

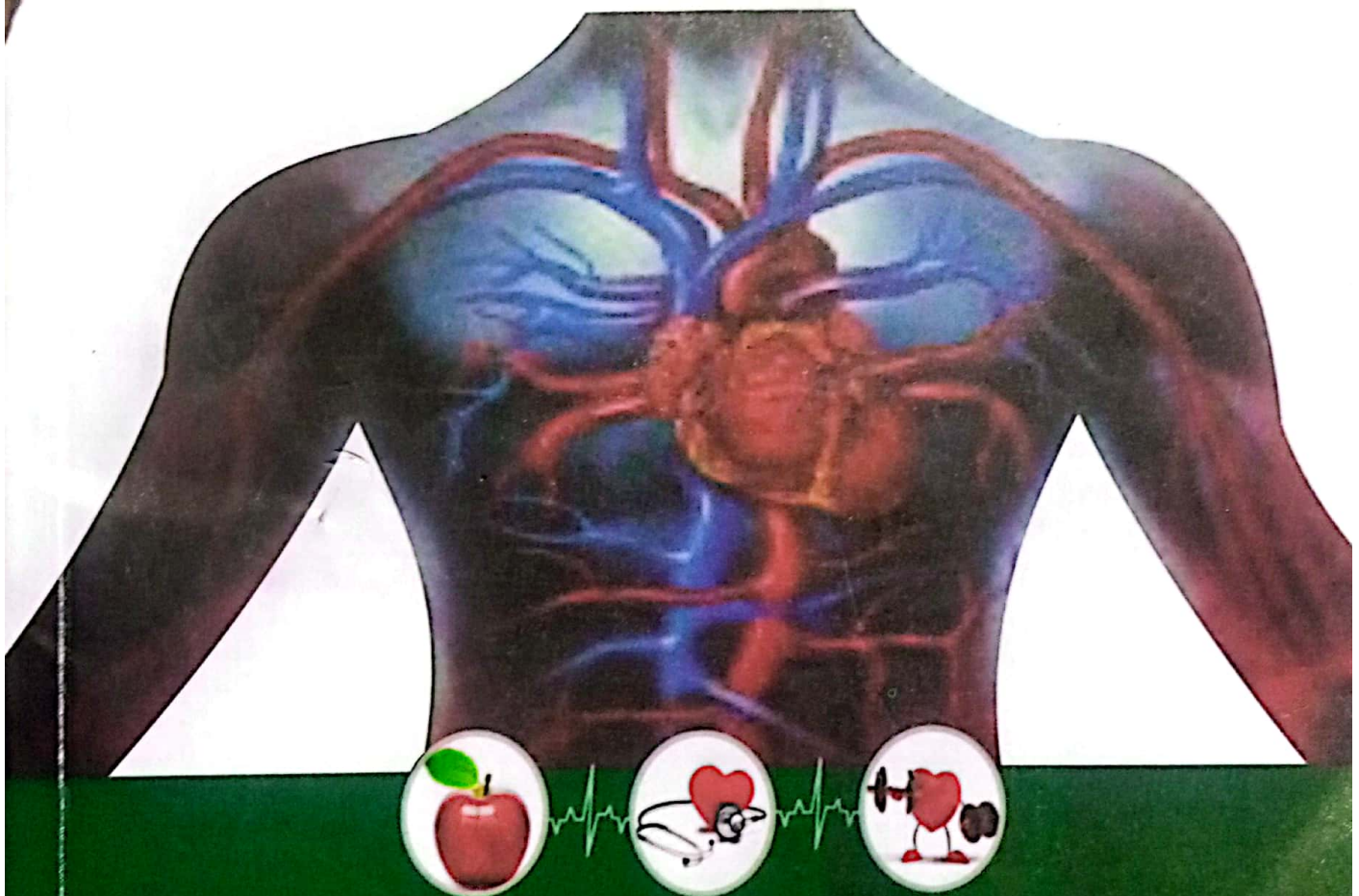


GJHRR



GLOBAL JOURNAL OF HEALTH RELATED RESEARCHES

VOLUME 2, No. 2 June/August 2020



Publication of Department of Human Kinetics and Health Education
Faculty of Education
Ahmadu Bello University, Zaria, Nigeria

