



Communication and Married Couples in Lagos Metropolis

IFEDAYO AKINWALERE, DANIEL GBOLAHAN AKINRINOLA
Olabisi Onabanjo University, Ago Iwoye, Ogun State, Nigeria.

Abstract. The study examined the role of communication among married couples in Lagos Metropolis. Primary data were obtained through structured questionnaire administered to 250 married couples in Lagos State, Nigeria. Data were analyzed using frequency counts, percentages, mean, standard deviation and Pearson Product Moment Correlation. The mean time married couples sample communicated on daily basis was 2 times with 32.5% indicated that they communicate between 1-2 times per day. Respondent knew that communication is the key to a successful marriage (\bar{x} =3.61). The major factors responsible for lack of effective communications among married couples in Lagos state were; sexual dissatisfaction (\bar{x} =3.72), and finance status (\bar{x} =3.64) and single word responses (\bar{x} =3.69). PPMC analysis revealed a significant relationship ($p < 0.01$) between level of educational ($r = 0.124$), religiosity ($r = 0.117$), level of income ($r = -0.093$) of the respondents' and the frequency of communication. The study concluded that respondents' level of education, religiosity and level of income had influence on effective communications among married couples. The study therefore recommended that religious institutions should provide adequate materials and seminars for couples in order to increase effective communication between couples.

Keywords: Communication, Couple, Lagos, Marriage, Relationship, Role

1. Introduction

A legal commitment like marriage has important ramifications for the family as a whole as well as the pair being married. In addition to strengthening the couple's bond, it creates different tiers of relationships within the family. It is common knowledge that married couples are supposed to support one another in a variety of areas, such as handling financial

obligations, having sex, and having and raising children. The degree of contentment and harmony a couple experiences in their marriage has a significant impact on the bond a family has as a whole. However, wedlock in Nigeria can take many different forms depending on the tribe; it is just the union of a man and a woman who have chosen to live out the remainder of their lives together. Matrimony is a contract between a man and a woman that is meant to result in a fulfilling relationship whereby the married pair enjoys marital contentment that improves the individuals' mental and physical health. One of the most significant turning points in a person's social and personal growth is marriage. It is regarded as the most significant social unit, and a variety of elements contribute to its power and stability. Thus, the most significant predictor of married people's psychological well-being, according to Khorasani, Hosseini, Matbouei, Khafri, Vasli and Vardanjani (2017), is the quality of their marriage. Married people's pleasure with their marriage and their connection is one of the key criteria that determine the fate of their marriage, according to Khorasani *et al.* (2017). A long-term, committed marriage is frequently regarded as a primary life goal and a crucial sign of marital success as well as wellbeing and health, both in research and in daily life (Fincham and Beach 2010). Humans communicate by sending and receiving messages to one another. It also refers to the process by which ideas, facts, attitudes, sentiments, and beliefs are communicated amongst people. Not only can non-verbal cues and symbols be used to convey meaning, but listening, silences, body posture, touch, facial expressions, and gestures are also forms of nonverbal communication. To put it succinctly, it might refer to all the ways in which individuals communicate their thoughts and emotions in an effort to influence and comprehend one another (Rice, 2017). In a marriage, communication is vital because it allows partners to share their needs, desires, and worries with one another. Couples can express their

differences as well as their love and appreciation for one another in an environment that is created by open and honest conversation. Couples are able to work out the inevitable issues that crop up in every family by communicating with one another. Problems and conflicts in the marriage are a necessary part of the process that makes married couples more mature.

In marriages, communication is crucial. Over time, many marriages' growth and development have been impacted by inadequate and ineffective communication. Effective communication is seen to be essential to the development of a healthy marriage (Esere, 2016). It is impossible to build a supportive connection that can lead to changes in values, attitudes, feelings, knowledge, beliefs, and eventually habits and practices without effective communication (Esere, 2018). This may be the case since relationships, particularly married connections, depend on communication for their growth, upkeep, decline, or end (Ojiah, 2004). However, effective communication is a key component of happy marriages. There cannot be any growth between married partners without communication; it is impossible to overcome misunderstandings, disagreements, or sexual unhappiness without it. Many family dissolutions can result from poor communication. When it comes to troubled marriages, communication is the missing piece and a crucial instrument for keeping a marriage stable.

In order to accomplish sexual objectives in a marriage, communication involves both spoken and unspoken signals. Although verbal cues play a significant role in sexual communication, nonverbal cues are also crucial. Similar to nonverbal cues, verbal cues influence the course of a sexual episode, play a role in the sexual act, and help to create shared meaning within a relationship (La France, 2010). Among other things, these functions depend on spoken communication and the particular language that people speak. But research on married people's sexual language has been scant, particularly when compared to nonverbal communication. Nor has there been much discussion of the potential link between married people's use of sexual language and the success of their relationships.

