



# NIGERIAN JOURNAL OF PSYCHOLOGY

Volume 23, No.1, 2023 ISSN: 0331-0574 (Print), 2635-3806 (Online)

*Published by the Nigerian Psychological Association*

NPA JOURNALS - [www.npa-journals.org/njp](http://www.npa-journals.org/njp)

## AN EVALUATION OF SOCIAL SUPPORT AND MARTIAL SATISFACTION AMONG WORKING COUPLES WITHIN LAGOS METROPOLIS

Juliet Rebecca Ambali  
Alex Igundunasse

### ARTICLE INFO

#### Article History

Received: 10<sup>th</sup> April, 2023

Revised: 22nd May, 2023

Accepted: 20th June, 2023

#### Authors' Affiliation

Department of Psychology,

University of Lagos

[julietogberaha@gmail.com](mailto:julietogberaha@gmail.com)

[aigundunasse@gmail.com](mailto:aigundunasse@gmail.com)

#### Keywords:

Couples,

Lagos,

Marital satisfaction,

Social support

### ABSTRACT

*One of the decisive factors of having to spend one's life with another individual is to attain marital satisfaction. Several variables have been placed vis-à-vis this subject in previous works. This research project sought to however look through the lens of social support to ascertain how this can be beneficial to couples living in Lagos metropolis, thus leading to the experience of marital satisfaction. Social support has contributed immensely in helping individuals, groups and communities alike in varying capacities. This study was able to investigate the role that social support plays in ensuring marital satisfaction among working couples by eliciting responses from a sample of 156 married individuals. A battery of tests were used to achieve this—they include; Multidimensional Scale of Perceived Social Support (MSPSS) and Kansas Marital Satisfaction Scale (KMSS). They measured the following hypotheses, that there will be a relationship between social support and marital satisfaction among working couples in Lagos, there will be a significant difference between males and females with marital satisfaction, there will be a significant effect of social support on marital satisfaction. Using SPSS, the following were used to make the analysis of the responses, respectively—a Pearson correlation, Independent T-test and Regression Analysis. The results indicated a relationship between social support with marital satisfaction, difference between males and females with regards to marital satisfaction and a significantly positive impact of social support on marital satisfaction.*

## Introduction

One of the goals of every couple is to fix the puzzles that leads up to marital satisfaction. This has been a prevalent issue through the years and is almost an Herculean task especially for people who live in metropolitan cities like Lagos. To see how marital satisfaction can be gotten even in a city like Lagos; characterized with a cyclic pattern of survival mode, this study seeks to elucidate on how social support in one's environment, can help a couple experience marital satisfaction (Asekun and Alaba, 2019).

Why social support is the fulcrum of marital satisfaction is because it serves couples greatly in covet ways that this research seeks to unravel. Usually, some couples accept the traditional family order where one spouse should be more present to run the affairs of the home, while the other works outside of the home, but the nature of a city like Lagos demands that both parties pull their weights. This has made it a lot more difficult to have a work-family balance (Lawrence et al, 2007).

Having seen how much support does in several other aspects of the society, it is required that the roles that it can contribute to marital satisfaction be brought to fore. This study will show the impact that the absence of social support has on couples, so that the value of it is clearer. Some of the resultant effects of the absence of social support include; financial stress, emotional stress, mental stress, among other stressors.

The basis of the study is to play a key role in basic and applied research; especially to educate working couples on how they can wield social support to attain marital satisfaction. According to Cherry (2020), social support is a vehicle that transports both psychological and material aid gotten from a social system to enhance individual's well-being and reduce stress levels. Here, this vehicle can transport these forms of support through varying pathways – through being of assistance to help them execute their daily obligations, through helping them with financial assistance when need be, through giving helpful pieces of advice to help them scale difficult situations, as well as an all-round knowing presence of their availability when required.

Taylor (2011) stresses social support to mean a perceived or an experienced feeling as a result of “mutually supportive social network”, which can be

evident in the overall wellbeing of the said individual or group of people.

Furthermore, House et al., (1988) expand on social support by viewing it as both emotional and instrumental avenues of building quality relationships. It is a knowing or an awareness that the availability of people's support can lead to positive adjustments in trying times. Cohen and Syme (1985) show us the impact that it has on other constructs like health, knowing full well that this can be reflected in the marital health and by extension, the marital satisfaction of the couple, thereby easing stress (French et al 2010).

Support meted towards a couple not only results to satisfaction, but leads to a healthy sense of stability because of the cushioning effect that support brings (Langford et al., 1997). Rostami et al., (2013) make us see how the presence of support averts negative occurrences to a degree, by classifying social support as a reinforcing drive to enhancing marital satisfaction.

Also, a major focus of this study is on marital satisfaction. Here, it is on how a couple can attain work-family balance guiltless without being constantly overwhelmed by the physical and emotional expectations around them. (Saginak and Saginak, 2005). Other studies have looked at variables like intimacy, spousal support, age, division of labour, income as key predictors that can be linked to marital satisfaction (Patrick et. Al., 2007).

Marital satisfaction has been tested using other measures such as The Revised Dyadic Adjustment Scale (RDAS), The Satisfaction with Married Life Scale (SWML), but this research will test this variable with another scale. It is key to note that the concept of marital satisfaction has varying cultural approaches. What may be martially satisfying in one culture may differ in another (Al-Darmaki et al., 2016).

Herawati (2016) assert that marital satisfaction is important in realizing marital happiness, which implies that marital dissatisfaction leads to “strain in marriage interaction”. (Ibeh et al. (p 182. 2019) if the marriage has children, the ripple effect of marital satisfaction will be seen in their wellbeing.

Attention has been on the role social support does to enhance, marital adjustment, Abbas (2019), marital quality, Cutrona (1996), family functioning, Angley and Diynay (2016), marital conflict mediation, Baytemir et al. (2018) among others. This analysis intends to create routes that are easily accessible to couples in metropolitan cities like Lagos to attain marital satisfaction.

### **Statement of the Problem**

There is the need for social support for marital satisfaction among working couples in Lagos. This is because of the obvious burnout, depression, social anxiety, and the absence of work-life balance that is experienced by couples in Lagos. Agwaibor,(2021) Marital dissatisfaction linked to work-related stress and lack of social support has led to depression among couples (Whisman, 2001) There are other areas that can be linked to marital dissatisfaction such as finances, sex etc. but there is also a lot that social support can contribute to marital satisfaction. A reduction of stress for individuals and couples contribute to marital satisfaction (Duba et al., 2012).

From my findings thus far, very little research is available on the role of social support for marital satisfaction. Evidence to support this research problem is the increasing divorce rate in Lagos which has also become a social taboo. The Rate of Divorce in Nigeria: Latest Statistics (2020) there is a heightened level of intolerance and incompatibility among couples which can be better managed with the presence of social support.

To have an in-depth understanding of the problem we are faced with; let us look at the definition of the key terms. They include role, social support, marital satisfaction and working couple. According to Shah (2017), a role is the obligation that is socially expected from an individual or group towards another individual or group. This goes to show that if marriage and marital satisfaction is treated as a communal interest just as weddings are treated in most instances, it is essential that everyone obligated to performing any form of social support to ensuring a couple's marital satisfaction should make this a healthy objective. By this, being mindful of healthy boundaries in place in order not to allow social support become toxic interference.

Another term is “social support”. Williams, (2005) alludes that it is a broad concept that transcends from

being a commodity to being relational. It could be the physical items or relationship offered for support which should yield to positive results.

Marital satisfaction according to Collins dictionary (2022) is when people who are married experience the pleasure of living with each other peacefully without fighting or arguing. Working couples, referred to as dual-career couples by Petriglieri (2019) are couples who both work full-time.