Table of Contents

Murtala AHMED (M.Sc.), Prof. (Mrs.) M.A. Suleiman, Prof. Umaru Musa	Assessment of Non-Clinical Constraints to Ending Preventable Deaths of Newborns as Perceived by Community Health Workers in North East Zone, Nigeria.	1
Yusuf Aminu, Adamu A. Biu (Ph. D), Seun N. Akorede (Ph. D), & Prof. Umaru Musa	Attitude towards Malaria Prevention Strategies among Registered Antenatal Care Pregnant Women in North-East, Zone, Nigeria.	8
Memunat T. Ajadi, Ph.D, Falaye E. Kayode, & Adebayo B. S, Ph.D	Factors Influencing Mode of Course Selection & Academic Performance of Undergraduates in Human Kinetics Education, University of Ilorin.	15
Yakubu Iliya (Ph.D), Cordelia Adanma & Goldface Irokalibe	Influence of Reward & Punishment Techniques on Teaching & Learning in Public Secondary Schools in Zaria Local Govt. Area of Kaduna State.	24
Jamiu, A. T., Alaro, A. F., Abdulmalik N. A., Obaditan, O. F., Adedigba C. G. & Kayode, M. P.	Prevention of Infertility among Women of Childbearing Age in Ilorin South Local Government Area, Kwara State.	34
Ajayi Ayodotun Edward, Oguntunji I. Opeyemi, Ph.D., Abdulrazaq Q. Onaolapo, Abdulmalik Funmilayo Raliat, Falore Oluwasanmi Julius & Ephraim Bulus Idzi	Impacts of Health Education in the Prevention of Typhoid Fever as Perceived by Ijero Residents in Ekiti State.	48
Oluwatobi D. NOFIU (Ph.D)	Influence of Taste and Media on the Choice of Food among Undergraduate Students of Kwara State University, Kwara State, Nigeria.	58
A.O Ibrahim, S.M Bichi, F.B Adeyanju & I.A Kabido.	Utilization of Teaching Methods used in Teaching of Physical Education Subjects in Secondary Schools in Nigeria.	64
M. S. Ladan, E. Obiagba, O. J. Olalekan, B. W. Zamani, A. I. Kabido.	Appraisal of the Influence of Federation of International Football Association (FIFA) Organized Competitions on the Attainment of UPE and the Attainment Millennium Development Goals in Nigeria.	70

Aisha Kasham Hirse, Prof. A.I Kabido, Prof. M.G. Yakasai & Mohammed Usman Sani (PhD).	Influence of Facilities & Equipment on the Participation of Staffs and Students in Recreational Sport Programs of Tertiary Institutions in Plateau State.	80
Adams David, Adeola, Moses Folusayo Ph.D, ABU, Sunday.	Implications of Fasting Practices on Health and Athletic Performance of Undergraduate Students of Kogi State University, Anyigba.	86
K.O. Laro, S.O. Oyebanji, E.A Makinde & N. Saka	Sanitation Facilities and Diseases Occurrence: A Case Study of Malaria and Diarrhea in Ile-Ife, Osun State, Nigeria	93
Oluwatobi D. Nofiu (Ph.D) Uzo Osuji, Fatima M. Rasheed, Saba Mohammed, & Samuel Olugbenga Eseyin.	knowledge of solid Waste Management among Household Heads in Imo State, Nigeria.	107
Jidda, Kafayah Adeola	Socio-Demographic Factors affecting Teaching of Sex Education Among Junior Secondary Schools in Pakata Community, Kwara State, Nigeria	114
Moses Folusayo ADEOLA & Ahmed Sani GETSO	Demographic Predictors of Premarital Sexual Behaviours among Senior Secondary Schools in Kogi State, Nigeria	124
Bulus, Donatus Akut Yakubu Bobai & And Manasseh, Simon Loms	Fuelwood Utilization and Its Effects on Educational Development in Metropolitan Zaria	131
Aminu Umar Ningi; Abubakar Ibrahim Hassan Ph.D. & Abdullahi Mohammed Isyaku Ph.D	Practice of Food Safety among Food Handlers In Boarding Secondary Schools in Bauchi State, Nigeria	140
Olaoye, A.K., Ikwuka, F. N., Dauda-Olajide, R. O. & Aina, M. G.	Influence of Sports Betting on the Integrity of Sports among Professional Football Clubs in Kwara State	150
Bolu-Steve, F. N., Oladele A. A., Durosaro, I. A	Communication as Correlates of Marital Satisfaction among Couples in Oyo State: Implication for Counselling Practice	159

