

Full Length Research Paper

Behaviour patterns and marital adjustment of married adults in Kwara State, Nigeria

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The incidence of broken homes, unhappiness after marriage and several cases of divorce are increasing steadily among married adults in Kwara State. This study therefore investigated behaviour patterns and marital adjustment of married adults in Kwara State, Nigeria. Descriptive survey research procedure of correlational type was adopted. The population for this study is all married adults in Kwara State which is estimated at 779,996. Using the research Advisor (2006), at a confidence level of 95% and a margin error of 5.0%, the researcher therefore selected a sample size of 391. Multi-stage sampling procedure, which consisted of proportional, simple random, proportional and stratified sampling techniques, were used to draw the sample for the study. The instrument used in collecting data for this study is a questionnaire. Six research questions and five null hypotheses were generated for the purpose of this research and tested using Pearson Product Moment Correlation (PPMC). The result revealed that there was a significant relationship between behaviour patterns and marital adjustment of married adults in Kwara State. There was also a significant relationship between behaviour patterns and marital adjustment of male, female Christian and Muslim married adults in Kwara State. Therefore, it was recommended that religious organizations should invite professionals in the field of marriage counselling to sensitize the members of their religious organizations about the importance of behaviour patterns in determine marital adjustment. Professionals in counselling psychology, most especially marriage counsellors should organize married adults' education classes, symposium where behaviour patterns and marital adjustment will be discussed.

Key words: Behaviour Patterns, Marital Adjustment, Marriage, Divorce.

INTRODUCTION

Marital relationship is the foundation of family life because it involves the union between a man and a woman as husband and wife. Marriage is a component part of culture usually formalized either by the custom, law or solemnized by religion. It is a means by which psychological, social, emotional and security needs of the married are satisfied (Ebenuwa-Okoh, 2008). Esere (2008) viewed marriage from Christian perspective as an institution of divine significance.

The conception of marriage emphasized the sacred tie between the spouses and God, with the marriage regarded as Holy matrimony, the Holy estate or God's Holy ordinance. Hence, marriage once established, is under the jurisdiction of God. Marriage is designed to last till death. That is, two biologically unrelated people are coming to live, grow and develop together. Atere and

Olagbami (1997) stated that before any form of marriage is contracted, three basic elements are very necessary and these are: Approval and involvement of the families of the spouses, payment of bride-price or dowry and religious consideration of the marriage.

Among the cultures, parents of each spouse always participated in the selection of their children spouses as well as the performance of marriage rites to ensure the smooth running of the marriage to be a blessed one. In marriage, physical relationship is very essential because there is strength in unity. When couples are physically related to each other, they would make positive contributions to the world they live in. The world is full of confrontations and violence; spouses need each other literarily and physically on daily basis in order to survive the crushing experience of life. Better result can be

obtained when spouses work together as one. Spouses think more creatively when heads are put together over any given matter (Adeoti, 2002). Marriage is an institution established by God right from the time of creation of the universe. Marriage is also seen as a sanctioned relationship involving two people of the opposite sex which are expected to endure beyond the time required for child birth. Marriage creates a social relationship and authorized reciprocal rights between those involved in it.

Nwoye (1991) noted that the aspiration of all young spouses is to achieve lasting unity in marriage. Establishment of a peaceful home is the desire of most married men and women. Many spouses enter into marriage with love and sincere desire for successful married life – however, in marriage the best of intentions do not automatically translate to fruitful marriage due to challenges and realities of marital life (Yahaya, 2008). The adjustment from being single to being married usually turns out to be much more difficult than many married adults ever imagine. In order to cope with these marital challenges the adults need to adjust to stay happily for life (Henslin, 1980)

One of the major determinants of marital adjustment is an individual's behaviour pattern which plays a major role in the marital adjustment of married adults. (Child, 1981). A behaviour pattern is a common organizational term which is usually employed to place human behavior in a psychological perspective. This implies that the study of the pattern of human behaviour allows for proper understanding for human nature. Behaviour pattern plays a great role in the marital adjustment of married adults. Behaviour pattern can be described as psychological construct that helps in defining an individual's likely disposition towards an event such as at - risk behaviour. Behaviour pattern refers to the unique and distinctive characteristics which sets a person apart from another (Sanni, 1999). Aspects of Behaviour pattern includes one's qualities or attributes, the way one really is, one's general habitual behavior, politeness, submissiveness. (Olowonirejuaro, 2008).

One way of classifying personality characteristics is through the use of the Type A and B behaviour patterns. According to Sanni (1999) the concept of Types A and B behaviour patterns dated back to the 19th century cardiologist, Sir William Osler. The Type A behaviour pattern is a set of behavioural responses to life or challenges of environment variables more often aggravated by situation which constitutes significant changes of life (Rosenman and Cheney, 1982). The individuals exhibiting the Type A pattern are characterized by impatience, a chronic sense of time urgency, enhanced competitiveness, aggressive drive and often some hostility (Rosenman, 1986). Jennie (1979) defined the Type A behaviour pattern as an observable set of behaviour or style of living characterized by extremes of hostility, competitiveness,

hurry, impatience, restiveness, aggressiveness (sometime, stringently suppressed) explosiveness of speech, and a high state of alertness accompanied by muscular tension. People with strong Type A behaviour pattern struggle against the pressure of time and the challenge of responsibility. Type A is neither an external stressor nor a response of strain or discomfort. It is more like a style of coping.

