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EDITORIAL COMMENTS

The Journal of Professional Counselling (JPC) is devoted to advancing knowledge, practice and theory of Guidance and Counselling. The Journal receives and publishes papers or articles on diverse areas relating to guidance and counselling. It encourages original research efforts contributing to the advancement of counselling in and outside Nigeria. Fundamental practical problems and challenges in the society are synthesized and solutions proffered from counselling perspectives.

The present volume is the third edition essentially published to promote the contributions of seasoned professional counsellors nationwide on Mental Health Issues and Counselling in Nigeria. The papers are expository and expressions of serious concerns about the mental health state of Nigerians cutting across all spheres of human endeavour and the place of counselling as a remedy for addressing such challenges. Papers have been written and assessed across six broad sub-themes on mental issues and counselling.

The editorial board appreciates all the contributions of dedicated members towards the actualization of the aims of the Association particularly in the production of the edition of the journal. Special tribute is paid to all our members who contributed to the success of the edition but passed away before its actualization.

Elders, executive members and all dedicated APROCON members, well done, let us keep the flag of APROCON and Counselling flying in Nigeria and the world.

Professor (Mrs.) Mary Grace Fajonyomi
Editor

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CAUSES AND CONSEQUENCES OF MARITAL VIOLENCE AS EXPRESSED BY MARRIED ADULTS IN OYO STATE, NIGERIA

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Abstract

Marital violence is one of the major issues ruined relationship between husband and wife in the society. Various factors ranging from personal to environmental influences may account for these ugly situations. Thus, this study investigated the causes and consequences of marital violence as expressed by married adults in Oyo State, Nigeria. It also examined the influence of variables of age, gender and educational qualification on the respondents' views. The research design that was used for this study is the descriptive method. Proportional and stratified sampling techniques were used to select 784 respondents. The instrument used for collecting data is a researcher-designed questionnaire titled "Causes and Consequences of Marital Violence Questionnaire (CCMVQ)" with a reliability co-efficient of 0.63. Mean and rank order was used to answer the two major research questions, while the six null hypotheses raised were tested using t-test and Analysis of Variance (ANOVA). All hypotheses were tested at 0.05 alpha level. The findings revealed that major causes of marital violence are poor communication, infidelity and inability to satisfy sexual demands of spouses, while the major consequences are suicidal ideation, poor self-concept, emotional depression and body injury. The results of the hypotheses tested revealed no significant differences among married adults in their expression of causes of marital violence on the basis of age, gender and educational qualification. On the other hand, there were no significant differences among married adults in their expression of consequences of marital violence on the basis of age, while significant differences were found based on gender and educational qualification. Based on the findings of this study, it was recommended that counsellors should periodically engage in sensitization of couples on the causes and consequences of marital violence, counsellors should also equip married couples with effective communication skills and counsellors together with other helping professionals should sensitize couples most especially men on the need to abstain from violence in marriage.

Keywords: Causes, Consequences, Marital Violence, Married Adults.

Introduction

Marriage is an important institution to every society. In a society governed by law, marriage exists as a public or legal institution and not merely a private romantic declaration or religious rite. Marriage gives legitimacy to sexual relationship and procreation of legitimate children (Sarker, 2007). Gove (2006) viewed marriage as the state of being united with a person of the opposite sex as husband and wife for the purpose of companionship and procreation so as to establish a family. According to Yahaya, Esere, Ogusanmi and Oniye (2015), marriage is a partnership contract without escape clause. The implication here is that marriage connotes a life-long arrangement where the couple should permanently survive a multitude of demanding situations such as illness, financial constraints and so on. In Nigeria, every tribe recognizes one form of institutions of marriage or the other. In most cultures and religions, matured man or woman is considered to be incomplete without a spouse (Aiyetan & Kolapo, 2005).

Marital violence is known as domestic abuse, spousal abuse, wife battering, family violence, marital assault, conjugal violence and intimate partner violence (IPV). It is a pattern of abusive behaviours by one

partner against another in an intimate relationship such as marriage, dating, family or cohabitation. Marital violence, so defined, has many forms, including physical aggression or assault (hitting, kicking, biting, shoving, restraining, slapping, throwing objects), or threats thereof; sexual abuse; emotional abuse; controlling or domineering; intimidation; stalking; passive/covert abuse otherwise known as neglect; and economic deprivation (Seimeniuk, Krentz, Gish & Gill, 2010). Marital violence and abuse is not limited to obvious physical violence. It can mean endangerment, criminal coercion, kidnapping, unlawful imprisonment, trespassing, harassment and stalking (National Network to End Domestic Violence, 2011).