Hauwa Banetnat ILIYA	Occupational Safety in Home Economics Laboratories among Staff in Tertiary Institution in Zaria, Kaduna State	168
Mustapha, M L A (Ph.D), Muhammed SA (Ph.D) & Oregbesan Love	Academic Stress and Social Anxiety among Undergraduates of University of Ilorin	176

COMMUNICATION AS CORRELATES OF MARITAL SATISFACTION AMONG COUPLES IN OYO STATE: IMPLICATION FOR COUNSELLING PRACTICE

BOLU-STEVE, Foluke Nike, OLADELE Adepoju Adenike, DUROSARO, Irene A.
Department of Counsellor Education, University of Ilorin.

Corresponding Author: 08033749768 E-mail bolusteve2002@yahoo.com

Abstract

The study investigated communication as correlates of marital satisfaction among couples in Oyo State. The correlation method of the descriptive survey research design was adopted for this study. The questionnaire titled *Communication and Marital Satisfaction Questionnaire (CSMQ)* was adapted from Oyedele (1993) and this was used to gather information from the respondents. The Validity of the questionnaire was established by experts in the Department of counsellor, University of Ilorin. A reliability co-efficient of 0.81 was obtained. The respondent's hypotheses were tested using Person Product Correlation, the independent t-test and the ANOVA. The results of the study showed that the common spousal communication styles among married adults in Oyo State was passive style (Mean 3.17). The finding also revealed that there was a significant difference in the spousal communication style and marital satisfaction ($00.0 > 0.05$), however no difference was found on the basis of gender, religion and length of years in marriage. In conclusion, all the hypotheses were accepted, only hypothesis one was rejected. It was recommended that counsellors and religious organization should not relent in their effort on communication style training that can enhance marital satisfaction.

Key Words- Communication, Adults, Style, Marital Satisfaction,

Introduction

Marriage is an important institution which is ordained by God. This is a universal social institution established to cater for the sexual satisfaction of man. Bierce (2010) also defined marriage as a social union or legal contract between a man and woman. It is equally seen as a culturally approved relationship of one man and woman (in the case of monogamy) and of one man and two wives (polygamy) it could also be a relationship of one woman and two or more men (in the societies where polyandry is acceptable). However, Dabone (2014) defined marriage as a union between two people of opposite sex. Yahaya, Esere, Ogusanmi and Oniye (2015) also corroborated the preceding definitions by stating that marriage is a partnership contract without escape clause. Consequently, marriage is a life-long arrangement where the couple should permanently survive a multitude of demanding situations such as illness, financial constraints, interference from in-laws and a host of others.

Communication is any process that involves the sharing of information, ideas and feelings which does not only involve spoken words but also body language, personal mannerism and style (Hybels & Weaver, 2001). In fact, it is described as the process through which husband and wife reach each other with ideas, facts, thoughts, feelings and values (Akpan, 2000). Communication is the foundation for all interpersonal relationship and its deeply rooted in

human behaviours. It is an integral feature of human existence and the pillar that maintains the structure of peaceful co-existence and mutual understanding (Idowu & Esere, 2007). Therefore, ineffective communication leads to frustration and is detrimental to the marriage (Yassin, 2015). According to Donja (2000), the success of marriage rests heavily on how successfully couples understand their expectations and communication codes. Olson and Defrain (2000) considered communication as the heart of intimate human relationship and the foundation on which successful home are built. Nash (2014) and Carl (2014) explained that there are different types of communication styles in romantic relationship. Couples who communicate using emotional communication style are always passionate. They express themselves through non-verbal and verbal gesture such as yelling and crying. They are more interested in responses rather than circumstances that led to the situation. In cognitive style, couples communicate using articulate facts and figures to drive their points home. Most times they focus on logic ways of solving marital problems. They may display non-verbal gestures when conveying their confusion and frustration (Nash, 2014). Carl (2014) explained that people who grew up in dysfunctional families may have problem communicating effectively in relationships.