Achieving sexual desire outcome, courting one another, and creating shared meaning about a couple's sexual life are just a few examples of the communication parts of the action that require good coordination between partners to achieve desired sexual outcomes. One aspect linked to (dis)satisfaction in relationships and sexuality is communication (Byers, 2015). According to experts, married people

frequently communicate about sex less effectively than single people. According to certain study, general marital contentment is more closely correlated with effective communication among spouses than it is with sexual fulfillment.

Clinicians examine the psychologically abandoned wife who is deprived of the comfort of confiding in her spouse and whose recurring complaint is that "he never talks to me" (Buss, 2017). When women feel empowered to discuss issues with their spouses and take charge of conflict resolution, their relationships are more satisfying. That being said, not all communication is beneficial to a marriage. Problems are not always resolved by the act of communication. Expressing emotions and discussing the situation could make it worse. "Engagement can result in escalation," as one author put it (Caughlin and Vangelisti, 2010).

Tension and estrangement can rise when partners freely express unpleasant emotions that one cannot manage. In order to preserve marital peace, some couples choose to forego such disclosure, pretend to agree, or purposefully tell lies. It is not sufficient to merely communicate; dialogue needs to be productive, with carefully chosen words and moments. According to one study, couples that communicated in an easygoing, warm, direct, focused, expressive, and exact manner experienced higher levels of marital happiness (Panda, 2011).

1.1 Statement of the Problem

Married couples are currently discussing communication issues a lot. They use an emotional mechanism to subdue these urges when communications are not understood. Effective communication has been ranked lowest in the hierarchy of marital needs; however, it is important to remember that effective communication is formed in relation to human basic needs, which include love, sexual satisfaction, mental security, and respect. This leads to people's expectations regarding sexual relationships. Therefore, the completion of family harmony and couples' alone enhance the calibre of successful communication. People's propensity to create barriers to communication can be attributed to a variety of factors, including psychobiological causes (such as lowering stress, enjoyment, normal physical conditions and experience seeking), goal achievement causes (such as resources, social class, retaliation, and profiteering), emotional causes (such as love and commitment), and mental insecurity causes (such as lowering self-esteem, duty/stress). In filling this gaps, the study therefore investigate communication and

married couples in Lagos metropolis. Sequel to this reason, the study set to investigate the following:

1.2 Objectives of the Study

- To ascertain the socio-economic characteristics of the respondents'
- To investigate frequency of communication among married couples in Lagos state;
- To examine the knowledge of couples on communication in Lagos state;
- To determine the factors responsible for lack of effective communications among married couples in Lagos state; and
- To ascertain explanation to ineffective communications among married couples in Lagos state.

1.3 Hypotheses of the Study

The hypotheses of this study are stated in their null form as follows:

- There will be no significant relationship between
- H₀₁: There is no significant relationship between level of education and frequency of communication among married couples in Lagos state.
- H₀₁: There is no significant relationship between religiosity and frequency of communication among married couples in Lagos state.
- H₀₁: There is no significant relationship between level of income and frequency of communication among married couples in Lagos state.

2. Literature Review

All living creatures have an innate instinct for communication. Communication is the transmission of information between two entities at its most basic level. It has been seen to occur between microorganisms at the cellular level and, on a larger scale, between members of a herd trying to escape a predator (Panda, 2011). As contemporary humans navigating a hectic environment, effective communication is essential to our daily survival. Every contact we have with other people, whether it is a simple wave to your family when you pull out of the driveway in the morning or a furrowed brow in a crowded checkout lane, is a kind of communication. Today, communication has gone from individual levels of conversing to mass communication. The most important aspects of communication are best

understood when there is a lack of it. Transferring information from one entity to another is not the only function of effective communication. It is an art to absorb information through reading or listening it first, process it, and then apply it. A tremendous lot of work goes into effective communication. Among the crucial elements of communication are spoken language, body language, gestures, and voice intonation. The procedure fails if any of these variables are not understood by the other party (Caughlin & Vangelisti, 2010).

Wedlock, matrimony or marriage is another term for the culturally accepted union of individuals referred to as spouses. According to Haviland, Prins, McBride, Walrath and Dana (2011), it creates rights and obligations between them as well as between them and their offspring and in-laws. Though the concept of marriage varies throughout time and among countries and religions, it is nevertheless seen as a cultural universal. It is usually an institution that recognises or condones interpersonal interactions, most of which are sexual. It is customary in certain cultures to wait until marriage to engage in any kind of sexual behaviour. A wedding is an event that celebrates marriage.