Having an overview of what the salient terms in our research means, gives us an understanding as to how the trajectory of this project is set to take. To this end, this study has identified the problem that lack of social support contributes to marital dissatisfaction among working couples living in Lagos metropolis. From the existing data, there are other approaches earlier highlighted that have been taken towards addressing this problem, but there is a gap, and it is the need to promote the importance of social support for couples as these systems rightly placed, can alleviate some of the stresses that couples living in Lagos face—hence where this study comes in. It is important that this gap is filled because there are clear benefits this will bring about for couples, but ultimately marital satisfaction.

### **Aim**

This research seeks to show the part that social support can play in bringing about marital satisfaction among working couples in Lagos.

### **Objectives of Study**

This research's objective is to realize the following:

1. To assess the relationship between social support and marital satisfaction.
2. To examine the difference between genders to how they experience marital satisfaction.
3. To examine the effect of social support on marital satisfaction among working couples in Lagos.

### **Purpose of the Study**

The purpose of this study is to relate how social support can affect marital satisfaction among working couples in Lagos. The need for marital satisfaction cannot be overemphasized and one way to cope with

the peculiarities of Lagos is the availability of social support.

In this light, this study will test the social support theory which as earlier stated postulates the importance of the available resources given by other people considered to be a support system, whether received or perceived. Schwarzer and Leppin (1988) makes us realize that understanding that as humans, we share several things in common, allows us to empathize and be present for each other. Being social beings, we cannot thrive by ourselves without the various forms of aid that we receive from others. Morgan (2015) Thus, this study will address the way social support theory absorbs and integrates large and small-scale impacts on working couples with much emphasis on supportive relationships. Kort-Butler (2017) Empirical studies on social support theory have helped to address several other issues ranging from crisis intervention, Vaux (1988), to reduction in crime rate, Kort-Butler (2017) to the diverse sub-theoretical aspects of social support. Stewart (1989). Through all the other empirical studies, several results have been found, but a key point remains, to see if there is a positive correlation between social support and marital satisfaction? Hence, this theory is therefore key to this study and serves as an appropriate framework to explore how working couples benefit from support.

Studies have proven that the relationship that exists between a couple can become at risk of losing the necessary touch because of several areas that they need adjusting to, for instance new parents need support to adjust into this new phase of their lives as they manage the perks and stresses that come with parenting, their relationship as a couple, coupled with working. (Hunter & Parker (2011)

### **Significance of the study**

The benefit of this research work is that it will give the respondents the opportunity to reflect over the questions which is a steppingstone for them to understand and to assess if it has contributed in any way to marital satisfaction or not or, how essential support can be for them. Through this, this study intends to identify the key areas needed for couples to get the social support that can help them alleviate the resulting factors of the absence of social support. In a world whereby a stable economy, the communal relationships, and support is becoming so difficult to experience, it is pertinent to revive the communal

culture so that as satisfaction is being experienced within the homes, the ripple effect can be felt within the society at large.

### **Scope of the Study**

The study will focus on respondents who are married and live in Lagos. The ages of the target population will be between 20-65 who have at least the basic education; at the primary school level. This will most likely be an indication that they can easily comprehend the questions asked. The data for analysis will therefore be obtained via a questionnaire.

### **Theoretical Framework of the Study**

#### **Social Support Theory**

A lot of credit must be given to researchers who have done enormous work on social support. The theory is not vague in the world of applied research. Community-driven societies have benefitted immensely from the proceeds of the work done on this subject.

To expatiate further, Lakey highlights “perceived support, enacted support and social integration”, with perceived support as the assumption that family and friends will be present in difficult situations, enacted support lay emphasis on specific support-denoting acts, and social integration mirrors the relationships formed through marriages, religious organisations, workplace etc. (Lakey, 2017).

Thoit (1985) opines that social support theory is a “resistance factor” that reduces the impact of life’s unpleasant occurrences on mental state. Cooke et al., (1988) point the need to examine what the family’s perception on the kind of social support they receive is e.g. emotional support or the sources from which it is got e.g. friends or relatives.

Taking a look at the chronological angle of social support, credit is given to John Barnes for introducing this framework in his study of social network with the “western Norwegian village of Brennes”. From his observation, every individual creates a social network for himself. Others give credit to John Bowlby and Mary Ainsworth for contributing to social support to what it has become today. Norville, (2017, p. 91)

Pytel (2020) agrees will prior perceptions that individuals make intentional moves to look for

support and what may be seen as an entitlement mentality may be a pointer to the absence of social support. Also, Verhofstadt et al (n.d.) mentions how social support can serve as a useful tool in the process of intervention. Unger et al. (1996) posit that couples experience less, anxiety, depression and hopelessness at the outset of mid-life and onwards and need social support from loved ones.

To support this, Richer et al. (2014) emphasizes the unavoidable nature of stress. One cannot emphasize the increasing number of individuals who go through stress alone and in their isolation, it may appear as though they “have people” around them. There is also the increasing perception in this social media age that we are connecting more as humans from the number of likes and followers, but this has affected people from building actual social networks.

The breakdown of the communal system is having significant impact on several aspects of the home: especially mentally and emotionally among other areas. Today, privacy is promoted in a way that removes any form of positive interference because people are self-sustaining, but the repercussion of extremities such as this is that although boundaries are essential for every couple, couples need support, still.

### **The Dynamic Goal Theory of Marital Satisfaction**

Li and Fung (2011) identify that marital satisfaction is gaining traction in drawing the attention of scholars and individuals, alike. This theory postulates several goals in marriage ranging from personal growth goals (prevalent among young couples) to instrumental goals (in middle age) and companionship goals evident in older couples. To achieve these goals, the method of communication, the steps taken to solve problems and other things beyond their control can contribute to optimizing the attainment of these goals or not.

Skowronski et al., (2014) go further to explain that the theory shows how couples go on to find true satisfaction when goals that are set are achieved, in the presence of social support, thus inferring that external support can help achieve or frustrate these goals, leading to satisfaction or dissatisfaction.

With this in view, one can see how social support can be utilized to help couples attain their dynamic or ever-changing goals as it pertains to different areas of

their lives at varying phases of their marriage. The past works upon which this study erects as its foundation has explored several variables in relation to marital satisfaction. A five-decade compilation of studies indicate that some of the catalysts for marital satisfaction includes, compatibility, similar interests, religion and being able to communicate effectively (Billingsley et al., 2005). Through the years, experts and couples have veered into understanding what techniques or phenomena lead to an increase in the rate of marital satisfaction and a decrease in its dissatisfaction (King, 2016).

However, the bulk of the work done are mainly in the western part of the world. Making this study look into the area of cross-cultural validity and how applicable these findings are in this part of the world especially one largely influenced by cultural expectations. Zentner (2017). In a world where a collectivist mindset is championed because of the grouped systems, it is key to adapt these past research to the cultural domain even as we see an increasing breakdown of this belief system, as the “brother’s keeper” way of thinking is almost non-existent in many parts. Branscombe and Baron (2017).

Also, even though navigating work is not a new phenomenon, for men and women alike, the rigid nature of work time frame, the stress of going to and returning from work in Lagos has led to – no ample time for couples to spend together except they are really intentional, but support can go a long way to making a difference.

### **The Availability of Family and Friends in Fulfilling Social Support Obligations**

To the best of my knowledge a gap in previous studies is in the area of making clear if indeed there is availability of actual social support or it is more implied than present.

Tramonti et al., (2015) posit that the sheer presence of social systems does not in actuality mean that individuals receive support. What is paramount is that it should be evident in quality that people receive and give support. How do we measure availability in its actual state versus perceived state? Is it based on frequency or the quality? These are some of the things that come to observation.

Scat (2021) opines that the type of social support can either add more stress to an already chaotic marriage

or lessen it. Even good intentions from a supporter if not received well may cause havoc. For instance, one couple may see an extended family member in their home as an extra hand of help, another couple may see them as a burden.