According to Olayonu (1998), the Type "A" individual is a person who is sociable, needs people to talk to, craves excitement, and takes risks and chances easily. He/she is impulsive with ready answers. He/she is carefree, optimistic and like changes. Friedman and Rosenman (1974) defined Type A individual as a person who is aggressively involved in a chronic, incessant, struggle to achieve more and more in a less and less time, and if required to do so against the opposing efforts of other things or other person. They further expressed Type A behaviour traits to include the following: extreme ambition and competitiveness, impatience, time pressure and a high degree of propensity to anger and hostility and cynicism are more susceptible to heart disease than Type "B" people. Some Type "A" individuals are fastidious, that is, subordinates often do not know how to please the Type A individual. They are very exacting regarding how a job should be performed. They want job done exactly the "right way". And for this reason, they have a hard time delegating tasks to others. This drive for exactness tends to create significant marital tension in their homes.

The Type "B" individual on the other hand connotes a person who is more "relaxed", in his/her approach to life, somewhat opposite of Type "A" (Friedman and Rosenman, 1974). With regards to time, Type "B" individual is not in a hurry. He tends to be friendly and often compete with himself, believing that he can always do better than before. He is intuitive, spontaneous and patient. When it comes to change, he believes that change is inevitable. He is open to criticism and tries to make others feel accepted and at ease. When angry, he uses humour subtly to make his point and his anger in most cases is directed against issues not persons. He is supportive of others and more likely to express positive feelings so he has less chance of stress related disorder (Olowonirejuaro, 2008). Type "B" individual is reserved and distances him or herself from other persons, does not like excitement, and takes matters of everyday life with proper seriousness. He/she tends to plan ahead and looks before he/she leaps.

Marital adjustment, according to Osiki (1989) is a process whereby two individuals, through consent, become husband and wife and are living in a healthy relationship despite all odds. The husband and wife see each other first as individuals with trait-differentials, different background and orientation, which help them to maintain a "give and take" relationship. Ebeonuwa-Okoh (2008) explained that, marital adjustment simply refers to

working out arrangements which exists in marriage. In this marriage relationship, fear of partners' activity and suspicions 'do not exist, both husband and wife learn how to inculcate and nurture healthy thoughts about each other. Distance does not act as a barrier, reaching out is certain of his or her spouse safety in his or her absence at home. External influences such as the effect of in-laws do not have much influence on the marital relationship because in-laws and family friends are well regarded and their roles are guided so that they may not be judgmental (Ogunsami, 2008). Ogunsami (2008) in an attempt to explain what she viewed as best and realistic indices of marital adjustment, presented assumption of a well-adjusted marriage in the following explanations: that spouses who are well-adjusted should have agreement on matters critical to maintaining their marital union, sharing of common activities and interest that enhance family growth: sharing demonstrations of affection and mutual confidences help the marital dyad's ability to cope with day to day activities and mundane problems: and couples who are happy and satisfied with the marital relation have few complaints about their marriage relationship and few doubts about certainty of the marriage's chance of succeeding.

When spouses get along with each other to achieve harmonious working relationship in different areas of their marital life, adjustment is achieved. Marital adjustment is a universal issue. This is because conflict stresses and threats of divorce have been the causes of many family instability (Amao-Kehinde, 1998). The concept of marital adjustment is complex and has multi-dimensional explanation. Ebebuwa-Okoh, (2007) opined that the measure of marital adjustment do not generally assess a changing process. Rather, it measures a position on continuum from well-adjusted to maladjusted. Therefore, when marital adjustment is achieved, troublesome marital differences are reduced. Interpersonal tensions and personal anxiety can then be well managed. This increase marital satisfaction, happiness and dyadic cohesion. Consensus on matters of importance in marital functioning, family peace and stability are enhanced (Ebebuwa-Okoh, 2007).

The incidences of broken homes, unhappiness after marriages and several cases of divorce in court have been on the increase in Nigeria. This results into the spouses' poor attitude to life, maladjusted personality and retrogressive attitudes to society and development (Filani, 1985). According to Akinboye (1982), many young people look forward to their wedding day. They fantasize about what their future marital life would be like, when they start living with their partners, however, many of them wonder why marriages no longer work out. They wonder why marriage does not last over a life time as viewed on wedding day. It should be borne in mind that continuity and satisfaction in marriage depend on their capability to withstand marital challenges. It could be

observed from the above explanations that man took to a woman to have happy living and also be well developed physically, socially and morally. However, due to marital challenges, instability sets in. In order to cope with these challenges, there is the need for marital adjustment. Marital adjustment is closely related to the stability of a given marriage. Well-adjusted marriages are expected to last for a long time, while poorly adjusted ones may end in divorce. Human society is essentially developed from marital relationship when married persons are wedded, they always make commitments to remain in the bond of unity and love "until death do us part." However, available statistics of marital breakdown showed that many married persons who make such vows do not keep them to the end (National Centre for Health Statistics, 1994). The breakdown in marital relationship has become a global phenomenon affecting both the high and the low class in our contemporary time. The happenings among Nigerian married adults in the present day may eventually lead to separation and divorce in extreme cases.