Marriage can be arranged legally, socially, for libidinal, emotional, economical, spiritual, or religious reasons, among others. Gender, socially prescribed incest norms, prescriptive marriage laws, parental preference, and personal desire can all have an impact on who they marry. Polygamy, forced marriage, child marriage, and planned marriage are all common practices in some parts of the world. In other places, such actions are prohibited by international law or to protect the rights of women, children, and both genders. Women's rights have historically been curtailed by marriage since they are occasionally viewed as the husband's property. Globally, particularly in developed democracies, there has been a general trend towards legalising same-sex, interfaith, and interracial marriages as well as ensuring equal rights for women in marriage (e.g., by outlawing coverture, liberalising divorce laws, and reforming reproductive and sexual rights). The legal standing of married women, attitudes towards domestic abuse in marriage, traditions including bride prices and dowries, forced marriage, marriageable age, and the outlawing of extramarital and premarital sex are all topics of ongoing debate. A state, an organisation, a religious body, a tribe, a neighbourhood, or peers can all acknowledge marriage. It's frequently seen as an agreement. An institution of religion performs a religious marriage in order to establish and acknowledge the privileges and duties inherent in matrimony within that religion. Religious marriage is

referred to by a variety of names in different faith traditions, including *nikah* in Islam, *nissuin* in Judaism, and sacramental marriage in Catholicism. Each of these titles has specific guidelines on who is eligible for and what qualifies as a legitimate religious marriage (Bell, 2017).

A marriage is considered civil when it is conducted by a government agency, without reference to religion, and in compliance with local marriage regulations. In the viewpoint of the state, civil marriage both establishes and acknowledges the rights and duties inherent in matrimony. Certain nations demand a separate civil marriage for official purposes, and do not recognise religious marriages done locally on their own. On the other hand, some nations with religious legal systems—like Saudi Arabia—do not allow for civil marriage. In this country, weddings consummated outside of Saudi Arabia may not be recognised if they were consummated in violation of Saudi interpretations of Islamic religious law. Civil marriages performed abroad may be recognised by the state even if they violate religious laws. In nations like Israel and Lebanon that have a mixed secular-religious legal system, locally performed civil marriages are not permitted. As a result, interfaith and other marriages that violate religious laws cannot be consummated within the nation. For instance, when it comes to the recognition of marriage in Israel, this covers both same-sex and interfaith civil marriages that are consummated abroad. The majority of sovereign nations and other jurisdictions only allow marriage between people of the same sex, and fewer of them still allow forced marriages and child marriage. Nowadays, an increasing number of nations—mostly industrialised democracies—have abolished laws that prohibited same-sex, interfaith, and interracial weddings and provided legal recognition for them. Despite national laws prohibiting the practice, underage marriages and polygamy may nevertheless occur in some places.

2.1 Theoretical Framework

A theoretical and methodological approach to social theory known as Actor-Network Theory (ANT) holds that all that occurs in the social and natural worlds is made up of dynamic networks of relationships. It asserts that there is nothing outside of those connections. Since every aspect of a social situation is equal, there are no outside social forces influencing the current interactions between network members. As a result, it is believed that in constructing social circumstances, objects, concepts, procedures, and any other pertinent elements are just as significant as people.

According to ANT, social forces cannot be employed to explain social phenomena because they do not exist in and of themselves. Strictly empirical analysis ought to be done in order to "describe" as opposed to "explain" social behaviour. The idea of social forces cannot be introduced until after this point, and even then, only as an abstract theoretical idea and not as anything that actually exists in the real world (Muniesa, 2015). ANT is most recognised for its contentious insistence on nonhumans' ability to act, participate, or both in systems and networks, but it is also linked to forceful criticisms of both traditional and critical sociology. It is technically a "material-semiotic" method, having been developed by scholars in science and technology studies (STS), including Michel Callon, Bruno Latour, sociologist John Law, and others. This means that it maps relations that are simultaneously material (between things) and semiotic (between concepts). It assumes that many relations are both material and semiotic.

In general, ANT is a constructivist approach because it steers clear of essentialist explanations of innovations or events (that is, instead of claiming that a theory is true and all others are false, ANT explains a successful theory by understanding the combinations and interactions of elements that make it successful). It also lacks coherence as a theory unto itself. Instead, ANT serves as a tactic to help people be aware of terminology and the sometimes-unquestioned presumptions that underlie them Mol (2010). Its unique material-semiotic approach sets it apart from many other STS and sociological network theories.

2.1.1 Family System Theory

The individual's family is the first and most significant institution that shapes their behaviour. In addition to providing him with social interaction within the family, his family also shapes his behaviour towards society at large. The family has a big impact on how the youngster perceives his surroundings and how he feels about them. The family and the social environment, as per the family system theory (Fowers, Montel & Olson (1996), are significant factors in determining violent behaviour (Zelenski, Santoro, Whelan, and Deanna 2012). The causes of violence have also been broadly categorised under biological factors, which include hormonal factors; intra-psyche factors, which include the batterer's and victim's personality traits; behavioristic positions, which consider social conditioning; and cognitive processes, which concentrate on things like taking other people's anger personally and processing social information incorrectly, among other things.

From a theoretical standpoint, the most significant factor influencing acts that are perceived as violent is family conflict brought on by miscommunication, disobedience, high expectations, and financial strain. Individual characteristics like the oppressor's and victim's aggressive tendencies, jealousy, immaturity, or suspicious nature come next (James, 1983), referenced in (Zelenski, Santoro, Whelan and Deanna 2012). All of these factors contribute to domestic violence against women because of the internal dynamics of the family unit. With its underlying sexual division of labour and hierarchical structure, the family system provides an ideal environment for the use of violence against women in order to uphold the given position and preserve the family system's structure.

