table 6: Mean and rank order of responses of married adults on Personality Types

Item	As far as I am concerned, I:	Mean Score	Rank
1	like to concentrate my attention on any work I do	3.48	1 st
4	feel impressed with high positions, therefore I struggle to get such	3.45	2 nd
3	like to count achievement in number as it occurs	3.38	3 rd
2	prefer to achieve a great deal in less time	3.35	4 th
5	always demand for my right	3.20	5 th
10	enjoy working in situations involving competition with others	2.53	6 th
7	find it intolerable to watch others sluggishly perform tasks I know I can do better	2.52	7 th
13	habitually struggle to do more things in less time	2.51	8 th
15	believe that my success is due to my ability to get things done faster than my colleagues	2.49	9 th
11	struggle to do better than others when working	2.48	10 th
6	become very angry at slightest provocation	2.47	11 th
9	always like to compete for supremacy with my spouse	2.45	12 th
14	eat fast even when I do not have much of other things to do	2.41	13 th
8	always like to help someone complete his/her statement when speaking too slowly to me	2.40	14 th
12	always struggle to perform better while competing against others	1.98	15 th

Table 6 shows the mean and rank order of items on personality types of married adults in Nigeria. The findings show that married adults like to concentrate their attention on their work

without distraction. This item has a mean score of 3.48, and ranked 1st. This is immediately followed by item 4 (feel impressed with high positions, therefore I struggle to get such) which ranked 2nd with a mean score of 3.45. The findings further indicated that item 3 (like to count achievement in number as it occurs) with a mean score of 3.38 ranked 3rd on the items scale. Item 2 (prefer to achieve a great deal in less time) with a mean score of 3.75 ranked 4th and item 5 (always demand for my right) with a mean score of 3.20 ranked 5th. This showed that the number of respondents that agreed with the statement is higher than the other items which indicated they have personality Type A characteristics disposition.

Moreover, personality types items that ranked the least for the married adults in Nigeria is item 10 (enjoy working in situations involving competition with others) with a mean score of 2.5 ranked 6th. Item 7 (find it difficult to watch other sluggish performance task I know I can do better) with a mean score of 2.52 ranked 7th followed by Item 13 (habitually struggle to do more thing in less time) with a mean score of 2.51 ranked 8th. Item 15 (believe that my success is due to my ability to get things done faster than my colleagues) with a mean score of 2.49 ranked 9th. Item 11 (struggle to do better than other when working) with a means score 2.48 ranked 10th. Item 6 (became very angry at slightest provocation) with a mean score of 2.47 ranked 11th. Item 9 (always like to compete for supremacy with my spouse) with a mean score of 2.45 ranked 12th. Item 14 (eat fast even when I do not have much of other things to do with a mean score of 2.41 ranked 13th and (I always struggle to perform better while competing against others) with a means score of 1.98 ranked 15th.

Table 7: Mean and rank order of responses of married adults on Marital Stress Levels

Item	When I am stressed, I:	Mean Score	Rank
1	find it difficult to communicate effectively with my spouse	3.64	1 st
2	find it difficult to explore my feelings	3.52	2 nd
3	experience psychological health problems	3.50	3 rd
13	am always hyperactive	3.49	4 th
11	get angry quickly	3.45	5 th
14	feel depressed emotionally	3.43	6 th
4	find it hard to relax	3.40	7 th
15	disregard the opinion of my spouse	3.35	8 th
9	drink alcohol	3.34	9 th
7	feel my heart beats faster than normal	2.45	10 th
10	cannot sit for long	2.43	11 th
6	get worried about the things I have left undone	2.41	12 th
5	do things in hurry	2.38	13 th
12	get tensed with every situation	2.34	14 th
8	often take tranquilizers (drug to relax)	2.29	15 th

Table 7 shows the mean and rank order of items on marital stress of married adults. The results in table 7 indicates that item 1 which states that when I am stressed,I find it difficult to communicate with my spouse ranked 1st with a mean score of 3.64. Item 2, “find it difficult to explore my feelings” ranked 2nd with a mean score of 3.52. Item 3“experience psychological

health problems” ranked 3rd with a mean score of 3.5. Item 13 “always hyperactive” with a mean score of 3.49 ranked 4th. Item 11 “get angry quickly” with a mean score of 3.45 ranked 5th.

Therefore, item 1 2 3 and 13 were the highest ranking Items while item 5, 8 and 12 were the lowest ranking items. Item 14 “feeling depressed emotionally” ranked 6th with a mean score of 3.43. Item 4 ranked 7th “find it hard to relax” with a mean score of 3.40. Item 15 “disregard the opinion of spouse” ranked 8th with a mean score of 3.35. Item 9 “drink alcohol” ranked 9th with a mean score of 3.34. Item 7 “feel my heart beats faster than normal” ranked 10th with a mean score of 2.46, item 10 “cannot sit for long” ranked 11th with a mean score of 2.43. Item 6 “get worried about the things I have left undone” with a mean score of 2.41 ranked 12th. Item 5 “do things in hurry” ranked 13th with a mean score of 2.38 while item 12 “get tensed with every situation” ranked 14th with a mean score of 2.34. While Item 8 “often take tranquilizers (drug to relax)” ranked 15th with a mean score of 2.29.

