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PSYCHOLOGICAL WELL-BEING, PATTERN OF COMMUNICATION, SEXUAL SATISFACTION AND MARITAL STABILITY AMONG WORKERS IN OYO STATE

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Abstract

Marriage provides a stable environment for child bearing and child rearing and it serves to meet psychological expectations for intimacy, understanding, communication and love. This paper explored the relationships among psychological well-being, pattern of communication, sexual satisfaction and marital stability of married workers in Oyo state. Cross sectional research design was adopted for the study. Multi-stage sampling technique was adopted to select the respondents and the location of the study. One hundred and twenty participants were selected from each of the three senatorial districts using stratified random sampling technique were gathered using Psychological Well-Being Scale (PWBS) (r = 0.86); Pattern of Communication Scale (PCS) (r = 0.80), Sexual Satisfaction Scale (SSS) (r = 0.76) and Marital Stability Scale (MSS) (r = 0.78). Data were analysed using Pearson Product Moment Correlation Coefficient (PPMC) and Multiple Regression. The result of this study revealed a significant relationship between psychological well-being and marital stability (r = .499). There was a significant relationship between pattern of communication and marital stability (r = .585). A significant relationship was established between sexual satisfaction and marital stability (r = .613). The result showed that Psychological Well-Being, Pattern of Communication and Sexual Satisfaction positively correlated with marital stability. The regression analysis showed that the three factors jointly

Keywords:
Psychological well-being, pattern of communication, sexual satisfaction, marital stability, gender, educational qualification

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accounted for 33.8% of the total variance in marital stability. Sexual satisfaction was found to be the strongest predictor followed by pattern of communication and psychological well-being. Consequent upon the findings of this study, Counselors should give orientation to parents on the need to communicate effectively with their children by spending more time with them. More counselors should be trained and encouraged to practice outside the school system to render family counseling services effectively.

Introduction

Marriage is expected to be an enduring and exclusive covenant of love. It signifies a bond of mutual commitment, partnership and communion of life between a man and woman. It is the ultimate beginning of family life. Therefore, if marriage for a couple begins on a stable note and is sustained over time, the foundation for a stable family life may have been laid. Satisfaction in marriage is the bedrock and aspiration of every marriage. Unfortunately, many couples who were excited on their wedding day are found regretting venturing into marriage because they have never discovered what they desire in marriage. The dynamics of culture and human relationships, love made researchers to observe many influences, manifestations, happenings and occurrences in marriage within the African Society. The impacts have been both negative and positive. However, a recent observation on peoples attitude to marriages in African modern society, suggest an alarming negative effect on these impact (Obiekwe & Ekebosi 2020). Marriage provides the basic structure that establishes a family relationship and raises the next generation (Nadar, 2018).

Sexual satisfaction is a multidimensional sexual concept embracing both the emotional and psychological aspect of a sexual relationship (Fischer, Anderson, Billieux & Vogelle 2022). One of the leading factors of divorce and the problems associated with the relationship between husband and wife is behaviours related to sexual function. Oyewo (2024) defined sexual satisfaction as the affective response arising from one's evaluation of his or her sexual relationship, including the perception that one's sexual needs are being met, fulfilling ones own and ones partner's expectation and a positive evaluation of the overall sexual relationship. One fact that should be noted from the various definitions include the fact that sexual satisfaction is a state denoting that satisfaction in sex is individualistic. This has made it difficult for researchers to have a clear cut of the indices of sexual satisfaction. Nevertheless, a review of literature showed a consensus of opinions among researchers that sexual satisfaction could be determined by physical aspect of sexuality as well as regularity of orgasm (Malm et al, 2022).

Sexual satisfaction is a relevant component of human sexuality that is considered to be the last stage of human response cycle (Larner, Karney & Bradbury, 2016). It is also a key

factor in individuals overall quality of life. For example, better state, physical and psychological health (Quinn-Nilaa, 2019) and overall well-being (Roslan, Ahmadi, Nabilla & Ghiami, 2017) and quality of life (Galizia. Theodorou, Simonelli, Lai & Nimbi 2023) have been associated with high sexual satisfaction. Similarly, religiosity has also been taken into account to explain sexual satisfaction. Low religious belief has been associated with great sexual satisfaction (Tikadarimejad & Kheri, 2017).