Violence against women is a technical term used to collectively refer to violent acts that are primarily or exclusively committed against women. Similar to a hate crime, this type of violence targets a specific group with victim's gender as primary motive. Cases of marital violence against women have been on the increase in Nigeria. There have been reports of cases of husbands and wives killing and maiming each other in the media. The statistics presented by *This Day* (2011) newspaper are frightening. It was reported that about 50% of women were battered by their husbands; outrageously more educated women (65%) are in this terrible situation as compared with their less educated counterparts (55%). Most of the women endure, believing they have nowhere to go and in any case, believing, for good reason, that the law will not protect them. Incredible 97.2% of them are not prepared to report to the Nigeria Police. Only four states of the Federation (Lagos is one of them) have passed laws against the insidious crime, whilst several Bills against it languish in the male dominated National Assembly. Of the states that have passed it, the law is yet to be fully tested.

A case of a man in Omi-Adio, Apata, Ibadan (Ido LGA) was reported to have allegedly beat his pregnant wife to death. According to an eye witness, nobody could actually ascertain the cause of their disagreement. However, information gathered by Nigerian Tribune from the co-tenants and residents of the area revealed that the voice of the couple just became amplified around 11.45 p.m. on Sunday evening and that attracted the attention of every tenant and those in the neighbourhood, but nobody interfere as they felt it was just a mere domestic crisis which they could both reconcile on their own. The anonymous tenants further told the *Nigerian Tribune* that they became apprehensive in the early hours of the following day when the crisis between the couple still persisted and became intense. That was when they intervened but on getting to the door of their apartment, it was locked and when the voice of the wife, the mother of two became very loud, begging for help and attention, they had to force the door open with a pestle but met her lying dead on the floor (Superego, 2013). The study of Yusuf, Arulogun, Oladebo and Olowokeere (2011) on physical violence among intimate partners in Nigeria also revealed that there are more female who had experienced physical violence compared with males and behavioural factors of partners were found to greatly influence domestic violence against females such as young age and partner's smoking and drinking status.

Akrofi-Quarcoo (2000) pointed out possible causes of marital violence such as break down of family life of which people from broken homes are mostly victims and financial insecurity. When a man cannot establish his authority intellectually or economically, he will tend to show it physically; people living in crowded places, antisocial characteristics, hatred of certain group, such as women, exposure to various forms of modern gadgets may encourage aggressive conduct, television, movies, video, games and use of internet appear to desensitize the conscience and inspire violence. An evolutionary psychological explanation of marital violence is that it represents male attempts to control female reproduction and ensure sexual exclusivity (Goetz, 2010). Lack of self-control is a key component in domestic violence. While some men feel entitled to treat women any way they choose, including battering them, most men know that their behaviour is unacceptable, to say the least. They deny allegations of abuse and try to hide their behaviour from friends and family (Jackson, 2011). Marital violence has long been considered a serious problem in all societies of the world within the home or the wider community. Marital violence is a common occurrence in most Nigerian families and it is a major threat to health; it inflicts physical, psychological and emotional pain on the victims on a daily basis. Women/Men around the world are

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beaten and punished for supposed transgressions they are raped and even murdered by members of their family. In some cases, vicious acid attacks leave them with horrific disfigurements. Girls and young women are forced into early marriage by parents and relatives (Esere, Idowu, Durosaro & Omotosho, 2009).

The implications of marital violence might be devastating for the children in the home. Children exposed to marital violence are likely to develop behavioural problems, such as regression, out of control behaviour and imitating behaviours. They may think that violence is an acceptable behaviour of intimate relationships and become either the abused or the abuser. This may reflect in them in forms of bed-wetting, nightmares, distrust of adults, acting tough, having problems becoming attached to other people and isolating themselves from their close friends and family (Horner, 2005). Horner, 2005) believed that children who are raised in abusive homes learn that violence is an effective way to resolve conflicts and problems. They may replicate the violence they witnessed as children in their teen and adult relationships and parenting experiences. Boys who witness their mother's abuse are more likely to batter their female partners as adults than boys raised in non-violent homes. For girls, adolescence may result in the belief that threats and violence are the norms in relationship. Children from violent homes have greater risks of alcohol/drug abuse, post-traumatic stress disorder and juvenile delinquency. Witnessing domestic violence is the single best-predictor of juvenile delinquency and adult criminality. It is also the number one reason children run away from home. Women are the bedrock of any society and any form of violence against them has far reaching effects on their children, their families, their communities and the country at large. The fight against intimate partner violence and sexual violence against women is the responsibility of everyone. It is against this background that this study investigated the causes and consequences of marital violence as expressed by married adults in Oyo State, Nigeria