Spouses using passive communication approach prefers to be silent and non-responsive to their feelings. Most times, they allow offences buildup for behaviours that are unacceptable before opening up. Therefore, passive communicator spouses are unassertive and in most times silently find a way of resolving conflict in marriage (Carl, 2014). Aggressive communicator spouse expresses their opinions and feelings in an hostile manner. Most times they infringe on their partner's rights. Couples with this style of communication style can humiliate, dominate, act threateningly, and be overbearing (Carl, 2014). Couples using passive-aggressive communication styles are often quiet but are filled with suppressed anger they have bottled up over a long time. As such, they express their resentment and anger subtly. People with assertive communication style are firm in advocating for their needs and rights without disrespecting their partner's rights. These sect of people express themselves when it is necessary (Carl, 2014).

Margarita (2010), opined that communication is the bedrock of any relationship, it allows spouses to share their thoughts, feelings and the manner in which they perceive any given situation in a way that enables them to understand each other's reality, as well as their needs and desire. Effective communication enhances marital satisfaction as such, a stable marriage ensures a stable individual which in turn translates to a stable and productive society

Statement of Problem.

Regardless of the divine blessings attached to marriage, the extent to which any given marriage is stable is directly linked to the presence of good communication skills. Yahaya (2005) reported that more than 10% of marriages conducted every year in Nigeria eventually end up in divorce. This can be attributed to the report of Akinade and Suliamon (2005) who emphasized that lack of communication and sexual dissatisfaction could be a major source of marital instability. Maciver, & Dunka (2012) also associated poor communication style as a major cause of divorce and marital separation.

In the same vein, some studies such as Usoroh, Ekot, and Iyang (2010) studied the effect of spousal communication styles on marital stability among civil servants in Akwa Ibom State, and found that spousal communication style can influence marital stability. In a similar manner, Esere, Yusuf and Omotosho (2011) examined the influence of spousal communication on marital stability, and also discovered that spousal communication influences marital stability. To the best Knowledge of the researcher no study has actually focused on the relationship between communication style and marital satisfaction of married adults in Oyo State, hence the need for this study. The aim of this study was to establish the correlation between communication styles and marital satisfaction of married couples in Oyo State. Specifically, the study also seeks to find out the moderating influence of gender, religion and length of years in marriage on communication styles and marital satisfaction of couples.

Research Question

1. What are the communication styles of couples in Oyo State?

Research Hypotheses

1. There is no significant relationship between communication styles and marital satisfaction of couples in Oyo State.
2. There is no significant difference in the communication style of couples in Oyo State based on gender.
3. There is no significant difference in the communication style of couples in Oyo State based on religion.
4. There is no significant difference in the communication style of couples in Oyo State based on length of years in marriage.

Methodology

The correlation method of the descriptive survey research design was adopted for this study. Correlation design is usually used to determine whether and to what degree a relationship exists between two or more variables. Stangor (2004) explained that correlation designs are apt for measuring complexities that exist among measured variables. A total of 432 married adults in Oyo State participated in the study. Correlation descriptive survey design was adopted for this study. The researchers adopted a multi stage sampling technique to pick sample for the study. Purposive sampling process was used to select all the three senatorial districts. Daramola (2006) stated that purposive sampling is a technique or a procedure through which the researcher purposely selects certain group as samples because of their relevance to the investigation under consideration. At stage two proportional sampling technique was used to select nine Local Government Areas from the three senatorial districts. Finally, the researcher adopted simple random sampling technique to select forty-eight respondents from each of the Local Government selected. Thus, a total of 432 married adults were selected for the study.

The instrument used in this study was titled Communication styles and marital satisfaction (CSMSQ). Section A of the item allows the respondents to give information about their demographic data while section B contained items on communication styles of married adults in

Oyo State. To ensure the instrument validity, experts in the Department of Counsellor Education University of Ilorin examined the items on the questionnaire and necessary corrections were done. The reliability index stood at 0.72 respectively. The 20 items was rated on a four Likert scale ranging from 1-4 using the key Strongly Agree = 4points, Agree = 3points, Disagree = 2points, Strongly Disagree = 1point. The highest possible score is 80 (4×20) and the lowest possible score is 20 (1×20). The range is 60 ($80-20$) and the mid- point of the range is 30 ($60 \div 2$). The cut-off point is 80-30 or 30+20 which equals 50.