Inspite of this, variation in the level of sexual satisfaction among married individuals has been noted across some psycho-demographic and socio-economic factors. For instance, gender differences have been observed to exist in the degree of sexual satisfaction (Mark, 2015). These differences are explained as function of factors like physiological make up, social roles and cultural expectation. The area of age gap was found to be another area discrepancy has been identified by Oyewo, (2024), Wieczorek, Chivers, Koelin, DaBruine & Jones (2022) Zhang & Liang (2023), Manjulla, Manjulla, Jamardhana & Mariamma (2021); Lee & McKinnish (2018); Hengstebeck, Helms & Rodrighez (2015). This signifies that there is a reduction in sexual satisfaction of couples as their ages increase.

Mitchel and Plauche (2016) defined marital stability as remaining legally married without divorce, physical separation or legal separation. Married couples achieve marital stability when they abide, work and continually support each other in a given task, interest, or a set goal. Dubose (2015) asserted that partners who do not make conscious effort to make their relationship successful may face the risk of being neglected. Therefore, a stable relationship is achieved by the positive contribution of both couples. Marital satisfaction leads to marital stability. It is a crucial part of family life and life satisfaction, and couples who have stable and fulfilled marriages are healthier, happier and enjoy longevity (Whisman, Gilmore & Salinger, 2018). The need for literacy cannot be overemphasized because education is a vital tool in influencing marital stability. Various names are used to identify stability in marriage. The most frequently used are marital happiness, marital quality, marital cohesion and marital adjustment (Obiekwe & Ekebosi, 2020). Characteristics of the home environment, such as warmth, emotional availability, stimulation, family cohesion and day to day activities, have also been implicated in the notion of marital stability (Lavner, Karney & Bradbury, 2020). To be satisfied in marriage is to reach one's goals and expectations in marital life or attain affective condition of a spouse who gained his or her desires in marriage.

One of the major foundations for a healthy, lasting relationship is effective communication between people who feel relatively comfortable and confident with themselves. To communicate means to give or interchange thoughts, feelings, information or the like either by writing, speaking or by gestures. Marital communication is the transmission of information from husband to wife and vice versa. Shifaw (2020) explained that marital communication is the process through which marital partners

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reach each other with ideas, facts, thoughts, feelings and values. It is a bridge between husband and wife so that they can share what they feel and know or seek explanation for an issue when in doubt. Good communication between married couples does not just happen. Vital ingredients for good communication should take into account the method of initiating the communication process, the mood of the listener or the receiver and the time it takes place. According to Oyewo (2024), good communication has a way of rejuvenating a man. Thus the sharing of ideas between husband and wife and unloading of the mind give rise to peaceful demeanour. The interaction between married partner through good communication relieves tension in the family and ensures that the partnership is working. Roslan, Ahmad, Nabilla & Ghiami (2017) corroborated it that some get so badly hurt in the course of their conversation that "they crawl permanently inside their shell and refuse to come out" when this is the case, the marital relationship is badly affected because between the couple is a strong psychological barrier.

Malory (2022) explained that poor psychological well-being reduces the chance of marital satisfaction. In the same vein, Randall and Bodemann (2017) postulated that people who had poor psychological well-being experienced stressful situations and engaged in hostile conversations with their spouses and this could lead to marital crisis, instability and reduced psychological well-being. Also Oginnyi, Ofole & Francis (2015) found significant relationship between psychological well-being and marital stability. However, Karagulle, Yariq, Gulcicek, Solanaz, Senturk, Erdogam, Celik & Celebi (2019) reported no significant relationship between psychological well-being and marital satisfaction. Yadav and Kumar (2015) found that female bankers, compared to female teachers compared to the teachers, especially those in their early, adulthood, experience more instability at home and poor psychological well-being, particularly in economically disadvantaged areas. Teachers were also found to have better mental health when compared to bankers. Also, Rashmi and Shafiq (2017) revealed no significant difference in the level of the mental health and marital adjustment of female married teachers and female married workers in other service-oriented organisations $t = 0.58$.