In agreement, Barton et al., (2014) note the growing shift present in the culture with regards to a dwindling level of communal ties within the society which has affected the availability of social support. Every couple needs a social capital of which the increasing deficit is leading to the struggle to thrive and gain marital satisfaction (Wellman & Wortley, 1990). It is key to note that how these support systems will offer support will vary from couple to couple, and will differ in the level of trust, commitment, attachment, and exchange as at when necessary (Furstenberg, 2005)

The issues of trust, or being taken advantage of has led many couples not to seek for help. For instance, where a couple needs financial support and the third party lays heavy conditions on the support, this may affect their perception of seeking support. With regards to getting therapeutic help, there is also the transference of distrust from everyday experience to counseling which will require the reassuring skill of the counselor with time, so that the gap can be bridged.

In questioning the availability of family and friends, the issue is, who is building this support system, the couple or the family and friends or both parties? Who ensures or lightly put, encourages the availability of the support system? To a large extent, both teams, in different measures when looked at through symbiotic lenses. For family and friends to be available to render help, the couple need to create the atmosphere.

However, it is more likely that family members will give support from an unconditional mindset than friends. Family will easily help a couple babysit their child without flinching. Also, it may be the other way around for some other people (Rozer et al., 2016). For someone with strained family relationships, their friends or colleagues at work may be their primary support system. So, this will depend on each couple. Also, proximity to the couple, may help to establish and deepen the relationship with them. Proximity permits physical interaction, building a quality relationship and trust. Some may argue that physical proximity will be secondary to willingness to support (Brannah & Mont, 2022). These different studies

have helped to highlight the need for couples to first be available for each other in different capacities, create a favourable environment where support can be received which may start with intentionally growing a social network and noting that regardless of experiences of trust being breached, the need for finding the right support system is key. Although a couple will benefit greatly from support externally, couples should first make it a point of duty to be there for each other as a means of knowing how best they ease each other's burdens and note areas where external support can be useful.

Yedirir and Hamarta (2015) note that the support that couples share, impact the marriage. This support serves as the grease needed to prevent incessant frictions in the marriage. Spouse support also solidifies marital bond and in turn leads to satisfaction. This support may require adjustment periodically as situations demand. Herawati (2016) A vital step to take in establishing the need for social support is to establish a solidified communication system. Through the way couples interact, it can affect the longevity of their marital stability. Gottman et al., (1988) Relationships are more likely to become estranged where there is no quality support. Lawrence et al., (2008) From adjusting and alternating certain roles, to understanding the uniqueness of their relationships, it is evident to establish the support culture from home.

Naurert (2010) expatiates on the need for the right amount of support to be given. Where necessary, either of the spouses should ask and in turn offer the right amount of support in order to avoid a decline in the level of satisfaction. Beyond this is the issue of the consequences of lack of support—it makes dealing with life challenges become an ordeal for the couple. Outside of marriage, couples need people, family, friends, therapists etc. to be of help to them. When social support is lacking, there are signs ranging from endless arguments, feeling of dissatisfaction, incessant complaints, loss of emotional connection, and lack of sexual relations amongst others. Better Health, (2021)

Ryan et al., (2015) point out the impact of no support on the physical health leading to cardiovascular related illnesses, cancer and sometimes death and the mental health related illnesses, resulting to unhealthy behavioural patterns. The attempt to build a career and marriage side-by-side requires a lot of support of

which a lack of it can be detrimental to the physiological and the psychological wellbeing of the individual.

Another study gives insights into the decline of social support as a result of the downward slope at which the traditional family system has trodden. There is an increase in single-parenting, cohabiting etc. which is significantly championing an individualistic rather than a communal outlook to family building that encourages support. Lumen learning (n.d.) Single parenting by choice for instance or even the idea of 'power couples' especially on the internet are painting support as secondary because of the perception or putting up a front of being able to do everything independently.

Okoli (2019) highlights one of the effect of this decline as an evidence of the increasing state of depression in marriages, characterized by a constant need to drag through each day and an increase in anxiety. The absence of social support is also a catalyst for tension leading to poor conflict resolutions. Evident in thriving homes is the presence of support to help alleviate tension (Arifain et al., 2021).

Another effect is evident in the quality of life. Research shows men struggle more from the pressures around them, leading to the negative results on the health of their marriage (Wang et al., 2018).

Rhyne, (1981 p. 941) looked at the measure of marital satisfaction using society's scale. There seems to be a gender disparity in the perception. This study opined that the difference is in the 'degree rather than in kind', for both genders in different areas. Marital satisfaction transcends equipping each other with financial or communication skills. The way marriage is wired, support is necessary to cushion these skills through varying seasons in the marriage; resulting in stability at home and efficiency in the workplace.

General perceptions on age and marriage, is that in getting married earlier, some may not possess the necessary preparedness to make the home stable. The viability of this assumption gives room for further investigation to see if truly age has an effect on marital satisfaction (Lee, 1977). Walker et al. (2013) mention that older couples get more satisfaction if they are in good health. Being unwell can mar their chances of satisfaction. Support thus lessens the

stress that physical aging or ill health can have on the couple. A key way to ensure that this category gets social support is through establishing support systems within their extended family system. Also, the government can create the right retirement systems for the older demographic and create systems in place for non-government workers such as ethically conducive old people's home especially if they have no access to family support.

Bookwala (2004) states that younger couples are prone to depression than older couples as there is a decline in marital conflict as couples get older. An alternative notion points out the need to not overgeneralize that younger couples are less maritally satisfied. It could be argued that older couples are only deepening companionship as they veer towards the end of life's cycle. Margelisch, et al. (2015); Anahit a et al., (2016); Meredith, (2019) and Azhar (2022) opined that a wholesome marriage where support in all forms exists leads to marital satisfaction. In sum, age may play a part, not by itself, but with other accompanying variables; economic, social, individuality (personality), religious beliefs etc. The support that a couple will give each other transcends age.

Much of the decline or lack of support stems from lack of awareness. There is the need for organisations to be aware of how to merge the balance between how employees can navigate workplace and family successfully. According to Agnosti et al. (2019) awareness in the workplace on the issue of social support will enable "a positive interaction between work and private life, contribute to high overall employee well-being, higher job and life satisfaction, a greater family functioning..." (para. 2) An area for further research is to identify the outcome that family-oriented organisations notice in their profit margin as against organisations who do not prioritize employee satisfaction in this regard. This can occur when employers keep to the terms of contract, do not make them work past the time frame or encourage the habit which may be a disguise to organisational commitment when they are using that as a means to run away from family issues. Having an in-house counselor for the employees can go a long way in shaping their individual and family life, thus immensely contributing to the growth of the organisation. Villa and Prette, (2013); Sharma and Suresh, (2021); Daraeid and Mohajery (2013) mention the need to equip one's self with skills that

encourage social support and to know – if they are proactive, reactive or empathetic; as knowing helps to see where to work on with the benefits in view serving as the valence for the motivation to offer support.

There is also the understanding that much of the current financial situation in the economy has a lot to play in marital dissatisfaction and rather than being at the receiving end of the pressures, couples can find a way to create marital harmony.

Thus, couples who are dual-income earners will seek to find ways to ease each other's labour by "developing a mutually agreed upon division of household labour and financial arrangement". To ensure a fine balance between work, "domestic labour and marital satisfaction" (Steven et al., 2001 p. 514) It will be a win-win for employers and employees to recognise and embrace the work-life culture. Some organisations are already creating crèches and after-school areas for instance to allow employees with toddlers stay focused knowing their children are within safe reach.