Research Questions

The following research questions were formulated for this study:

1. What are the causes of marital violence as expressed by married adults in Oyo State?
2. What are the consequences of marital violence as expressed by married adults in Oyo State?

Research Hypotheses

Based on the above research questions, the following hypotheses were postulated for the study:

1. There is no significant difference among married adults in their expression of causes of marital violence, on the basis of gender.
2. There is no significant difference among married adults in their expression of consequences of marital violence on the basis of gender.
3. There is no significant difference among married adults in their expression of causes of marital violence on the basis of age.
4. There is no significant difference among married adults in their expression on the consequences of marital violence on the basis of age.
5. There is no significant difference among married adults in their expression of causes of marital violence on the basis of educational qualification.
6. There is no significant difference among married adults in their expression of consequences of marital violence on the basis of educational qualification.

Research Design

Descriptive research design was adopted to find the causes and consequences of marital violence as expressed by married adults in Oyo State, Nigeria.

Population, Sample and Sampling Procedure

The population for this study is 2,047,668 married adults in Oyo State (National Population Commission, 2010).

Table 1: Distribution of married adults' population in Oyo State by Local Government Areas

Oyo North	Oyo Central	Oyo South
Saki West 104,044 *	Afijio 47,472	Ibadan North 113,001
Saki East 39,719	Akinyele 82,054 *	Ibadan North East 121,666 *
Atigbo 39,282	Egbeda 107,906 *	Ibadan North West 55,584
Irepo 44,223	Ogooluwa 23,028	Ibadan South East 101,486
Olurunsogo 27,977	Surulere 48,559	Ibadan South West 105,499 *
Kajola 70,540 *	Lagelu 56,999	Ibarapa Central 37,766
Iwajowa 36,956	Oluyole 78,311	Ibarapa North 37,044
Ogbomosho North 62,536 *	Ona-ara 100,880 *	Ibarapa East 40,376
Ogbomosho South 34,402	Oyo East 46,935	Ido 39,711
Iseyin 93,444 *	Oyo West 51,022	
Oorelope 36,318	Atiba 63,390	
Oriire 55,528		
Itesiwaju 44,022		
Total 330,564	290,840	227,165

Source: National Population Commission (2010).

With reference to the Research Advisor (2006), a sample size of 784 respondents was recommended for a target population of 848,569. Hence, the researcher increased the sample size by 5% which is estimated at 784 respondents for a fair representation of the population of the study. The procedure used to select sample for the study was proportional and stratified sampling technique. At stage one, proportional sampling method was used to select Local Government Areas from the three (3) Senatorial Districts in Oyo State in ratio 4:3:2 respectively. That is, Oyo North 4 LGAs, Oyo Central 3 LGAs and Oyo South 2 LGAs.

At stage two, proportional sampling method was again adopted to select married adults from each of the selected Local Government Areas because of the variation in their population distribution. The procedure follows thus: Saki West ($104,044/848,569 \times 784 = 96$), Kajola ($70,540/848,569 \times 784 = 65$), Ogbomosho North ($62,536/848,569 \times 784 = 58$), Iseyin ($93,444/848,569 \times 784 = 86$) from Oyo North; Akinyele ($82,054/848,569 \times 784 = 76$), Egbeda ($107,906/848,569 \times 784 = 101$), Ona-Ara ($100,880/848,569 \times 784 = 93$) from Oyo Central; and Ibadan North East ($121,666/848,569 \times 784 = 112$) and Ibadan South West ($105,499/848,569 \times 784 = 97$) from Oyo South.

Finally, at stage three, stratified sampling method was used to classify the respondents based on age, gender, educational qualification, religion and family type. The participants, however, were selected from various schools, registry offices, religious organization, ministries and parastatals according to desire characteristics of the variables under study.