Each person in a family has a certain role to play and set of rules to follow. Relationship agreements specify how members of the system are expected to react to one another based on their respective roles. Within the confines of the system, patterns emerge as the predictable behaviours of one family member influence and are influenced by those of other family members. Retaining the same behavioural pattern within a system can result in both dysfunction and equilibrium in the family system. According to Coleman and Miller (1975), referenced in Cohen, Murphy and Prather (2019), a wife may need to shoulder additional tasks if her husband suffers from depression and finds it difficult to manage his own affairs. Although the shift in responsibilities could keep the partnership stable, it might also cause the family to move in a new direction. Because the wife might not be able to sustain this too ambitious role for very long, this new balance could result in dysfunction.

2.2 Empirical Review

Ankpa, Kogi State, Salifu (2011) investigated the communication preferences and marital adjustment of educated couples. According to the study, happy relationships are more likely to result from couples that have developed effective communication techniques. Purnine and Carey's (2017) study on interpersonal communication and sexual adjustment discovered that sexual dissatisfaction was linked to pair agreement on sexual practices for both men and women. However, it is more likely that sexual activities will take place in accordance with what each partner finds attractive and acceptable when couples share similar sexual preferences, which adds to sexual satisfaction. It makes sense that a couple is less likely to have their sexual wants and desires satisfied and,

thus, less likely to be sexually pleased when they disagree on their preferred sexual activities. Therefore, couples' sexual disagreements lessen women's sexual discontent.

Sexual dissatisfaction and talking to one's spouse about sex are positively correlated, according to several studies, especially for women. Hurlbert (2011) specifically states that "it has been found that feeling incapable of communicating sexual desires is a common attribute related to anorgasmia." Hurlbert (2011) goes on to say that research on communication between men and women in sexual relationships has been examined in relation to married dyad sexual dissatisfaction. In 2010, Cupach and Comstock conducted a study on the correlation between marital adjustment, sexual dissatisfaction, and satisfaction with sexual communication in a random sample of 402 married students attending a big public university. In their hypothesis, Cupach and Comstock proposed three main points of relationship: (1) sexual communication satisfaction is positively and significantly correlated with sexual dissatisfaction; (2) sexual communication satisfaction is positively and significantly correlated with marital adjustment; and (3) communication and marital adjustment are critical to understanding sexual satisfaction.

The association between sexual issues, communication, and sexual unhappiness was investigated by MacNeil and Byers (2007). A sample of 34 heterosexual males and 53 heterosexual women, aged 13 on average, from Canada were given questionnaire packets with questions about sexual dissatisfaction, relationship satisfaction, general communication, sexual worries, and sexual self-disclosure. There are correlations between sexual unhappiness and non-sexual communication as well as between sexual self-disclosure and sexual discontent. According to the study, sexual self-disclosure includes preferences for particular sexual activities, preferences for engaging in the same activities as one's partner, and the degree to which one discloses sexual issues. Both men and women who reported higher levels of sexual satisfaction also reported better communication and higher levels of self-disclosure.

According to Rosen and Bachmann (2018), there appears to be a connection between one's evaluation of their quality of life, spouse satisfaction, emotional well-being, and sexual fulfilment. Situations inside the heterosexual couple relationship, including frequent arguments, may lead to sexual dissatisfaction. Additionally, bringing up and caring for children, together with pregnancy and childbirth, can provide challenges to marital and sexual fulfilment (Witting,

Santtila, Alanko, Harlaar, Jern, Johansson, *et al.*, (2008).

Cohen and Waldinger (2011) demonstrated the critical significance of emotional intelligence, for example, by pointing out that the ability of the husband and wife to assess each other's emotional intimations will, in part, determine whether or not happiness is achieved. Maybe this has to do with the idea that emotional intelligence encompasses the capacity to comprehend, regulate, and use emotions as a means of reasoning. According to Cohen and Waldinger's study, having a good marriage does not necessitate living a happily ever after; rather, it requires the ability to analyse each other's emotional cues and have constructive conversations regarding circumstances that might have caused unpleasant emotions.

The study conducted by Anghel (2016) revealed a noteworthy association between the subcomponents of emotional intelligence, such as managing one's own emotions and regulating those of others, and marital pleasure. Consequently, controlling one's emotions is probably going to be important when it comes to how people feel about their marriage. The study conducted by Ilyas and Habib (2014) investigated the correlation between emotional intelligence and marital satisfaction in a group of professional teachers. The results showed a strong correlation between emotional intelligence and marital satisfaction. The results suggest that married educators who possess greater emotional intelligence will likely exhibit superior marital qualities and have greater marital pleasure. In a longitudinal study of couples, Sprecher (2002) discovered that those who broke up were less satisfied with their sex life than those who stayed together. Furthermore, a boring sex life may be one of the motivational factors underlying infidelity (Barta & Kiene, 2005).