Observing between the couple versus society from previous studies, is it a couple that perceives that they are satisfied? Does the society have a say in objecting a couple's marital satisfaction peradventure they (the couple) do not meet certain societal expectations? Hendrick, (1988), p. 93); Kiger et al (2001) show that couples determine to a large extent their marital satisfaction. On the other hand, the society views marital satisfaction in phases. There is the assumption that satisfaction is high in what is termed the honeymoon phase. (Gotiman et al, 1998 p. 5)

(Baht et al., 1983 p. 796) assert that older couples tend to be maritally satisfied largely due to achievements made through the years in the marriage and the experiences they have formed. Also, there is the notion that younger couples may be maritally satisfied in some degree to older couples e.g. with regards to sexual fulfillment. It is evident that a standard measurement scale will help block possible loopholes that can result to a sugarcoated or exaggerated view, more than what may be the reality. Ordinarily, asking how satisfied a couple is or using the varying cultural yardsticks of the society with its complexities to judge couples' marital satisfaction and not being mindful that there are idiosyncrasies in every couple, may result in biased responses only a scale can take care of.

Smith et al. (2015 p. 212) state that social support has not had any positive effect on the rate of divorce. It has however created systems to make people feel "understood, valued and worthy ... does not just make people psychologically happier, it also makes them physically healthier". It is pertinent to note that support does not only come in handy in adverse states. Even in celebratory or milestone situations, people need support. Studies link satisfaction to repeated positive experiences. It leads to validation and for couples, it strengthens their relationship. Smith et al. (2015). Hogg and Vaughan (2014 pp. 529, 571) throw light on the need of social support when a spouse is caring for an ailing partner; when a couple are at the brink of a dissolution also. Taking to mind that for instance, a breakup does not happen abruptly, the social support present in the life of the couple can interrupt the dissolution process which occurs from an intrapsychic phase (where a neutral third party can help with the right suggestion) to the dyadic phase where 'threat' to leave if there is no consensus occurs, then the social phase where wrong interference can lead to a dissolution and the final grave-dressing phase where there is a finality to the relationship which will require a great amount of social support to help manage such situation.

In sum, the varying scholarly contributions have made it clear of the need for this study. Giving it a good foundation to conceptualise that social support has a link in marital satisfaction especially for working couples in the metropolis.

## Research Questions

The central question is – what are the roles of social support in ensuring marital satisfaction among working couples in Lagos?

The following are sub-questions:

1. Is there a link between social support and marital satisfaction among working couples?
2. Is there a difference with how males and females experience with marital satisfaction?
3. Is there an effect of social support on marital satisfaction?

## Research Hypotheses

1. There will be a relationship between social support and marital satisfaction among working couples in Lagos.
2. There will be a significant difference between males and females with marital satisfaction.

3. There will be a significant effect of social support on marital satisfaction.

## METHOD

Having done a thorough review on past literature relating to the subject and highlighted the goal of this research work to assess the role of social support on marital satisfaction among working couples amid other objectives, in this chapter, this study delineated the following subtopics that were used to carry out further research. They include, the setting, sampling and participants, instrument for data collection, administration of the instruments to respondents, method of data collection and data analysis, limitations and delimitations, ethnical consideration and expected outcome of research, in no order.

### The Setting

Lagos is regarded as a city that never sleeps, which means that it encourages the need to work tirelessly as there are never-ending opportunities for people to explore and boost their income and in turn the economy. Hence, it is not so common to not find a couple that has one person not trying to pull their weight to attaining this goal. All hands are on deck to attaining financial freedom. There are consequences of this that transcends physical exasperation and can also cause marital dissatisfaction. Most couples are as good as house mates as there is an increasing lost in touch because of how Lagos as a city with its idiosyncrasies stifle marital harmony, marital health and in turn, marital satisfaction. The demands from working in Lagos makes time almost an impossible resource which affects or threatens marital satisfaction. Kolo et al. (2021)

To this end, a clear and feasible statement of problem for this project was that from the preceding points stated, these issues helped to present a challenge worthy of scholarly enquiry which was one that this study tackled by addressing the impact that the absence or presence of the role of social support has on working couples in Lagos State.

### Sampling & Participants

The participants were selected through convenience sampling and the criteria that was required to partake in the study was that the individuals must be living in Lagos, be married and be between the ages of 20-65 years and should be able to read English language. The sample size was obtained from the data got from

the estimate number of the population of married people living in Nigeria equating the same percentage to that of the population size of people in Lagos got from the following metadata—according to Nigeria Data Portal (n.d.), 50.01% of Nigerians are married and given that there is a resource constraint of getting the exact population of married people in Lagos, the same percentage was used to estimate the population of married people in Lagos, when used against the current data of the population of Lagosians according to Sasu (2022), the estimate population of married people was therefore 7,701,540 out of 15,400,000 hence, with this the sample size was derived using the population proportion of 0.5001 which is the decimal value of the above fraction. With a precision level of 8% and a confidence interval of 95%, Z value of 1.96, the formula by My Easy Statistics (2019), was used to arrive at the sample size gotten which was 150.

### Instrumentation

The first part of the questionnaire was curated with the view of meeting the specific necessities of this research, using the information presented in the National Population Commission (NPC) & National Malaria Elimination Programme (NMEP) (2018), as a guide for the basic demographics of the respondents which include age, gender, educational qualification, years of marriage, and employment status.

The second part of the questionnaire by (Zimet et al., 1988) is the Multidimensional Scale of Perceived Social Support (MSPSS) which is a 12-item measure with three subscale structures: Family, friends and significant other. It uses a 7-point Likert scale (1= very strongly disagree, 7= very strongly agree). This allowed this study take note of the degree of perceived support, low, medium, and high respectively. This scale showed properties that are very relatable in this part of the world. It is said to have a “good internal and test-retest reliability, good validity with ( $r=.85$ ) and internal reliability (Cronbach alpha  $=.88$ ) ....” in that it adequately measured other constructs from past research. (Agoha et al., 2015)

These three sub-scale structures that is contained in the Multidimensional Scale of Perceived Social Support (MSPSS); Family, Friends, and Significant other, was useful for ascertaining the various findings from the responses whereby those with the lowest

scores were grouped under low perceived support, those with the median score were grouped under medium support and those with the highest scores were grouped under high support.

MSPSS was originally constructed to measure social support - to see how a person perceives the amount of social support they get externally. For instance, "There is a special person who is around when I am in need", "I get the emotional help and support I need from my family." Participants responded on a scale from 1 (Very Strongly Agree) to 7 (Very Strongly Agree). Those who picked the higher number showed a higher perception of social support.

Some of the psychometric properties of Multidimensional Scale of Perceived Social Support (MSPSS) are seen in some other studies. For instance, "high internal consistency was said to be demonstrated and factor analysis confirmed the three subscale structures that are evident in MSPSS." Zimet & Canty-Mitchell, (2000) In another study, MSPSS showed high internal consistency, the scales were confirmed also to have significantly correlated with the measures of the variables in a way that supported the construct validity. Eker & Arkar, (1995)

To measure the dependent variable, employed by (Schumm et al., 2008) marital satisfaction, the study employed the Kansas Marital Satisfaction Scale (KMSS) which is a 3-item scale by authors; and it measured marital quality. For instance, "How satisfied are you with your relationship?" On a scale of 1 (Extremely dissatisfied) to 7 (Extremely satisfied).

With regards to the psychometric properties of KMSS, a study stated that "all corrected item-total correlations were in acceptable range, all three factor loadings were significant and in the expected direction. It correlated in the expected direction and significantly correlated with the variables, thereby indicating an acceptable convergent validity." It had a Cronbach alpha coefficient of 0.901 This is evident that KMSS can be regarded as a psychometrically sound instrument for this study, which eventually was so. Omani-Samani et al. (2018). There are several studies that have been done within Nigeria that used both the MSPSS and the KMSS; example studies include Agoha et al. (2015) and Effiong et al (2016) respectively. The former was used to investigate perceived social support among university students to understand why they are faced with stress,

psychometrically, it has "a good test-retest reliability ( $r=.85$ ) and internal reliability (Cronbach  $\alpha=.88$ )" as earlier stated and the latter KMSS has a test-retest reliability ( $r=.88$ ) and (Cronbach  $\alpha=.84$ ), for marital satisfaction, for how "satisfied or dissatisfied pregnant women are in pregnancy."