In their studies, Oyewo (2024), Roslan, Ahmad, Nabilla & Ghiami (2017) and Okjide, Adekeye, Adejumo & Chenube (2023) found significant correlation between psychological well-being and marital stability. Adejori, Okolie, Musa, Shehu & Dalhatu (2019) and Thomas, Hess & Thurston (2015) found significant relationship between years of marriage and marital stability and that women experience high level of marital stability during early phase of marriage and as the duration of marriage increases. It could be deduced that during early stage of marriage, responsibility level is not high considering child bearing and mothering. A good marital relationship requires both partners to have common interests and goals. The more they work together, the tighter emotional ties between

the couples will be concerned. Marital stability is a pertinent ingredient to the stability and growth of any nation, given that the family is the basic unit of any nation.

Statement of the Problem

Many studies conducted examined marital satisfaction, psychological well-being, sexual satisfaction and marital stability separately Zhang & Liang (2023); Karagulle, Yariq, Gulcicek, Solanaz, Senturk, Erdogan, Celik & Celebi (2019); Roslan, Ahmad, Nabilla & Ghiami, (2017); Sinha, (2017); Bakare, Ibrahim, Isah & Yinusa (2017); Huppert, (2017) & Koluri (2015). Many studies also investigated whether demographic variables and other interpersonal factors were associated with marital or sexual satisfaction or psychological well-being together or independently (Oyewo, (2024); Okojide, Adekeye, Adejumo & Chenube (2023); Karney & Bradbury, (2020); Obiekwe and Ekebosi (2020); Comez-Ikican, Consansu, Erdogan (2020) & Whisman, Gilmore & Salinga (2018). To the best of the knowledge of this researcher, none of the studies combined the four variables of the study together to shed light on the relationships of the variables to each other and to understand the nature of their connection within the context of Nigeria. It is against the backdrop of the above mentioned challenges affecting the institution of marriage that this study is posed to investigate.

Purpose of the Study

The study would attempt to investigate the combined influence of the independent variables of psychological well-being, pattern of communication and sexual satisfaction on the dependent variable of marital stability. It would also investigate the individual influence of each independent variable on the dependent variable of marital stability.

Research Hypotheses

The following hypotheses were generated in the process of establishing the relationships among independent and dependent variables.

1. There is no significant relationship between psychological well-being and marital stability of workers in Oyo state
2. There is no significant relationship between pattern of communication and marital stability of workers in Oyo state.
3. There is no significant relationship between sexual satisfaction and marital stability of workers in Oyo state.
4. There is no joint effect of psychological well-being, pattern of communication and sexual satisfaction on marital stability of workers in Oyo state.
5. There is no relative effect of psychological wellbeing, pattern of communication and sexual satisfaction on marital stability of workers in Oyo state.

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Research Methodology

The cross sectional design was used to conduct this study. This entails careful collection of data from the study without manipulating any independent variables when finding the effect or outcome on the dependent variable.

The target population for this study comprised all married male and female workers in Oyo state. There are thirty three (33) local governments in Oyo state with three (3) senatorial districts namely: Oyo North, Oyo South and Oyo Central. Multi-stage sampling technique was adopted to select the respondents and the location of the study. Stratified random sampling technique was employed in order to take care of all the existing strata of the population. Strata here include gender, age, length of marriage and educational qualification. Thirty (30) participants were each selected from one primary, secondary, tertiary and local governments from each senatorial district. This made up of one hundred and twenty (120) participants from each senatorial district totaling three hundred and sixty (360) in total out of which two hundred and eighty six (286) properly filled and returned their questionnaire which represents seventy-nine point five percent (79.5%) return rate, which consists of 127 males and 159 females.