This instrument was adapted from Oyediji (1993) who worked on Marital Adjustment and Styles of Communication of Educated Married Couples in Ogbomoso. The original version of the instrument has a reliability coefficient of 0.82. The research question with correspondent's hypotheses were tested using the Multiple Regression, Person Product Moment Correlation, the independent t-test and the ANOVA.

Research Question 1: *What are the communication styles of couples in Oyo State?*

Table 1: Rank Order of communication styles of couples in Oyo State

S/N		Mean	Order
	Passive Communication Style		
	I communicate with my spouse by:	3.46	
1	Condemning my spouse suggestions regardless of the quality.	2.54	
2	Persuading my spouse to take my advice even if it is against his/her plan.	3.46	
3	Not asking for my spouse's opinion when taking decisions that concerns the two of us.	3.27	
4	Not allowing my spouse to finish talking before saying what I have to say.	3.11	
5	Not discussing the issues affecting the family jointly with my spouse.	3.17	1 st
	Average Mean Score		
	Aggressive Communication Style		
	I communicate with my spouse by:	3.40	
6	Telling my spouse how to spend money.	3.32	
7	Threatening my spouse when he/she refuses to take my advice.	2.34	
8	Scolding my spouse when he or she refuses to take my advice.	3.11	
9	Raising my voice when arguing with my spouse.	2.75	
10	Asking my spouse to shut up when I do not want to listen to him/her.	2.98	2 nd
	Average Mean Score		
	Passive/Aggressive Communication Style		
	I communicate with my spouse by:	3.27	
11	Not expressing my anger to my spouse in a hostile way.	3.44	
12	Breaking the silence that immediately follows heated argument.	2.25	
13	Avoiding eye contact when arguing with my spouse.	2.12	
14	Responding to conflict slowly and indirectly.	2.15	
15	Discussing my feelings about my in-laws with my spouse.	2.72	3 rd
	Average Mean Score		
	Assertive Communication Style		
	I communicate with my spouse by:	2.32	
16	Discussing my future plans with my spouse.	2.66	
17	Revealing my sexual feelings to my spouse.	2.61	
18	Not feeling embarrassed when talking about sex with my spouse.	2.69	
19	Discussing my problems at work with my spouse.	2.83	
20	Requesting my rights from my spouse.	2.62	4 th
	Average Mean Score		

Table 2 indicates that 432 respondents participated in this study and agreed with the identified spousal communication styles of couples in Oyo State. The most common communication styles of couples in Oyo State was passive communication style which has a mean score of 3.17 (1st), while the next is aggressive and passive/aggressive communication style with a mean of 2.98 (2nd) and 2.62(4th) respectively.

Hypotheses Testing

H₀₁: *There is no significant relationship between communication styles and marital satisfaction of couples in Oyo State.*

Table 2: PPMC Analysis of Relationship between Communication Styles and Marital Satisfaction of Couples in Oyo State

Variables	N	Mean	SD.	Df	Cal.r	Sig. (2-tailed)	Decision
Communication	432	56.80	10.91	430	0.65	0.00	H ₀ Rejected
Marital Stability	432	50.87	6.96				

P<0.05

As shown on Table 2, communication style had mean score of 56.80 with standard deviation 10.91, while marital stability had mean score of 50.87 with standard deviation of 6.96, the calculated r-value was 0.65 while its calculated significance value is 0.00 of df 2/430 at alpha level of 0.05. On this basis, null hypothesis one was therefore rejected.

H₀₂: *There is no significant difference in the communication styles of couples in Oyo State based on gender.*

Table 3: Mean, Standard Deviation and t-test Analysis of Difference in the Communication Styles of Couples in Oyo State based on Gender

Gender	N	Mean	SD.	Df	Cal.t	Sig. (2-tailed)	Decision
Male	177	57.73	11.79	430	1.48	0.14	H ₀₂ Not Rejected
Female	255	56.16	10.20				

As shown on Table 3, male married adult respondents had mean score of 57.73 with standard deviation 11.79, while female married adult respondents had mean score of 56.16 with standard deviation of 10.20, the calculated t-value was 1.48 while its calculated significance value is 0.14 of df 2/430 at alpha level of 0.05. On this basis, null hypothesis two was therefore not rejected. The reason was that the calculated significance value (0.14) was greater than 0.05 alpha level ($p > 0.05$).