Although divorce may not be the end result of every malfunctioning marital relationship; but if it happens, it has numerous traumatic effects on the society. (Riches, 1991). A close look at the implications shows that family life and marriage are in for serious trouble. According to Oladayo (2015) Christian and Islamic tenets emphasize the sanctity of marriage and frown at divorce, barring extreme situations. In traditional societies, the norms even tend to exalt the institution of marriage, even in polygamies, while discouraging divorce. Observers, however, say that in the contemporary world, divorce cases are becoming rampant, as spouses usually troop to courts, pressing for the dissolution of their marriages. It is obvious from the foregoing that the behaviour patterns of married adults could have a relationship with marital adjustment. This research deems it necessary to investigate behaviour patterns, and marital adjustment of married adults in Kwara State, Nigeria.

No human society can be stronger than the effectiveness of its individual families. This implies that a society or nation, in which the family, which is the basis of any community, is disintegrated, is not a healthy one. Many marriages have ended in divorce or passive relationship. Many marriages break down weeks or months after wedding. Young spouses who feel happy and dance from dusk to dawn during their marriage ceremony turn out to call "the sugar in their tea", a thorn in their life (Olayiwola, 2009).

The breakdown of marital relationship has no respect for class, race or religion. Adeniran (2015) found that marital failure is more endemic in Africa and Asia than Europe and America. High rate of divorce in Africa was traced to westernization, globalization, urbanization and industrialization. Also, the extended family that used to resolve conflicts between spouses is no longer functioning effectively like the past because of the shift

towards the nuclear family system characterized by less involvement of members in the resolution of marital discords. This study was necessary because unhappiness in marriage, incidence of broken homes, several cases of divorce are increasing among married adults in Kwara State.

Some previous researchers have carried out researches on related fields. Yahaya (1998) carried out a study on relationships among behaviour pattern, marital adjustment and job performance of Federal civil servants in Nigeria. The study found out that Federal civil servants' marital adjustment was significantly and positively related to respondents' job performance and could predict their job performance better than their behaviour patterns. Ebebuwa-Okoh (2008) carried out a study on personality variables as correlates of marital adjustment among married persons in Delta State of Nigeria. The study found out that emotional expression, financial management, communication flow, work involvement is significant correlates and predictors of marital adjustment. This study is not focusing emotional expression but Type A and Type B. Therefore, it is the thrust of this study to find out the relationship between behaviour patterns and marital adjustment of married adults in Kwara State, Nigeria. This research study is unique as it addresses behaviour patterns and marital adjustment of married adults in Kwara State. To the best of the researcher's knowledge, there has not been any research work in Kwara State that has combined these variables. Therefore the study was conducted in order to fill this gap. Thus the present researcher examined behaviour patterns and marital adjustment of married adults in Kwara State.

RESEARCH QUESTIONS

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

1. What are the behaviour patterns of married adults in Kwara State?
2. What is the marital adjustment of married adults in Kwara State?
3. Is there any relationship between behaviour patterns and marital adjustment of male married adults Kwara state?
4. Is there any relationship between behaviour patterns and marital adjustment of female married adults in Kwara State?
5. Is there any relationship between behaviour patterns and marital adjustment of Christian married adults in Kwara State?
6. Is there any relationship between behaviour patterns and marital adjustment of Muslim married adults in Kwara State?

RESEARCH HYPOTHESES

On the basis of the research questions that were generated to guide this research, the following research hypotheses were formulated:

- 1 There is no significant relationship between behaviour patterns and marital adjustment of married adults in Kwara State.
- 2 There is no significant relationship between behaviour patterns and marital adjustment of male married adults Kwara state.
- 3 There is no significant relationship between behaviour patterns and marital adjustment of female married adults in Kwara State.
- 4 There is no significant relationship between behaviour patterns and marital adjustment of Christian married adults in Kwara State.
- 5 There is no significant relationship between behaviour patterns and marital adjustment of Muslim married adults in Kwara State.

METHODOLOGY

Research Design: The research design employed for this study is the descriptive research design of a correlational type. Population, Sample and Sampling Procedure: The population for this study is all married adults in Kwara State.

Population, Sample and Sampling Procedure

The population for this study is all married adults in Kwara State. The target population for this study is all married adults who were civil servants in four local governments drawn from the three senatorial districts in Kwara State. The National Population Census (2006) estimated married persons in Kwara State who presented themselves for counting to be 779, 996. The total population of married adults who are civil servants in the selected local governments stood at 259,508 (The National Population Census, 2006)). Using the sample size determination table (Research Advisor; 2006), a sample size of 391 was determined at 95% confidence interval and 5.0% margin of error.

A multi-stage sampling method was used to select the respondents for the study. For the purpose of this study, proportional, simple random, proportional and stratified sampling methods was used to select 391 respondents from the three senatorial districts of the State in order to ensure a fair representation of married adults who were civil servants in Kwara State, Nigeria. There are sixteen Local Governments in Kwara State as presented in table 1 below.

Table 1: Senatorial Districts and Local Governments in Kwara State.