Instrumentation

Four sets of instruments were used to collect data for the study. There are five sections of the questionnaire. Section A contained personal information about the participants such as gender, age, educational qualification and length of marriage.

Section B has Psychological Well-Being Scale (PWBS). The scale was originally developed by Ryff and Keyes (1995). It has 19 items with six dimensions of well-being on a 5-point Likert-type scale ranging from 5 (Strongly Agree) to 1 (Strongly Disagree).The dimensions are mastery of the environment, personal growth, possessing autonomy, displaying good and positive relationship, having a clear commitment to life and learning to accept the self. The scale has reliability coefficient of .81-.88.

The third section of the questionnaire is the adapted version of Pattern of Communication Inventory (PCI). It measures the degree and pattern of communication in marriage between husbands and wives or spouses which is one of the focus of this study. The section of pattern of communication was originally developed by Locke, Sabaght and Thomes (1967). The internal consistency of PCI was established by Omoluabi (2000), making it usable for the Nigerian sample. It has 25 items. The degree of communication is directly related to the quality of interpersonal relationship between spouses. The items are in the form of statement in which the respondents are required to answer to a 5-point response pattern of Never (1) to Very Frequently (5). The maximum score of 125 indicates good quality of communication while the score from 74 and below indicate poor quality of communication.

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Adapted Sexual Satisfaction Scale (SSS) is the fourth section of the questionnaire. The original version of the scale was developed by Whittey and Paulsen (1975). The scale consists of 23 items on activities commonly engaged in before during and after the time of sexual activity. Participants were to rate the level of satisfaction they feel and derive from each activity on an average based on a five (5) point response format ranging from minimum of one (1) and maximum of five (5). The higher the scores, the higher the sexual satisfaction experienced by the participants.

The fifth scale which is section E is the adopted 24 item Factors Influencing Marital Stability Scale (FIMSS) which was developed by Maciver & Dimkpa (2015). It has six sub-sections with four items each for social, financial, religious, sexual, domestic and behavioural factors. The scale has reliability co-efficient of 0.78. Responses were based on a 4-point Likert Type Scale to assess respondents degree of agreement to the items. The items with positive direction were scored SA (4); A (3); D (2); SD (1) while items with negative direction were reversed thus: SA (1); A (2)'; D (3); SD (4). The highest score for any respondent is 96, while the lowest score is 24. The midpoint is 36. This means that respondents who scored 60 to 96 were considered to have higher perception of factors influencing marital stability, while those with 60 and below have lower perception.

Validity of the Instruments

The content validity of the instruments was established by giving the four (4) instruments to four lectures who are experts in psychometric properties and psychology. The Lecturers, following detailed scrutiny, made suggestions which were taken into account, and necessary corrections were made. Thus, affirmed the instruments covered the intended content and therefore valid for use.

Reliability of the Instruments

The reliability of the instruments was established by subjecting them to pilot test using 50 respondents similar to all the 286 participants in the main study. A test-retest of the instruments was obtained within a period of 4 weeks and it yielded the following values: PWB (r = 0.86), PCS (r = 0.80), SSS (r = 0.76) and MSS (r = 0.78). Also the internal consistency of the instruments were obtained with PWB (a = .912), PCS (a = .82), SSS (a = .78) and MSS (a = .87). Thus both procedures revealed that the coefficients of the internal consistency of the instruments were deemed to be high enough and therefore reliable.

Research Procedure

Two research assistants were employed to help with the administration of the questionnaire forms. Training sessions were held with the research assistants to intimate them with the purpose of the research, the nature and the content of the questionnaire

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forms. The training focused on the variables of the study and how the samples were to be selected to incorporate these variables, without the responses being contaminated, and with least resistance from respondents. The administration and collection of the instruments were done within seven days.

Data Analysis

Frequency counts and percentages were used to analyse the demographic variables. The scale has five sections, A, B, C, D and E. Section A sought to obtain personal information about the respondents. Section B contains the psychological well-being scale. Section C has pattern of communication scale, section D has sexual satisfaction scale, while section E contains marital stability scale. Pearson Product Moment Correlation was used to analyse the data for hypothesis 1, 2, and 3 to ascertain the relationship among the variables. Multiple regression was used to analyse the data for hypotheses 4 and 5 at 0.05 level of significance.