Instrumentation

The instrument used in collecting data for this study was a questionnaire. The questionnaire has been known to be one of the most common and effective research instruments to elicit useful information. The questionnaire was designed personally by the researcher. It is tagged "Causes and Consequences of Marital Violence Questionnaire" (CCMVQ).

The instrument has three sections: A, B and C. Section A deals with demographic data that is, personal information of the respondents which consisted of five variables namely: age, gender and educational qualification. Section B has 20 items on causes of marital violence while, Section C, also with 20 items focused on consequences of marital violence.

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Psychometric Properties of the Instrument

Validity

The validity of an instrument is the degree to which the instrument measures what it purports to measure. Therefore, in order to ascertain the validity of the instrument, the researcher gave the instrument to two Psychometricians in the Department of Social Science Education, one Lecturer in the Department of Sociology and four Lecturers in the Department of Counsellor Education, University of Ilorin for vetting / analysis of content validity. Their suggestions and modifications were consequently integrated in the study.

Reliability

Reliability has to do with consistency and stability of an instrument. In order to ascertain the reliability of the instrument, the test re-test method was used on the same set of 20 married adults within an interval of four weeks. The two sets of scores obtained from the two administrations were then correlated using Pearson Product Moment Correlation Coefficient. The correlation coefficient obtained was 0.63 at 0.05 alpha level.

Method of Data Analysis

The data generated were analyzed using appropriate statistical analysis, thus frequency counts and percentage was used to analyze the data obtained from the demographic section. t-test and Analysis of Variance (ANOVA) was used to test the research hypotheses.

Results

Demographic Data

Table 2: Distribution of respondents by age, gender, educational qualification, religion and family type

S/N	Variables		Frequency	Percentage %
1	Age	Below 21 years	80	10.2
		21-30 years	264	33.7
		31-40 years	255	32.5
		41 years & above	185	23.6
		Total	784	100.0
2	Gender	Male	450	57.4
		Female	334	42.6
		Total	784	100.0
3	Educational Qualification	SSCE	111	14.2
		NCE/ND	179	22.8
		1 st Degree	331	42.2
		Postgraduate	163	20.8
		Total	784	100.0

Table 2 presents the demographic attributes of the respondents. The table shows that out of the 784 respondents who participated in the study, 80 (10.2%) of the respondents fall within the age of 21-30 years and below, 264 (33.7%) which formed the majority were within the age of 21-30 years old, followed by 255 (32.5%) respondents who were between 31-40 years old, while 185 (23.6%) of the respondents were 40 years old and above. Out of this 784 participants, 450 (57.4%) were males, while 334 (42.6%) were female. Based on educational qualification, majority 331 (42.2%) of the respondents possessed 1st Degree/HND certificate, 179 (22.8%) were NCE/ND holder, 163 (20.8%) have bagged their Postgraduate certificate, while 111 (14.2%) were have Senior Secondary School Certificate.

Research Question 1: What are the causes of marital violence as expressed by married adults in Oyo State?

Table 3: Mean and rank order of expression of married adults on causes of marital violence

Item No	As far as am concerned, marital violence is caused by:	Mean	Rank
1	poor communication between the couple	3.33	1 st
7	infidelity on the part of a spouse	3.29	2 nd
6	inability to satisfy sexual demands of one's spouse	3.26	3 rd
20	giving birth to male / female only	2.90	18 th
19	overbearing work schedule at one's working place	2.90	18 th
14	poor home background of spouses	2.82	20 th

Table 3 presents the rank order of causes of marital violence. The table shows that respondents agreed to all the items as being the causes of marital violence because all the items possessed mean scores of more than 2.50 average mean. Based on the mean rank however, items 1, 7 and 6 took precedence over others with mean scores of 3.33, 3.29 and 3.26 hence, were ranked 1st, 2nd and 3rd respectively. The top ranked statements are "poor communication between the couple", "infidelity on the part of a spouse" and "inability to satisfy sexual demands of one's spouse". Therefore, the major causes of marital violence among couples are poor communication, infidelity on the part of a spouse and unsatisfactory sexual demands.

Research Question 2: What are the consequences of marital violence as expressed by married adults in Oyo State?