H_{03} : *There is no significant difference in the communication style of couples in Oyo State based on religion.*

Table 4: ANOVA Summary of Difference in the Communication Style of Couples in Oyo State based on Religion

Source of Variance	Sum of Squares	df	Mean of Squares	F	Sig.	Decision
Between Groups	7.999	2	3.999			H_{03}
Within Groups	5117.881	429	119.293	0.034	0.97	Not
Total	51184.880	431				Rejected

Table 4 shows an F-value 0.034 with calculated significant 0.967 at 0.05 alpha level. Since calculated significance 0.967 is greater than 0.05 alpha level, hypothesis three is thus not rejected.

H_{04} : *There is no significant difference in the communication style of couples in Oyo State based on length of years in marriage.*

Table 5: ANOVA Summary of Difference in the Communication Style of Couples in Oyo State based on Length of Years in Marriage

Source of Variance	Sum of Squares	df	Mean of Squares	F	Sig.	Decision
Between Groups	247.444	2	123.722			H_{04}
Within Groups	50937.435	429	118.735	1.042	0.354	Not
Total	51184.880	431				Rejected

Table 5 shows an F-value 1.042 with calculated significant 0.354 at 0.05 alpha level. Since calculated significance 0.354 is greater than 0.05 alpha level, hypothesis four is thus not rejected.

Discussion

The study revealed that the most common communication style of couples in Oyo State was passive communication style. This finding might be as a result of the fact that the culture of the Yoruba's advocate for wives to be submissive in marital relationship. According to Oniye (2004) the two paramount religions in Nigeria teach submission and reverence for the husband in any marital relationship. As such Nigerian women might prefer passive communication style rather than been seen as up-surging the authority of men. However, success in marriage greatly hinges on the style of communication adopted by the couple (Litzinger, & Gordon, 2005).

Furthermore, the study showed that there is a relationship between communication and marital satisfaction of couples in Oyo State. This result corroborates that of Litzinger and Gordon

(2005) who also found a relationship between spousal communication and marital stability. According to *Haller (2005)* a marital relationship devoid of sound communication is likely to end up in divorce.

Also, there was no significant difference in communication styles of couples in Oyo State based on gender and religion. In the study carried out by *Esere, Yusuf and Omotosho (2011)* on spousal communication showed that the variable of gender influenced the perception of the respondents. However, it is observed that male and females have different communication styles in marriage. It is commonly generalized that females communicate indirectly which often reflects uncertainty, tentativeness, and lack of authority, while males are perceived to have a communication style that is direct, succinct and independent (*Tenenbaum, Ford & Alkhedairy, (2011)*). Irrespective of religious affiliation, *Dabone (2004)* noted that the success of marriage rests heavily on how successfully couples understand their expectations and communication codes.

In addition, the length of years in marriage did not influence spousal communication style of couples married adults in Oyo State. This finding is congruent with that of *Usoroh, Ekot, Inyang (2010)* who reported that there was no significant difference in the spousal communication style of married *civil servants in Akwalbom State Nigeria*. It is expected that the more the years couples spend in marriage, the better should be the communication style. However, *Mortenson (2002)* noted that couples tend to understand their differences in communication styles over the years, which often brings respect thereby enhancing marital stability.

Conclusion

In addition, the findings revealed that there was a significant correlation between couple's communication style and marital satisfaction of couples in Oyo State. Furthermore, gender, religion and length of years in marriage did not influence the perception of the respondents. This study has relevant implication for counseling practice. The interrelationship of couple's communication style and marital satisfaction is revealed in this study. For an effective counselling relationship (marital counseling), the professional counsellor needs adequate information and knowledge on communication styles in marriage. This information will stand as a foundation for the counselling process. Therefore, counsellors need to be aware of the correlation among couple's communication style and the interdependence of each variable. The ability of the marital counsellors to use this knowledge will help them work well with clients experiencing marital instability and poor communication style. Furthermore, professional counsellors can teach married couples assertive communication skills.

Recommendations

1. Findings revealed that the major communication style of married adults in Oyo State was passive communication style, it was recommended that the couples should be encouraged to sustain this communication style so as to sustain marital satisfaction.