3. Research Methodology

The study employed survey method. The population for the study includes all married couples in Lagos state. This includes male and female married couples in Lagos state.

Two hundred and fifty (250) married couples in Lagos state were selected for the study through multi-stage sampling procedure. This technique was adopted because the target participants have homogenous characteristics. The sample includes males and female who are married couples. The samples was randomly sorted in these orders of magnitude which consist of

three stages; From the first stage of sampling Isolo local government areas was selected randomly in Lagos state which lead to the second stage involved simple random selection of wards from the local government. at the third stage, ten (10) streets were selected using simple random sampling technique where 250 participants from the selected local government area who are married couples. Based on this, an inference was drawn and 200 generalization was made on the population of the study. A total of two hundred (250) married couples were sampled.

4. Results and Discussion

4.1 Demographic Information of Married Couples in Lagos State Nigeria

Sex: Results reveal that many (57.5%) of married couple sampled were female while 42.5% were male. This is expected as female is expected to know more about important of communication in marriage than their counterpart and this implies that many of the respondents sampled for the study were female. The outcome is in line with the findings of Salifu (2011) who reported that majority of respondents sampled in order to know the obstacle to effective communication in Kogi State were female.

Age: The mean age of the respondents were 32.5 years with majority (59.5%) were between the age ranges of 20-35. Less than half of the respondents were between the age range of 36 and above. This implies that majority of the respondents sampled were adult and they were within the age of marriage and they are expected to know the important of communication in marriage. This result corroborates with the findings of Iyiana and Ugwu who reported that most of the married couple in Nsukka were between the ages of 20-35 years.

4.2 Frequency of Communicating among Selected Married Couple on Daily Basis

Findings show that the mean time the couples sample communicated on daily basis was 2 time with 32.5% indicate that they communicate between 1-2 times per day. Less than half (26.0%) of the respondents indicates that they communicate between 5-6 times per day while 17.5% indicate 3-4 times per day. This implies that most of the respondents communicate with their couple on daily basis and this might be adduced to the fact that the respondents sample knew the importance of communication in their marriage.

Table 1: Frequency of Communicating among Selected Married Couple on Daily Basis (n=200)

Frequency of communication among married couple	Frequency	Percentage	Mean
No communication	0	0.0	2 times daily
1-2time daily	65	32.5	
3-4 times daily	35	17.5	
4-5 times daily	52	26.0	
5-6 times daily	47	23.5	
More than 6 times daily	1	0.5	

Source: Field Survey, 2021

4.3 Respondents’ Knowledge of the Role of Communication in Marriage

Results in table 2 reveal the respondents’ knowledge of the role of communication in marriage. Findings shows that respondents knew that communication is the key to a successful marriage(\bar{x} =3.61), free communication among couples promotes sexual satisfaction(\bar{x} =3.42), lack of effective communication is a bane to marital stability(\bar{x} =3.32), couples tend to understand each other more if they maintain open and frank discussion(\bar{x} =3.13), open lines of communication affect the psychological well-being of the couples(\bar{x} =3.05), effective communication promotes intimacy among couples(\bar{x} =2.96), style and level of communication can make or mar a couple’s marriage(\bar{x} =2.91) and effective communication reduces conflict among couples(\bar{x} =3.89). This implies that the respondents were knowledgeable about the role of effective communication in the marriage and this could influence their attitude towards effective communication. Also, this might have positive influence on the respondents’ married life because more than half of the failed relationships are due to the fact that there was a severe lack of communication between couples.

Table 2: Respondents’ Knowledge of the Role of Communication in Marriage (n=200)

Couples Knowledge of the role of communication	SA	A	D	SD	\bar{x}	Sd
Communication is the key to a successful marriage	153(76.5)	20(10.0)	23(11.5)	4(2.0)	3.61	0.76
Free communication among couples promotes sexual satisfaction	119(59.5)	47(23.5)	32(16.0)	2(1.0)	3.42	0.79
Lack of effective communication is a bane to marital stability	123(61.5)	29(14.5)	36(18.0)	12(6.0)	3.32	0.97
Couples tend to understand each other more if they maintain open and frank discussion	87(43.5)	67(33.5)	30(15.0)	16(8.0)	3.13	0.94
Open lines of communication affect the psychological well-being of the couples	87(43.5)	65(32.5)	18(9.0)	30(15.0)	3.05	1.06
Style and level of communication can make or mar a couple’s marriage	62(31.0)	75(37.5)	48(24.0)	15(7.5)	2.92	0.92
Meaningful communication between couples promotes marital wellbeing	45(22.5)	50(25.0)	49(24.5)	56(28.5)	2.42	1.12
Effective communication reduces conflict among couples	46(23.0)	106(53.0)	28(14.0)	20(10.0)	2.89	0.87
Effective communication promotes intimacy among couples	75(37.5)	63(31.5)	41(20.5)	21(10.5)	2.96	1.00
Grand mean= 2.5						