### Method of Data Collection

After deriving the sample size, the first step that was taken was to get 156 questionnaires printed out for the survey. Afterwards, a plan was mapped out on paper as to how to give out the questionnaires. The goal was to reach at most 20 people per day within a space of nine days excluding Sunday. However, it spanned 9 days and took two weeks to completely administer all the questionnaires. Of the 156 respondents that partook in the research, 1 was considered invalid due to inconsistency in age and years of marriage. 58 of the respondents are members of staff, customers and sales representatives in Learn Rite Publishers Ltd., Ojuelegba and Lawanson, Surulere, nine of the respondents are members of staff of Printpact in Egbeda, 10 of the respondents were within Yabatech community, 17 of the respondents were within University of Lagos community, five of the respondents were within Shoprite premises, Surulere, six of the respondents were from Apostolic Faith, Anthony village, three of the respondents were from Lagos Multidoor Courthouse, Lagos Island; some of the sales reps from Learnrite Publishers Ltd, partook in giving out some of the questionnaires, the different areas include; Ikotun-Egbe (8 respondents), Surulere-Itire (10 respondents), Ikorodu (10), Ejigbo and Idimu (10), Ikotun-Ijegan (9). In administering the questionnaire which contained a consent form, the participants signed to indicate willingness in participating in the study. Thereafter, the questionnaire was completed by the participants. It was mentioned repeatedly that they should not put anything that may give off their identity as the data was to be treated anonymously. In the consent form, it was also stated that in between filling out the questionnaire, they were in no way compelled to finish it.

### Data Analysis

Using the MSPSS scores, the respondents were divided into three equal categories that entailed: low perceived support, medium support, and high support alongside the KMSS which were categorized into: how satisfied are you with your marriage? How

satisfied are you with your husband/wife as a spouse?  
How satisfied are you with your husband/wife?

The data was analyzed with SPSS. Results reported both the descriptive statistics tests and the inferential statistics tests. With the former, the study was able to describe the data while with the latter, an estimation was made, and the study deduced evidence that are in support of the earlier stated hypothesis.

### Limitations and Delimitation

The limitation of the study were things beyond the control of this research process which began from the mode of data collection. It was not attempted by working individuals who reside in Lagos and are equally married but are not literate to a good extent in English language, hence, we were unable to get the perspective of those in that demographic range. Also, time constraint made it difficult not to administer questionnaires in certain areas that the study hoped to reach because of start and end time of working hours

in Lagos state and the notorious traffic jam that makes it difficult to access people easily—this was one delimitation. An alternative to the survey would have been interviewing couples but the availability, willingness and time were still hindrances to using that method, hence, the rationale behind the study making use of the questionnaire method, which was greatly used to give what was expected of the data collection and analysis.

### Ethical Consideration

In this research process, it is noteworthy to mention that participants were in no way coerced or given any monetary compensation to engage in the research process, hence making the entire data one that was willingly given by each respondent. Measures to ensure anonymity were put in place. Participants were also reassured of the purpose for the collection of data—for research purpose. The research was done in accordance with the APA rules.

## RESULT

### Descriptive Statistics

Several demographic characteristics where key yardsticks for the respondents that partook in the study. Below includes the breakdown of the focus areas for this study demographic characteristics, and the descriptive statistics for the categorical data.

**Table 1**

*Frequency and Percentages of the Age-Groups of the Respondents*

| Age group | Frequency       | Percent | Valid Percent | Cumulative Percent |
|-----------|-----------------|---------|---------------|--------------------|
| 20-25     | -- <sup>a</sup> | --      | --            | --                 |
| 26-31     | 5               | 3.2     | 3.2           | 3.2                |
| 32-37     | 16              | 10.3    | 10.4          | 13.6               |
| 38-43     | 39              | 25.0    | 25.3          | 39.0               |
| 44-49     | 49              | 31.4    | 31.8          | 70.8               |
| 50-55     | 26              | 16.7    | 16.9          | 87.7               |
| 56-61     | 11              | 7.1     | 7.1           | 94.8               |
| 62-65     | 8               | 5.1     | 5.2           | 100.0              |
| Total     | 154             | 98.7    | 100.0         |                    |

<sup>a</sup>n= -- No participant was found for between 20-25

The mean age is 4.91 with a standard deviation of 1.374. One participant did not indicate any age group.

**Table 2***Frequency and Percentages of the Gender of the Respondents*

| Gender | Frequency | Percent | Valid Percent | Cumulative Percent |
|--------|-----------|---------|---------------|--------------------|
| Male   | 78        | 50.0    | 50.3          | 50.3               |
| Female | 77        | 49.4    | 49.7          | 100.0              |
| Total  | 155       | 99.4    | 100.0         |                    |

The mean of the gender was 1.50 with a standard deviation of .50

**Table 3***Frequency and Percentage of the Educational Level of the Respondents*

| Educational Level | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------------|-----------|---------|---------------|--------------------|
| Primary           | 3         | 1.9     | 1.9           | 1.9                |
| Secondary         | 33        | 21.3    | 21.3          | 23.2               |
| Tertiary          | 119       | 76.3    | 76.8          | 100.0              |
| Total             | 155       | 99.4    | 100.0         |                    |

The mean of the educational level is 2.75 with a standard deviation of .47

**Table 4***Frequency and Percentages of the Years of Marriages of the Respondents*

| YearsOf Marriages | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------------|-----------|---------|---------------|--------------------|
| 0-5               | 22        | 14.1    | 14.3          | 14.3               |
| 6-11              | 39        | 19.2    | 19.5          | 33.8               |
| 12-17             | 42        | 26.9    | 27.3          | 61.0               |
| 18-23             | 30        | 19.2    | 19.5          | 80.5               |
| 24-29             | 16        | 10.3    | 10.4          | 90.9               |
| 30-35             | 13        | 8.3     | 8.4           | 99.4               |
| 36-41             | 1         | .6      | .6            | 100.0              |
| Total             | 154       | 98.7    | 100.0         |                    |

The mean of the years of marriage is 3.20 with a standard deviation of 1.48.

**Table 5***Frequency and Percentages of the Occupation of the Respondents*

| Occupation    | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------------|-----------|---------|---------------|--------------------|
| Employed      | 85        | 54.5    | 56.3          | 56.3               |
| Self Employed | 66        | 42.3    | 43.7          | 100.0              |
| Total         | 151       | 96.8    | 100.0         |                    |

The average score of the occupation is 1.44 with a standard deviation of .49 four of the respondents did not indicate their occupation.

### Reliability Analysis for the MSPSS and KMSS

Cronbach's alpha for the 12 MSPSS items and three KMSS items were .84 to .85 and .89 to .90 respectively.

### Inferential Statistics

#### Hypotheses Testing

This subsection will present hypotheses tested, and the analysed results. In Hypothesis 1, Pearson's Correlation Analysis (Parametric test) was used to see the relationship between social support and marital satisfaction. Also, in Hypothesis 2, Independent Samples t-test was used to see the difference between males and females with marital satisfaction. Lastly, in Hypothesis 3, Linear Regression was used to see the impact that social support has on marital satisfaction.

**Hypothesis 1:** There will be a link between social support and marital satisfaction.

A Pearson correlation coefficient was done to observe the link between social support and marital satisfaction. From the results gotten from the output, social support has significant positive correlation with marital satisfaction ( $r = .21$ ,  $p < .05$ ) Thus hypothesis 1 which states that "There will be a relationship with marital satisfaction," is accepted.