Senatorial Districts	Local Governments	Total
Kwara Central	Asa, Ilorin East, Ilorin South, Ilorin West	4
Kwara South	Baruteen, Edu, Kaiama, Moro, Patigi	5
Kwara South	Ekiti, Ifelodun, Irepodun, Isin, Offa, Oke-Ero, Oyun	7
Total No. of Local Governments		16

Source: www.transparencynigeria.com/about-nigeria/42-directories/3920-senatorial-district.htm (Ibitoye, 2015).

Table 2: Population Distribution of Married Adults in Four Selected Local Governments

Senatorial Districts	Local Governments	Population of married adults	Sample proportionally elected based on 384	Sample proportionally selected based on 400
Kwara Central	Ilorin West	128,274	190	198
Kwara North	Edu,	72,116	107	111
Kwara South	Irepodun	43,268	64	67
Kwara South	Oke-Ero	15,850	23	24
TOTAL		259,508	384	400

Source; National Population Commission (2006)

The population distribution of married adults in selected local governments is presented in table 2 above. In order to obtain the required sample for this study, at stage one, proportional sampling technique was used to select four (4) local government areas across the three senatorial districts in Kwara State based on 2:1:1 as follows: two local governments from Kwara South, one local government from Kwara Central, and one local government from Kwara North, totaling four local governments in the three senatorial districts of the state. This is because Kwara South has seven local governments; Kwara North has five local governments while Kwara Central has four local governments.

At second stage, dip-hand/lucky dip sampling techniques was used to select four local government areas from the three senatorial districts of Kwara State. This method entails the researcher writing the names of the local governments on different small pieces of papers and putting them into a container. This container is then properly shaken; after which the researcher dips her hand into the container and picks the two (2) local governments at random from the container to represent Kwara South senatorial district. The process repeated to select other one (1) local government from each of the remaining senatorial districts in Kwara State. The local governments selected are: Ilorin West, Edu, Oke-Ero and Irepodun.

At stage three, proportional sampling technique was used to select the number of respondents sampled for the study from each of the senatorial districts. This method was chosen by the researcher because all the local governments do not have an equal number of married adults. Hence, using the proportional sampling procedure, the researcher got the appropriate sample size selected from the four local governments selected.

At the last stage, simple random technique was also employed. Simple random technique gives room for equal chances of selection of sample without bias (Creswell, 2008). Simple random sampling was used by the researcher to select 198 respondents from Ilorin West Local Government, 111 respondents from Edu Local Government, 24 respondents from Oke-Ero Local Government and 67 respondents from Irepodun Local government. Thus, making a total of 400 respondents that was sampled for the study. This sample (400) which is above the pre-determined sample size of (384) gave room for the researcher to discard questionnaire forms that are wrongly ticked, not returned and misplaced. Finally, the sample was stratified according to gender and religious affiliation. The researcher was able to retrieve 391 questionnaire forms. The analysis of data collected was based on 391.

Instrumentation

The purpose of the study was to investigate whether or not relationship exists between Behaviour patterns (A and B) and marital adjustment of married adults in Kwara State. To achieve this goal, a questionnaire was used to gather relevant data from the respondents. The questionnaire titled "Behaviour Patterns and Marital Adjustment Questionnaire (BPAMAQ)". The instrument is a questionnaire consisting of three (3) sections; A, B and C. Section A contains information on demographic data of the respondents such as gender, age, educational qualification, Length of years in marriage and religion. Section B comprises of 20 items on Behaviour patterns which was adapted. Behaviour pattern A and B was designed by Friedman and Rosenman and was adapted and used by Alao (1989). Also, Abidoye (2011) adapted

and used the behaviour pattern sub scale constructed by Alao (1989) in the study on Behaviour patterns, parenting styles and Friendship influences as correlates of At-Risk behaviour among in-school Adolescents in Nigeria. Similarly Okesina (2012) adapted and used it to find out relationship among behaviour patterns, Examination Anxiety and Academic performance of senior secondary school students in Nigeria. Abidoye recorded a reliability coefficient of 0.80 through a test retest methods while Okesina recorded a reliability coefficient of 0.76. However, none of them reports a hitch in the use of this instrument. The researcher behaviour patterns questionnaire consists of twenty (20) items. The items were scored on a four (4) Point Likert type rating scale ranging from: Almost Always true of me (4); Sometimes true of me (3); Rarely true of me (2) and Never true of me (1). All the items were framed in simple unambiguous sentences. The higher the score chosen for each item, the closer the respondent was to possessing Type A behaviour pattern. Section C was a self-developed questionnaire, it comprises of 20 items on Marital Adjustment, making a total of 40 items altogether. Section C is to be responded by using four Likert type rating scale ranging from: Strongly Agree (SA); Agree (A); Disagree (D) and Strongly Disagree (SD).

Validity of the Instrument: To ascertain the validity of the instrument; the draft of the instrument was submitted to the researcher's supervisor and five other experts in the Department of Counsellor Education for expert advice and vetting. After making the correction, the final draft was submitted to the researcher's supervisor who adjudge that the instrument has content validity and therefore suitable for use in the study.

Reliability of the instrument: The reliability of this instrument was ascertained by using test- retest reliability method. The instrument was administered twice on 20 married adults who were not be part of the ones selected for the study but possess similar characteristics of those under study within an interval of four weeks. The two sets of scores obtained from the two administrations were correlated by using Pearson Product Moment Correlation to obtain the correlation Coefficient. A reliability coefficient of 0.70 was obtained, which was a satisfactory coefficient to measure stability. However Behaviour Patterns section has 0.70, marital adjustment section has 0.72.