2. Counsellors and religious organization should not relent in their effort on communication styles training that can enhance marital satisfaction.
3. The study also found that couples need to be trained on assertive communication style because literature review showed that assertive communication style can also enhance marital satisfaction.

References

- Akinade, E. A. & Sulaiman, A. A. (2005). *Sexual education and couple guidance*. Lagos: Babs Olatunji Publishers.
- Akpan, C. P. (2000). *Marital communication*. In E. Uwe & Obot, A. (Eds.), *Marriage counseling: Issues and solutions* (pp23-30). Calabar: Pyramid Computer services
- Bierce, A. (2010). *Married and matrimony*. Retrieved on April 4, 2014 from <http://www.answers.com/topic/marriage>.
- Carl, B. (2014). *Assertiveness and the four styles of communication*. Retrieved on 18th March 2017 from <http://www.serenityonlinetherapy.com>
- Dabone, K. T. (2014). *Effects of age on marital satisfaction of married people in Sunyani Municipality*. *International Journal of Research in Social Sciences*, 3(8), 1-10. <http://www.ijssk.org/ijrss>
- Daramola, S. O. (2006). *Research and statistical method in education for students and researchers in tertiary institution Ilorin*. Ilorin: Bamilex Printing and Publication.
- Esere, M. O, Yusuf, J. & Omotosho, J. A. (2011). *Influence of spousal communication on marital stability: Implication for conducive environment*. *Edo Journal of Counselling*, 4(1 & 2), 50-61.
- Haller, T. B. (2005). *The importance of communication*. Retrieved from <http://www.healingmindinstitute.com>
- Hybels, S. A. & Weaver, A. C. (2001). *Communicating effectively*. Boston: Glencoe McGraw-Hill.
- Idowu, A. I. & Esere, M. O. (2007). *Communication in counseling: A multidimensional perspective*. Ilorin; Tim-Sal publishers.
- Justin, A. L., Benjamin, R. K. & Thomas, N. B. (2017). *Does couples communication predict marital satisfaction, or does marital satisfaction predict communication?* *Journal of Marriage and the Family*, 78(3), 680-694.
- Litzinger, S. & Gordon, K. C. (2005). *Exploring relationships among communication, sexual satisfaction, and marital satisfaction*. *Journal of Sex & Marital Therapy*, 31, 409–424.
- Maciver, J. E. & Dunka, D. I. (2012). *Factors influencing marital stability*. *Mediterranean Journal of Social Sciences*, 3(1), 27–31.
- Margarita, M. S. (2010). *Five communication pitfalls and pointers for couples* <https://psychcentral.com/lib/5-communication-pitfalls-and-pointers-for-couples/>
- Mortenson, S. T. (2002). *Sex, communicating values, and cultural values: Individualism-collectivism as a mediator of sex differences in communication values in two cultures*. *Communication Reports*, 15(1), 57-70.
- Nash, C. (2014). *Differing communication styles can both fail and strengthen your relationship*. <http://www.marriage.com/advice/communication/differingcommunication>

- styles-can-both-fail-and-strengthen-your-relationship/
- Olson D. H. & Defrain J. (2000). *Marriage and the family: Diversity and strengths*. McGraw-Hill Higher Education.
- Oniye, A. O. (2015). Concepts and types of marriage. In L. A. Yahaya, M. O. Esere, J. O. Ogunsanmi & A. O. Oniye (Eds). *Marriage sex, and family counseling*. Ilorin: Unilorin Press.
- Stangor, C. O. (2004). *Research methods for behavioral sciences*. Boston: Houghton Mifflin Company.
- Tenenbaum, H. R., Ford, S. & Alkhedairy, B. (2011). Telling stories: Gender differences in peers' emotion talk and communication style. *British Journal of Developmental Psychology*, 29(4), 707-721.
- Usoroh, C.; Ekot, M. & Inyang, E.S. (2010). Spousal communication styles and marital stability among civil servants in AkwaIbom State Nigeria. *JHER* vol. 13, (pp74-84).
- Yahaya, L. A., Esere, M. O., Ogunsanmi, J. O. & Oniye, A. O. (2008). *Marriage, sex and family counselling*. Ilorin: Unilorin Press.
- Yassin, S. H. (2015). Marital satisfaction <http://seyedhadiyassin.com/marital-satisfactionsexual-satisfaction-part-2/>