Table 4: Mean and rank order of expression of married adults on consequences of marital violence

Item No	In my own view, marital violence may lead to:	Mean	Rank
7	suicidal ideation	3.21	1 st
20	poor self-concept	3.14	2 nd
4	emotional depression	3.12	3 rd
15	body injury	3.12	3 rd
10	permanent physical deformity	2.92	18 th
9	psychological trauma	2.86	19 th
17	lack of affection for children born into the family	2.81	20 th

Table 4 presents the rank order of consequences of marital violence. The table shows that respondents agreed to all the items as being the consequences of marital violence because all the items possessed mean scores of more than 2.50 average mean. Based on the mean rank however, items 7, 20, 4 and 9 took precedence over others with mean scores of 3.21, 3.14, 3.12 and 3.12 hence, were ranked 1st, 2nd and 3rd respectively. The top ranked statements are "suicidal ideation", "poor self-concept", "emotional depression" and "body injury". Therefore, marital violence between couple can lead to suicidal ideation, poor self-concept of either partner, emotional depression and body injury.

Hypotheses Testing

Six hypotheses were tested in this study using t-test and Analysis of Variance (ANOVA) statistics. All hypotheses were tested at 0.05 level of significance.

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Hypothesis 1: *There is no significant difference among married adults in their expression of causes of marital violence on the basis of age.*

Table 5: ANOVA showing differences in the expression of respondents on the causes of marital violence based on age

Source	Sum of Squares	df	Mean Squares	Cal. F	Crit. F	p-value
Between group	321.729	3	107.243	1.91	2.60	0.12
Within group	43753.913	780	56.095			
Total	44075.642	783				

Table 5 shows that the calculated F-value of 1.91 is less than the critical F-value of 2.60, while the corresponding p-value of 0.12 is greater than 0.05 level of significance. This indicates no significant difference hence, the hypothesis is accepted. Therefore, there is no significant difference among married adults in their expression of causes of marital violence on the basis of age.

Hypothesis 2: *There is no significant difference among married adults in their expression of consequences of marital violence on the basis of age.*

Table 6: ANOVA showing difference in the expression of respondents on the consequences of marital violence based on age

Source	Sum of Squares	df	Mean Squares	Cal. F	Crit. F	p-value
Between group	633.556	3	211.185	2.18	2.60	0.09
Within group	75546.157	780	96.854			
Total	76179.713	783				

Table 6 shows that the calculated F-value of 2.18 is less than the critical F-value of 2.60, while the corresponding p-value of 0.09 is greater than 0.05 level of significance. This indicates no significant difference hence, the hypothesis is accepted. Therefore, there is no significant difference among married adults in their expression of consequences of marital violence on the basis of age.

Hypothesis 3: *There is no significant difference among married adults in their expression of causes of marital violence on the basis of gender.*

Table 7: Mean, standard deviation and t-test value showing difference in the expression of respondents on the causes of marital violence based on gender

Gender	N	Mean	SD	df	Cal. t	Crit. T	p-value
Male	450	61.22	7.65	782	1.43	1.96	0.15
Female	334	62.00	7.29				

Table 7 shows that the calculated t-value of 1.43 is less than the critical t-value of 1.96, while the corresponding p-value of 0.15 is greater than 0.05 level of significance. This indicates no significant difference hence, the hypothesis is accepted. Therefore, there is no significant difference among married adults in their expression of causes of marital violence on the basis of gender.

Hypothesis 4: *There is no significant difference among married adults in their expression of consequences of marital violence on the basis of gender.*

Table 8: Mean, standard deviation and t-test value showing difference in the expression respondents on the consequences of marital violence based on gender

Gender	N	Mean	SD	df	Cal. t	Crit. T	p-value
Male	450	59.73	10.11	782	2.48 *	1.96	0.01
Female	334	61.49	9.44				

* Sig., $p < 0.05$

Table 8 shows that the calculated t-value of 2.48 is greater than the critical t-value of 1.96, while the corresponding p-value of 0.01 is less than 0.05 level of significance. This indicates significant difference hence, the hypothesis is rejected. Therefore, there is significant difference among married adults in their expression of consequences of marital violence on the basis of gender.

Hypothesis 5: *There is no significant difference among married adults in their expression of causes of marital violence on the basis of educational qualification.*

Table 9: ANOVA showing difference in the expression respondents on the causes of marital violence based on educational qualification

Source	Sum of Squares	df	Mean Square	Cal. F	Crit. F	p-value
Between group	198.587	3	66.196	1.18	2.60	0.32
Within group	43877.005	780	56.253			
Total	44075.642	783				

Table 9 shows that the calculated F-value of 1.18 is less than the critical F-value of 2.60, while the corresponding p-value of 0.32 is greater than 0.05 level of significance. This indicates no significant difference hence, the hypothesis is accepted. Therefore, there is no significant difference among married adults in their expression of causes of marital violence on the basis of educational qualification.

