

**PSYCHOSOCIAL FACTORS AS DETERMINANTS OF  
MARITAL STABILITY AMONG COUPLES  
IN LAGOS AND OGUN STATES, NIGERIA**

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**A MASTER'S THESIS SUBMITTED TO THE DEPARTMENT OF  
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STUDIES, COVENANT UNIVERSITY OTA, IN PARTIAL  
FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF  
MASTER OF ARTS IN COUNSELING.**

**JUNE, 2018**

## **DECLARATION**

I, Deinde, Oluwatoyin Mosebolatan (15PBD01046) declare that this project is based on the study undertaken by me in the Department of Psychology, College of Leadership Development Studies, Covenant University, under the supervision of Dr. Adeusi S.O.

- i. This project has not been submitted elsewhere for the award of a degree
- ii. The ideas and views of the project work are based on research works undertaken by me
- iii. Where the ideas and views of other authors/researchers have been incorporated, they have been duly acknowledged.

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## ACCEPTANCE

This is to attest that this thesis is accepted in partial fulfillment of the requirements for the award of master of art in counseling in the Department of Psychology, College of Leadership and Development Studies, Covenant University, Ota, Ogun state.

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## CERTIFICATION

I hereby certify that this thesis is based on original research work carried out by DEINDE, Oluwatoyin Mosebolatan under my supervision in the department of Psychology, College of Leadership Development, Covenant University, Ota, Ogun State, and that this has not been submitted for the degree of M.A. in any other degree in this or any other University.

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Signature and Date

## **DEDICATION**

I dedicate this work to my maker and creator (The trinity in Council; God the Father, the son, Jesus Christ and Holy Spirit) who has made this self-actualization a reality.

To Him alone be all glory.

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## ABSTRACT

Fewer persons in modern times are opting for marriage. Ironically, stability in marriage culminates in stable and productive society. The study examined psychosocial factors determining stability among couples. 332 participants, (133 males and 199 females) were selected from Lagos and Ogun States using convenient sampling method. Descriptive survey research design was adopted and the instrument used titled Psychosocial Factors of Marital Stability Questionnaire (PFMSQ) was developed by the researcher. The instrument consists of 4 sections (A – Demography, B – Communication scale, C – Marital Stability scale, and D – Open-ended questions). Four null hypotheses were raised and tested using descriptive and inferential statistic at 0.05 significant level. Hypothesis 1 was tested with logistic regression and hypotheses 2, 3 and 4 were tested with multiple regression. The findings from the tested hypotheses revealed that the combination of communication, age of spouse, and length of marriage predicted marital stability at  $F_{(3,328)} = 93.534$ ;  $p = 0.05$ ; communication and marital stability revealed at  $F_{(1,330)} = 280.79$ ;  $p = 0.05$ ; age of spouse predicted marital stability at  $F_{(1,330)} = 3.292$ ;  $p = 0.10$  and length of marriage predicted marital stability at  $F_{(1,330)} = 4.391$ ;  $p = 0.05$ . The 4 null hypotheses were thus rejected. The study concluded that communication, age of spouse and length of marriage determine marital stability. It is therefore recommended that government across the 3 tiers (local, state, and federal), non-governmental organizations, marriage counselors / therapists, the family and society at large should promote programmes that would enhance marital stability which would give rise to a healthy society.

**Keywords:** Age, Communication, Determinants, Length of Marriage, Marital Stability, Psycho-Social

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