Source: Field Survey, 2021

Note: SA=Strongly Agreed, A=Agreed, U=Undecided, D=Disagreed, and SD=Strongly Disagreed.
 Value in parenthesis= Percentage
 Sd=Standard deviation
 \bar{x} = Mean

4.4 Factors Responsible for Lack of Effective Communications among Married Couples in Lagos State

Results in table 3 reveal that factors responsible for lack of effective communications among married couples in Lagos state. Findings show that the major factors responsible for lack of effective communications among married couples in Lagos state were; sexual dissatisfaction (\bar{x} =3.72), finance status (\bar{x} =3.64), environment (\bar{x} =3.64), job status (\bar{x} =3.49), working Hour (\bar{x} =3.49), stress (\bar{x} =3.18), home factor (\bar{x} =2.92), and lack of commitment (\bar{x} =2.91). This implies that the aforementioned factor could positively or negatively influence effective communication. This result

is in line with the findings of Esere *et al.*, (2013) who reported that financial status and sexual dissatisfaction could influence effective communication between couples.

Table 3: Factors Responsible for Lack of Effective Communications among Married Couples in Lagos State (n=200)

Factors	SA	A	D	SD	\bar{x}	Sd
Sexual dissatisfaction	145(72.5)	53(26.5)	2(1.0)	0(0.0)	3.72	0.47
Finance Status	142(71.0)	44(22.0)	14(7.0)	0(0.0)	3.64	0.61
Environment	130(65.0)	67(33.5)	3(1.5)	0(0.0)	3.64	0.51
Job status	107(53.5)	84(42.0)	9(4.5)	0(0.0)	3.49	0.58
Working Hour	90(45.0)	75(37.5)	33(16.5)	2(1.0)	3.27	0.76
Stress	70(35.0)	97(48.5)	31(15.5)	2(1.0)	3.18	0.71
Home factor	44(22.0)	101(50.5)	49(24.5)	6(3.0)	2.92	0.76
Lack of commitment	67(33.5)	70(35.0)	40(20.0)	23(11.5)	2.91	0.99

Grand mean = 2.5

Source: Field Survey, 2021

Note: SA=Strongly Agreed, A=Agreed, U=Undecided, D=Disagreed, and SD=Strongly Disagreed.
 Value in parenthesis= Percentage
 Sd=Standard deviation
 \bar{x} = Mean

4.5 Solutions to Ineffective Communications among Married Couples in Lagos State

Results in table 4 show the Solutions for ineffective communications among married couples in Lagos state. Findings reveal that avoid surface level or single word responses (\bar{x} =3.69), create a safe space for communication (\bar{x} =3.51), active and model respectful listening among couples (\bar{x} =3.40), always make eye contact when talking with your spouse (\bar{x} =3.36), choose to be genuinely interested in what your spouse has to say(\bar{x} =3.26), show care to your spouse (\bar{x} =3.18), spending time with your family(\bar{x} =3.17) and include your spouse as a Friend in all your social media lists(\bar{x} =2.96) were the major solution for ineffective communications among married couples as indicated by the respondents. This implies that the aforementioned could influence ineffective communication among couple positively.

Table 4: Explanation to Ineffective Communications among Married Couples in Lagos State (n=200)

Solution for ineffective Communications	SA	A	D	SD	\bar{x}	Sd
Avoid surface level or single word responses	155(77.5)	28(14.0)	17(8.5)	0(0.0)	3.69	0.62
Create a safe space for communication.	119(59.5)	63(31.5)	18(9.0)	0(0.0)	3.51	0.65
Active and model respectful listening among couples	106(53.0)	67(33.5)	27(13.5)	0(0.0)	3.40	0.71
Always make eye contact when talking with your spouse	98(49.0)	78(39.0)	22(11.0)	2(1.0)	3.36	0.71
Choose to be genuinely interested in what your spouse has to say	93(46.5)	70(35.0)	33(16.5)	4(2.0)	3.26	0.80
Show care to your spouse	80(40.0)	83(41.5)	30(15.0)	7(3.5)	3.18	0.81
Spending time with your family	76(38.0)	92(46.0)	21(10.5)	11(5.5)	3.17	0.82
Include your spouse as a Friend in all your social media lists.	57(28.5)	96(48.0)	28(14.0)	19(9.5)	2.96	0.89

Grand Mean = 2.50

Source: Field survey, 2021

Note: SA=Strongly Agreed, A=Agreed, U=Undecided, D=Disagreed, and SD=Strongly Disagreed.

Value in parenthesis= Percentage
 Sd=Standard deviation
 \bar{x} = Mean

Test of Hypothesis

Test of significant relationship between the level of educational of the respondents’ and the frequency of communication

Hypothesis one “significant relationship between level of educational of the respondents’ and the frequency of communication” was tested using Pearson Product Moment Correlation (PPMC). The result is presented in Table 6. PPMC analysis revealed a significant relationship ($p < 0.01$) between level of educational of the respondents’ and the frequency of communication ($r = 0.124$). This implies that the level of education of the respondents had effect in the frequency of communication among the couples. The null hypothesis is therefore rejected and the alternative hypothesis stated that there is a significant relationship between the levels of educational of the respondents’ and the frequency of communication.