Procedure for Scoring the Instrument

The responses to section A was scored using descriptive statistics such as percentage and mean. Section B was scored using the 4-point Likert type format of Almost Always True of Me (ATM) = 4points, Sometimes True of Me (STM) =3points, Rarely True of Me (RTM) =2points, Never True of Me (NTM) =1 point. The instrument contains 20 items; the question items were positive in

concept. A positive answer indicates preponderance of Type A Behaviour pattern. The points 4,3,2,and 1 as indicated in the option above were given to responses A,B,C, and D respectively to show the amount of Type A Behaviour Pattern possessed by each of the respondents. The higher the score chosen for each item, the closer the respondent was to possessing Type A Behaviour pattern. Therefore, responses A and B represent Type A while C and D were for Type B. Since response D attracts 1 point and there are 20 items, the total number of possible maximum scores for a Type B respondent would be as follows: the maximum score is 80, the lowest score is 20, the range is $80-20=60$, the midpoint $60/20=30$, cut off point is $80-30=50$ (the maximum points scored minus the midpoint of range). Then $20+30=50$ (which is the minimum score plus the midpoint of range). Therefore any respondent who obtains score from 50 to 80 is of Type A Behaviour Pattern while those respondents who obtained 50 and below are of Type B Behaviour Pattern.

Also for section C, the maximum score is 80, the lowest score is 20, the range is $80-20=60$, the midpoint $60/20=30$, cut off point is $80-30=50$ (the maximum points scored minus the midpoint of range). Then $20+30=50$ (which is the minimum score plus the midpoint of range). Therefore any respondent who obtains score from 51 to 80 was consider to have a high marital adjustment, while those respondents who obtained 50 and below had a low marital adjustment.

Method of Data Analysis

Descriptive statistics such as percentage was used to analyze the demographic data in Section A. Pearson Product Moment Correlation (PPMC) was used to analyze hypotheses 1, 2, 3, 4 and 5. All the hypotheses were analyzed at 0.05 alpha level of significance.

RESULTS

Demographic Data

This section presents the results of data obtained from the respondents in percentages. Table 3 indicates that 391 respondents participated in the study out of which 212 (54.2%) were males, while 179 (45.8%) of the respondents were females.

Table 4 indicates that 391 respondents participated in the study out of which 243 (62.1%) were Christians, while 148 (37.9%) of the respondents were Muslims.

Table 5 shows the mean and rank order of items on behaviour patterns; the cut-off mean score for behaviour patterns from the scoring procedure is 2.50. It is therefore revealed in table 5 that items 1, 2, 4,3,16 and 5 have a higher mean and ranked 1st to 6th which shows that the

Table 3: Distribution of Respondents Based on Gender

Gender	Frequency	Percentage
Male	212	54.2
Female	179	45.8
Total	391	100.0

Table 4: Distribution of Respondents Based on Religion.

Religion	Frequency	Percentage
Christianity	243	62.1
Islam	148	37.9
Total	391	100.0

Table 5: Mean and Rank Order of Behaviour Patterns of Married Adults in Kwara State.

Item No	I am the sort of person who:	Mean	Rank
1	likes to concentrate my attention on my home/marriage without distraction.	3.79	1 st
2	prefers to achieve perfect marital relationship.	3.69	2 nd
4	is very impressed with my spouse achieving status and high positions and therefore struggle for them.	3.54	3 rd
3	likes to count achievements in my marriage in terms of number.	3.34	4 th
16	habitually struggles to do more things in less time at home.	3.33	5 th
5	satisfied with how well I am doing in my marriage.	3.30	6 th
20	hates lateness especially from my spouse	3.26	7 th
15	have no fear of failure in anything I plan to do in my marriage.	3.25	8 th
6	would always demand for my right at home.	3.12	9 th
19	hates to spend more than the given time even if and when it becomes necessary for me to do so at home.	3.08	10 th
14	while competing against others, especially my spouse struggles to perform better than I usually do when there is no competition	2.98	11 th
13	when playing or working struggles to do better than my spouse.	2.96	12 th
8	finds it intolerable to watch my spouse sluggishly perform tasks I know I can do faster.	2.93	13 th
12	enjoys working in situations involving competition with my spouse.	2.92	14 th
17	eats fast even when I do not have much of other things to do.	2.89	15 th
9	would help my spouse complete his/her statements when speaking too slowly to me.	2.87	16 th
7	can become very angry at the slightest provocation by my spouse.	2.83	17 th
18	believes that my success is due to my ability to get things done faster than my spouse.	2.79	18 th
11	always like to compete for supremacy with my spouse.	2.76	19 th
10	firmly press my jaws together or even grind my teeth when angry with my spouse.	2.47	20 th

number of respondents that agreed with the statements is higher than the other items. Items 18, 11 and 10 on the other hand have the lowest mean scores and ranked 18th to 20th. This indicates that those items that have lower number of respondents that agreed with them.