**Hypothesis 2:** There is a difference between males and females with marital satisfaction.

An Independent Samples T-test was used to compare males and females with regards to marital satisfaction. There was a significant difference in the scores for males ( $M = 19.63$ ,  $SD = 3.10$ ) and females ( $M = 18.01$ ,  $SD = 4.18$ );  $t(140) = 2.61$ ,  $p = 0.002$ . With a p-value of 0.002 which is less than the significant level ( $p < 0.05$ ), this allows the hypothesis 2 that states that "There is a difference between males and females with regards to marital satisfaction" to be accepted.

**Hypothesis 3:** There will be a significant impact of social support on marital satisfaction.

**Table 6**

*Regression Analysis Table for Impact of Social Support on Marital Satisfaction*

| Variable   | B     | 95% CI        | $\beta$ | T    | p    |
|------------|-------|---------------|---------|------|------|
| (Constant) | 15.04 | [11.67 18.41] |         | 8.84 | .000 |
| SSP        | .062  | [0.00, .116]  | 0.20    | 2.27 | .25  |

Table 6 shows that the independent variable; social support significantly predicts marital satisfaction, indicating that social support has a significantly positive impact on marital satisfaction ( $B = .062$ ,  $t = 2.27$ ,  $p < .05$ ), therefore hypothesis 3 is accepted.

### Discussion

Doing marriage in a metropolitan city like Lagos can be cumbersome. Being a working couple adds its own weight to the determinant of marital satisfaction or dissatisfaction. Prior to embarking on this research journey, there was a light bulb moment of exploring the wealth of social network within the context of marriage in a world fast becoming individualistic.

This research aimed to unravel the possibility of harnessing the role of social support on marital satisfaction among working couples in Lagos – a key aspect of social functioning. Theories like social support theory, the dynamic goal theory of marital satisfaction were used to determine the realization of the aim of the study. Both Multidimensional Scale of Perceived Social Support (MSPSS) and Kansas Marital Satisfaction Scale (KMS) adequately

measured these variables – social support and marital satisfaction. This study aligns with past studies on marital satisfaction and has gone further to accentuate the importance of social support as a key construct in influencing marital satisfaction. Policies in workplace, through family bills and laws can help to create awareness on the need for social support to be realised in a metropolitan city like Lagos.

### Recommendations for Future Research

Research on workable policy implementations; using town hall meetings at grassroots incorporating work-family balance in organisation's work culture as a long term means for productivity, job satisfaction and organisational commitment should be considered. Other cities in Nigeria can be researched upon taking into cognizance cross-cultural or inter-tribal differences that will occur.

### Contribution to Knowledge

Among the notable contributions made in this research is in identifying the gap that social support can fill in bringing about marital satisfaction. It communicates the need to revise policies around family-work models. It has also created the space for psychologists from different fields; social, counseling, industrial-organisational etc. to apply certain psychological principles that can enhance stability and satisfaction within these institutions (family and workplace) which will contribute immensely to job creation opportunities within the field.

### REFERENCES

- Acitelli L.K., &Antonucci, T.C. (1994). Gender Differences In The Link Between Marital Support and Satisfaction in Older Couples. *Journal of Personality and Social Psychology*, 67(4), 688-698. <https://doi:10.1037//0022-3514.67.4.688>
- Agosti, M. T., Anderson, I., &Janlov, A. (2019). "The Importance of Awareness, Support and Inner Strength to Balance Everyday Life" – a qualitative study about women's experiences of a workplace health promotion program in human service organisations in Sweden. *BMC Women's Health* 19(7) <https://doi.org/10.1186/s12905-018-0704-z>
- Agwaibor, S. (2021, June 21). Lagos Ranked World's Second Most Stressful City. *The Punch Newspaper*. <https://www.google.com/amp/s/punchng.com/lagos-ranked-worlds-second-most-stressful-city/%3famp>
- Al-Darmaki, F. R., Hassane, S. H., Ahammed, S., & Abdullah, A. S., Yaaqeib, I. Dodeen, H. (2016). Marital Satisfaction in the United Arab Emirates: Development and validation of a culturally relevant scale. *Journal of Family Issues* 37(12), 1703-1729
- Anahita, T. B., Sadat, I.A., Fini, I. A., Hamidreza, G. &Neda, M. A.(2016). The Marital Satisfaction and its Relative Factors Among Older Adults. *Nursing and Care Open Access Journal*. 1(4) 63-67 [doi.org/10.15406/ncoaj.2016.01.00018](https://doi.org/10.15406/ncoaj.2016.01.00018)
- Arifain, S., Yusof, F., Aziz, S. &Suhaini, N. (2021). The Influence of Social Support on Marriage Satisfaction Among Working Women in Selangor, Negeri, Sembilan and Melaka. *International Journal of Academic Research in Business and Social Sciences*, 11(2), 587-595 [doi:10.6007/IJARBS/vii-i2/8874](https://doi.org/10.6007/IJARBS/vii-i2/8874).
- Asekun, W., &Alaba, M. (2019). Psychosocial Correlates of Marital Satisfaction Among Selected Couples in Lagos Metropolis. *Nigerian Journal of Social Psychology*, 2(3).<https://nigerianjsp.com/index.php/NJSP/article/view/40>
- Azhar, M. (2022). Health Benefits of EarlyMarriages. *MARHAM* .<https://www.marham.pk/healthblog/health-benefits-of-early-marriages/>
- Bahr, S.J., Chappell, C.B., & Leigh, G.K. (1983). "Age at Marriage, Role Enactment, Role Consensus, and Marital Satisfaction". *Journal of Marriage and Family* 45(4) 795-803. <https://doi.org/10.2307/351792>.
- Barton, A. W., Futris, T.G.,& Nielsen, R.B. (2015). Linking Financial Distress to Marital Quality: The Intermediary Roles of Demand/Withdraw and Spousal Gratitude Expressions. *Personal relationships*, 22(3), 536-549. <https://doi.org/10.1111/pere.12094>.
- Better Health (2021). Relationship Support Services.<https://www.betterhealth.vic.gov.au/>

health/healthyliving/relationship-support-services.