This result shows that married adults in Nigeria demonstrate higher levels of stress.

Table 8: Mean and rank order of responses of married adults Communication Styles

Item	Communication Styles of Couples	Mean Score	Rank
I communicate by:			
1	threatening my partner when he/she refuses to take my advice	3.57	1 st
11	discussing my problems at work with my partner	3.54	2 nd
9	revealing my sexual feelings to my partner	3.50	3 rd
6	breaking the silence that immediately follows heated argument	3.49	4 th
2	scolding my spouse anytime he/she does not take my advice	3.48	5 th
4	asking my partner to “shut up” when I do not want to listen to him/her	3.46	6 th
7	talking all the time to my partner	3.43	7 th
10	discussing sex with my partner without feeling embarrassed	3.41	8 th
3	raising my voice when arguing with my partner	3.40	9 th
13	refusing to take suggestions from my partner regardless of the quality		
15	asking for my partner’s opinion before I take decisions that concern the two of us	2.33	10 th
14	persuading my partner to take my advice even if it is against his/her plan	2.31	11 th
5	expressing my anger to my partner in a hostile way		
12	telling my partner my personal secrets	2.30	12 th
8	discussing my future plan with my partner	2.28	13 th
		2.27	14 th
		2.31	15 th

Table 8 shows the mean and rank order of item on communication styles shows that item 1 which states that I communicate by threatening my partner when he/she refuses to take my advice ranked 1st with a mean score of 3.57; item 11, “discussing my problems at work with my

partner” ranked 2nd with a mean score of 3.55 while item 9 “revealing my sexual feeling to my partner” ranked 3rd with a mean score of 3.50.

The least ranking order of these items is item 5, “expressing my anger to my partner in a hostile way” ranked 13th with a mean score of 2.28. Item 12 “telling my partner my personal secretes” ranked 14th with a mean score of 2.27, while item 8 “discussing my future plan with my partner ranked 15th with a mean score of 2.21.

Table 9 indicates that married adults in Nigeria adopt appropriate and inappropriate communication styles while communicating with oneanother since the items on assertive and passive cum-aggressive styles ranked highest on the list.

Table 9: Mean and rank order of responses of married adults on spousal abuse

Item	As far as I am concerned, My Spouse:	Mean Score	Rank
14	backbites me	2.40	1 st
11	abuses me sexually	2.39	2 nd
1	slaps me when he/she is angry	2.36	3 rd
15	tries to strangle me	2.31	4 th
9	talks to me harshly on mobile phone when he /she is angry	2.30	5 th
13	inflicts injury on me and my children when he /she is angry	2.29	6 th
7	calls me derogatory names such as dogs, pigs e.t.c	2.26	7 th
6	stabs me with sharp objects when he/she is not happy	2.25	8 th
2	punches me when he/she is not happy	2.22	9 th
5	kicks me when he/she is angry	2.21	10 th
10	ridicules me publicly	2.20	11 th
12	hisses at me in the presence of visitors	1.37	12 th
4	spreads rumour about me	1.35	13 th
3	looks at me horribly when he/she is not in a good mood	1.33	14 th
8	abuses my parents when he/she angry	1.25	15 th

Table 9 shows the responses of married adults on how much they abuse each other. The finding shows that most prevalent abuse item of married adults had was item 14 (my spouse backbites me) which was ranked 1st with a mean score of 2.40. Item 11 (my spouse abuses me sexually) ranked 2nd with a mean score of 2.39. Item 1 (my spouse slaps me when he/she is angry) ranked 3rd with a mean score of 2.36.

However, the least ranking order of these items was: item 12 (my spouse hisses at me in the presence of visitors) ranked 12th with a mean score of 1.37. My spouse spreads rumour about me) ranked 13th with a mean score of 1.35 while item 8 (my spouse abuses my parents when he/she is angry) ranked 15th with a mean score of 1.25. This results indicates that married adults engage in spousal abuse while communicating with each other because the mean scores of all the 15 items were less than the actual cut off point of 2.50

Hypotheses Testing

Hypothesis One: *Personality types, stress levels and communication styles will not significantly correlate with spousal abuse of married adults in Nigeria.*

Table 10a: Summary Table of Multiple Regression Analysis Showing Relationship among Personality Types, Stress Levels, Communication Styles and Spousal Abuse of Married Adults in Nigeria

Model	R	R Square	Adjusted R Squares	Std. Error of the Estimate
1	.673	.475	.373	4.1362

Table 10a shows a Multiple R of .673, an R square of .475 and an Adjusted R square of .373. The Multiple R of .673 represents the degree of association among measured variables. Thus 67.3% of the independent variables were explained by regression model. This result revealed that the independent variables of (personality types, stress levels and communication styles) when combined correlate significantly with spousal abuse of married adults in Nigeria. The Adjusted R square of 0.373 translates to 37.3% of the correlation among personality types, stress levels and communication styles of married adults in Nigeria. The Multiple R was tested for significance with F-ratio statistics.