Hypothesis 6: *There is no significant difference among married adults in their expression of consequences of marital violence on the basis of educational qualification.*

Table 10: ANOVA showing difference in the expression respondents on the consequences of marital violence based on educational qualification

Source	Sum of Squares	df	Mean Square	Cal. F	Crit. F	p-value
Between group	795.613	3	265.204	2.74*	2.60	0.04
Within group	75384.100	780	96.646			
Total	76179.713	783				

* Sig., $p < 0.05$

Table 10 shows that the calculated F-value of 2.74 is greater than the critical F-value of 2.60, while the corresponding p-value of 0.04 is less than 0.05 level of significance. This indicates significant difference hence, the hypothesis is rejected. Therefore, there is significant difference among married adults in their expression of consequences of marital violence on the basis of educational qualification. In view of this, Duncan Multiple Range Test (DMRT) was computed to identify which of the variables contributes to the magnitude of the difference in table 10.

Table 11: DMRT showing the direction of the significant difference found in Table 10.

Duncan grouping	N	Mean	Group	Education
A	163	61.20	1	Postgraduate
A	331	61.03	1	1 st Degree/HND
B	179	60.25	2	NCE/ND
C	111	58.15	3	SSCE

Table 11 shows that group 1, with mean scores of 61.20 and 61.03 slightly (less than 1.0 margin) different from each other, while group 2 with mean score of 60.25 significantly different from group 3 with mean score of 58.15. Similarly, the mean scores of group 1 are significantly different from that of group 2 and 3. This indicates that the expression of married adults with Postgraduate and 1st Degree/HND certificates contributed to difference noted in table 10. Thus, those with postgraduate and first degree expressed more consequences of marital violence than the other group of the study.

Discussion

The findings of the study revealed that the major causes of marital violence among couples as expressed by married adults in Oyo State are numerous but the most prominent are poor communication, infidelity of either of the spouse and unsatisfactory sexual demands. Marital violence could arise from poor communication between married individuals. Poor communication between couple has been found by researchers (Esere, Yusuf & Omotosho, 2011; Chukwuka (2013) as the major problem to marital violence. According to Zamani (2003), the inability of couple to share thoughts and feelings or solicit each other's understands on matters of personal unconventional behaviour, gives rise to conflict, marital disharmony, undue suspicion or promotion of malice between them. At the slightest provocation, marital violence erupts and destroys the previously peaceful marital relationship. Another cause is poor communication, because communication is germane to stability and harmony in marital relationship and peaceful coexistence of the family. This is because effective communication leads to understanding, empathy, respect and acceptance which invariably would prevent couples from factors that could bring about violence in marriage.

Sexual infidelity on the part of either of the couple was also rated as a major cause of marital violence. Meyer (2013) opined that sexual infidelity is a serious loss and the death of trust in marriage relationship. When a spouse cheats, he/she directly attacks his partner's sense of worth. According to Wood (2016), infidelity on the part of the husband makes wife suffers from low self-esteem, a sense of worthlessness, a dependency on her husband, a lack of control over her life and a distorted sense of reality in which she believes that what happens is her fault. Furthermore, the finding of the present study is in line with the finding of Amy and Nemeth (2015), where the victims show that accusations of unsatisfactory sexual demands and infidelity made by one or both of the partners were the most prevalent trigger for an episode of marital violent. The study found that long-term disputes regarding sexual demands and infidelity pervaded nearly every relationship and usually become ongoing stressors in nearly all of the 17 couples studied.

The finding of the study also revealed that marital violence can lead to suicidal ideation, poor self-concept, emotional depression and body injury. Marital violence in marriage could make a woman susceptible to emotional depression because of the experience of poor self-concept, anxiety and physical injury, which subsequently may lead to suicidal ideation and eventually death. The researcher noted that many women died following a beating by their own husbands and in most cases, the husbands are free afterwards, since the court did not given an adequate verdict for having killed a person. The finding of the present study is equally in line with the findings of Esere, Idowu, Durosaro and Omotosho (2009), which revealed that physical injury and suicide ideation are some of the consequences of intimate partner rape and violence.