- Billingsley, S., Lin, M. G., Canon, J., & Harris, A. (2005). Historical Overview of Criteria for Marital and Family Success. *Family Therapy*. 32 (1), pp. 1-14
- Boerner, K., Jopp, D.S., Carr, D., Sosinsky, L., & Kim, S. (2014). "His" and "Her" Marriage? The Role of Positive and Negative Marital Characteristics in Global Marital Satisfaction Among Older Adults. *The Journals of Gerontology: Series B: Psychological Sciences and Social Sciences*, 69(4) 579-589. <https://doi.org/10.1093/geronb/gbu032>
- Bookwala, J., & Jacobs, J. (2004). Age, Marital Processes, and Depressed Affect. *The Gerontologist* 44(3) 328-338 <https://doi.org/10.1093/geront/44.3.328>
- Brannan, D., & Mohr, C.D. (2022). Love, Friendship, and Social Support. *NOBA*. <https://nobaproject.com/modules/love-friendship-and-social-support>.
- Canty-Mitchell, J., & Zimet, G. D. (2000). Psychometric Properties of the Multidimensional Scale of Perceived Social Support in Urban Adolescents. *American Journal of Psychology*. 28(3), 391-400
- Cherry, K. (2020). How Social Support Contributes to Psychological Health. *Very Well Mind*. <https://www.verywellmind.com/social-support-for-psychological-health-4119970>.
- Cohen, S. & Syne, S. L. (1985). Issues in the study and application of social support. *Social support and health* (pp.3-22) Academic Press
- Cooke, B.D., Ressmann, M.M., McCubbin, H.I., & Patterson, J.M. (1988). Examining the Definition and Assessment of Social Support: A Resource for Individuals and Families. *Family Relations*, 37(2), 211-216. <https://doi.org/10.2307/584322>
- Daraei, M., & Mohajery, A. (2013). The Impact of Socioeconomic Status on Life Satisfaction. *Social Indicators Research*, 112(1), 69-81. <http://www.jstor.org/stable/24719173>.
- Duba, J. D., Hughey, A. W., Lara, T., & Burke, M. G. (2012). Areas of marital dissatisfaction among long-term couples. *Adultspan Journal* 11(1) 39-54
- Eher, D., & Arkar, H. (1995). Perceived social support: psychometric properties of the MSPSS in normal and pathological groups in a developing country. *Social psychiatry and epidemiology*, 30(3) 121-126. <https://doi.org/10.1007/BF00802040>.
- Feeney, B.C., & Collins, N.L. (2014). New Look at Social Support: A Theoretical Perspective on Thriving Through Relationships. *SAGE JOURNALS*. <https://doi.org/10.1177/1088868314544222>
- Flaherty, J. & Richman, J. (1989). Gender Differences in the Perception and Utilization of Social Support: Theoretical Perspectives and on Empirical Test. *Social Science and Medicine*. 28(12) 1221-1228. [https://doi.org/10.1016/0277-9536\(89\)90340-7](https://doi.org/10.1016/0277-9536(89)90340-7)
- French, D., Vedhara, K., Kaptein, A. A., & Weinman, J. (2010). Health Psychology. BPS Blackwell.
- Furstenberg, F.F. (2005). Banking on Families: How Families Generate and Distribute Social Capital: *Journal of Marriage and Family*, 67(4), 809-821. <http://www.jstor.org/stable/3600240>
- Gottman, J. M., Coan, J., Carrere, S. & Swanson, C. (1998). Predicting Marital Happiness and Stability from Newlywed Interactions. *Journal of Marriage and Family*, 60(1), 5-22. <https://doi.org/10.2307/353438>.
- Gottman, J.M., Coan, J., Carrere, S., & Swanson, C. (1998). Predicting Marital Happiness and Stability from Newlywed Interactions. *Journal of Marriage and Family*, 60(1), 5-22. <https://doi.org/10.2307/353438>.
- Hendrick, S.S. (1988). A Genetic Measure of Relationship Satisfaction. *Journal of Marriage and Family*, 50(1), 93-98. <https://doi.org/10.2307/352430>.
- Herawati, N. (2016). The Influence of Couple Harmony and Marital Adjustment to Marital

- Happiness. *International Conference on Health and Well-being (ICHWB)*. University of Trunojo Madura, Faculty of Social and Cultural Sciences, Bangkalan-Madura, Indonesia. 119-125
- Hogg, M.A. & Vaughan, G.M. (2014). *Social Psychology*. Pearson.
- House, J. S., Umberson, D., & Landis, K. R. (1988). Structures and Processes of Social Support. *Annual Review of Sociology*, 14, 293-318. <http://www.jstor.org/stable/2083320>
- Ibeh, U.O., Obidoa, M.A., & Okere, A.U. (2013). Resolution Strategies Adopted in Resolving Marital Disharmony Among Couples in Enugu State. International Institute for Science, Technology and Education (IISTE): E-journals. *Journal of Education and Practice*. 4(25).
- King, M. E. (2016). Marital Satisfaction. *Encyclopedia of Family Studies*. Wiley Online Library. <https://doi.org/10.1002/9781119085621.wbef5054>
- Kolo, V.I., Osezua, C., Osezula, G., & Aigbona, C. (2021). COVID-19 Upon Us: The Work-Family Experiences of Married Couples during the First Three Months of the Pandemic in Lagos. *Open Journal of Social Sciences*. 9(10)
- Kort-Butler, L. A. (2017). Social Support Theory. *The Encyclopedia of Juvenile Delinquency and Justice*. <https://doi.org/10.1002/9781118524275.ejdj0066>
- Kurdek, L.A. (2005). Gender and Marital Satisfaction Early in Marriage: A Growth Curve Approach. *Journal of Marriage and Family*, 67(1), 68-84. <http://www.jstor.org/stable/3600137>
- Lakey, B. (2020). Social Support. National Cancer Institute. <https://cancercontrol.cancer.gov/brp/research/constructs/social-support>.
- Langford, C., Bowsher, J., Maloney, J., & Lillis, P. (2008). Social Support: a conceptual analysis. *Journal of Advanced Nursing*. 25(1) 95-100
- <https://doi.org/10.1046/j.1365-2648.1997025095.x>
- Lawrence, E., Bunde, M., Barry, R., Brock, R.L., Sullivan, K.T., Pasch, L.A., White, G. A., Dowd, C.E., & Adams, E.E. (2008). Partner Support and Marital Satisfaction: Support Amount, Adequacy, Provision, and Solicitation: *Personal Relationships*, 445-463.
- Lawrence, E., Nylen, K., & Cobb, R. J. (2007). Prenatal expectations and marital satisfaction over the transition to parenthood. *Journal of Family Psychology*. 21(2), 155
- Leahy-Warren, P. (2014). Social Support Theory. *Theories Guiding Nursing Research and Practice: Making Nursing Knowledge Development Explicit*. Springer Publishing company. 85-101
- Lee, G.R. (1977). Age at Marriage and Marital Satisfaction: A Multivariate Analysis with Implications for Marital Stability. *Journal of Marriage and Family*. 39(3) 493-504 <https://doi.org/10.2307/350904>
- Li, T., & Fung, H. H. (2011). The dynamic goal theory of marital satisfaction. *Review of General Psychology* 15 (3), 246-254
- Margelisch, K., Schneewind, K.A., Violette, J. & Perrig-Chiello, P. (2015). Marital Stability, Satisfaction and Well-being in Old Age: Variability and Continuity in Long-term Continuously Married Older Persons. *Aging and Mental Health*. 389-398 <https://doi.org/10.1080/13607863.2015.1102197>
- Matud, M. P., Garcia, M. C., & Fortes, D. (2019). Relevance of Gender and Social Support in Self-Related Health and Life Satisfaction in Elderly Spanish people. *International Journal of Environmental Research and Public Health*, 16(15), 2725. <https://doi.org/10.3390/ijerph16152725>
- Meredith, K. (2019). 15 Perks of Getting Married in Your Early 20s or Even Younger. *POPSUGAR*. <https://www.google.com/amp/s/www.popsugar.com/Love/Benefits-Getting-Married-Young-37707351/amp>