Table 10b: Analysis of Variance (ANOVA)

Model		Sum of Squares	df	Mean Squares	Cal. F-value	Crit. F-ratio	Sig-value	Dec.
	Regression	8181.375	3	2727.125	41.19*			
1	Residual	101480.421	1533	66.197		2.64	.000	S
	Total	109661.796	1536					

The result of ANOVA on Table 10b indicates an F-ratio (3, 1533) = 41.19, $p < 0.05$. This further implies that correlation between the predictors and outcome variables is statistically significant.

Table10c: Regression Coefficient of Personality Types, Stress Levels and Communication Styles of Married Adults in Nigeria

Model	B	Std. Error	Beta	Cal t-value	P-value	Dec.
Constant	33.650	1.675		20.089	.000	
Personality Type	.229	.031	.126	3.940*	.001	
Stress Levels	.422	.026	.117	4.641*	.000	Significant
Communication Style	.397	.027	.397	9.508*	.000	

Table10c also expressed the result on the relative contribution of personality types, stress levels and communication styles of married adults in Nigeria. Personality types had a Beta weight (β) of .229, $t = 3.940$, $p < 0.05$; stress levels has a Beta weight (β) of .422, $t = 4.641$, $p < 0.05$; and communication styles has a Beta weight (β) of .397, $t = 9.508$, $p < 0.05$. Therefore, hypothesis one which states that personality types, stress levels and communication styles will not significantly correlate with spousal abuse of married adults in Nigeria was rejected. This implies that there is significant relationship between personality types stress levels and communication styles of married adults in Nigeria. Each of the independent variables can be used conciliated with the dependent variable spousal abuse.

Hypothesis Two:

There is no significant correlation between personality types and spousal abuse of married adults in Nigeria.

Table 11: Pearson 'r' showing the Relationship between Personality Types and Spousal Abuse

Variables	N	Mean	SD	df	Cal. r-value	Crit. r-value	p-value	Dec.
Personality Types	1,537	44.22	7.51	1,535	.207**	.195	.000	Rejected
Spousal Abuse	1,537	41.76	8.45					

** p< 0.05

Table 11 shows the summary of pearson 'r' showing the relationship between the independent variable and dependent variable. The table revealed a calculated r-value of .207 and a critical r-value of .195 with a correspondence p-value of .000 which is less than 0.05 alpha level of significance. Since the p-value is less than 0.05 alpha level of significance, the null hypothesis was rejected. Hence, there was a significant relationship between personality types and spousal abuse of married adults in Nigeria.

Hypothesis Three: *There is no significant correlation between stress levels and spousal abuse of married adults in Nigeria.*

Table 12: Pearson 'r' showing relationship between Stress Levels and Spousal Abuse

Variables	N	Mean	SD	df	Cal. r-value	Crit. r-value	P-value	Dec.
Stress Level	1,537	44.78	8.11	1,535	-.070**	.195	.009	Rejected
Spousal Abuse	1,537	41.76	8.45					

** p< 0.05

The result in Table 12 shows that there is significant correlation between stress levels and spousal abuse of married adults in Nigeria. The table revealed a calculated r-value of .070 and a critical r-value of .198 with a correspondence p-value of .009 which is less than alpha level of significance. Since the p-value is less than 0.05 alpha level of significance. This implies that stress levels significantly correlate with spousal abuse. Therefore, the null hypothesis was rejected. Hence there is significant relationship between stress levels and spousal abuse among married adults in Nigeria.

Hypothesis Four: *There is no significant correlation between communication styles and spousal abuse of married adults in Nigeria.*

Table 13: Pearson 'r' showing the relationship between Communication Styles and Spousal Abuse

Variables	N	Mean	SD	df	Cal. r-value	Crit. r-value	p-value	Dec.
Communication Styles	1,537	44.29	7.86	1,535	.404**	.195	.000	Rejected
Spousal Abuse	1,537	41.76	8.45					

**p< 0.05

The result in Table 13 indicates that there is significant correlation between communication styles and spousal abuse of married adults in Nigeria. The table revealed a calculated r-value of .404 and a critical r-value of .195 with a correspondence p-value of .000 which is less than alpha level of significance. Since the p-value is less than alpha level of significance. This indicates a significant correlation; therefore the null hypothesis was rejected.

Hence there is significant relationship between communication styles and spousal abuse among married adults in Nigeria.

Hypothesis Five: *Gender, number of children and length of years in marriage will not significantly correlate with personality types of married adults in Nigeria.*

Table 14: Summary of correlation matrix showing the relationship between the moderating and independent variables among respondents

Variables	1	2	3	4	5	6	7
Gender	1.000						
Number of children	.027	1.000					
Length of years in marriage	.126**	.128**	1.000				
Personality Types	.365**	.010	.983**	1.000			
Stress Levels	.019	.001	.600**	.254**	1.000		
Communication Styles	.288**	.001	.821**	.489**	.127**	1.000	
Spousal Abuse	.676**	.671**	.017	.207**	.070**	.404**	1.000

Table 14 shows the summary of correlation between the independent and dependent variables. The result reveals that there was a significant correlation between personality types and gender ($r = 0.365^{**}$, $p < 0.05$), since r is greater than p -value, it implies that gender has significant influence on personality types of married adults in Nigeria. Personality types had no significant correlation with number of children ($r = 0.010$, $p > 0.05$) since r value is less than p -value. It can be inferred that number of children has no significant role on the personality types of married adults in Nigeria. Personality types has correlation with length of years in marriage ($r = 0.983^{**}$, $p < 0.05$). This shows that length of years in marriage had influence on the personality types of married adults in Nigeria.