Table 6 shows the mean and rank order of items on marital adjustment of married adults. It is revealed in the table that items 1,19,17,18, 8 have a higher mean and ranked 1st to 6th which shows that the number of respondents that agreed with the statements is higher than other items. Items 3, 9, 5, 12 and 6 on the other hand have the lowest mean scores and ranked 16th to 20th. This indicates that those items have lower number of respondents that agreed with them.

Research Question One: What are the behaviour

patterns of married adults in Kwara State?

Table 7 indicates that 126 which is (32.2%) of the respondents are Type A, while 265 which is (67.8 %) of the respondents are Type B.

Research Question Two: What is the marital adjustment level of married adults in Kwara State?

Table 8 indicates that all the respondents that participated in the study have high marital adjustment level

Hypotheses Testing: This section presents the results of the hypotheses that were postulated to guide the conduct used in testing of this study; Pearson Product Moment Correlation was

Table 6: Mean and Rank Order of Marital Adjustment of Married Adults in Kwara State.

Item No	adjust to my marriage by :	Mean	Rank
1	spending reasonable time together with my spouse.	3.53	1 st
19	disciplining the children together.	3.49	2 nd
17	taking major family decisions together.	3.38	3 rd
18	adapting to the feeding taste of my spouse.	3.37	4 th
8	working together on family planning	3.35	5 th
20	showing affection.	3.30	6 th
2	engaging in social activities together with my spouse.	3.29	7 th
16	resolving family problems without external or third party influence.	3.26	8 th
7	sharing the same ideology on family issues e.g. childrearing.	3.26	9 th
14	accepting the work demand of my spouse.	3.22	10 th
4	jointly meeting the financial needs of the family.	3.21	11 th
11	sacrificing my personal interest (goal) for family progress	3.17	12 th
10	keeping quiet when argument occurs.	3.16	13 th
13	accepting the inadequacies of my spouse.	3.14	14 th
15	discussing freely all family matters.	3.13	15 th
3	participating jointly in doing household activities.	3.09	16 th
9	avoiding to criticizing one another in the presence of outsider.	3.08	17 th
5	maintaining equal right on the use of family income.	3.07	18 th
12	accommodating in-laws living together with us in the house.	3.03	19 th
6	allowing sexual intercourse even when am not in the mood.	2.82	20 th

Table 7: Distribution of Respondents by Behaviour Patterns.

Behaviour patterns	Frequency (N=391)	Percentage (%)
Type A	126	32.2
Type B	265	67.8
Total	391	100.0

Table 8: Distribution of Respondents by Marital Adjustment Level.

Marital Adjustment Level	Frequency (N=391)	Percentage (%)
High	391	100.0
Low	Nil	Nil
Total	391	100.0

the hypotheses.

Hypothesis one: There is no significant relationship between behaviour patterns and marital adjustment of married adults in Kwara State.

Table 9 presents data on the relationship between the behaviour patterns and marital adjustment of married adults in Kwara State. The results on this table indicated that the variables of behaviour patterns and marital adjustment were significantly positively correlated. This is because the calculated r-value of 0.207 is greater than the critical r-value of 0.195. The calculated p-value of 0.000 is less than alpha p-value of 0.05. The hypothesis, which states that there is no significant relationship between behaviour patterns and marital adjustment of married adults in Kwara State, was therefore rejected. This means that there is a significant relationship between behaviour patterns and marital adjustment of

married adults in Kwara State. This invariably means that the behaviour patterns of married adults in Kwara state influence their marital adjustment.

Hypothesis Two: There is no significant relationship between behaviour patterns and marital adjustment of male married adults in Kwara State.

Table 10 presents data on the relationship between the behaviour patterns and marital adjustment of male married adults in Kwara State. The results on this table indicated that the variables of behaviour patterns and marital adjustment of male married adults were significantly positively correlated. This is because the calculated r-value of 0.240 is greater than the critical r-value of 0.195. The calculated p-value of 0.000 is less than alpha p-value of 0.05. The hypothesis, which states that there is no significant relationship between behaviour patterns and marital adjustment of male married adults in

Table 10: Correlation Coefficient of Respondents Behaviour Patterns and Marital Adjustment of Male Married Adults

Variable	N	Mean	SD	df	Cal r-value	Critical r-value	P-Value
Behaviour Patterns	212	61.48	8.800				
Marital Adjustment	212	65.25	10.544	210	.240*	.195	.000

* Significant, $P < 0.05$

Table 11: Correlation Coefficient of Respondents Behaviour Patterns and Marital Adjustment of Female Married Adults

Variable	N	Mean	SD	df	Cal r-value	Critical r-value	P-Value
Behaviour Patterns	179	62.77	9.838				
Marital Adjustment	179	63.21	8.775	177	.203*	.195	.011

* Significant, $P < 0.05$

Table 12: Correlation Coefficient of Respondents Behaviour Patterns and Marital Adjustment of Christian Married Adults.

Variable	N	Mean	SD	df	Cal r-value	Critical r-value	P-Value
Behaviour Patterns	243	61.16	9.291				
Marital Adjustment	243	65.30	9.139	241	.213*	.195	.001

* Significant, $P < 0.05$.

Kwara State, was therefore rejected. This means that there is a significant relationship between behaviour patterns and marital adjustment of male married adults in Kwara State. This invariably means that the behaviour patterns of male married adults in Kwara state influence their marital adjustment.