The first hypothesis revealed that there was no significant difference among married adults in their expression of causes of marital violence on the basis of age. This means that age has no effect on the expression of respondents on causes of marital violence. This finding supports the finding of Sarkar (2013) which revealed that women attending antenatal clinics in Delhi reported experience of physical, mental and sexual abuse, irrespective of their age. This might be because age of couples does not define the occurrence of violence in marriage. That is, marital violence can occur among both old and younger couples.

The second hypothesis indicated that there was no significant difference among married adults in their expression of consequences of marital violence on the basis of age. Respondents' differences in age did not influence their expression on the consequences of marital violence. This implies that both the older and younger couples are probable of feeling or experiencing the negative consequences of marital violence, thus, age is not a precursor to violence in marriage relationship. The finding of this study disagree with the study of Fahmy and Abd-El-Rahman (2008) which revealed that marital violence was more prevalent among women whose husband were younger (30 years and below), than their older counterparts.

Hypothesis three revealed no significant difference among married adults in their expression of causes of marital violence on the basis of gender. This means that the expression of both male and female married adults was the same on the causes of marital violence. The implication of this is that marital violence does not only occur from the husband to the wife, but could also be from the wife to the husband. Every couple regardless of gender possess potential of violence towards other partner in their marriage relationship, thus, the similarity in the expression of both male and female in this study. This result is consistent with the finding of Flake, Barros, Schraiber and Menezes (2013) whose study revealed no significant difference in the intimate partner violence between men and women.

Hypothesis four revealed significant difference among married adults in their expression of consequences of marital violence on the basis of gender. This means that the expression of male married adults was different from their female counterparts on the consequences of marital violence. This might have resulted from the fact that women usually are the recipients of violence from their husband because of the probable aggressive, authoritarian or domineering nature of man (most especially in the Nigeria context) as the head of the family. The finding of this study corroborates the finding of Moylan, Herrenkohl, Sousa, Tajima, Herrenkohl and Russo (2010) which showed significant difference in the effects of exposure for boys and girls to marital violence.

The fifth hypothesis showed no significant difference among married adults in their expression of causes of marital violence on the basis of educational qualification. It implies that educational qualification of married adults has no influence on whether violence would occur or not in their marital life. This suggests that rather than educational qualification other factors, may have been responsible for marital violence among couples because education might not at all time be able to obliterate violence potential in an individual. Contrary outcome was found in the study of Sarkar (2013) which noted significant difference in the incidence of domestic violence when the spouse was less educated than the education one.

The sixth hypothesis showed significant difference among married adults in their expression of consequences of marital violence on the basis of educational qualification. The married adults' expression was different on the consequences of marital violence with respect to their educational qualification. This finding is similar with the finding of The finding of this study disagree with the study of Fahmy and Abd-El-Rahman (2008) which revealed that marital violence was more prevalent among women whose husbands were less or uneducated than their educated counterparts. The reason for the difference in their

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expression might be because the level of one's education may determine the degree of consequences felt in relation to marital violence because of the acquired skills to cope with unpleasant situations.

Conclusion

In line with the findings of this study, it could be concluded that poor communication, infidelity and unsatisfactory sexual demands are major causes of marital violence among couples in Oyo state, which can lead to suicidal ideation, poor self-concept, emotional depression and body injury.

The results of the hypotheses revealed no significant differences among married adults in their expression of causes of marital violence on the basis of age, gender and educational qualification. On the other hand, there were no significant differences among married adults in their expression of consequences of marital violence on the basis of age while significant differences were found based on gender and educational qualification.

Recommendations

The following recommendations were made based on the findings of the study:

1. Counsellors should periodically engage in sensitization of couples on the causes and consequences of marital violence.
2. Couple should create time to have fun together, share memories and discuss crucial issues with each other (such as likes and dislikes, life expectations and goals) and talk about their future.
3. Counsellors should equip married couples with effective communication skills (such as problem solving and decision making skills) in order to avert any misunderstanding that might lead to violence in their relationship.
4. Counsellors together with other helping professionals (such as social workers, sociologists, psychologists and psychiatrists) should embark on massive sensitization through the media on the consequences of marital violence in order to enlighten the couple on the danger inherent in marital violence and avoid engaging in such.
5. Every couple should be educated so that they can be exposed to relevant skills required to cope any marital challenges, thus, preventing violence in their relationship.

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