Hypothesis six: *Gender, number of children and length of years in marriage will not significantly correlate with stress levels of married adults in Nigeria.*

The result in Table 14 shows the summary of correlation between the independent and moderating variables. The result reveals that there is no significant correlation between stress levels and gender ($r = 0.019$, $p > 0.05$). This implies that gender has no significant influence on stress levels of married adults in Nigeria. Stress levels has no significant correlation with number of children ($r = 0.001$, $p > 0.05$). It can be inferred that number of children plays no significant role on the stress levels of married adults in Nigeria. Stress levels has correlation with length of years in marriage ($r = 0.821^{**}$, $p < 0.05$). This shows that length of years in marriage had influence on the stress levels of married adults in Nigeria.

Hypothesis seven: *Gender, number of children and length of years in marriage will not significantly correlate with communication styles of married adults in Nigeria.*

The result in Table 14 shows the summary of correlation between the independent and moderating variables. The result reveals that there is significant correlation between communication styles and gender ($r = 0.288^{**}$, $p < 0.05$). This implies that gender has significant influence on communication styles of married adults in Nigeria. Communication styles has no significant correlation with number of children ($r = 0.001$, $p > 0.05$). It can be inferred that number of children plays no significant role on the communication styles of married adults in Nigeria. Communication styles has correlation with length of years in marriage ($r = 0.821^{**}$, $p < 0.05$). This shows that length of years in marriage has influence on the communication styles of married adults in Nigeria.

Hypothesis eight: *Gender, number of children and length of years in marriage will not significantly correlate with spousal abuse of married adults in Nigeria.*

The result in table 14 explains the summary of correlation between the independent and moderating variables. The result shows that there is significant correlation between spousal abuse and gender ($r = 0.676^{**}$, $p < 0.05$). This implies that gender had a significant influence on spousal abuse of married adults in Nigeria. Spousal abuse has significant correlation with number of children ($r = 0.671^{**}$, $p < 0.05$). It can be inferred that number of children plays significant role on the spousal abuse of married adults in Nigeria. Spousal abuse had no correlation with length of years in marriage ($r = 0.017$, $p > 0.05$). This shows that length of years in marriage had no influence on the spousal abuse of married adults in Nigeria.

Summary of Findings

The summary of result which emanated from the data analysis is as follows:

The analyzed data shows that a higher percentage 1,277 (82.2%) of the respondents have personality type A, while 260 (16.8%) the respondents have personality type B. 1,235 (80.4%) the respondents have higher stress levels, while 302(19.6%) the respondents lower stress levels. 1,269(17.4%) the respondents use appropriate communication styles while 268(17.4%)the respondents use inappropriate communication styles, personality type A respondents dispose spousal abuse while 127(11.56%) of the respondents are personality type B do not dispose spousal abuse, 1,537 (100%) of the respondents who have personality type B use appropriate communication styles while 1,534 (100%) of the respondents who have personality type B use inappropriate communication styles. Eight (8) null hypotheses were generated and tested for the study for acceptance or rejection at 0.05 levels of significance. The results are as follows:

- Personality types, stress levels and communication styles are significantly correlated with spousal abuse.
- There is a significant correlation between personality types and spousal abuse of married adults in Nigeria
- There is significant correlation between stress levels and spousal abuse of married adults in Nigeria.
- Gender, number of children and length of years in marriage had significant influence on spousal abuse of married adults in Nigeria. Number of children also made a significant influence on spousal abuse of married adults in Nigeria while length of years in marriage had no influence of the spousal abuse of married adults in Nigeria.
- Personality types had no significant correlation with number of children,while gender had significant correlation with personality types of married adults in Nigeria likewise personality types has correlation with length of years in marriage of married adults in Nigeria.
- Gender has no significant influence on stress levels of married adults in Nigeria. Stress levels have no significance correlation with number of children. Also stress levels have correlation with length of years in marriage of married adults in Nigeria.
- Communication styles significantly correlated with gender of married adults in Nigeria. Number of children played no significant correletion while length of years in marriage had influence correct with communication styles of married adults in Nigeria.

CHAPTER FIVE

DISCUSSION, CONCLUSION AND RECOMMENDATIONS

Preamble

In this chapter the discussion, conclusion and recommendation of the study based on the research questions and research hypotheses are presented. The study focused on investigating the personality types, stress levels, communications styles and spousal abuse of married adults in Nigeria. It also, examined how the moderating variables of gender, number of children and length of years in marriage influenced the three independent variables of personality types, stress levels and communication styles. A total of 1,537 literate married adults who are civil servants in Nigeria participated in this study.

Discussion

Twelve research questions were raised to guide the conduct of this study while eight null research hypotheses were generated. The hypotheses were tested at 0.05 alpha level of significant

The main objective of this research was to investigate personality types, stress levels and communication styles as correlates of spousal abuse among married adults in Nigeria. The questionnaire used for obtaining information was divided into five (5) main sections, that is the demographic data of the respondents, personality types scales, marital stress scale, communication styles and spousal abuse.