Hypothesis Three: There is no significant relationship between behaviour pattern and marital adjustment of female married adults in Kwara State.

Table 11 presents data on the relationship between the behaviour patterns and marital adjustment of female married adults in Kwara State. The results on this table indicated that the variables of behaviour patterns and marital adjustment of female married adults were significantly negatively correlated. This is because the calculated r-value of 0.203 is greater than the critical r-value of 0.195. The calculated p-value of 0.011 is less than alpha p-value of 0.05. The null hypothesis, which states that there is no significant relationship between behaviour patterns and marital adjustment of female married adults in Kwara State, was therefore rejected. This means that there was a significant relationship between behaviour patterns and marital adjustment of female married adults in Kwara State. This invariably means that the behaviour patterns of female married adults in Kwara state influence their marital adjustment.

Hypothesis Four: There is no significant relationship

between behaviour patterns and marital adjustment of Christian married adults in Kwara State.

Table 12 presents data on the relationship between the behaviour patterns and marital adjustment of Christian married adults in Kwara State. The results on this table indicated that the variables of behaviour patterns and marital adjustment of Christian married adults were significantly positively correlated. This is because the calculated r-value of 0.213 is greater than the critical r-value of 0.195. The calculated p-value of 0.001 is less than critical p-value of 0.05. The null hypothesis, which states that there is no significant relationship between behaviour patterns and marital adjustment of Christian married adults in Kwara State, was therefore rejected. This means that there is a significant relationship between behaviour patterns and marital adjustment of Christian married adults in Kwara State. This invariably means that the behaviour patterns of Christian married adults in Kwara state influence their marital adjustment.

Hypothesis Five: There is no significant relationship between behaviour patterns and marital adjustment of Muslim married adults in Kwara State.

Table 13 presents data on the relationship between the behaviour patterns and marital adjustment of Muslim married adults in Kwara State. The results on this table indicated that the variables of behaviour patterns and

Table 13: Correlation Coefficient of Respondents Behaviour Patterns and Marital Adjustment of Muslim Married Adults.

Variable	N	Mean	SD	df	Cal r-value	Critical r-value	P-Value
Behaviour Patterns	148	63.57	9.149				
Marital Adjustment	148	62.70	10.681	146	.249*	.195	.002

* Significant, $p < 0.05$

marital adjustment of Muslim married adults were significantly positively correlated. This is because the calculated r-value of 0.249 is greater than the critical r-value of 0.195. The calculated p-value of 0.002 is less than alpha p-value of 0.05. The null hypothesis, which states that there is no significant relationship between behaviour patterns and marital adjustment of Muslim married adults in Kwara State, was therefore rejected. This means that there is a significant relationship between behaviour patterns and marital adjustment of Muslim married adults in Kwara State. This invariably means that the behaviour patterns of Muslim married adults in Kwara state influence their marital adjustment.

DISCUSSION

The study focused on the investigation of the relationship between behaviour patterns and marital adjustment of married adults in Kwara State. The questionnaire for the collection of data was divided into 3 main sections i.e. demographic data, behaviour patterns and marital adjustment. The finding of the study implies that most married adults who are civil servants in Kwara State who participated in the study have Type B behaviour pattern because the analyses show a higher percentage 265 (67.8%) of the respondents as Type B behaviour pattern, while 126 which form (32.2%) as Type A behaviour pattern. All the respondents that participated in the study have high or positive marital adjustment in their marriage. This finding agrees with Kelly and Houston (1985) which stated that, Type A and B married adults did not reliably differ in their reports of the quality of their marital relationships.

Hypothesis one is regarded as the main hypothesis for this study. The hypothesis deals with relationship between the behaviour patterns and marital adjustment of married adults in Kwara State. The findings of the study indicated that the predictor variable (i.e. Behaviour patterns which is the independent variable) has a significant relationship with the outcome variable (i.e marital adjustment) which is dependent variable. The calculated r-value of 0.207 is greater than the critical r-value of 0.195. The calculated p-value of 0.000 is less than critical p- value of 0.05. The hypothesis, which states that there is no significant relationship between behaviour patterns and marital adjustment of married adults in Kwara State, was therefore rejected. This

means that there is a significant relationship between behaviour patterns and marital adjustment of married adults in Kwara State. This invariably means that the behaviour patterns of married adults in Kwara state influence their marital adjustment. This is in support of study conducted by Luckey (1994) which revealed that personality traits of spouses are important prediction of marital adjustment. They maintained that these factors determined the ways spouses react to stressful and disagreeable conditions in their marriage. The finding of this study is also in support of Murstein (1973) which stressed that there were some relationship between negative personality characteristics and unhappiness in marriage.

The result from table 10 states that the variables of behaviour patterns and marital adjustment of male married adults were significantly positively correlated. This is because the calculated r-value of 0.240 is greater than the critical r-value of 0.195. The calculated p-value of 0.000 is less than critical p- value of 0.05. The hypothesis, which states that there is no significant relationship between behaviour patterns and marital adjustment of male married adults in Kwara State, was therefore rejected. This means that there is a significant relationship between behaviour patterns and marital adjustment of male married adults in Kwara State. The result indicates that the behaviour patterns of male married adults in Kwara state influence their marital adjustment. This result corroborates the work of Mirant (1981) who found a significant relationship between the personality characteristics and marital satisfactions of male married adults. Hypothesis three however revealed that the independent variable which is also the predictor variable (i.e. behaviour pattern) have a relationship with the dependent variable (marital adjustment) which implies that there was a significant relationship between the behaviour patterns and marital adjustment of female married adults in Kwara State.