- Morgan, N. (2015). We Humans are Social Beings and Why That Matters for Speakers and Leaders. *Forbes*. <https://www.forbes.com/sites/nickmorgan/2015/09/01/we-humans-are-social-beings-and-why-that-matters-for-speakers-and-leaders/?sh=606bleb16abd>
- My Easy Statistics. (2017, August 20). How to determine the Sample Size? [Video]. YouTube. <https://youtu.be/51NS0cGjBlk>
- Nigeria Population Commission (NPC) & National Malaria Elimination (NMEP). (2018). Nigeria Demographic and Health Survey.
- Nauert, R. (2010). Support Your Partner, But Not Too Much. *Psychcentral* <https://psychcentral.com/news/2020/02/01/support-your-partner-but-not-too-much#1>
- Norville, K.J. (2017). Examining the relationship between social support and stress and marital satisfaction. <https://www.proquest.com/dissertations-theses/examining-relationship-between-military-social/docview/1939938666/se-2?accountid=173489>
- Okoli, P. (2019). Marital Dissatisfaction and Perceived Social Support as Predictors of Depression Among Married Individuals. *Journal of Medical Science and Clinical Research*, 7(10) 478-489. <https://dx.doi.org/10.18535/jmscr/v7i10.82>
- Omani-Samani, R., Maroufizadeh, S., Ghaheeri, A., Amini, P., & Navid, B. (2018). Reliability and validity of the Kansas Marital Satisfaction Scale (KMSS) in infertile people. *Middle East Fertility Society Journal*, 23(2) 154-157. <https://doi.org/10.1016/j.mefs.2017.10.005>
- Patrick, S., Sells, J., Giordano, F. G., & Tollerud, T. R. (2007). Intimacy, differentiation, and personality variables as predictors of marital satisfaction. *The Family Journal*, 15(4) 359-367
- Pytel, K. (2020). Stress, relationship satisfaction, social support, formal support, and life satisfaction in military spouses and unmarried military significant others. <https://www.proquest.com/dissertations-theses/stress-relationship-satisfaction-social-support/docview/2568568356/se-2?accountid=173489>
- Rhine, D. (1981). Bases of Marital Satisfaction among Men and Women. *Journal of Marriage and Family*, 43(4), 941-955. <https://doi.org/10.2307/351350>
- Richter, J., Rostami, A. & Ghazinour, M. (2014). Marital Satisfaction, Coping, Social Support in Female Medical Staff Members in Tehran University Hospitals. Research Gate. <https://www.researchgate.net/publication/285347062-Marital-satisfaction-coping-and-social-support-in-Female-Medical-Staff-Membes-in-Tehran-Univeirsty-Hospitals>
- Rostami, A., Ghazinour, M., & Richter, J. (2013). Marital Satisfaction: The Differential Impact of Social Support Dependent on Situation and Gender in Medical Staff in Iran. *Global Journal of Health Sciences* 5(4). <https://www.ccsenet.org/journal/index.php/gjhs/artcile/view/26301>
- Rozer, J., Mollenhorst, G., & Poortman, A.R. (2016). Family and Friends: Which Types of Personal Relationship Go Together in a Network? *Soc Indic Res* 127, 809-826. <https://doi.org/10.1007/s11205-015-0987-5>
- Ryan, L., Wan, W.H., Smith, J. (2015). Spousal Social Support and Strain: Impacts on Health in Older Couples. *Journal of Behavioural Medicine*, 37(6): 1108-1117. doi:10.1007/s10865-014-9561-x
- Saginak, K. A., & Saginak, M. A. (2005). Balancing work and family: Equity, gender, and marital satisfaction. *The Family Journal*, 13 (20, 162-166.
- Schumm, W. R., Crock, R. J., Likcani, A., & Akagi, C. G. (2008). Reliability and validity of the Kansas Marital Satisfaction Scale with different response formats in a recent sample of U.S. Army personnel. *Individual Differences Research* 6(1) 26-37
- Schwarzer, R. & Leppin, A. (1988). Social Support: The many faces of helpful social interactions.

- Scott, E. (2021). When Social Support Creates More (Not Less) Stress. Very well mind.<https://www.verywellmind.com/when-social-support-creates-more-stress-3144461>.
- Shah, S. (2017). Role and Status of Social Stratification. *Sociology Discussion*.
- Sharma, V.K., & Suresh, B. (2021). A Study on Work-Life Balance and Marital Satisfaction of Faculty Members. *Lecture Notes in Electricity Engineering*. 355, 463-673 <https://doi.org/10.1007/978-981-16-1244-2-39>.
- Skowronski, D. P., Othman, A. B., Siang, D. T., Han, G. L. W., Yang, J. W., Waszynska, K. (2014). The Outline of Selected Marital Satisfaction Factors in the Intercultural Couples Based on the Westerner and Non-westerner Relationships. *Polish Psychological Bulletin* 45(3) 346-356 doi-10.2478/ppb-2014-0042
- Smith, E. R., Mackie, D.M., & Claypool, H.M., (2015). *Social Psychology*. Psychology Press. New York and London.
- Stevens, D., Kiger, G., & Riley, P. J. (2001). Working Hard and Hardly Working: Domestic Labour and Marital Satisfaction among Dual-Earner Couples. *Journal of Marriage and Family*. 63(2), 514-526 <http://www.jstor.org/stable/3654610>
- Stewart, M. J. (1989). Social support: Diverse theoretical perspectives. 28(12)1275-1282 [https://doi.org/10.1016/0277-9536\(89\)90346-8](https://doi.org/10.1016/0277-9536(89)90346-8).
- Taylor, S. E. (2010). Health psychology. *Advanced social psychology: The state of the science* (pp. 697-731). Oxford University Press
- The rate of divorce in Nigeria: Latest statistics. (2020). *Vanguard* <https://www.vanguardngr.com/2020/10/the-rate-of-divorce-in-nigeria-latest-statistics/amp/>
- Thoits, P.A. (1985). Social Support and Psychological Well-Being: Theoretical Possibilities. NATO ASI Series (D: Behavioural and Social Sciences), (24). Springer, Dordrecht. <https://doi.org/10.1007/978-94-009-5115-0-4>.
- Tramonti, F., Gerini, A., & Stampacchia, G. (2015). Relationship quality and perceived social support in persons with spinal cord injury. *Spinal cord* 53, (120-124) <https://doi.org/10.1038/sc.2014.229>
- Unger, D.G., Jacobs, S.B. & Cannon, C. (1996): Social Support and Marital Satisfaction among Couples Coping with Chronic Constructive Airway Diseases. *SAGE Journals*. <https://doi.org/10.1177/0265407596131007>
- Vaux, A. (1988). *Social Support: Theory, research, and intervention*. Praeger Publishers.
- Verhofstadt, L.L., Buysse, A., Ickes, W., & De Corte, K.G. (2007). Social Support in Couples: An Examination of Gender Difference Using Self-Report and Observational Methods. *Sex Roles* 57(3) 267-282 doi:10.1007/s11199-007-9257-6
- Verhofstadt, L.L., Lemmens, G., & Buysse, A. (2013) Support Seeking, Provision, and Perception in Distressed Married Couples: A Multi-Method Analysis. *Journal of Family Therapy* 35(3) 320-339 doi:10.1111/1467-6427.12001
- Villa, M.B., & Prette, Z.A.P.D., (2013). Marital Satisfaction: The Role of Social Skills of Husbands and Wives. 23(56), 379-388. <https://doi.org/10.1590/1982-43272356201312>.
- Walker, R., Isherwood, L., Burton, C., Kitwe-Magambo, K. & Luszcz, M. (2013). Marital Satisfaction Among Older Couples: The Role of Satisfaction with Social Networks and Psychological Well-Being. *The International Journal of Aging and Human Development* <https://doi.org/10.2190/AG.76.2.b>.
- Wang, S., Yang, X. & Attane, I. (2018). Social Support Networks and Quality of Life of Rural Men in a Context of Marriage Squeeze in China. *American Journal of Men's Health*. <https://doi.org/10.1177/1557988317753263>.

- Wellman, B., & Wortley, S. (1990). Different Strokes from Different Folks: Community Ties and Social Support. *American Journal of Sociology*, 96(3), 558-588. <http://www.jstor.org/stable/2781064>
- Whisman, M. A., (2001). The association between depression and marital dissatisfaction. Marital and family processes in depression: A scientific foundation for clinical practice. American Psychological Association. <https://doi.org/10.1037/10350-001>
- Williams, P. (2005). What is Social Support? A Grounded Theory of Social Interaction in the Context of the New Family. University of Adelaide.
- Yedirir, S., & Hamarta, E. (2015). Emotional Expression and Spousal Support as Predictors of Marital Satisfaction: The Case of Turkey *Educational Sciences: Theory and Practice* (2148-7561). [doi.org/10.12738/estp.2015.6.2822](https://doi.org/10.12738/estp.2015.6.2822)
- Zaheri, F., Dolatian, M., Shariati, M. Simbar, M., Ebadi, A. & Azghadi, S.B.H. (2016). Effective factors in Marital Satisfaction in perspective of Iranian Women and Men: A systematic review *Electronic Physician*. 8(12) pp. 3369-3377 DOI: <http://dx.doi.org/10.19082/3369>
- Zimet G.D., Dahlem, N.W., Zimet S.G., & Farley, G.K. (1988) The Multidimensional Scale of Perceived Social Support. *Journal of Personality Assessment*. (52),30-41.