The role of marriage institutions can not be over-emphasized in our society. The need to build a strong healthy and stable home in marital relationship is imperative. Counsellors and marital counsellors are working assiduously to counsel couples and help to resolve myriad of issues so that spouses can enjoy lasting rewarding and positive marital stability devoid of spousal abuse. It is also important for couples to understand the relationships among personality types, stress level, communication styles and spousal abuse which this study investigated. Such

understanding is paramount in promoting appropriate communication styles, healthy personality characteristics disposition encouraging lowers stress levels and stemming spousal abuse among married adults.

The result from the analyzed data revealed that a higher percentage 1,277 (83.2%) of the respondents have personality type A, while 1,260 which form (16%) of the respondents have personality type B 1,255 of the respondents which are (80.4%) of the respondents have high stress levels, while 302 respondents who make up (19.6%) of the respondents have lower stress levels. 1,269 of the respondents which are (82.6%) of the respondents use appropriate communication styles, while 268 respondents who make up (17.4%) of the respondents use inappropriate communication styles 1,270 of the respondents which are (18.3%) of the respondents dispose spousal abuse, while 267 respondents who make up (16.4%) do not dispose spousal abuse.

The eight null hypotheses postulated and tested at 0.05 level of significant were rejected. The result from hypotheses one the first findings of the research was revealed a relative contribution of variables personality types, stress levels, communication styles and spousal abuse. A significant correlation was found among personality types, stress levels, communication styles and spousal abuse of married adults in Nigeria. This supports the study of Ordu (2009) which revealed that personality traits of spouses are important prediction of spousal abuse. Ordu found that these factors determined the ways spouses react to stressful and hardship conditions in their relationship. The finding of this study is also in support of Sotonade (2003) which stated that there were some correlations between negative personality characteristics disposition and unhappiness in marriage. The result is in tandem with Esere (2000) and Akanni (2015) who reported a strong link between communication styles and marital stability in marriage

relationship. Poor and negative communication styles are also associated with an increased risk of divorce and marital separation.

The finding of this study is in support of Nwadinigwe (2010) who found a positive strong association between marital communication and spousal abuse ($r=85$ at 001 level) and husband communication was positively correlated with wives spousal abuse ($r=56$ at 0.001 level). Personality types has a Beta weight (B) of .229, $t=3,940$, $p<0.05$; stress levels has a Beta weight (B) of .422, $t=4.641$, $p<0.05$ and communication styles had a Beta weight of .397, $t= 9.508$, $p<0.05$.

Personality types, stress levels and communication styles correlated with spousal abuse of married adults. This implies that the personality types of married adults in Nigeria do influence their spousal abuse. This finding also agreed with the study conducted by Ordu (2009) which revealed that personality characteristics disposition of spouses are important predictor of spousal abuse. They maintained that these factors determined the ways couples react to stressful and disagreeable conditions in their marriage. The finding of this study is also in support of the finding of Nwadinigme and Anyama (2010) which stressed that there was relationships between negative personality characteristics in marriage. This finding therefore advises couples to ensure that their communication styles and personalities are positive and stay will steer clear of spousal abuse.

Hypothesis two showed that there is a significant correlation between personality types and spousal abuse of married adults in Nigeria (calculated $r = 0.207$, $p<0.05$), since the calculated p value is less than 0.05 alpha level of significance. Hence, the hypotheses, which states there is no significant correlation between personality types and spousal abuse of married adults in Nigeria, is therefore rejected. This implies that there was significant correlation

between personality types and spousal abuse of married adults in Nigeria. This invariably means that personality types of married adults in Nigeria influence spousal abuse. This finding agrees with the study of Sotonade (2003). They posited that these factors determine the ways spouses react to concerns, misunderstanding and disagreeable conditions in their marriage. The finding of the study is also in support of Esere (2008) which revealed there were some relationships between negative personality characteristics disposition and unhappiness in marriage.

The rejection of hypothesis may not be unconnected with the fact that personality characteristics play a major role in marital relationships. How couples talk, act and react to issues in marriage determine to a large extent if anger and violence will be regular features in the marriage or otherwise. This study is in support of the study conducted by Fawole (2011) which revealed that personality characteristic disposition of spouses is important predictors of marital stability.

Hypothesis three showed that there was a significant correlation between stress levels and spousal abuse of married adults in Nigeria ($r=0.070$ $p<0.05$). This means that the stress levels of married adults in Nigeria influence spousal abuse. The significant correlation of stress levels and spousal abuse of married adults in Nigeria is consistent with the findings of Bodman (2005) and Adeoye (2008) which supported a strong correlation between stress levels and spousal abuse and stated that stress in couples is always a dyadic phenomenon that affects both partners in some way, and usually triggers abusive behaviour in their marriage relationship. The result of this finding is also in support of Alika (2012) who found out that the stressor among undergraduate married students in University of Benin, Benin city, Nigeria and found out that there is a significant relationship between stress and spousal interaction. It was further added that higher levels of stress and unhealthy time management as source of stress among married students.