The finding contradicts the finding of, Canary and Emme-Sommer (1997) who found that woman compared to men express greater range of emotions, such as sadness, fear, love, happiness and anger. According to Canary and Emme-Sommer (1997), women are also more inclined than men to disclose personal information. They are free to share their personal information, personal opinion or even their personal history.

Compared to men, women are more likely to exercise negative and confrontation at conflict behaviour. Finally,

women are more likely than men to engage in loyalty toward their partner and enact task-sharing in an effort to maintain their relationship.

The result from Table 12 states that the variables of behaviour patterns and marital adjustment of Christian married adults were significantly positively correlated. This is because the calculated r-value of 0.213 is greater than the critical r-value of 0.195. The calculated p-value of 0.001 is less than critical p-value of 0.05. The null hypothesis, which states that there is no significant relationship between behaviour patterns and marital adjustment of Christian married adults in Kwara State, was therefore rejected. This means that there is a significant relationship between behaviour patterns and marital adjustment of Christian married adults in Kwara State. This indicated that the behaviour patterns of Christian married adults in Kwara state influenced their marital adjustment. The result from Table 13 states that the variables of behaviour patterns and marital adjustment of Muslim married adults were significantly positively correlated. This is because the calculated r-value of 0.249 is greater than the critical r-value of 0.195. The calculated p-value of 0.002 is less than critical p-value of 0.05. The null hypothesis, which states that there is no significant relationship between behaviour patterns and marital adjustment of Muslim married adults in Kwara State, was therefore rejected. This means that there is a significant relationship between behaviour patterns and marital adjustment of Muslim married adults in Kwara State. This indicated that the behaviour patterns of Muslim married adults in Kwara state influence their marital adjustment. The result on religious affiliation is consistent with the findings of Jane (2000) that religious beliefs greatly influence long-term marital adjustment. The result of the research also suggested that marital adjustment is largely based upon the relative importance of faith in God, and satisfaction with their family's role in their religious community. It then implies that even if religion is not important to either spouse, once they agree on their religious views, it is likely that they will have marital adjustment.

Christians and Muslims belong to a religion, these have a phenomenon that affects the belief and the value system of everyone involved. This is also not unconnected with the fact that both Christian and Muslims have a socio-cultural phenomenon that affects how people behave in the home and in the society. It is a paramount to note therefore, that these respondents are members of the religious community; they are likely to possess positive marital adjustment, which might not be related to their behaviour patterns.

Implication for Counselling Practice

The findings of this study have implications for counselling practice. Studies have revealed that

behaviour pattern is interactive, that is, one person's orientation evoking the other person in predictable ways and so becoming the basis of attraction to and differences with marriage partners which also go a long way to influence their marital adjustment. There is however the need for adequate counseling services for married adults and would be couples, educating them regarding adequate information about their behaviour patterns and their partners' so that they will know how to handle situation when they get married.

The findings of this study make counselors-in-training recognize the significant effects of variables of gender and religions in determining behaviour pattern and marital adjustment. The findings of this study also have implication for education and counselling, especially, for the marriage counsellor. The emergence incidence of marital crises has many attendant challenges and that people face, and they need to be properly addressed. One of the ways by which the challenges and difficulties connected with marriage can be practically addressed is for educators and counsellors to understand the problems and provide knowledge based information that will enable them carry on effectively in whatever circumstances they find themselves. Clinicians in the field of counselling have to focus on the quality of marital relationship. This implies that they should put in place different intervention programs. The first stage should be purely preventive, such as marital enrichment programme lead to mutual understanding in marital relationship. While the subsequent stages should be creative or clinical level, all will function better.

Counselling is a helping profession and it should endeavour take up the challenge of community based counselling in which adults may be adequately reached. This may require the use of both human and material resources in order to achieve the goal.

Courses in behaviour patterns should be made compulsory for counsellors in training. The counsellors, religious institutions should provide an effective and intense pre-marital counselling and classes which may be helpful in preparing the spouses both emotionally and mentally for marriage, to set their expectations right for marriage. This is especially important for young people.

RECOMMENDATIONS

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

- Religious organizations should invite professionals in the field of marriage counselling to sensitize the members of their religious organizations about the importance of behaviour patterns in marriage because it was found religion plays a great role in determine behaviour pattern and marital adjustment.

- Professionals in counselling psychology, most especially marriage counsellors should organize married adults' education where behaviour pattern and marital adjustment will be discussed.
- Marriage counsellor should organize workshops, seminars and conferences to sensitized married adults on the importance of marital adjustment to the overall wellbeing of their marriage and family.
- Marriage counsellor should also organize married adults' education where the roles of gender in determine behaviour pattern and marital adjustment will be discussed because it was found gender plays a great role in determine behaviour patterns and marital adjustment.
- Also, premarital counselling should be regularly organized for youth on techniques of enhancing marital adjustment before getting married.

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