Table 1: Demographic Data Information of Participants

Variable	Frequency	Percentage %
Gender		
Male	127	44.4
Female	159	55.6
Total	**286**	**100**
Age		
20-30	92	32.2
31-40	32	11.2
41-50	121	42.3
51-60	41	14.3
Total	**286**	**100**
Educational Qualification		
SSCE	28	9.8
ND/NCE	76	26.6
HND	51	17.8
First Degree	98	34.2
Post Graduate	33	11.6
Total	**286**	**100**
Length of Marriage		
1-10 years	47	16.4
11-20 years	118	41.3
21-30 years	84	29.4
31-40 years	37	12.9
Total	**286**	**100**

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The statistics shown in Table 1 revealed that 127 (44.4%) of the respondents were males while 159 (55.6%) were their female counterparts. This means there were more females than males in this study. Based on the data gathered, 92 (32.2%) of the respondents were within the age bracket of 20-30years. Also, the table revealed that 32 (11.2%) of the respondents were within the age bracket of 31-40years. 121 (42.3%) of the respondents were within the age bracket of 41-50years, while 41 (14.3%) were within the age bracket of 51-60 years. Concerning the educational qualification of the respondents, it was discovered that 28 (9.8%) had secondary school certificate. 76 of the respondents representing 26.6% had National Diploma or Nigeria Certificate in Education. 51 of the respondents representing 17.8% possessed Higher National Diploma. 98 of the respondents representing 34.2% possessed First Degree, while 33 of the respondents representing 11.6% had post-graduate degree. On the length of marriage, 47 (16.4%) of the respondents have between 1-10 years' experience, 118 (41.3%) have between 11-20 years marital experience, as revealed in table 84, that is 29.4% of the respondents have between 21-30 years of marriage experience, while 37 (12.9%) have 31-40 years of experience in marriage.

Hypothesis 1: There is no significant relationship between psychological well-being and marital stability of workers in Oyo state

Table 2: Summary table of relationship between psychological well-being and marital stability

Variable	$\bar{x}$	SD	N	r	P	Remark
Psychological wellbeing	24.7076	2.9245	286	.499	.000	Sign
Marital Stability	30.2246	5.8612				

The result on table 2 indicated that a calculated r-value of .499 is greater than critical r-value of .000 given 286 degrees of freedom at 0.05 level of significance r = .499, n = 286, p<.05. This implies that psychological well-being significantly influence marital stability. Therefore, the hypothesis which states that there is no significant relationship between psychological well-being and marital stability is not confirmed.

Hypothesis 2: There is no significant relationship between pattern of communication and marital stability of workers in Oyo state

Table 3: Summary table showing relationship between pattern of communication and marital stability of workers in Oyo state

Variable	$\bar{x}$	SD	N	r	P	Remark
Pattern of communication	28.7862	3.4283	286	.585	.000	Sign
Marital Stability	30.2246	5.8612				

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The result on table 3 showed that a calculated r-value of .585 is greater than the critical r-value of .000 given 286 degrees of freedom at 0.05 level of significance r = .585, n = 286, P<.05. This implies that pattern of communication significantly influenced marital stability of married workers. Therefore, the hypothesis which states that there is no significant relationship between pattern of communication and marital stability of workers is not validated.

Hypothesis 3: There is no significant relationship between sexual satisfaction and marital stability of workers in Oyo state

Table 4: Summary table showing relationship between sexual satisfaction and marital stability of workers in Oyo state

Variable	$\bar{x}$	SD	N	r	P	Remark
Sexual satisfaction	25.5164	4.5934	286	.613	.000	Sign
Marital Stability	30.2246	5.8612				

The result on table 4 indicated that a calculated r-value of .613 is greater than the critical r-value of .000 given 286 degrees of freedom at 0.05 level of significance r = .613, n = 286, P<.05. This implies that sexual satisfaction significantly influenced marital stability. Therefore, the hypothesis which states that there is no significant relationship between sexual satisfaction and marital stability of workers is not confirmed.