The correlation which was found between stress levels and spousal abuse of married adults in Nigeria is not unexpected given the general condition and situation of things in the society. Very many people, spouses inclusive are exposed daily to stressful situations of lack of food at home, inability to pay children's school fees, frustration at work and host of others if these stressful situations are not properly managed, spouses may result to spousal abuse be at the receiving end.

Hypothesis four showed that there was a significant correlation between communication styles and spousal abuse of married adults in Nigeria. This means that communication styles of married adults in Nigeria influenced spousal abuse. The significant correlation of communication styles and spousal abuse in Nigeria is in line with the findings of Esere, Yusuf and Omotosho (2011) which supported that strong correlation existed between good and effective marital communication and spousal positive interpersonal relationship. This study supported the assumption that communication as dependent variables strongly influenced positive behaviour in marriage relationship. The result of this finding is in support of Fawole (2011) who studied the relationship between personality types and communication styles of married adults in Kwara State, she found out that there was a significant relationship between marital communication and marital satisfaction; she added that a sound and good communication in a family could yield healthy dividends in homes when couples adopt or make we effective communication styles, avoid spousal abuse will those who use fairly styles lead to spousal abuse.

The influence that communication style has on spousal abuse among married adults as found in this study and previous researches is something couples must take note of especially in Nigeria. This is because, men especially, do not like to be disrespected by words and actions

especially in public by spouses and when this happens, spousal abuse may not be far from such relationships.

Hypothesis five which shows a correlation between length of years in marriage and personality types of married adults may not be unexpected given the numerous experiences married couples have along marital journey which affects the way they behave and relate. Furthermore, the influence which gender has on personality types of married adults is quite valid because men and women have been known to possess different behavioural qualities naturally.

With hypothesis six, stress levels and gender were found to have no significant correlation. This is quite surprising because men and women are exposed to different kinds of stressors and at varying degrees which are likely to affect their stress levels. Perhaps the result obtained was influenced by the category of respondents. Similarly, that the number of children and stress levels does not correlate may have been influenced by the caliber of respondents. Probably those who responded were elites, who have limited number of children. Further studies may examine families with large number of children. This finding contradicts the findings of Sells and Shawn (2002) who found out that certain factors such as level of education, age, and gender affect levels of intimacy and marriage compatibility and marital stability. The result is also inconsistent with findings of McGee (2001) that men tend to be more adjusted in their marriage than women. The finding also tends to confirm the assumption of Sotomayor (2003) that men and women differ in their experience of emotions and communication while the finding negates Keyton, (2015) who agreed that men and women are more similar than they are different in terms of communicating in their intimate relationship.

Hypothesis seven showed that there was a significant correlation between gender and communication styles and this is not surprising because the male and female genders by nature

generally have different communication styles. Women have been found to be more expressive in communication than men, hence, the result is tandem with the finding of Akanni (2015) who found out that men use self disclosure than women in the process of interpersonal relationship. The hypothesis further found that the number of children a couple has, is in no way related to the communication styles of married adults. This may be quite true because communication styles have been developed by individuals long before they give birth.

Hypothesis eight revealed that the two moderating variables (gender and number of children) significantly correlated with spousal abuse. Also, length of years in marriage is not significantly correlated with spousal abuse. This is in line with the findings of Sotonade (2003) who reported that number of children and gender affect level of intimacy and marital communication. There is no significant correlation between spouse's length of years in marriage and spousal abuse. The duration of marriage plays a very vital role in spousal relationship. This study contradicts the findings of Esere, Yusuf and Omotosho (2011) who found that the first two to five years are the most critical period in which couples begin to learn about their individual differences. Adults who have been married for a period of 11 years and above have better perception of themselves than their counterparts who have been married for too long.

The result of this study contradicts the findings that couples learn about individual differences and have better perception of themselves as they grow older in marriage because in reality, familiarity breeds contempt. When couples are not careful one becomes too used to one's partner, having spent long years in marriage and spousal abuse may set in when the wrong words and actions are used. It therefore suggests that irrespective of how long or short a marriage relationship has been, couples must be cautious with their words and actions to prevent spousal abuse and enjoy the marital unions.

From the findings the moderating variables which are gender and number of children correlated significantly with spousal abuse, while length of years in marriage do not correlate significantly with spousal abuse since spousal abuse is a phenomenon that can manifest at any point in time in marriage relationship. This finding is in line with Adeboye (2017) who found a significant difference in the influence of communication styles of spouses who were long-married and recently married and also found that length of years in marriage influenced communication styles of married adults.

Bodman (2005) also supported the findings of Sotonade (2003) and concluded that the longer the marriage, the higher the marriage relationship satisfaction will be. The quality of time spent together is affected by multiple factors, both internal and external to the family. The impact of duration on a marriage is positively correlated with marriage satisfaction (Ordu, 2009 & Odufuwa, 2008).

Limitation of the Study

This study was carried out in the six geo-political zones in Nigeria. Some respondents were unable to respond to some of the items. This may be due to the sensitivity of issues of items and some requested for money. On this note 1,537 questionnaire forms were given out altogether in the six selected states of the six geo-political zone of the country 1,537 were returned because the researcher made efforts to appeal to them.