Table 5: Test of Significant Relationship between the Level of Educational of the Respondents’ and the Frequency of Communication

Variable	r	P-value	Decision
Level of educational of the respondents’ and the frequency of communication	0.124	0.000	S

Source: Field Survey, 2021
 $P < 0.01$
 S=Significant

Test of significant Relationship between Religiosity and Frequency of Communication among Married Couples in Lagos State

Hypothesis one “significant relationship between religiosity and frequency of communication among married couples in Lagos state” was tested using Pearson Product Moment Correlation (PPMC). The result is presented in table 7. PPMC analysis revealed a significant relationship ($p < 0.01$) between religiosity and frequency of communication among married couples in Lagos state ($r = 0.117$). This implies that the respondents’ religiosity had positive influence on the frequency of communication among the couples. The null hypothesis is therefore rejected and the alternative hypothesis stated that there is a significant relationship between respondents’ religiosity and frequency of communication among married couples in Lagos state.

Table 5: Test of significant Relationship between Religiosity and Frequency of Communication among Married Couples in Lagos State

Variable	r-value	p-value	Decision
Religiosity and frequency of communication among married couples in Lagos state	0.117	0.000	S

Source: Field Survey, 2021
 $P < 0.01$
 S=Significant

Test of significant Relationship between Level of Income and Frequency of Communication among Married Couples in Lagos State

Hypothesis one “significant relationship between level of income and frequency of communication among married couples in Lagos state” was tested using Pearson Product Moment Correlation (PPMC). The result is presented in table 8. PPMC analysis revealed a significant relationship ($p < 0.01$) between the level of income and frequency of communication among married couples in Lagos state ($r = -0.093$). This implies that the respondents’ level of income had negative influence on the frequency of communication among the couples. The null hypothesis is therefore rejected and the alternative hypothesis stated that there is a significant relationship between level of income and frequency of communication among married couples in Lagos state.

Table 7: Test of significant relationship between level of income and frequency of communication among married couples in Lagos State

Variable	r-value	p-value	Decision
Level of income and frequency of communication among married couples in Lagos state	-0.093	0.000	S

Source: Field Survey, 2021

P<0.01

S=Significant

5. Conclusion

The major factors responsible for lack of effective communications among married couples in Lagos state were; sexual dissatisfaction (\bar{x} =3.72), finance status (\bar{x} =3.64), environment (\bar{x} =3.64), job status (\bar{x} =3.49), working Hour (\bar{x} =3.49), stress (\bar{x} =3.18), home factor (\bar{x} =2.92), and lack of commitment (\bar{x} =2.91). Avoiding surface level or single word responses (\bar{x} =3.69), create a safe space for communication (\bar{x} =3.51), active and model respectful listening among couples (\bar{x} =3.40), always make eye contact when talking with your spouse (\bar{x} =3.36), choose to be genuinely interested in what your spouse has to say(\bar{x} =3.26), show care to your spouse (\bar{x} =3.18), spending time with your family(\bar{x} =3.17) and include your spouse as a Friend in all your social media lists(\bar{x} =2.96) were the major solution for ineffective communications among married couples as indicated by the respondents. PPMC analysis revealed a significant relationship (p<0.01) between level of educational(r=0.124), religiosity (r=0.117), level of income (r=-0.093) of the respondents' and the frequency of communication.

The study concluded that:

- Majority of the respondents' sampled communicate with their partners on daily basis.
- The respondents were knowledgeable about the role of communication in marriages.
- The major factors responsible for lack of effective communications among married couples were:
 - Sexual dissatisfaction;
 - Finance status
 - Environment; and
 - Job status.

The main solution for ineffective communications among married couples in Lagos state were:

- Avoid surface level or single word responses;
- Create a safe space for communication;
- Active and model respectful listening among couples;

- Always make eye contact when talking with your spouse; and
- Choose to be genuinely interested in what your spouse has to say

The respondents' level of education, religiosity and level of income had influence on effective communications among married couples.

6. Recommendations

This study concluded that:

- Couples should note the type of method of communication among themselves so as to avoid conflict
- Churches and mosques should provide adequate materials and seminars for the couples this can be of help in increasing effective communication skills
- Couples should provide basic needs finance, this will help in effective communication
- Medias should organize programs in helping to build a relationship with their spouse

References

Barta, W.D., & Kiene, S.M. (2005). Motivations for infidelity in heterosexual dating couples: The roles of gender, personality differences and sociosexual orientation. *Journal of Social and Personal Relationships*, 22, 339–360.

Bell, D. (2017). "Defining Marriage and Legitimacy" (PDF). *Current Anthropology*. 38 (2): 237–54.