Hypothesis 4: There is no joint effect of psychological well-being, pattern of communication and sexual satisfaction on marital stability of workers in Oyo state

Table 5: ANOVA showing the joint effect of psychological well-being, pattern of communication and sexual satisfaction on marital stability of workers in Oyo state

R	R Square	Adjusted R Square	Standard Error
.646	.345	.338	4.2660

Model	Sum of Square	Df	Mean Square	F	P	Remark
Regression	3092.647	3	1030.883	42.574	.000	Sign
Residual	6828.362	282	24.214			
Total	**9921.009**	**285**				

Table 5 revealed that there is significant joint effect of psychological well-being, pattern of communication and sexual satisfaction on marital stability. The table also showed a coefficient of multiple regression of R = .646 and a multiple R^2 of .345. This means that

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33.8% of the variance was accounted for by the predictor variables when taken together. The significance of the composite contribution was tested at P<.05. The table further showed that the analysis of variance (ANOVA) for the regression yielded an F-ratio of 42.574 (significant at the 0.05 level). This implies that the joint contribution of the independent variables to the dependent variable was significant and that other variables not included in this model may have accounted for the remaining variance. In other words, psychological well-being, pattern of communication and sexual satisfaction determined the marital stability.

Hypothesis 5: There is no relative effect of psychological well-being, pattern of communication and sexual satisfaction on marital stability of workers in Oyo state

Table 6: Relative effect of psychological well-being pattern of communication and sexual satisfaction on marital stability of workers in Oyo state.

Model	Unstandardized Coefficient	Coefficient	Standardized Coefficient	T	Sign
	B	Standard Error	Beta Contribution		
Constant	5.114	2.506		2.041	.038
Psychological well-being	.134	.086	.089	1.562	.094
Pattern of Communication	.299	.064	.320	4.682	.000
Sexual Satisfaction	.515	.074	.388	6.960	.000

Table 6 revealed the relative contribution of the independent variables to the dependent variable. Two out of the three independent variables (pattern of communication and marital satisfaction) made significant contributions to the prediction of marital stability. In terms of magnitude of contribution, sexual satisfaction made the most significant contribution (Beta = .388; P<.05) to the prediction. Pattern of communication also made significant contribution (Beta = .320; P<.05). On the other hand, psychological well-being made no significant contribution to the prediction of marital stability among workers in Oyo state (Beta = .089; P>.05).

Discussion

From the analysis carried out, the findings in hypothesis one, revealed that psychological well-being to a large extent has great relationship with marital stability. This corroborates the earlier studies conducted by Oyewo (2024), Okojide, Adekeye, Adejumo & Chenube (2023). Also, Roslan, Ahmad, Nabilla & Ghiami (2022) found a high level of psychological

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well-being among undergraduate students. Erdogan, Celik & Calebi (2019) found a significant correlation between psychological well-being and marital stability in their study. However, the findings of Karagulle, Yariq, Gulcicek, Solanaz, Senturk, Erdogan, Celik & Celeb (2019) did not support the above result. They found no significant relationship between psychological well-being and marital stability.

Pattern of communication was found to have a high significant relationship with marital stability. The result is in line with previous studies conducted by Oyewo (2024), Tan, Goh Sharmilah & Tan (2020) and Dube, Dawson & Rosen (2020) who found significant relationship between communication and marital stability. This could be due to the inevitability of improved nuptial communication if couples must adjust to each other successfully, thereby achieving stability. Shifaw (2022) also found that the absence of good marital communication between couples makes some to "crawl permanently inside their shell and refuse to come out". When this is the case, marital relationship is badly affected, because between the couple is a strong psychological barrier. The sharing of ideas between husband and wife and unloading of the mind give rise to peaceful demeanor. In marriage, couples are expected to express their feelings and emotions, ideas, hopes and reactions openly and sincerely to each other.