Conclusion

Based on the findings of this the following conclusions were drawn:

- Many married adults in Nigeria have personality type A characteristics disposition and use inappropriate communication styles which lead to spousal abuse.
- Some married adults in Nigeria have personality type B characteristics disposition and use appropriate communication styles which promote marital stability.
- Most of the respondents that participated in the study dispose spousal abuse in their marriage.
- Personality types, stress levels and communication styles significantly correlated with spousal abuse of married adults in Nigeria.

Recommendations

Based on the findings and outcome of this research, the following recommendations were made:

- Marriage counsellors should teach married adults how to understand their own personality types and the personality type of other persons involved in the relationship. As a result of this, they will appreciate their individual differences which could stem the tide of spousal abuse.
- Furthermore, though different types of marriages have various characteristics, communication is a basic area which seems to be difficult in all relationships irrespective of married adult's characteristics. Married adults should be enlightened on how to communicate appropriately about what they expect from their spouses.

- The Department of Counsellor Education, Guidance and Counselling and Psychology in all Nigerian universities should build a strong counselling unit into counsellor education programmes where couples and would-be couples can come for training about how to communicate and how communication styles adopted can motivate positive changes in one's marital life. Also, through the use of effective communication, spouses can achieve a better understanding that prevents or marital instability.
- Religious organizations should invite professionals in the field of marriage counselling to sensitize the member of their religious groups about the efficacy and importance of good personality characteristics disposition, low stress levels and communication styles in marriage.
- Also, premarital counselling should be regularly organized for youths on the techniques of avoiding spousal abuse before getting married and after marriage.
- Association of Professional Counsellors of Nigeria (APROCON) should mount up enlightenment programmes through workshops and seminars for married adults.
- Curriculum developers and education providers should create awareness about the significant roles personality types, stress levels and communication styles can play in stemming the menace of spousal abuse. Knowing the role each can play will provide married adults the ability to move forward in their relationships without being dependent on long-term counselling for problem solving. Based on your findings;

Suggestions for Further Studies

This study was limited to six states out of the thirty-six states of six geo-political zones in Nigeria. Future researchers could extend the scope to cover more than six states in Nigeria.

Further researcher can also consider the socio-economic status, marriage types and occupation could be included in the moderating variables in order to see if there is any significant correlation of these variables. This study could be replicated across cultural investigation using the same set of variables. Also, future researchers can conduct research on personality types, stress levels, communication styles and spousal abuse among inter-ethnic groups.

Implications for Counselling Practice

The findings of this study have implications for counselling practice as researches have shown that personality characteristics disposition of an individual plays a significant role in marital relationship. That means effective counselling services for married adults is imperative for would be couples in educating them regarding adequate awareness and information about their personality disposition and that of their partners, so that they will know how to handle situations when they enter into marriage relationship.

The findings of this study revealed that there was an apparent awareness that married adults faced myriad of stress in their marriage relationship such as marital stress, coupled with economic hardship of the country, child, rearing, doing household activities and balancing things within themselves, other people and the environment and so on. But despite the ups and downs of marriage, some couples still hold on to the promises made that in any situation, they will remain together. This implies that counsellors in their various capacities should assume more active roles by intensifying efforts to set up counselling centres where people can come for counselling or how to cope with stressful situations. The government at all levels ought to establish counselling centres in hospitals where people can come for counselling on stressful related issues, especially how to cope with stress.

The findings of this study revealed that there was an apparent awareness that appropriate communication styles stem the tide of spousal abuse of married adults prior to the commencement of marriage and during the marriage. It is very important to take cognisance of appropriate communication styles that stem the tide of spousal abuse and inappropriate communication styles that led to spousal abuse. This implies that counsellors should sensitize married adults on the effects of inappropriate communication styles. This will give them an understanding of how good communication enhances marital stability. They should enlighten married adults on the consequences of negative communication styles which could lead to spousal abuse, separation and divorce.

The findings of this study will contribute significantly in training professional counsellors to make them recognize the significant effects of variables of gender, number of children and length of years in marriage in determining spousal abuse correlation between personality types, stress levels communication styles, and spousal abuse.

The finding of this study also has implication for education and counselling especially for the marriage counsellors. The educators and the counsellors need to address the menace by proffering solution to the issues and providing knowledge based information that will enable them carry on effectively in whatever situation they find themselves. The clinicians in the area of counselling have to focus and emphasize on the quality of marital relationship. This means that they should endeavour to put in place various intervention programmes. The early stage could focus on preventive measures such as marriage enrichment, management, communication, social and sex-related programme as suggested by Nwadinigwe Ayama & (2010). This leads to mutual understanding and enhance marital stability in marital relationship. The next stages should be creative or clinical level courses on personality types, stress levels and communication styles

should be made compulsory for counsellors in training because the study found out that personality types and communication styles correlated with spousal abuse.

The counsellors and religious institution should organize and provide effective pre-marital counselling which may be helpful in preparing spouses physically, mentally and emotionally for marriage. It will also help them to have good mind-set and right expectation from marriage. This is imperative for young people.