Buss, M. D. (2017) "Conflict in married couples: Personality predictors of anger and upset", *Journal of Personality* 59:4,

Byers, E. S. (2015). Relationship Satisfaction and Sexual Satisfaction. A Longitudinal Study of Individuals in Long-Term Relationships. *Journal of Sex Research*, 42(2): 113-118.

Caughlin, P. J., Vangelisti, L. A., (2010) "Conflict in dating and marital relationships", the SAGE Handbook of Conflict Communication, chapter DOI: 10.4135/978-1-41297-617-6.n5.

- Cohen, Lisa J. (2011). "Mental Health and Mental Illness". *The Handy Psychology Answer Book*. The Handy Answer Book Series. Detroit: Visible Ink Press. p. 401.
- Cohen, S; Murphy, MLM; Prather, AA (2019). "Ten Surprising Facts About Stressful Life Events and Disease Risk". *Annual Review of Psychology*. 70: 577–597.
- Coleman and miller (1975), The effect of no-fault divorce law on the divorce rate across the 50 states and its relation to income, education, and religiosity. *Journal of Marriage and the Family*
- Cupach, W., & Comstock, J. (2010). Satisfaction with sexual communication in marriage: Links to sexual satisfaction and dyadic adjustment. *Journal of Social and Personal Relationships*, 7, 179-186.
- Esere, M.O. (2016). Approaches to marital Therapy. *The Nigerian Journal of Guidance and Counselling*, 8(1), 61-85.
- Esere, M.O. (2018). Communication management skills training as a marriage enrichment programme in the improvement of marital adjustment. *The Counsellor*, 23(1), 69-77.
- Fincham, Frank D., and Steven R. H. Beach. (2010). "Marriage in the New Millennium: A Decade in Review." *Journal of Marriage and Family*, 72: 630–49.
- Hurlbert, D. (2011). The role of assertiveness in female sexuality: A comparative study between sexually assertive and sexually nonassertive women. *Journal of Sex and Marital Therapy*, 17, 183-190.
- James, W. (1983). *The Principles of Psychology*. Cambridge, MA: Harvard University Press.
- Johnson, S., & Lebow, J. (2000). The "coming of age" of couple therapy: A decade review. *Journal of Marital and Family Therapy*, 26, 23-38.
- Khorasani, N.H., Hosseini, M., Matbouei, M., Khafri, S., Vasli, P. & Vardanjani, A.E (2017). The study of relationship between self-efficacy and marital satisfaction of couples referring to the community health centres of Babol. *British Journal of Medicine and Medical Research*, 19(9).
- La France, B. H. (2010b). What verbal and nonverbal communication cues lead to sex?: An analysis of the traditional sexual script. *Communication Quarterly*, 58, 297–318.
- MacNeil, S., & Byers, S. (2007). The relationship between sexual problems, communication, and sexual satisfaction. *The Canadian Journal of Human Sexuality*, 6, 277-287).
- Muniesa, F., (2015). "Actor-Network Theory", in James D. Wright (Ed.), *The International Encyclopedia of Social and Behavioral Sciences*, 2nd Edition, Oxford, Elsevier: 1, 80-84.
- Ojiah, P.O. (2004). Fostering interpersonal relationship: The counsellor's view point. *The Nigeria Journal of Guidance and Counselling*, 9, (1) 121-136.
- Panda, K. U. (2011), "Role conflict, stress and dual-career couples: an empirical study". *The Journal of Family Welfare*, 57, (2)
- Purnine, D., & Carey, M. (2017). Interpersonal communication and sexual adjustment: The roles of understanding and agreement. *Journal of Consulting and Clinical Psychology*, 65, 1017-1025.
- Rice, P. F., (2017) "Intimate relationships, marriages and families", 16 edition, Mayfield Publishing Company, Unit States, p. 421-434; 439-440.
- Rosen, R.C., & Bachmann, G.A. (2018). Sexual well-being, happiness and satisfaction in women: The case of a new conceptual paradigm. *Journal of Sex & Marital Therapy*, 34, 291–297.
- Salifu, A.A. (2011). Style of communication and marital adjustment of educated couples in Ankpa, Kogi State. Unpublished undergraduate research work, Counsellor Education Department, University of Ilorin.
- Sprecher, S. (2002). Sexual satisfaction in premarital relationships: Associations with satisfaction, love, commitment and stability. *Journal of Sex Research*, 39, 190–196.
- Witting, K., Santtila, P., Alanko, K., Harlaar, N., Jern, P., Johansson, A., et al. (2008). Female sexual function and its associations with number of children, pregnancy and relationship satisfaction. *Journal of Sex & Marital Therapy*, 34, 89–106.
- Zelenski, John M.; Santoro, Maya S.; Whelan, Deanna C. (2012). "Would introverts be better off if they acted more like extraverts? Exploring emotional and cognitive consequences of counter dispositional behavior". *Emotion*. 12 (2): 290–303