Findings also demonstrated that there is a strong relationship between sexual satisfaction and marital stability. This result support the earlier findings of Oyewo (2024), Zhang and Liang (2023), Malm, Oti-Boad, Adom-Boakye & Aanda (2022) and Lee & McKinnish (2018) who found strong relationship between sexual satisfaction and marital satisfaction leading to marital stability. Vickram (2023), found that measures of sexual and marital satisfaction vary from one researcher to another. In particularly the criteria for a satisfying marital relationship may be highly varied and may depend on a unique set of culturally enforced obligations and values. One of the essence of marriage is for the couples to have close sexual contact. Sexual intimacy contributes to marital oneness, while lack of sexual involvement among couples may lead to extra-marital relationship.

The result obtained on table 5 showed that the joint and relative effect of psychological well-being, pattern of communication and sexual satisfaction on marital stability was significant ($F_{3,282}$) = 42.574); R = .646, R^2 = .345, Adjusted R^2 = .338; P<.05). The independent variables jointly accounted for a variation of about 34.5%.

Also, the result in table 6 revealed the contribution made by each independent variable to the prediction of marital stability. The following show various relative contributions and level of significance of the independent variables: psychological well-being (B = .089, P>.05), pattern of communication (B = .320, P<.05), sexual satisfaction (B = .388, P<.05). It is observed that only psychological well-being was not significant. It could be inferred that marital stability did not influence psychological well-being of workers in Oyo state. The results is not in tandem with the studies of Oyewo (2024), Okojide, Adekeye, Adejumo

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& Chenube (2023); Erdogan, Celik & Caleb (2019) and Roslan, Ahmadi, Nabilla & Ghiami (2017) who reported strong influence between psychological well-being and marital stability. This confirmed a significant relationship between psychological well-being and marital stability.

Further, the results of this study indicated that, pattern of communication and sexual satisfactions are powerful predictors of marital stability of workers. This outcome is not surprising as the variables are parts of marital dissatisfaction which Malory (2022), Shifaw (2022) and Dube, Dawson & Rosen (2020) found as having implication for marital satisfaction and stability of civil servants. A surprising finding from this study is that psychological well-being was not a significant predictor of marital stability when the three independent variables were jointly considered separately against marital stability.

Conclusion

This study attempted to examine the relationship among psychological well-being, pattern of communication, sexual satisfaction and marital stability. The study concluded that there are positive relations among the independent variables of psychological well-being pattern of communication and sexual satisfaction and the dependent variable of marital stability. However, in finding the joint relative contribution of the independent variables, only psychological well-being has no significant relations with marital stability. Most problems of disturbed families could be avoided, if communication is placed at the forefront of family relationships.

Further Research

Many interesting and useful areas which future researchers can delve into have no limits. The study may be replicated in a cross cultural investigation using the same set of variables. This may provide cultural variation of the present result. This study may also be replicated using the variables of personality types, and other modifiable variables that can affect psychological well -being and pattern of communication leading to marital instability. The study may also be replicated in an experimental design using these variables that can be manipulated.

Recommendations

As a result of the findings of this study it is recommended that:

1. Counselors should endeavor to give orientation to parents on the need to communicate effectively with their children by spending more time with them. This will enhance family adjustment and stability
2. Non-Governmental organization and religions bodies focusing on welfare of families should involve professional Counselors as consultants.

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3. Since communication is a "sine qna non" for family adjustment paving way for family stability, more Counselors should be trained and encouraged to practice outside the school system to render family counseling services effectively.
4. Therapists would be wise to consider how teaching constructive communication skills and eliminating destructive communication skills that may alter the impact of marital conflict on the marriages of their clients
5. The challenges we see today are often the results of role modeling by parents who were taught negative attitudes and deprived of basic knowledge by their parents, who themselves had received the same sort of rearing. Counselors should therefore intervene by breaking this endless chain of negative attitudes
6. Counselors should help young people develop interpersonal skills including communication, decision-making, assertiveness, and peer refusal skills as well as the ability to create satisfying relationships

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