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APPENDIX
UNIVERSITY OF ILORIN
FACULTY OF EDUCATION
DEPARTMENT OF COUNSELLOR EDUCATION
QUESTIONNAIRE

Dear Respondent,

This questionnaire is designed to elicit information on personality types, stress levels and communication styles as correlates of spousal abuse among married adults in Nigeria. There are five sections to the questionnaire. Section A requires you to supply some personal information. Kindly note that all information you give will be treated with utmost confidentiality and for research purposes only. Sections B, C, D and E require you to respond to each item by ticking the appropriate column as it applies to you. There is no right or wrong response. You do not need to write your name, address or telephone number. You are therefore requested to respond honestly to the items as you feel most appropriate. Thanks for your anticipated cooperation.

Section A: Demographic Information

Tick (✓) as applicable to You.

1. Gender: Male (); Female ()
2. Number of Children: 1- 3 (); 4- 6 (); 7 and above ()
3. Length of Years in Marriage: 1-5 years (); 6-10 years (); 11 years and Above ()

Section B: Personality Types Sub-Scale

Kindly tick (✓) the options that best describes your response to each item.

Key: SA – Strongly Agree, A – Agree, D – Disagree, SD – Strongly Disagree

S/N	As far as I am concerned, I:	SA	A	D	SD
1.	like to concentrate my attention on any work I do				
2.	prefer to achieve a great deal in less time				
3.	like to count achievement in number as it occurs				
4.	feel impressed with high positions, therefore I struggle to get such.				
5.	always demand for my right				
6.	become very angry at the slightest provocation				
7.	find it intolerable to watch others sluggishly perform tasks I know I can do faster				
8.	always like to help someone complete his/her statement when speaking too slowly to me				
9.	always like to compete for supremacy with my spouse				
10.	enjoy working in situations involving competition with others				
11.	struggle to do better than others when working				
12.	always struggle to perform better while competing against others				
13.	habitually struggle to do more things in less time				
14.	eat fast even when I do not have much of other things to do				
15.	believe that my success is due to my ability to get things done faster than my colleagues				

Note: Kindly check to see that you have responded to all the items.

Section C: Marital Stress Sub-Scale

There are four possible responses to each item. They are: Very True (VT) = 4 points, True (T) = 3 points, Not True (NT) = 2 points and Not Very True (NVT) = 1 point. Choose only one response for each sentence. Please do not skip anyone.

S/N	When I am stressed, I:	Very True	True	Not True	Not Very True
1.	find it difficult to communicate effectively with my spouse				
2.	find it difficult to explore my feelings				
3.	experience psychological health problems				
4.	find it hard to relax.				
5.	do things in a hurry.				
6.	get worried about the things I have left undone.				
7.	feel my heart beats faster than normal				
8.	often take tranquilizers (or drugs to relax).				
9	drink alcohol				
10.	cannot sit for long.				
11.	get angry quickly.				
12.	get tensed with every situation.				
13.	always hyperactive.				
14.	feel depressed emotionally				
15.	disregard the opinion of spouse				

Note: Kindly check to see that you have responded to all items.

Section D: Couples Communication Styles

Please Tick (✓) the option that best describes your response to each item. Using the following

Key: SA – Strongly Agree A – Agree D – Disagree SD – Strongly Disagree

S/N	Communication Style of Couples	SA	A	D	SD
	I communicate by:				
1.	threatening my partner when he/she refuses to take my advice				
2.	scolding my spouse anytime he/she does not take my advice				
3.	raising my voice when arguing with my partner				
4.	asking my partner to “shut up” when I do not want to listen to him/her				
5.	expressing my anger to my partner in a hostile way				
6.	breaking the silence that immediately follows heated argument				
7.	talking all the time to my partner				
8.	discussing my future plans with my partner				
9.	revealing my sexual feelings to my partner				
10.	discussing sex with my partner without feeling embarrassed				
11.	discussing my problems at work with my partner				
12.	telling my partner my personal secrets				
13.	refusing to take suggestions from my partner regardless of the quality				
14.	persuading my partner to take my advice even if it is against his/her plan				
15.	asking for my partner’s opinion before I take decisions that concern the two of us.				

Note: Kindly check to see that you have responded to all items.

Section E: Spousal Abuse Scale

Kindly respond to each of the items listed below by rating them according to how 'true' or how untrue' the items are. Show your responses as you Tick (✓) the appropriate column on the right side.

S/N	As far as I am concerned, My spouse:	Very True	True	Not True	Not Very True
1.	slaps me when he/she is angry				
2.	punches me when he/she is not happy				
3.	looks at me horribly when he/she is not in a good mood.				
4.	spreads rumour about me				
5.	kicks me when he/she is angry				
6.	stabs me with sharp objects when he/she is not happy				
7.	calls me derogatory names such as dog, pig e.t.c				
8.	abuses my parents when he/she is angry				
9.	talks to me harshly on mobile phone when he /she is angry				
10.	ridicules me publicly				
11.	abuses me sexually				
12.	hisses at me in the presence of visitors				
13.	inflicts injury on me and my children when he/she is angry				
14.	backbites me				
15.	tries to strangle me whenever angry				

Note: Kindly check to see that you have responded to items.